Ayurvedic Management Of Indraluptha - A case Report

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Abstract

Indralupta is a *kapalagata roga* and *urdhwajatrugata Vyadhi* presents as patches of hair loss on the scalp & beard. In Modern medicine, this type of hair loss is correlated to a condition called alopecia areata. It is an autoimmune disorder where the body starts to attack its own hair roots, which results in smooth, patchy hair loss on the scalp or body. Modern medicine usually treats it with intralesional and topical corticosteroids applied directly to the bald patches. It is difficult to treat and there are more chances of recurrence.

According to *Acharya sushrutha, Indraluptha* is caused due to *Sthanika dushitha pitta* & *vata* which affects the hair roots & causes loss of hair. Later on Vitiated *kapha* and *rakta* obstructs the hair roots and leads to obstruction in the growth of hair. If the hair roots are partially blocked, adopting proper treatment helps in the regrowth of hair. *Shodana* & *Shamana chikitsa* yields better results in this case.

In this case report 14 years old male patient is treated with *Prachanna Karma* (*Raktamokshana*) followed by a *shirolepa* containing (*Icchabedi rasa +Nimba rasa+Loha bhasma*) along with internal medications.

After 1 month of treatment was seen with no adverse effects during and after treatment.

The patient achieved significant symptomatic relief after following the therapeutic intervention.

Keywords: *Indraluptha,* Alopecia areata, Case report, *Prachanna , Icchabedi rasa.*

Introduction

Hair (*Kesha*) plays a very important role in sense of identity and mental health. In clinical practice, acute or patchy hair loss causes significant psychosocial distress, often impairing the patients quality of life. In modern dermatology **Alopecia Areata** is identified as patchy non-scarring hair loss as, an autoimmune condition targeting hair follicles[(1)].

It results from our own immune system mistakenly attacks hair follicles, which leads to loss of hair without causing damage to the hair follicles. It can occur naturally or it can be provoked by various factors like, heredity, or aging, & hormonal changes. In worldwide the incidence rate of Alopecia areata is 2% approximately. Studies found that, it affects both the genders equally[(2)].It can be linked to other health conditions like Down syndrome, vitiligo, hypothyroidism & hyperthyroidism[(3)].

Based on the clinical presentation, it can be correlated to *Indralupta* as it causes hair loss along with arresting formation of new hair. While *Acharya Sushruta* and *Madhava Nidana* classified *Indralupta* under *Kshudra Roga* & *Acharya Vagbhata* categorized it under *Kapalagata Roga*. *The dushitha Pitta & Vata Dosha*s reaches the hair roots (*Romakoopa*) on the scalp, causing existing hair shafts to shed. Subsequently the aggravated *Kapha Dosha* along with vitiated *Rakta* blocks the *Romakoopa Srotas* at the hair roots. This blockage prevents the regrowth of new hair, causing smooth, circumscribed bald patches over the scalp[(4)].

Case Report

A 14 years old male patient presented with patchy hair loss since 4 weeks associated with itching. Patient visited *Shalakya tantra* opd. Before starting the treatment informed consent was taken.

History of present illness: Patient was apparently normal 4 weeks ago then he developed patchy hair loss on scalp associated with itching over affected area and it gradually increased since 4 weeks, which was gradual in onset and became progressive in nature without any pain. Examination revealed a 4x4 cm patchy area located on the right parietal area of mid scalp region. The patient reported no identifiable aggravating or alleviating factors.

History of past illness- No history of Diabetes mellitus, Hypertension and any other systemic illness

Family history – Nothing significant.

General Examination

Health Parameter	Recorded Value
Pulse	68/min
Heart Rate	64/min
Blood Pressure (BP)	90/70 mm Hg
Respiratory Rate (R.R.)	19/min
Temperature	98°F
Height	130 cm
Weight	35 kg
Appetite	Normal & regular
Bowel Movement	Once/day, satisfied, solid consistency
Micturition	2 times/diurnal
Sleep	Sound
Tongue	Normal colour
Addiction	Nil

