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Role of *Jaloukavacharana* in the management of Cicatricle Alopecia – A Case Report

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ABSTRACT

Introduction: *Cicatricial alopecia* is a disease of scalp in which the major clinical feature is patchy loss of hair accompanied with scarring. *Cicatricial alopecia* is caused by diverse group of hair disorders in which healthy tissue is replaced by scar tissue and causes permanent hair loss. It affects both men and women, most commonly adults. It can be correlated to *Indralupta* a type of *Kapalagta Roga* by *Vagbhata*. The basic pathophysiology of *Indralupta* is the vitiated *Tridosha* and *Rakta* affecting the scalp. The pathology also reveals the blockage of hair follicles with aggravated *Rakta* and *Kapha* which further prevents regrowth of hairs. This is the case report of 22 year old male who complained of patchy loss of hair at the left parital region of scalp, associated with pus discharge and swelling since 4 years. **Materials and Methods:** The subject who approached Shalaky Tantra OPD of Government Ayurveda Medical College, Bengaluru with symptoms of patchy hair loss at left parietal region since 4 years was systemically reviewed and *Rakthamokshana*, *Lepa* and *Rasayana* line of treatment is adopted. **Results:** The subject showed marked improvement as depicted in the photographs taken at different levels of treatment. **Discussion:** *Idralupta* is a *Kshudraroga* affecting scalp and involving *Pitta*, *Vata Dusti*, later *Kapha* and *Rakta* blocking the *Romakupa*. By adopting the holistic approach with both internal and external treatment modalities an attempt is made to bring about satisfactory results.

Key words: *Indralupta*, *Ciaticle alopecia*, *Jaloukavacharana*, *Lepa*.

INTRODUCTION

Scarring Alopecia also known as cicatricial alopecia is an inflammatory hair loss disorders. It results in bald patches on scalp due to permanent destruction of hair follicles. The underlying tissues in and around the hair get destroyed or scarred and replaced by fibrous

tissue. Once the hair follicles get destroyed, the hair cannot be regrown.^[1] In most cases scarring alopecia starts as a non-scarring type of alopecia that slowly progresses into permanent or irreversible baldness.

The prevalence of scarring alopecia is about 3% to 7% in men and women who are otherwise healthy. People who get bald due to scarring alopecia usually suffer from lot of distress because there is no way to rejuvenate or regrow the hair. Scarring alopecia is not contagious and can affect anyone.^[2]

The hair loss with scarring alopecia can occur slowly over a period of few years or it may happen rapidly within a few months. In some cases the hair loss in scarring alopecia may not show typical symptoms and so go unnoticed. The rapid hair loss is usually accompanied by symptoms such as severe itching, pain, burning and shedding of hair in bunches. The inflammation that causes the destruction of hair follicles happens below the skin surface and does not

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show the scar on the scalp. However, once the follicle gets scarred the scalp may start to show signs of inflammation such as redness, scaling, pigmentation, pustules, or hard ply board like appearance.

Pseudopelade is a type of scarring alopecia that mainly affects adult women. Generally, Scarring alopecia is not seen in children; however, some specific type can affect adolescent men.^[1]

Symptoms include Itching scalp, burning of scalp, pus of purulent discharge from scalp, pain, patches of rough and scaly skin, formation of blisters and crusting.

The causes of Scarring alopecia are not understood fully yet but inflammation appears to be the main contributing factor. Most types of scarring alopecia are caused by permanent destruction of hair follicles due to inflammation, progressive deposition of collagen, and are frequently associated with loss of sebaceous glands.

Treatment in contemporary science include topical corticosteroids, hair transplantation, injection of corticosteroid is given in the inflammatory lesion and Broad-spectrum sunscreen agents. Oral medications such as antimalarial drugs are advised.

Based on the clinical manifestation it can be compared with *Indralupta* explained in *Ayurveda* classics.

Indralupta is a disease in which *Pitta* present in hair follicles associated with *Vata* causes hair fall, there after *Shleshma* along with *Shonita* blocks the *Romakupa* resulting in non growth of hairs in the particular area.^[3] All the measures which can pacify the involved *Doshas* and bring about regrowth of hairs are mentioned in the classics which includes *Shodana* as well as *Shamana*. In particular *Raktashodhana*, *Tridoshashamana* and *Rasayana*.

OBJECTIVES

1. To understand the pathophysiology of Cicatrice Alopecia in the perspective of *Indralupta* explained in *Ayurveda* classics.

2. To find a better *Ayurvedic* approach in Cicatrice Alopecia.

MATERIALS AND METHODS

CASE REPORT

Basic information of the patient

Age: 21 years

Gender: Male

Religion: Hindu

Occupation: Student

Socioeconomic status: Middle class

Chief complaints: Patchy hair loss in scalp since 4 years

History of present illness

The subject was not a known case of Diabetes mellitus or hypertension or any other systemic disease gradually started developing patchy hair loss in scalp since 6 months, there is no association of any inflammatory signs and symptoms for which she consulted a skin care speciality hospital and underwent steroidal therapy and could not find any relief, so for further management he consulted Shalakya Tantra OPD of Government Ayurveda Medical college, Bangalore.

