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Management Of Indralupta (Androgenic Alopecia) – A Single Case Study

Dr. Vishwajit Rajput¹, Dr. Avinash S. Wade²

¹ H.O.D & Associate professor Department of Shalya Tantra, Ananya College of Ayurved, KIRC campus, Kalol, Gandhinagar, Gujarat.

² H.O.D. & Associate Professor, Department of Roga Nidana evum Vikriti Vigyana, Nootan Ayurvedic College and Research Centre, S.P. University, Mehsana, Gujarat.

Corresponding author: Dr. Vishwajit Rajput

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Abstract

Indralupta is a Disease of Scalp. Its clinical feature is loss of hair with poor replacement. Hair loss is a major problem for millions of men and women in whole world. *Indralupta* is due to vitiation of *Tridosha* and *Rakta Dhatu*. The disease is also called as *Khalitya* and *Rujya*. In Modern Science we relate *Indralupta* with “Alopecia”. Androgenic Alopecia (Male pattern Baldness) is most common type of Alopecia. It is patterned hair loss over the crown. The Ayurveda suggests many preventive and curative measures for *Indralupta*. *Shiroabhyanga*, *Lepa*, *Rasayana*, *Nasya* and *Sastra* karma like *Prachchhana* and *Siravedha* has been adopted for the Management of *Indralupta*. *Indralupta* causes due to vitiation of *Rakta Dhatu*, in which *Raktamokshana* is choice of treatment. So *Prachchhana Karma* has been adopted as surgical procedure along with *Ayurvedic Medicines*.

Keywords – *Indralupta*, Androgenic alopecia, *Prachchhana Karma*

Introduction :

Hair form an important anatomical structure of the body, derived from ectoderm of skin. Hair is made up of keratin protein. Hair loss is consider the fall of hair from head. Hair loss is a major problem for millions of men and women in whole world. In modern science loss of hair is termed as “Alopecia”. There are many types of Alopecia depending upon the pattern of hair loss. Androgenic alopecia is the

common cause of hair loss. Modern lifestyle, avoidance of head bath, stress, usage of harmful shampoos, allergic manifestations reduced body resistance, poor hygiene, and hormonal imbalance could be considered as etiological factor of hair loss (Alopecia). In Ayurveda, hair problem described under the broad heading of *kshudra Rogas*,^[1] Except *Vagbhata* who has mentioned it under *kapala Rogas*^[2] as *Khalitya*, *Palitya*, *Indralupta*.

Indralupta is loss of hair in form of patches in some scalp area due to vitiation of *tridosha* and *Raktadhatu*. Pitta associated with *vata* gets localized in the *romakupa* and causes the hair fall, later on *Kapha dosha* associated with *Rakta* Causes the obstruction to the hair roots and restricts their re-growth. *Acharya Charak* described that due to vitiation of *Asthidhatu Khalitya* occurs as the mala of *Asthidhatu keshya* (hair).^[3] The Ayurveda suggest many preventive and curative measures for *Indralupta*. *Shiroabhyanga*, *Lepa*, *Rasayana* and *Nasya* are described^[4]. Also *Sastra karma* like *Prachchhana* and *Siravedha* has been adopted for the management of *Indralupta*. *Prachchhana* helps in draining the vitiated *Rakta* in which multiple small incisions are made in wide area to irrigate the impure blood.^[5] *Prachchhana* plays an important role in *Sampraptivighatana* of *Indralupta*.

Aims and Objectives :

To evaluate the efficiency of *Prachchhana* along with internal and external medications in the management of *Indralupta* (Androgenic Alopecia).

Case Report :

A 27 year old male patient came in our hospital for *Ayurvedic* treatment with following complaints.

Chief Complaints :

- Falling of hairs from scalp since 2 years.
- He noticed thinning of hair, especially on fronto-parietal portion of the head.
- Associated complain poor appetite.

History of present illness :

Falling of hairs from fronto parietal area of scalp. He noticed thinning of hair and very few hairs on scalp. Patient consulted Allopathic Doctors, but did not get improvement and he came to our Ananya Ayurved College, Kalol

Family History : No relevant history.