Disease - Specific Examination

Parameter	Details
Site	Right parietal region
Dimension	4*4 cm
Dryness	Present
Hair Colour	No premature greying or discolouration
Spot Colour	No colour change
Scaling	Absent
Dandruff	Absent
Cicatrization	Absent
Tumor	Absent
Abnormalities of hair in the adjacent area	Broken hair
Itchy Scalp	Present
Hair loss on any area other than scalp	No
Thinning of hair	Present
Pigmentation	Absent

Ashta sthana pareeksha

- **Nadi : Vata - pitta**
- **Mala : Once in a day (ama avastha)**
- **Mutra : 4-5 times per day**
- **Jihva : Aliptha**
- **Shabda : Prakrutha**
- **Sparsha : Prakrutha**
- **Druk : Prakritha**
- **Akruthi : Madhyama**

Systemic Examination :

- CNS : Conscious and Oriented
- CVS : $S^{(1)}$ & $S^{(2)}$ heard
- RS : NVBS heard
- P/A : Soft & non tender
-

Blood investigations :

Clotting time (CT), bleeding time (BT), Haemoglobin (Hb), were all within normal limits.

Diagnosis

- Clinically the patient was diagnosed as a case of *indralupta* (alopecia areata) based on the classical presentation of localized, smooth, and hairless patch along with associated features like *Kandu* (itching).

Treatment :

The treatment protocol was planned as per basic principles used to treat *indralupta.* The primary intervention adopted in this case was *Prachanna(sa sashtra rakthamokshana)*

Followed by *shirolepa* with **(*Icchabedi rasa* +*Nimba rasa*+*Loha bhasma*).**

Prachchanna Karma

Poorva karma (Pre-treatment)	**Pradhana karma (Main treatment)**	**Paschat karma (post-treatment)**
Sambhara sangraha- Collection of materials like 26*1(1/2G) Needle, Gloves,Cottonswab,*Triphala kashaya.* The patient's vitals were accessed. The site was steriled with cotton swab dipped in Triphala kashaya. Mild local massage to enhance blood flow.	The patient was made to sit in comfortable position in a well illuminated area. Prachanna was performed using a 26*1(1/2G)needle, beginning from one side of the affected area and proceeding in an evenly spaced manner. Bleeding was allowed to continue for five minutes. After monitoring the intensity of the flow, the blood was wiped using sterile cotton swabs.	Once the bleeding got cleared the scalp area was wiped with sterile cotton swab.

Lepana karma

After the *prachanna karma* the *lepa* made out of (*Icchabedi rasa +Nimba rasa+Loha bhasma*) was applied uniformly over the site.

Therapeutic intervention

Treatment duration – 30 days

Followup – 2 followups with 15 days interval.

1.Raktamokshana & Shirolepa Schedule

Sittings / Week	**Scheduled Date**	**Procedure Details**
Sitting 1 (1st Week)	17-4-2026	*Prachanna Karma* followed by *Shirolepa (Icchabedi rasa (baidyanath) +*
Sitting 2 (2nd Week)	24-4-2026	*Nimba rasa +*
Sitting 3 (3rd Week)	01-5-2026	*Loha bhasma (Dhutpapeshwara)*
Sitting 4 (4th Week)	08-5-2026	Performed once a week as scheduled

2. **Internal Oral Medicines (*Shamana Chikitsa*)**

Medicines	**Dose**	**Frequency**	**Duration**	**Start Date**	**End Date**
Krimikuthara Rasa *(Dhutpapeshwara)*	125 mg	(0-0-1) (A/F)	15 Days	17-4-2026	01-5-2026
Mahamanjishtadi Kwatha *(Dhutpapeshwara)*	10 mL	(1-0-1) (b/f)	1 Month	17-4-2026	16-5-2026

Pathya	**Apathya**
1.Nidana parivarjana	1.Atiushna, teekshna,Lavana katu ahara
2. Go gritha , Go ksheera, Shastikashali sevana	2.Viruddha ahara
3.Chatradarana	3.Vegavarodha
4.Pranayama	4.Ratijagarana & Diwaswapna.

Observation & Results :

Before Treatment : There was a patchy hair loss with a dimension of 4*4 cm at Right parietal region of mid scalp region. Associated with dryness & Itching.

During Treatment :

There was reduction in itching with no evidence of blisters at the site following the theraphy & no adverse reactions were recorded.

