ABSTRACT:
We often see our hair as a reflection of our identity because it is both personal and public. The deep personal relationship between hair and self-esteem is evident throughout history, philosophy and even religion. Alopecia areata is an autoimmune disorder also known as "spot baldness" that can be compared with Indralupta. Since the limitations of modern medicine are obvious, there is the highest need of harmless, effective treatment. Ayurveda indicates use of prachhana and lepa in the treatment. The treatment planned was prachhanna followed by maricha lepa. Raktamokshana is the ideal treatment when doshas are vitiated with raktajva. Prachhanna helps in clearing the obstructed romakupas. Keshaada krumi associated in this case are also responsible for hair loss. As Keshaada are the krimis produced in raktavaahi sira samstha and are raktaja, their association indicates the use of internal krimighna chikitsa. The results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of Ayurveda.

Key words: Indralupta- alopecia aerata- keshaada krimi- prachhanna- krimighna.

INTRODUCTION: Hair has been a consistent factor for the worry and pride. Hair and beauty is a multibillion-dollar industry, and the average American woman spends approximately $50,000 on her hair over her lifetime and almost two hours a week washing and styling her hair. This is not just because many of us believe that appearances are important, but also because our hair represents our personality, thoughts and beliefs. So the loss of hair was and is traumatic to a woman as well as man. There are many conditions which lead to loss of hair. Hair loss, also known as alopecia or baldness, refers to a loss of hair from the head or body. (1) Baldness can refer to general hair loss or male pattern hair loss. Hair loss and hypotrichosis have many causes including androgenic alopecia, fungal infection, trauma (e.g., due to trichotillomania), radiotherapy, chemotherapy, nutritional deficiencies (e.g., iron deficiency) and autoimmune diseases such as Alopecia Areata. (2) Hair loss severity occurs across a spectrum with extreme examples including Alopecia Totalis (total loss of hair on the head) and Alopecia Universalis (total loss of all hair on the head and body). Since the limitations of modern medicine are obvious, there is the highest need for harmless, effective treatment. Indralupta is one among the kapalagataroga (3) and kshudraroga by Vaghbata (4) which is characterized by loss of hair. Pitta associated with vaata gets lodged in romakupa and causes hairfall followed by kaphadosha associated with rakta causes obstruction to the hair roots and limits the regrowth (5). Prachhanna (6) is indicated in raktajavyadhhi that helps in draining the vitiated rakta, in turn plays an important role in sampraptivighatana of Indralupta, where in the vitiated rakta and kapha obstruct the hair follicle due to which hair loss is perceived. Sushruta mentions that if lepa is applied after prachhanna then better hair growth is achieved (7). Ayurveda also suggests treatments like moordhni taila, abhyanga etc (8).

Alopecia areata is an autoimmune disorder also known as "spot baldness" that can result in hair loss ranging from just one location (Alopecia areata monolocularis) to every hair on the entire body (Alopecia areata universalis). Although thought to
be caused by hair follicles becoming dormant, what triggers alopecia areata is not known. In most cases the condition corrects itself, but it can also spread to the entire scalp (alopecia totalis) or to the entire body (alopecia universalis). The results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of Ayurveda.

**CASE REPORT:**
A Christian, female, non-diabetic, normotensive patient, teacher by profession, Ms ABC of 43 yrs. age visited OPD of Gomantak, Ayurveda Mahavidyalaya, Goa on first December 2014 with the complaints as cited below.

**Chief complaints:**
Patchy hair loss since 1 year, associated with thinning of hair and hair fall.

**History of present illness:**
Patient was said to be asymptomatic 1 year back. Gradually she noticed thinning of hair and hair loss. Later after few days she started noticing the patch of baldness at the vertex of head. Then it started worsening day by day with increase in size and loss of hair. She consulted two dermatologists and took allopathic medicine for 10 months, including oral medications, lotion and shampoos. There was no improvement and she approached here.

**Hetu:** daily chocolate items, as and when possible guda sevana or other madhura rasa- sevana. Routine use of fish, pork and beef. Meals are taken with aerated drinks.

