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“BAHIRPARIMARJAN CHIKITSA A MAGICAL REMEDY FOR  
INDRALUPTA: A REVIEW”

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**ABSTRACT:**

Hair is considered as barometer of beauty each one is over conscious about it and is in search for better remedy for the maintenance and management of the glory. Hair is an important structure of the body which not only has protective function but also adds beauty to the face. Increased modernization has increased the risk due to pollution contamination of water air, food habits due to their intrinsic factors; hence there is definite increase in the incidence of hair fall. Hair falling is called Alopecia areata. In *Ayurveda*, alopecia areata can be correlate with *Indralupta* on the basis of sign and symptom. In modern science treatment modalities like use of corticosteroid, immunotherapy, laser therapy but all these have lots of adverse effect. In *Ayurvedic* literature *Acharyas* had briefly explain hair and mentioned many more modalities to treat hair loss. *NidanPariverjana*, *Shodhana*, *Shamana* by internal use of *Rasayana* and externally use of *Abhyanga*, *Lepa*, etc. Therapeutics mentioned in various classical text should be followed with proper *Dincharya* and *Rutucharya* to get rid off of *Indralupta*. Here made an effort to show the review of external applicable treatment for *Indralupta* according to classical texts.

**Keywords:** *Indralupta*, *Abhyanga*, *Lepa*, *Nasya*, *Prachchana*, Alopecia areata.

## **INTRODUCTION:**

Hair loss is one of the common problems seen in all age groups, which contributes one's personality and has remained the centre of attraction. So, each person is extra curious and is in search of better remedy for their crowning glory. As hair is considered as barometer of beauty each one is over conscious about it and is in search for a better remedy for the maintenance and management of their crowning glory. So, hair adorns the most highlighting part of the body. It has a great aesthetic value. Thus, to keep the hairs in healthy state is entirely the duty of human being. As healthy hair is directly proportional to healthy state of body.

*Ayurveda* has described hair problems under *Kshudrarog*<sup>1</sup>, *Indralupta*<sup>2</sup>, *Shirorog*<sup>3</sup>, and *Asthivikara* as *Khalitya*<sup>4</sup>, *Palitya*<sup>5</sup>, etc. *Indralupta* is a specific condition were a patchy loss of previously existing body hair in form of patches in some scalp areas by the vitiation of *Tridosh* and *RaktaDhatu*<sup>6</sup>.

*Indralupta* or alopecia areata is mainly a cosmetic condition were a patchy loss of previously existing body hair. According to different text of *Ayurveda* references are found indicating the use of drugs as an external application for various types of diseases. According to modern medicine alopecia areata is a disease requires a

topical treatment with oral antifungal drugs, antimycotic drugs, corticosteroids, immunotherapy but all these have lots of adverse effect such as stomach upset, sun sensitivity, faintness. It is one of the common therapeutic problems which challenge the skill of people working in the field of dermatology.<sup>7</sup>

*Ayurvedic* literature mentions, to become *Swasth* one should follow *Dincharya*, *Ratricharya*, and *Rutucharya* which includes some procedures like *Danthadhavan*, *Kawal*, *Gandush*, *Abhyanga*, etc which help in cleaning and proper functioning of sensory organs. While in today's era, it has become difficult to follow all previous rituals due to urbanization. Due to modernization in each and every walk of life, a person has neither time to think and act for healthy life nor to follow the proper *Dincharya*, *Ratricharya*, and *Rutucharya*.<sup>8</sup>

A line of treatment in *Ayurveda* from various text references states that *Indralupta* should be given *Raktamokshan*, *Shiraved*, *Pracchan*, *Abhyanga*, *Lepa*, etc. it is also stated that it has to be treated with *Ushna* and *TikshnaGunatmakDravya*.<sup>9</sup>

Here made an effort to show the review of external applicable treatment for *Indralupta* according to various classical texts.

