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Study Of *Dosha Dushya Sammurchana* In *Indralupta* And Its Management With *Bhallataka* And *Madhu* W.S.R. To *Alopecia Areata*

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ABSTRACT: *Indralupta* is a skin ailment that affects all the hair-bearing skin including beard and scalp. Patients who are suffering from *Indralupta* experiences loss of hair which is not like the usual hair loss but rather tufts of hair which tend to fall out over a short period of time. According to the science of Ayurveda, out of three vital *Doshas* of our body, *Vata* and *Pitta* get localized in the hair pores in the scalp region in aggravated condition. This condition obstructs micro-channels (*Sleshma* and *Shonita*) to supply nutrients to the hair follicle, which results in falling of tufts of hair in that particular region and also preventing further regrowth of hair that leaves a bald patch. *Bhallataka* is identified botanically as *Semecarpus anacardium* Linn.f. comes under the family *Anacardiaceae*. It is commonly known as Indian marking nut and used extensively in the system of Ayurveda to cure many diseases like *Arshas* (*piles*), *Arbuda* (cancer) etc. *Bhallataka* is mentioned under *Upavisha* group in *Ayurvedic* classics and it is described as a poisonous medicinal plant in Drugs and Cosmetics Act (India), 1940. *Bhallataka* should be used after proper *shodhana* (purification/processing). Different *shodhana* methods are mentioned in the *Ayurvedic* literature. In this study *Bhallatak* and Honey have been used to provide therapeutic relief to the patients of *Indralupta*

Keywords : *Indralupt*, *Bhallataka*, hair loss, *Upavisha*

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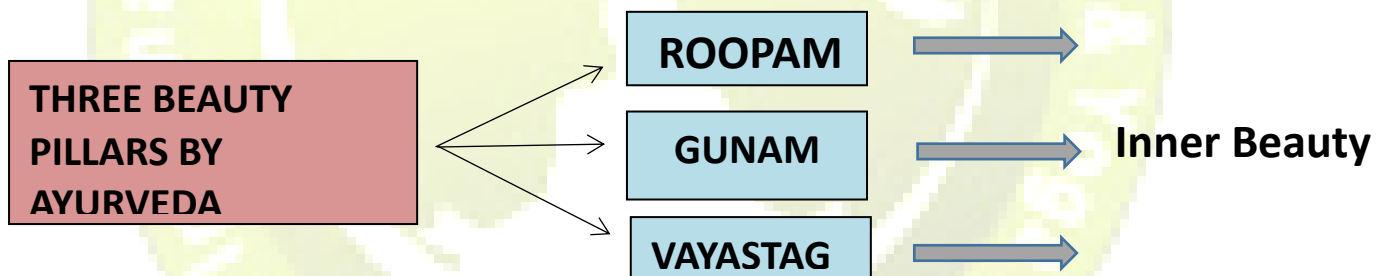
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INTRODUCTION

Ayurveda is an ancient time tested method of holistic medicine that supports the individual in finding balance throughout their physiology leading to great level of health and happiness.

Ayurveda¹, the 5000 year old healing system from India, has a unique perspective on beauty. Holistic, all encompassing, the Ayurveda explains three pillars of beauty



So, the concept of beauty has always been of a great aesthetic value either in pre-historic times or in present era. Beauty consciousness and the knowledge of application of different beautifying materials is as old as human existence on this earth.

Hair: A Barometer Of One's Beauty

Hair is a powerful metaphor in our society. It is an important part of one's appearance and sets the tone for entire look. Throughout history, hair has played a significant role in our society. It is associated with youthfulness and beauty in women and virility and masculinity in men.

Healthy, beautiful, attractive hairs increase the charm of the personality.

Hair Loss: A Struggle

Losing hair can be seem like a fairly frivolous thing for countless people across the globe. One loses up to 100 hair's from one's scalp everyday. That's normal and in most people, those hairs grow back².

