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## Alopecia Areata (Indralupt) an Ayurvedic approach – a case study

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### ABSTRACT:

Alopecia areata is an autoimmune disorder characterized by sudden, patchy hair loss that can significantly affect an individual's appearance, confidence, and overall personality. It may occur at any age and presents as sharply demarcated or irregular areas of hair loss. In modern medicine, alopecia is classified into types such as alopecia areata, alopecia totalis, alopecia universalis, and alopecia barbae, depending on the extent and location of hair loss. Conventional treatment primarily involves corticosteroids; however, these therapies often provide temporary relief and may be associated with undesirable side effects. In Ayurveda, alopecia areata closely resembles *Indralupta*, a condition described with similar clinical features. Ayurvedic management emphasizes a holistic approach, focusing on the elimination of causative factors (*Nidan Parivarjan*), purification therapies (*Shodhan*), and palliative treatments (*Shaman*). This case study highlights the successful management of alopecia areata through Ayurvedic interventions. The treatment protocol included *Nasya* with Bindu Taila, *Pracchan Karma* (controlled bloodletting), followed by local application (*Lepa*) and covering (*Achadan*) with Eranda Patra (castor leaves) and Mahisha Navneet (buffalo butter). These therapies aim to balance the aggravated doshas, improve local circulation, and stimulate hair follicle regeneration. The patient showed significant improvement, with noticeable hair regrowth in the affected areas and no adverse effects during the course of treatment. This case demonstrates that Ayurvedic therapies can offer a safe, effective, and holistic alternative for the management of alopecia areata, addressing not only the symptoms but also the underlying pathophysiology.

**KEYWORDS:** Alopecia areata, Pracchan karm, aampachan

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**INTRODUCTION:**

Life changing day by day people are upgrading themselves and neglecting health. There is lots of problem including DM, OBESITY and life style disorder still we are racing forward. But after a covid 19 there is certain amount of awareness in people maintain health taking proper diet more health and look conscious. but certain disease directly impact on looks.

Looks of person is most important now days, hair loss has big impact on personality. It create negative impact on person. It is attributed by changes in lifestyle, altered sleep, stressful life, over screen time, modern cosmetic practice and other problems. one of disease where loss of hair appears is Alopecia areata is autoimmune disorder present at any age includes sharp or irregular patches of hair loss. Alopecia areata is non scarring total or partly hair loss is seen.

There are fewer cases in children than in adults, it affects both sexes it has been found to be associated with emotional stress, family history, Down syndrome, and autoimmune disorders. India, the lifetime risk of Alopecia Areata is 1.7% and its prevalence is 0.7%.

Initially it was in late teenage but it mostly happened in all ages, small bald patches unscared and looks superficially normal. Oval or round patches are seen If hair pulled around the patch it come quickly out.

As ayurvedic references Alopecia areata is resembles to INDRALUPT sign and symptoms are similar. Indralupt in ayurveda where vitiated vata combine with pitta dosha and dushit kapha and rakta blockes romkup ,vitiated Vata, Pitta causes hair fall, and Kapha, Rakta blocks the opening of the hair follicle, so new growth of hair does not occur. Indralupt classified as vataj , pittaj, kafaj and tridoshaj as dosh involved in it.

In morden text alopecia can be divided alopecia areata, alopecia totalis, universalis, barbe depending upon spot and hair loss

where whole body as well as some part hair loss. In morden medicine alopecia is treated by mostly corticosteroids but it has lots of side effect. It is successfully treated with ayurveda which included Shodhan, Shaman, and Nidanparivarjan.

**Case Study**

A 30-year-old patient came to DR.Swarna clinic pune

following complaints since 6 months.

- Patchy hair loss 2,3 patches
- Darunaka
- Itchy scalp
- Constipation
- Agnimandya

She has past 3 years before single patch hair loss on parietal region of scalp but it was completely cured with allopathy treatment but she gained weight.

Present illness

was diagnosed with Indralupta (Alopecia areata), and

treatment was started on an OPD basis.

**Past history**

- H/O of alopecia areata 3 years back was completely cured
- No H/O any significant family history of autoimmune disorder Personal history
- Diet – veg diet
- Addiction – No any addiction
- Sleep – altered sleep
- Occupation – IT professional
- Pariksha astvidha
- Nadi – 82 /Min
- Mutra – Niyamit 4 to 5 times a day
- Mala - Aniyamit (Malavsthambh)
- Jivha - Saam

**Systemic examination**

R/S - AEBE clear

CVS - S1, S2 normal

CNS - Conscious, well oriented but sometime irritable

Scalp Examination

Parietal Region : two patches of 3×2 cm

Temporal Region: left , 2 patches of 2×1 cm

Scalp: 3 to 4 boils on the scalp with intense itching.