### **AIM AND OBJECTIVES:**

To shed light on *Ayurvedic* external applicable treatment of *Indralupta* (Alopecia areata) for knowledge for researchers and medical science.

### **Methodology:**

A review of literature regarding the study is done from classics of *Ayurveda* from various textbooks, research articles, paper published online, and through magazines. All compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusions.

### **Definition:**

*Indralupta* is a specific condition characterised by hair loss in form of patches in some scalp areas by the vitiation of *Tridosha* and *RaktaDhatu*<sup>10</sup>.

Alopecia areata is also known as spot baldness. It is a condition in which hair is lost from some or all areas of the body, after it results in a few i.e. one (alopecia areata patchy) or more (alopecia areata totalis) bald spots on the scalp, each about the size of a coin, which further may result in alopecia universalis.<sup>11</sup>

**Synonyms:** *Indralupta*, *Khalitya*, *Keshagna*, *Rujya*, *Ruhya*, *Sureshlupta*.

**Nidana:**<sup>12,13,14</sup>

*Nidana* plays an important role in the perspective of the disease. Each and every

disease has its own *Nidana*. The *Nidana* of *Indralupta* can be described as follows:

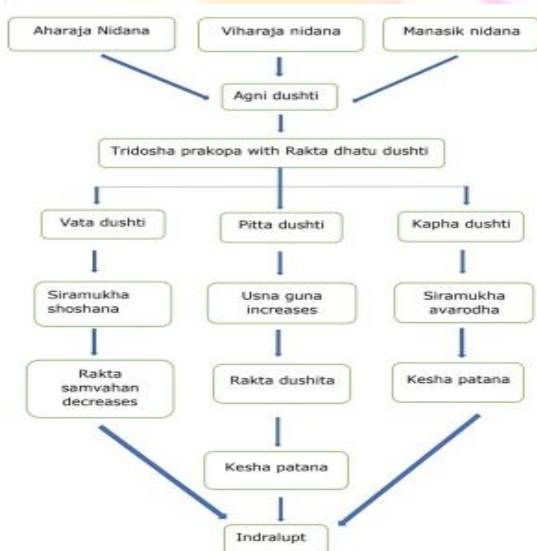
- *Amla Ahara* (excessive intake of sour food)
- *Atisheeta Ambu Sevana* (excessive intake of cold water)
- *Atimadhyapana* (excessive intake of alcohol)
- *Dushta Aam Bhojana* (stale and uncooked food)
- *Guru Ahara* (heavy food)
- *Harita Shaka Aatisevan* (excessive intake of green leafy vegetables)
- *Hima Ahara* (intake of cold food)
- *Lavana Atisevan* (excessive intake of salt)
- *Atapa Atisevana* (exposure to heat)
- *Atiswapna* (deep sleep)
- *Atibhashya* (excessive talking)
- *Uccha Bhashya* (taking loudly)
- *Atimathuna* (excessive sexual indulgence)
- *Bhashpa Nigraha* (suppression of tears)
- *Diwaswapna* (sleeping during day)
- *Hima Sevana* (exposure to cold weather)
- *Asatmya Gandha Sevana* (inhalation of unpleasant or bad odour)
- *Pragvata Sevan* (exposure to easterly wind)
- *Ratri Jagran*
- *Rajo Dhum Sevana* (exposure to dust and fumes)
- *Rodana* (excessive crying)

- Vegadharana (suppression of natural urges)
- Excessive Swimming
- Atisweda Pravrutti (excessive sweating)
- Manastapa (mental agony)
- Abhyanga Dwesha (not following oil massage)
- Mruja Dwesha (no hygiene)
- Shiro Abhighat (trauma)
- Krimi (infection)
- Desha Kala Viparyay (changes in weather and place)
- Meghagmana (cloudy weather)

**Samprapti:**<sup>15, 16, 17</sup>

The *Samprapti* of *Indralupta* that *PittaDosha* present at hair follicles associated with *Vata* cause falling off the hairs, *Kapha Dosha* associated with *Rakta Dhatu* blocks the hair follicles. Hence, no new hair grows in that place.