Hair: An Ayurvedic Aspect

The word “*Kesha*” is used for hair in Ayurveda. *Halayudha Kosha* has explained it as- “*Kesha are the elements that grow on scalp, mastak and shirah.*” *Kesha are parthiva dravyas* because of their qualities such as roughness, steadiness, heaviness etc. In *Brihatrayee Samhitas*, *Kesha* is mentioned as *Mala of Asthi-Dhatu* while *Sharangdhara* has mentioned it as *updhatu of Majja*³.

Table 1-Kesha Sankhya -No.of Kesha= No.of Sira & Dhamani⁴

<i>Acharyas</i>	<i>Kesha Sankhya</i>
<i>Yajnavalkya</i>	3 lakh kesha. 54,67,50,000 roma.
<i>Charaka</i>	29956 kesha.
<i>Vidhyotini-teeka of Charaka</i>	72 crores(apatopdesha)
<i>Sushruta</i>	Innumerable.
<i>Vagbhat</i>	Same as that of <i>Charaka</i> .
<i>Kashyapa</i>	2,00,000 roma koopa.

Table-2-Kesha Growing On Different Body Parts

<i>Area of Body</i>	<i>Name of Hairs (Based on location)</i>
Scalp	<i>Kesha, Kantal, Chikru</i>
Body	<i>Roma, Romaraji, Loma</i>
Eyelids	<i>Pakshama</i>
Face	<i>Shmashru</i>
Eyebrows	<i>Bhrikuti</i>
Genitalia and arm pits	<i>Vyanjana or Vyanjanana</i>

Hair : Modern Aspect

Hair is one of the defining characters of mammals. It is a protein filament that grows from follicles found in dermis or skin. It is primarily composed of protein Keratin.

Table 3-Synonyms Of Indralupta Given By Different Acharyas

<i>Acharya Sushruta</i>	<i>Khalitya, Ruhya</i>
<i>Acharya Charaka</i>	<i>Khalitya, Khalati</i>
<i>Ashtang Sangraha</i>	<i>Rujya, Khalati</i>
<i>Ashtang Hridaya</i>	<i>Khalati, Chacha</i>
<i>Harita</i>	<i>Keshaghna</i>
<i>Bhoja</i>	<i>Ruhya</i>

Table 4-Definition Of Indralupta Given By Different Acharyas

Acharya Charaka	<i>Tejas by involving Vatadi Dosha when reaches the scalp, it results in Khalitya (Indralupta)(Ch.ch.26/132)</i>
Acharya Sushruta	<i>Pitta along with Vata by involving the roots of hair (Romakoopa) causes fall of hairs and there after kapha along with rakta obstructs the channel of Romakoopa leading to the stoppage of the regeneration of hair and this condition is known as Indralupta, Khalitya or Ruhya (Su.Ni. 13/32-33)</i>
Ashtang Sangraha	<i>Acharya Vagbhata has described pathology as per Acharya Sushruta.(A.s. 27/24-25)He has differentiated Indralupta and Khalitya by saying that :-“In Khalitya, loss of hair occurs gradually than that in Indralupta.”</i>
Ashtang Hridya	<i>Laghu Vagbhata has described it same as Ashtanga Samgraha.</i>
Madhav Nidana	<i>Madhavakara has followed the description of Sushruta(M.N.55/28-29)</i>

Nidana Of Indralupta -

- 1-Over intake of kshara,lavana and viruddha ahara.(Ch.Vi.1/17-18).
- 2-By ignorance of pratishyaya(Ch.ch.26)

Alopecia-Areata

Alopecia areata (AA) is an autoimmune skin disease in which hair is lost from some or all areas of the body, usually from the scalp often resulting in the bald patches. Alopecia is **not** contagious. It is **not** due to nerves. What happens is that the immune system attacks the hair follicles causing hair loss. This disease most often occurs in otherwise healthy people.

