



Case Study

EFFECT OF AYURVEDA TREATMENT IN THE MANAGEMENT OF *INDRALUPTA* W.S.R. *TINEA CAPITIS*: A CASE STUDY

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ABSTRACT

Hairs play an important role in making body externally beautiful, mentally enthusiastic and healthy. Hair loss is common clinical complaint due to pollution, unhealthy diet, physical or emotional stress, poor hygiene and infection. Patchy hair loss considered as Alopecia. *Tinea capitis* is irregular patchy hair loss due to infection. In Ayurveda hair loss considered as *Indralupta*. **Aim:** To study the concept of Ayurvedic treatment in respect to *Indralupta*. **Material and Methods:** A Female child age 10 years suffering from multiple patches of hair loss over the scalp. Itching, Redness, Slight local pain during combing scaly patches that may blister and ooze has been reported. It was treated with Ayurvedic medicine both Internal and external for a period of 2 month. **Result:** After 15 days associated symptoms (itching, redness, inflammation, blister) was reduced. After 1 month the patient was examined for presence of hair follicles and growth of hair over affected area. **Conclusion:** The given Ayurvedic treatment was successful in treating the *Indralupta*.

INTRODUCTION

Hair is an important anatomical structure of the body derived from ectoderm of skin. That plays a significant role in beautifying our appearance and influences the overall social physical and mental status of man and women. *Acharya Charaka* described that hair (*Keshya*) is as *Mala of Asthi Dhatu*. Thus healthy hair is totally depending on nourishment of *Asthi Dhatu*. Hair loss (*Indralupta*) is due to vitiation of *Asthi Dhatu*.^[1]

Patient presenting with hair loss is a very common problem in whole world. In modern science hair loss is considered as "Alopecia". Alopecia can be divided in Non-scarring Alopecia and Scarring Alopecia^[2]. Non-scarring alopecia is due to a disorder of the hair follicle and scarring alopecia is due to a disorder within the scalp skin^[2]. Non-scarring alopecia can be divided into patchy and diffuse alopecia^[3].

Alopecia areata, *Tinea capitis* described as patchy alopecia. *Tinea capitis* is irregular patchy hair loss with scaling and inflammation^[4]. Multiple patches may develop. It is frequently spread by direct skin to skin contact and contaminated items like combs, clothing. According to symptoms, alopecia can be correlated with *Indralupta*. *Acharya Sushruta* it described under *Kshudra Rogas*^[5] but *Acharya Vagbhata* mentioned under *Kapalgat Rogas*^[6].

Samprapti

Pitta present in hair follicles (*Romakupa*) associating with *Vata* causes the hair fall then *Kapha* along with *Rakta* blocks the hair follicles and making re-growth of hair impossible.^[5]

According to *Vasavarajiyam* and *Acharya Charaka* involvement of *Krimi* is the main etiological factor of *Indralupta*^[7,8].

Acharya Sushruta has described *Shiroabhyanga*, *Lepa*, *Rasayana* and *Nasya* for treatment of *Indralupta*^[9]. The *Samprapti Vighatana* of *Indralupta* can be achieved along with the internal medications and oil used for external application.

The prime aim for the treatment of *Indralupta* are to cleanse the channels and opens the pores and to increase blood supply of affected area. They promote new growth of hairs. *Indralupta* can treat such as skin disease.

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Case Report

A 10 years old female child patient of *Vatapittaja* predominant *Prakriti*, suffering from multiple patches of hair loss over the scalp since 1 month. Associated with itching, slight local pain during combing. She visited the OPD with OPD No.- 20-07083 of Shalya Tantra, Govt.Ayurveda College & Hospital,

Raipur, Chhattisgarh on date of 1st visit- 14/02/2020 for treatment. She had the following characteristics: thin build, dry skin, dry hair, grey hair, excessive sweating these characters are indicated of *Vatapittaja* predominant *Prakriti*. She had a non-vegetarian and spicy diet. Her brother also suffering from same problem. She had poor appetite.

General Examination	Ashtavidha Pariksha
Pulse - 96/minute BP - 100/70mmHg Respiratory Rate - 20/minute Height - 130cm Weight - 18kg Tongue - Normal Coating Eyes - Normal Temp. - Normal	<i>Nadi</i> - 96/mint <i>Mala</i> - <i>Samyaka</i> , 2times/day, clear <i>Mutra</i> - <i>Samyaka</i> , 5-6times/day, clear <i>Jivha</i> - <i>Sama</i> <i>Shabda</i> - <i>Spasta</i> <i>Sparsha</i> - <i>Samsheetoshna</i> <i>Drika</i> - <i>Prakrit</i> <i>Aakriti</i> - <i>Madhyam</i>
Local examination of scalp	Haemogram Report
Site of Involvement - Scalp Skin color - Reddish Rashes - Present Sensation - Present Dandruff - Present Discharge - Present Pattern - Asymmetrical Patch	WBC - 10.6*10 ⁹ /L Lym% - 17.4, Neu%-72.8 RBC% - 3.72*10 ¹² /L HGB - 11.6g/dl HCT - 30.0% MCV - 80.8fL MCH - 31.1 pb MCHC - 38.6g/dl ESR - 40mm fall in 1hr HIV - Non reactive HBsAG - Negative