History of past illness

The subject is not a known case of Diabetes mellitus, Hypertension or any other systemic illness.

Personal history

Aharaja: diet predominantly of *Katu* and *Kashaya Rasa*, *Rooksha Ahara*.

Viharaja: day sleep for 1 to 2 hours regularly.

Treatment history

1. *Triamcinolone acetonide* - 2.5ml intradermal injection, three doses.
2. *Fluocinolone acetonide* cream for topical application.

Examination**Astha Sthana Pareeksha**

1. *Nadi: Prakruta*, 78/min
2. *Mutra: Prakruta*, 4 to 5 times/day, once at night
3. *Mala: Prakruta*, regular, once a day
4. *Jihwa: Alipta*
5. *Shabda: Prakruta*
6. *Sparsha: Prakruta*, patchy hair loss in scalp
7. *Druk: Prakruta*
8. *Akruti: Pittavatala*

Vitals were normal.

Respiratory system, Cardiovascular system and Gastro intestinal system Central nervous system and Musculoskeletal system has shown no abnormality.

Local examination: Disease specific local examination of scalp is explained in table 1.

Investigation**Skin punch biopsy**

- Histology reveals thinned out epidermis with sclerotic dermis.
- There are no sebaceous glands.
- The features are more in favor of *pseudopelade of brocq*.

CBC - normal limits

Clotting time - 8 min

Bleeding time - 3 min

RBS - 120mg/dl

Table 1: Examination of scalp

Parameters	Findings
Site of hair loss Scalp	Left parietal region
Number of patches	one
Size of the patch	5 cm length, 4 cm width
Skin on the patch	Scar and inflammation present

Other parts of the scalp	Normal
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Diagnosis: Indralupta

Treatment adopted

Table 2: Poorva Karma

Days	Treatment	Medicine	Dose & Time	Duration
1 to 3	<i>Snehapana</i>	<i>PTG Grutha</i>	30ml 60ml 90ml	3 days
4 to 6	<i>Abhyanga and Swedana</i>	<i>Ksheeraba Taila</i>	45min	3 days
7	<i>Virechana</i>	<i>Trivrit Leha</i>	45gm	1 day (15 Vegas)
8 to 12	<i>Samsarjana Krama</i>	<i>Peya Vilepi Yusha</i>	QS	5 days

Table 3: Pradhana Karma

Treatment	Time	Duration
<i>Jaloukavacharan a</i>	Morning	Once in 10 days 4 sessions
<i>Trikatu Choorna + Nimbu Swarasa Lepa</i>	Night time	Everyday



Paschat Karma

Continue to apply *Trikatu Choorna* mixed with *Nimbu Swarasa* every night, wash it after 30 min for one month.

Follow up after one month

RESULT

Before treatment



After treatment



Dermoscopic view

Before treatment



After treatment



OBSERVATION

1. Re-growth of hair seen.
2. Pus discharge was reduced.
3. Swelling was completely reduced.
4. New hair follicles were seen.

DISCUSSION

Indralupta is a condition in which *Pitta* present in hair follicles associated with *Vata* causes hair fall, there after *Kapha* along with *Rakta* blocks the *Romakupa*, as a result of which there will be non growth of hairs in the particular area. Therefore *Vata*, *Pitta*, *Kapha Dosh* and *Rakta Dushya* are the main culprits involved in the manifestation of *Indralupta*. *Siravyadha*, *Pracchanna*, *Lepa*, *Sthanika Abhyanga* and *Rasayana* are the different treatment modalities explained in the context of *Indralupta*.^[4]

Therefore main attention was given to pacify *Vata*, *Pitta*, *Kapha*, and *Rakta*. An attempt is made to treat the condition from its root cause. Rationality behind choosing the treatment and medicines is explained below:

1. *Sadhyo Virechana* - In order to purify *Dushita Pitta* as well as *Kapha* in the body.
2. *Jaloukavacharana - Raktamokshana* (*Siravyadha* and *Pracchanna*) is indicated in *Indralupta*, it's employed for *Shodhana* of *Rakta* which has blocked the *Romakupa*.

3. *Trikatu Lepa* - Being *Ushna Veerya* and *Katu Vipaka* helps in stimulation of hair growth.
4. *Gandhaka Vati* - Having anti fungal and antibiotic property helps to reduce inflammation and pus discharge. Administered orally one tablet, thrice a day for 5 days.

CONCLUSION

The present case study shows the efficacy of Ayurveda intervention including *Shodhana*, *Rakthamokshana* and *Bahya Lepana* applied following the treatment strategy as explained in classical text books in a case of *Indralupta*. The drugs helped in regrowth of hairs improving the blood circulation over the hair roots and providing a favorable condition for hair growth. Such similar treatment protocol can be followed in the cases of chronic *Indralupta* disease. There was no ADR reported during or after treatment

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