Signs &Symptoms-

1. Patchy hair loss.
2. Exclamation Mark” hairs
3. Pitting & longitudinal wrinkling of nails.

Table 5- Types Alopecia- Areata

Alopecia Areata Focalis	Hair loss occurs in patches on the scalp or on other parts of the body.(eg)Face, Abdomen, Extremities.
Alopecia Areata Totalis	Loss of all hair on the scalp including eyebrows and eye lashes.
Alopecia Areata Universalis	Loss of all or almost all body hair.
Alopecia Maligna	Long term loss of hair resistant to treatment.
Ophiasis Marginata	Snake shaped hair loss around the circumference of the head in the temporal,occipital and frontal areas.
Ophiasis Inversus	Inverse pattern of hair loss which expands from the central to the marginal area of the head.
Alopecia Areata Reticularis	Diffuse or reticular hair loss where no separate bald patches can be distinguished.

Selection Of The Drug

Bhallataka, mixed with honey is applied on patients of *Indralupta*⁵

NEED FOR STUDY

1. Indralupta may often affect a person psychologically and emotionally.
2. Existing treatment methods such as corticosteroids, immuno-suppressants etc. may result in various adverse effects and lack of efficacy also.
3. Further such treatments can be found out to be expensive.

4. Recurrence is seen many times even after the completion of course of the treatment.
5. So this study was carried out to find a reliable, effective, no recurrence and more over affordable treatment.

AIMS AND OBJECTIVES –

1. To study the etiopathogenesis of *Indralupta*.
2. To evaluate the efficacy of *Bhallataka* and *Madhu* in the management of *Indralupta*.

MATERIAL AND METHODS-

Literary review: Ayurvedic literature was studied and material regarding the topic of the study was collected . Previous works done on this topic were studied and taken into consideration.

PLAN OF STUDY-

30 patients of Indralupta were taken from the O.P.D and I.P.D of JIAR. Bhallataka oil, which was obtained from Bhallataka fruit, was mixed with honey and was applied on the region of Indralupta . This was repeated after seven days till the desired effects are visible .

SELECTION CRITERIA-

Inclusion :

- Patients of the age group of 16 to 50 years were selected .
- Both male and female patients were selected.

Exclusion :

- Patients below the age of 16 yrs and the above the age of 50 years were not included.

- Patients having chronic diseases like chronic liver disease and chronic renal failure were not included in the study.

How *Bhallataka* Was Used In This Study

Fruit of Bhallataka is used either as a single drug or as an ingredient in many compound formulations to cure many diseases. In this study, Bhallataka was used as single drug. Drug in this study was used in its raw form.Fresh Ripened(Blackish-Brown) Bhallataka fruits were taken. The fruits were cleaned by removing the false material and false fruits.Remaining Bhallataka fruits were used for the cases.

Method Of Application-

Bhallataka fruit was either given a cut with sharp knife or was broken. The oil obtained after cutting the fruit was applied on the region of Indralupta. Patient was asked to apply honey on the area. Patient was asked to not to wash the area till next day. Patient was observed weekly. This was repeated after seven days till desired effects were visible.

Precautions used during application of Bhallataka-

Gloves were used properly during application. Care of the eyes were taken

while breaking or cutting the Bhallataka fruit. Hands were washed properly after its application.

Restrictions to touch the medicine applied area. Less intake of salt, meat and spices^{6,7}.
Avoiding exposure of sun, heat.
Maintaining hygiene

Instructions given to the Patients-

Table 6-ASSESSMENT CRITERIA

PARAMETER	SCORING
1)Hair-Loss(Patches)	
Scalp not seen by naked eye(Absent)	0
Scalp slightly seen by naked eye(Mild)	1
Scalp more appropriately seen by naked eye(Moderate)	2
Scalp clearly seen by naked eye(Severe)	3
2) Darunaka	
a)Absent	0
b)Mild	1
c)Moderate	2
d)Severe	3
3)Kesha-Rukshta	
a)Absent	0
b)Mild	1
c)Moderate	2
d)Severe	3
4) Shirah kandu (Itching)	
a)Absent	0

b)Mild	1
c)Moderate	2
d)Severe	3
5) <i>Keshabhoomi Rukshata</i> (Dryness of scalp)	
a)Absent	0
b)Mild	1
c)Moderate	2
d)Severe	3
6) <i>Keshabhoomi Daurgandha</i>	
a)Absent	0
b)Mild	1
c)Moderate	2
d)Severe	3
7) <i>Keshabhoomi Daha</i>	
a)Absent	0
b)Mild	1
c)Moderate	2
d)Severe	3