After treatment: After 30 days of treatment new baby hairs started to sprout with in the patch.

Follow up : After 2 followups of treatment hairs started growing with density & length on the affected area.

Figure 1. (Before treatment)



Figure 2. (After Prachanna karma)



Figure 3.(After Lepana)



Figure 4.(After treatment)



Discussion:

In indraluptha mainly *tridoshas & rakta* is vitiated and exhibits patchy hairloss. The *samprapthi* involved here is mainly vitiated *bhrajaka pitta & vata doshas* affects the hair roots & causes loss of hair, and later on vitiated *kapha & rakta* obstructs the hair roots & inhibits hair growth in *indraluptha.* But if the hair roots are partially closed, after proper treatment there is scope for regrowth of hair.

The chikitsa siddhanta mentioned in classics are Nidana parivarjana, Snehana, Nasya & Shirobasti, (Siravyadhana) Raktamokshana, Lekhana , Lepa[5].

In this case therapeutic protocols adopted were significantly effective in stimulating hairgrowth.

The use of *raktamokshana* mainly through *prachanna karma* plays a vital role as it removes vitiated blood from the affected site, reducing inflammation and *Rakta Dushti*. This superficial scarification also clears *Kapha* obstructions in the *romakoopa,* promoting *Srotoshodhana* (cleansing of microchannels) which helps up in opening of clogged hair follicle (*romakoopa*) and restoring normal Vata Gati. Prachanna karma helps in samprapthi vigathana[6].

The micro trauma caused by *prachanna* over the affected site triggers localized inflammation which stimulates vasodilation & hyperaemia. Through this process it enhances local blood circulation bringing oxygen & nutrients to the dormant follicles and also initiates the anagen phase of hair growth cycle.

After *prachanna karma* the micro channels are opened in the scalp & application of *shirolepa* delivers active ingredients which are present in the *lepa* in to the scalp.

The *lepa* used here is mixture of *(Icchabedi rasa+Nimba rasa+Loha bhasma*).

Icchabedi rasa contains *shudha jayapala,shunti, maricha, parada and gandhaka* Which are *teekshna & ushna* in *guna* when applied topically it removes the *kapha dosha* blocking the follicles & it causes erythema, irritation in the site which influences dormant hair follicles to shift from resting telogen phase to active anagen phase[7].

Nimba has *tikta & katu rasa*, *Laghu ruksha guna* which dries up the accumulated *kapha dosha* & opens micro channels which helps in the regrowth of hair. The *sheeta veerya* property does *pitta & rakta shamana* also promotes *rakta prasadana*. It also have *krimighna* property which helps in breakdown of pathology.

Loha bhasma helps in balancing the *bhrajaka pitta* & acts as *rasayana* which helps in promoting the new hair growth.

Krimikuthara Rasa contains active ingridients like *vidanga & palasha beeja* processes *krimighna gunas* which helps in eliminating *raktaja krimis* that which attacks hair follicles. Also it does *srotoshodana & raktaprasadana. Krimikutara rasa* is routinely included in therapeutic protocols of indraluptha[8].

Manjistadi kashaya which contains active potent ingridients like *manjistha* does the *pitta & rakta shamana*. The ingredients like *Musta & kutaja* processes *tikta & katu rasas* which helps in *lekhana karma* & influences *srotoshodana*, *raktasodhana.* It also nourishes the scalp because of its *twachya gunas* promotes the growth of healthy hair follicles[9].

Totally the *prachanna karma* creates microchannels which helps in easy absorption of active potent constituents in *lepa*. *Ichabedi rasa* being potent it awakens the dormant hair follicles and *nimba rasa* provides antimicrobial action and the cleanses the area & *loha bhasma* helps in stimulating the new hairgrowth.

Conclusion

The synergistic action of *prachanna karma* followed by *lepa & shamanoushadis* helps in bringing up good results in the case of *indraluptha*. This observations are needed for the study on multiple sample size.

Informed consent

Consent was obtained from the patient and his caretaker for the treatment & for the publication of this case report including clinical images & details of treatment.

Patient perspective

Patient stated the patchy hair loss started vanishing and itching got reduced after treatment .Totally he & his caretaker was satisfied for the treatment.

Source of Support: Nil

Conflict of Interest: Nil

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