

Treatment of Indralupta(Alopecia areata) with Jalaukavcharan and application of Vranaropak Tel and Kampillak Churna-A Case study

Dr. Aparna Sole,

Associate Professor, Kayachikitsa, Ashtang Ayurved college, Pune (MS)

Indralupta is a disease in which there is hair loss from some areas of body usually from scalp. It shows one or more round spots on the scalp. Steroid is the only treatment for this disease in modern medicine. It is observed that hair grows sometimes on its own but if some treatment is given it helps the hair to regrow more quickly. Few patients of this disease were treated with jalukavcharan and local application of vranaropak tel and kampillak churna. According to ayurved Indralupta is a type of Khalitya (loss of hair) when hair loss is in patches it is called Indralupta. Irregular diet habits, air pollution, lack of cleanliness are causes of this disease. Jalaukavcharan and local application of vranaropak tel and kampillak churna alongwith some shaman aushadhis is the treatment mentioned in the texts.

Male patient of indralupta age -23 yrs. came in OPD of Kayachikitsa of Ashtang Ayurved Rugnalaya. He complained of a bald spot on scalp. History revealed the problem six months back but hair had regrown with some treatment. This time spots lasted for more than 2 months and no regrowth was there. So he came for treatment. General condition of patient was good.

Ashtavidha pariksha revealed Pittapradhanvat nadi with rate 83/min, Malavashthamba sometimes.

Assessment criteria – 1. Number of patches and hair follicles before treatment – 2. Appearance of patch before treatment – bald spot, after treatment – regrowth of hair.

Material used 1.Jalauka 2. Vranaropak tel (proprietary product of Ayurved Rasashala) and Kampillak churna.

Method – Jalauka was applied once a week in a fortnight. Local application of tel mixed with kampillak churna daily on bald spot for fifteen days.

Shamana chikitsa like Arogyavardhini 250 mg, Gandhak Rasayan 250 mg and Sarivadyasav was given twice a day.

Discussion – It was observed that there was hair follicle growth after a week .The treatment enables the damaged hair follicles to recover through their inherent regeneration capacity. Mostly hair disorders involve changes to hair follicle distribution, size, and growth cycle. By modulating one or more of these parameters the disorder can be treated potentially. Patents are available that claim the effects are due to stimulation of hair follicle and scalp metabolism by improving blood

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circulation ,activation of dermal papilla and testosterone action and increased nutrition to hair follicle through accelerated blood flow but the mechanism is still not clear .According Ayurved vitiated pitta in association with vitiated vat causes falling of hair from scalp. After that vitiated rakta and kapha blocks orifices of hair follicles, restricts growth of new hair this is indralupta.

Action of Jalauka - Jalauka secretes hirudine an anticoagulant substance. It relieves blockage at root of hair due to which hair follicles are stimulated and then nourished. Jalauka are used to eliminate toxins in blood absorbed in blood stream thus developing immune

mechanism in blood stream. Thus preventing hair fall and helps regrowth. Action of application of vranaropak tel and kampillak is tridosha shamak specially vat pitta shamak, vranaropak, krimighna, raktapittaghna. Kampillak is krimighna, twakdoshanashak and vranaropak.

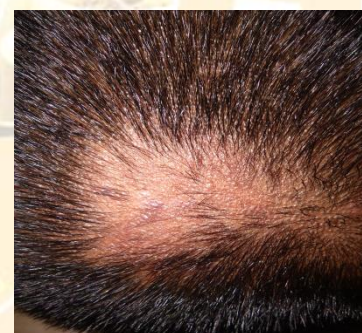
Conclusion- From above discussion it can be stated that Jalaukavacharan with local application of vranaropak tel and kampillak helps regrowth of hair in indralupta. It is effective treatment in indralupta.



Before Treatment



After 10 days of the treatment



After 25 days of the treatment

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Corresponding author:

Dr. Aparna Sole

Associate Professor, Kayachikitsa, Ashtang Ayurved college, Pune (MS)

Email: aparnasole@gmail.com