Therapeutic Interventions

Internal medicines

Formulation	Dose & frequency	Time & adjuvant
<i>Giloy Satva</i>	250mg	On an empty stomach mixed with honey
<i>Gandhaka Rasayana</i>	125mg	
<i>Krimikuthara Rasa</i>	125mg	
<i>Shankha Bhasma</i>	125mg	
<i>Chopchinyadi Churna</i>	2gm	
Tab. <i>Kaisora Guggulu</i>	1Tab(1gm)*BID	After meal with lukewarm water
Tab. <i>Triphala Guggulu</i>	1Tab(1gm)*BID	After meal with lukewarm water
Syp. <i>Mahamanjsthadi Kwatha</i>	10 ml BID	After meal with equal amount of normal water

External Application

Mahamarichyadi tail + Chaulmoogra tail- twice a day for local application.

Dietary Regimen

Pathya: *Shastika shali, Patol, Sahijan, Vastuka, Karvellaka, Narikela, Amalaki, Dadima, Takra*, milk, almonds, walnut, *Nasya shiroabhyanga* etc.

Apathya: *Viruddha anna*, junk foods like pizza, pasta, noodles, burgers, soft drinks, smoking, alcohol and ice-cream, stress, anxiety, exertion, *Nidranas* etc.

Follow up and Outcome

Timeline	Dates	Clinical outcomes
Onset of treatment		Ayurveda treatment started
1 st follow-up	02/03/20	Observational changes in sign and symptoms. Improvement found in itching but patches are present.

2 nd follow-up	30/03/20	Mild improvement in patches. Hair follicles are seen other symptoms completely recovered.
3 rd follow-up	24/04/20	All the sign and symptoms completely recovered.
4 th follow-up	19/05/20	No relapse in any sign and symptoms.

DISCUSSION

- *Indralupta* is a *Rakta Dhatu Dustijanya vikara*.^[10] Thus, *Rakta Prasadana* drugs are choice of treatment. They eliminate toxins which accumulate in the body and detoxify blood. *Gandhaka Rasayana*, *Shankha bhasma*, *Chopchinyadi churna*, *Mahamanjisthadi Kwath*, *Kaisora guggulu*, *Triphala Guggulu* having *Rakta prasadana* properties.
- *Indralupta* is due to vitiation of *Tridosha* and *Rakta dhatu* but *Pitta* vitiation is the predominant factor. *Shankha bhasma*, *Giloya Satva* having *Pitta* pacifying qualities. *Gandhaka Rasayana* and *Maharasnadi Kwath* reduced *Tridosh* vitiation at the affected site and stimulated hair growth.
- *Indralupta* is also *Srotorodhajanya Vikara*. *Rasayana* (*Giloya*, *Triphala Guggulu*) promotes digestive fire which leads to *Ama- pachana* and removes toxins by improving the digestive system. They open all the blockage of body channels (*Strotas*) and help the nutrients to reach to the tissue (*Kesha*). *Rasayana* drugs also acts as immunomodulatory and boosting iron level. *Mahamanjisthadi Kwath* also acts as *Amapachana*.
- Patient was complaining loss of appetite which indicates *Agnimandya* causing low digestion.

Resulting formation of seven *Dhatu*, *Updhatu* and *Mala* are affected. *Triphala Guggulu* having carminative and digestive properties.

- According to *Acharya Vasavarajiyam* main etiological factors of *Indralupta* is involvement of *Krimi* and *Acharya Charaka* also mentioned the major factor of *Indralupta* is involvement of *Raktaja Krimi*. Thus *Krimikuthar Rasa*, *Gandhaka Rasayana* and *Kaisora Guggulu* are choice of drugs which having antibacterial, antifungal and antimicrobial properties.
- *Mahamarichyadi* oil and *Chaulmoogra* oil prevent infections on the scalp with antimicrobial properties. Oil acts as a *Vata Shamaka*. Oil stimulates blood supply to the hair follicles and it removes the *Mala* and clear the obstruction (*Sanga*) caused by *Kapha Dosha* which further leads to strength new hair growth.

CONCLUSION

The case report demonstrates the treatment of *Indralupta* completed with only Ayurvedic medicine. The patient had relief.



Before Treatment



After Treatment

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