**Fig No. 01**



**Treatment:**<sup>18,19,20,21,22,23,24,25</sup>

According to modern science, topical treatment alone is ineffective. It may however, reduce the risk of transmission to others in the early stages of systemic treatment. The different topical agents used are clotrimazole, itraconazole, fluconazole and terbinafine.

The treatment of *Indralupta* should be done on the basis of their causes. As per *Ayurvedic* treatment, *Indralupta* should be treated with *ShodhanKarma*, *PrachhanKarma*, local application of *Lepa* and *TailAbhyanga*.

1. *Shodhan Karma*: Firstly, *Purva Karma* like *Snehan* and *Swedan* with *Sansarjan Karma* should be followed properly. If any systemic clinical manifestation of vitiated *Vata*, *Pitta*, and *Kapha*, then *Basti*, *Virechan* or *Vaman* should be given respectively before any local treatment.

2. *Pracchana Karma*: It is one of the types of *Raktamokshan* which helps in clearing obstructed *Kapha Dosha* from *Romakupa*. It removes the enhanced *Pitta Dosha* and which promotes further hair growth. It also enhances absorption of drug after application of *Shiroabhyanga*. When multiple pricks or puncture on the scalp are caused by the micro needles, it stimulates the formation of new cells in papillary dermis which leads to neo-vascularization.

3. Application of *Lepa* and *Tail Abhyanga*:

After *Shodhan* or *Pracchana Karma* local application like *Lepa* or oil (*Shiro-Abhyanga*) should be applied for the treatment of *Indralupta*. It enhances the stimulation of the scalp thus, increases blood circulation. It enhances and nourishes the skin gives strength to the metabolic skin mechanism and hair follicles.

Some local applicable *Lepa* mentioned in various *Ayurvedic* text:

S	<i>Lepa</i>	<i>Bh</i>	<i>Ash</i>	<i>Sus</i>	<i>Cha</i>	<i>Bha</i>	<i>Ch</i>
1	<i>Ma nsh ila, Ka sis and Tut ha Lep a</i>	+	+	+	+	-	-
2	<i>Kut ann tad</i>	+	-	-	+	+	-

	<i>i Lep a</i>						
3	<i>Gu nja di Lep a</i>	+	+	+	+	-	-
4	<i>Ha stid ant ma shi wit h Ras anj ana Lep a</i>	+	-	-	+	+	-
5	<i>Ha stid ant ma shi Lep a</i>	+	+	-	-	+	-
6	<i>Bh all ata kad i Lep</i>	+	+	-	+	-	-

	<i>a</i>						
7	<i>Ma ric hya di Lep a</i>	+	-	-	+	-	-
8	<i>Bru hat yad i Lep a</i>	+	-	-	-	-	-
9	<i>Ta gar and De vda ru Lep a</i>	-	-	+	-	-	-
10	<i>Ka rve er ras Lep a</i>	-	+	-	-	-	-
11	<i>Dh atu ra Lep a</i>	-	+	-	-	-	+

Some Local application of oil mentioned in Ayurvedic texts:

S r n o .	<i>Tail a  ara  Sa mhi ta<sup>34</sup></i>	<i>Sha ran gdh ya  Sa mhi ta<sup>34</sup></i>	<i>Bh ais haj ya  Ra tna val i<sup>35</sup></i>	<i>Ash tan ga  San gra ha<sup>3</sup> 6,37</i>	<i>Su shr uta  Sa mh ita 38,3 9</i>	<i>Bha vpr aka sh<sup>40</sup></i>	<i>C ha ra ra k Sa m hit a<sup>4</sup> i</i>
1	<i>Kar anja Tail a</i>	+	+	+	+	+	-
2	<i>Mal tyad i Tail a</i>	-	-	-	+	-	-
3	<i>Bhri ngr aja Tail a</i>	+	-	-	-	-	+
4	<i>Nila nya di Tail a</i>	+	-	-	-	-	-
5	<i>Vid arig and</i>	-	-	-	-	-	+