Table No. 1 -:Details of personal History

S.NO	Parameter assessed	Observation
1	Diet	Mixed, Veg & Non-Veg
2	Appetite	Poor
3	Bowel habit	2 times/day & clear
4	Urine	5-6 times/day
5	Sleep	Not good
6	Habits	Tea

Table No. 2 : General Examination

S.NO	Parameter assessed	Observation
1	Pulse	74/Min
2	BP	130/78 mmHg
3	Respiratory Rate	18/Min, Normal
4	CVS	S1S2 normal
5	CNS	Well Conscious Oriented
6	Tongue	Uncoated
7	Eyes	Not pallor

Table No. 3 : Local Examination of Scalp

S.NO	Parameter assessed	Observation
1	Site of involvement Scalp	Fronto-parietal region
2	Shape	Oval shape
3	Rashes	Absent
4	Discharge	Absent
5	Sensation	Present
6	Texture of hair	Generalized thinning of hair
7	Dandruff	Present

Investigations :

Routine blood investigation as complete blood count Hb%, TLC, DLC, ESR, BT, CT, HIV, HBsAg, Blood sugar, F/R. Finding of these investigations were found within normal limit.

Material and Methods :

Treatment protocol followed was *Prachchhana* and included both external and internal medications.

Para-Surgical protocol :

Materials Needed – Disposable gloves, Cotton, Betadine solution, Spirit, Derma-roller.

Purva Karma :

- Procedure is explained to the patient and takes consent.
- Patient was advised for taken *yavagu* or light liquid diet before *Prachchhana* procedure.
- Position of patient was sitting.
- Local *swedana* carried out on the affected area of Scalp.
- Local area is cleaned with Betadine and spirit.

Pradhan Karma :

- 2% Lignocaine spray applied on local area.
- *Prachchhana* is done with the help of derma-roller.
- The vitiated blood letter out.

Pashchata Karma :

- Patient has to be relaxed.
- After *Prachchhana*, part should be cleaned with the warm water.

This therapy has been done every week for one month. (4 times a month)

Table No. 4: Details of internal and external medicines given:

S.No.	Medicine	Dose <i>Annupana</i>	Duration
1	<i>Arogyavardhan i vati</i>	1BD with Water after food	1month
2	<i>Asthiposhak vati</i>	1BD with Milk after food	1month
3	<i>Amlaki churna + Kala tila</i>	3gm (BD) with Water after food	1month
4	<i>Kalatila churna</i>	3gm (BD) with Water after food	1month
5	<i>Bhringaraja Oil</i>	Q.S FOR L.A.	1 month

Advice after Treatment :

Avoid Junk and Spicy food, Pollution, exposure to Sunlight, Day sleep etc.

Table No. 5: Local Examination after Treatment:

S.No	Site of Involvement Scalp	Result
1	Shape Patch	Absent
2	Rashes	Absent
3	Discharge	Absent
4	Inflammation	Absent
5	Sensation	Present
6	Texture of hair Density	increases, patches covered with hairs



Before Treatment & After Treatment

Results :

Prachchhana is best alternative therapy which can be used to treat *Indralupta* along with oral medication and oil for local application or *Shiroabhayanga*.

Discussion :

- *Indralupta* is a *Raktajavikara*. So *Raktamokshana* is choice of treatment. *Prachchhana* helps in removes the local impure blood and increases the blood flows. It stimulates the hair follicles for new hair growth.
- The application of *Taila* (*Bhringaraja taila*) on the Scalp with finger tips leads to increase the local blood circulation and promotes the absorption of the drugs.
- Patient was complaining loss of appetite which indicates *Agnimandya* causing low digestion, indirectly affected the hair growth causing loss of hair. *Arogyavardhani vati* having carminative and digestive properties.
- *Indralupta* is *strotorodhajanya vikara*. So due to *Rasayana* (*Amlaki churna* + *Kala tila*) *sevana* the Agni is increased which leads to *Ama pachana* and opens all the blockage of *srotasa* and gives good nutrition to the *Kesha* (hair).
- All combination effects of this drugs and *Prachchhana* help to break *Sampraptivighatana* of *Indralupta* results as improvement in hair loss condition.

Conclusion :

The present case study confirmed effectiveness of *Prachchhana* along with internal and external medications applied in *Indralupta*. *Prachchhana* and drugs helped in regrowth of hairs and improving the blood circulation. No adverse or side effects reported during or after treatment.

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Dr.Vishwajit Rajput Inter. J.Digno. and Research

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