Palpation hair pulled test perform-positive

All pathological test has been done it is under normal range.

### Samprapti Ghataka

Dosha - TRIDOSHAJ

Dushya - Rasa, Rakta, Asthi

Agni - Agnimandya

Srotas - Annavaaha, Rasavaaha , Raktavaaha, Asthivaaha Srotas

Srot Dushti - Sanga

Adhithana - Shirah and Shirah Kapala

Sadhyata - Kruccha Sadhya

Treatment prescribed during the course for the time period

### Medicine Dose & Duration Action

1. Chitrakadi wati 1BD for first 7 days (Aampachan)

Digestion, Appetizer and Detoxifier

2. Aarogyavardhini Vati 2BD After meal, for 30 days

Hepatoprotective, blood purifier

3. Raktpachak Churna 1gm BD After meal for 6 months.

Raktashodhak

4. guduchi ghan wati 1gm BD After meal for 6 months.

Boost immunity

5. Yashtimadhu Churna 1gm BD After meal for 6 months.

Promote hair growth

6. Trivritt Avleh 5gm at night with lukewarm water for 6 months.

Sukhvirechak (purgative)

7. Karanj Tail Shirobhyanga(Local application),

Twice a day for 6months.

Disinfectant, Antifungal, Antioxidant (optimized well being of hair)

8. Errand patra aachadan after pracchan karma whole night next day mahish navneet application.

9. Aamlakichurna +marich+ tiladi lap Once a day, for 6 months.

Promotes hair regrowth

### Panchakarma :

▪ 7 Setting of nasya with bindu tail , after 3 days interval.

▪ Snehan-Swedan was prescribed prior to nasya.

Pracchan karma has been done on opd bases.

4 sitting after lap and erandpatra aachadan whole night next morning mahish navneet

Shirodhara with YASHTIMADHWADI TAIL for 30 min in each sitting 1months interval

### Results

After 6 months of treatment, there was marked improvement in the signs and symptoms of Alopecia areata.

▪ Nidanparivarjan

▪ Laghu-Snigdha Ahar

▪ Fresh fruits, leafy green vegetables and sprouts

▪ Nidanparivarjan

▪ Meditation (Yoga,Pranayam)

▪ Working out

### BEFORE TREATMENT



**AFTER TREATMENT**

**On Monitoring**

1 Day Investigation done and medicine given  
 7 Days appetite increased and sleep normal  
 15 Days Dandruff reduced and no constipation

1 Month Improvement in hair fall and growing of some thin hair, from the bald patches.

1.5 Month Bald patches turn into black patch.

2 Month marked Improved growth of hair on the patches

3 Month All the patches fully covered with black hair

**DISCUSSION:**

The first and most crucial line of treatment in any Vyadhi is Nidana Parivarjana. Ahara Vihara

plays a significant role in the break down the Samprapti of the diseases.

As physical and emotional stress is the root cause of all diseases Shirodhara is useful.

Chitrakadi Vati was applied as the patient had Agnimandya in order to aid in the digestion of toxins that move through Sira and impede the Roma-Koopa and it is also detoxifier.

Lukewarm water was administered at to Trivrit Avleh night for Nitya Virechana and

Vatanulomana. After seen results in Agni, Rasayana Chikitsa was started on the Dhatu level. Guduchi ghan wati, act as rasayana in this patient.

For local treatment, Aamalki, Marich Churn Tiladi lap for Shirolepa, and Karanja Taila for Darunaka (dandruff).

According to Acharya Sharangdhara, Karanja Taila, when administered as Shirobhyanga, will quickly treat Indralupta. ,

Aarogyavardhini Vati and Rakt pachak Churn act as hepatoprotective and blood purifiers.

Raktamoshan Chikitsa for Rakta Dushti started with Prachan karma was chosen. After prachan errand patra aachadan done for whole night with next morning mahish navneetam apply.

Nasya treatment with Bindu tail Shirodhara with Yashtimadhvadi tail.

**CONCLUSION:**

Alopecia areata (Indralupta) is autoimmune disease though It has poor prognosis. Due to stress and other issues disease trigger more. Ayurveda treats every disease, considering diseases such as Prakriti, Desha, Kala, Avastha, and Bala.

Nidanparivarjan, Indralupta is considered Tridoshaj, but

Vata Pitta is more predominant. In this case, we have given Chitrakadi wati, Raktapachak Churna, Gudchi ghan wati and Aarogyavardhini Vati to this patient. Shirodhara therapy was given with a 1 months regular interval; nasya with BINDU tail in this

case, we observed a significant result within 3 months.

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