	hadia Taila						
6	Sahachara di Taila	-	-	-	-	-	+
7	Dugdhi Taila	-	-	-	-	+	-

**DISCUSSION:**

In *Ayurveda* the baldness has been described under the heading of *Indralupta*. In *Ayurveda* many resources are in a very planned and descriptive manner by formulating various medicine to treat human diseases. *Ayurveda*, one of the first choice of treatment is *AushadhiChikitsa* and the *Shashtra Chikitsa (Pracchan)* is recommended, this all kinds of treatment to control the disease. In *Ayurveda* there are so many causes and treatment of hair fall has been found in scattered form in various chapter rather than *Indralupta*. These all the causes of hair fall result in alopecia. Vitiating of *Tridosha* and *Rakta dhatu* leads to *Indralupta*. On the basis of action of all treatment modalities, In

*Panchakarma* therapy, the vitiated *Doshas* are purified through *Shodhan Karma* whereas in *Raktamokshana* to let out *Rakta Dhatu* along with vitiated *Doshas* where *Rakta Dhatu* is predominant. *TailaAbhyanga* and *Lepa* are recommended after *Shodhan Karma* with *Ushna, TikshnaGunatmakDravya,* with *Madhura, Tikta, Kashaya, KatuRasa* with *KatuVipaka* and *UshnaVirya* which acts as *TridoshaShamaka*.

According to various *Acharyas*, vitiated *Pitta* is association with *Vata* causes falling of hair from scalp. After *Snehan* and *Swedan, Siravedhan* is the treatment. Easy and economical way of treatment. According to *Ayurveda* vitiated *Rakta* and *Kapha* blocks orifices of hair follicles, restricts growth of new hair, this is called as *Indralupta*. So, in the pathogenesis of *Indralupta*, four *Doshas* of the body are involved. The obstruction of *RaktaDhatu* and *KaphaDosh* at hair follicle increase the pathogenesis of disease. Thus, removing the obstruction is the selection of treatment for *Indralupta*.

*Pracchan* means bloodletting by puncturing the area of with the disposable needle or scalpel. Due to this, obstruction of *Rakta* and *Kapha* gets released which is the main pathology of *Indralupta*. This release of obstruction also leads to *Vatanuloma* (pacification of *Vata*). In this

way this *PracchanKarma* acts on *Rakta*, *Kapha* and *VataDosha* and improves the condition of *Indralupta*. Various *Tail* and *Lepa* are used for *Abhyanga* (Massage), which improve the blood circulation, thus increasing the nutrition of the hair roots & scalp. *Manahsila*, *Kasis*, *Tuttha* and *MarichaLepa* possesses *Pramathi* property, *KutanntadiLepa* and *DevadaruLepa* possesses *Swedajanan* property. *GunjadiLepa* possesses *Tvyachya* and *Keshya* property. *HastidantmashiLepa*, when used for one week gives best result. Various oils like *Karanja Tail*, *Maltyadi Tail*, *Bhringraja Tail*, and *Nilanyadi Tail* is used for curing *Indralupta*. *Karanja taila* prepared with *Karanj*, *Karveer*, *Chitraka*, and *Jati* is highly efficacious in curing *Indralupta*. The content of this oil has *UshnaTikshnaGunas* and *UshnaVirya*, *KatuVipaka* so this combination of *Dravya* has property to release the obstruction of *Kapha* and due to *Ushna* and *Tikshnagunas*, it penetrates the bald area gives nutrition and promote hair growth which improves the condition of alopecia areata.

#### **CONCLUSION:**

Hair fall is common cosmetic problem, which is an important clinical presentation. *Ayurveda* has a potency to diagnose and treat *Indralupta* by local application of

various medicine which improves blood circulation, nourishes the hair follicle, and increase new hair growth at affected area.

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