**Investigations:**
Routine haematological and urine investigations were carried out to rule out systemic pathology. Specifically Bleeding time – 2 min. Clotting time 4 min. HIV 1AND 2- Negative, HBsAg- negative, FBSL- 112 mg/dl. Which were all within normal limits.

**General Examination:**
General condition- Good.
RS- WNL.
CVS- S1S2- WNL., no added sounds.
CNS- WNL.
P/A- SOFT, nontender. BP- 132/82 mm Hg.
Pulse- 72/min.
Moderately built with no other systemic illness.

**Prakriti-** kafa pradhaana pitta.
Saara- medosaara.

**Local Examination:** Scalp and Hair

**Darshana** (inspection) - Type-patchy hair loss
Site-centre of the scalp. No redness found, no scaling.

**Sparashana** (palpation) – Shlakshna sparsha.

Generalised thinning of hair.

**Samprapti:** Dosha- kapha. Dushya- rasa, asthi. Agni- mandya. Srotasa- rasavaha, roamakoopa.Nidaana- indralupta with possible krimi. Due to excessive madhura-rasasevana, abhisyandi sevana, romakupas were blocked by vitiated rakta and kapha and indralupta is produced. Also vitiated raktadhatu has given rise to keshaada krumi.

**Treatment protocol:**
**Krumivighaatana.** Treatment protocol followed was prachhanna karma and maricha lepa.

**Para surgical protocol**
Materials needed: Sterile Insulin syringe, disposable gloves, cotton, Maricha churna. Triphalakashaya.

**Purvakarma:** Local area is cleaned with TriphalaKashaya. Procedure explained to patient in her own language and consent is taken.

**Pradhana Karma:** Insulin syringe is taken and continuously close Rekha-pratisaarana was made over the scalp on the affected area. Care is taken so that the depth of these serial incisions should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. When the blood started oozing out, before it gets clotted, maricha churna pratisarana (10) was done on the open wounds.

**Paschat Karma:** The wound was bandaged with sterile bandage and sticking plaster. Patient is advised to not to take head bath till the hair growth is seen and not to...
use any oils immediately after the hair wash or on the day of procedure. Hair should not be combed. She was advised to avoid spicy and oily food.

**Medicines given:**
Tab. Vidanga kapila- 500 mg – two tablets at night time for five days.
Tab. Nimba vati- 500mg- two tablets three times a day for 21 days.
Gunjaadi taila for pratisarana after three days after procedure for 21 days.

**Drug information:**
Marco(12) (pepper nigrum)- kaphaghna, krimighna.
Vidanga(13) (embelia ribes)- krimighna,
Kampilaka(14) (Mallotus phillipinesis)- kafa-rakta-krimighna.
Nimba(15) (Azadiracta indica)-krimighna.

**Observation:** During procedure, the patient experienced mild pain but co-operated with some anxiety. On the first follow up( sixth January 2015) there was a new and healthy hair growth at the site of patch as evident from the photo.
DISCUSSION: The case of indralupta is a raktajavikara. The treatment planned was prachhanna followed by maricha lepa. Raktamokshana is the ideal treatment when doshas are vitiated with rakt. Prachhanna helps in clearing the obstructed romakupas\(^{16}\) and vitiated rakt is expelled out. Prachhanna drains out the vitiated blood from the srotas and later when lepa is applied over the region it facilitates easy and faster absorption of the drug. Lepa applied over the scalp by the effect is absorbed by the hair follicles which in turn causes the pores to open up. Maricha itself is kafaghna and hence acts to relieve the obstruction\(^{12}\).

Keshaada krumi \(^{9}\) associated in this case are also responsible for hair loss. As Keshaada are the krimis produced in raktavaahi sira samstha and are raktaja, their association indicates the use of internal krimighna chikitsa. Vidanga is used to kill krimis and kapila is used to remove them from body. Nimba is kafashamaka, raktashodhaka and krimighna too.

CONCLUSION: From this case report, we can conclude that Prachhanna followed by Maricha lepa can be used in treating Indralupta along with internal krimighna chikitsa.

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