OBSERVATIONS AND RESULTS

Table 7-On The Basis Of Patients Registered

TYPE	NO. OF PATIENTS
Registered	30
Completed	30

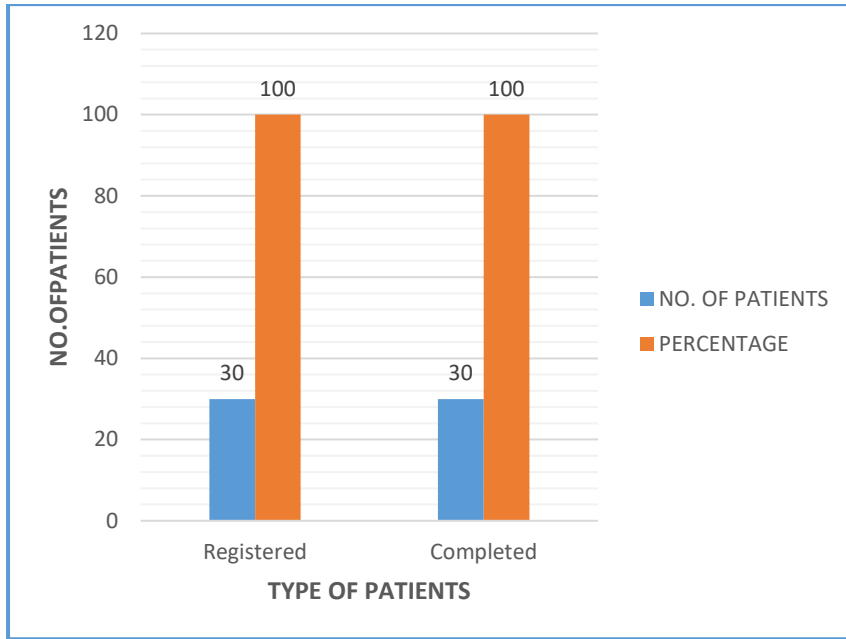


Table 8-On The Basis Of Age

AGE(YEARS)	NO.OF PATIENTS	PERCENTAGE
16-29	19	63.33%
30-40	10	33.33%
40-50	1	3.33%

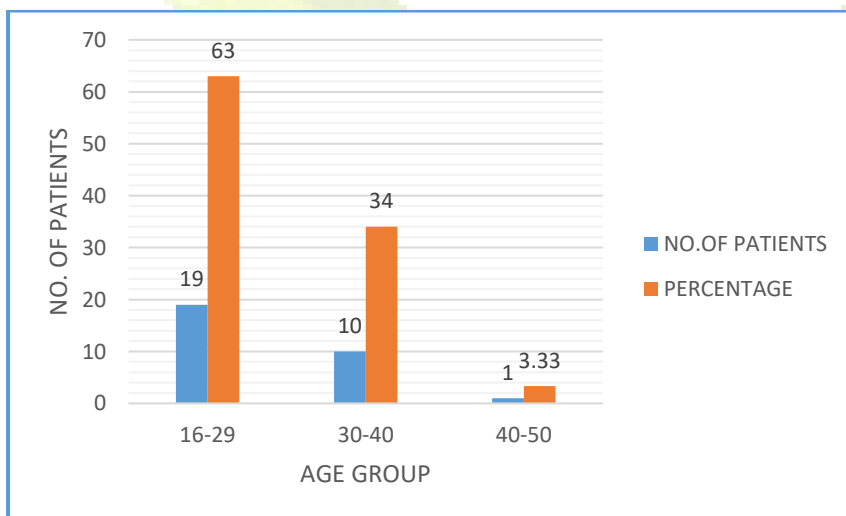


Table 9-On The Basis Of Mode Of Onset

ONSET	NO. OF PATIENTS	PERCENTAGE
Gradual	26	86.66%
Sudden	4	13.33%

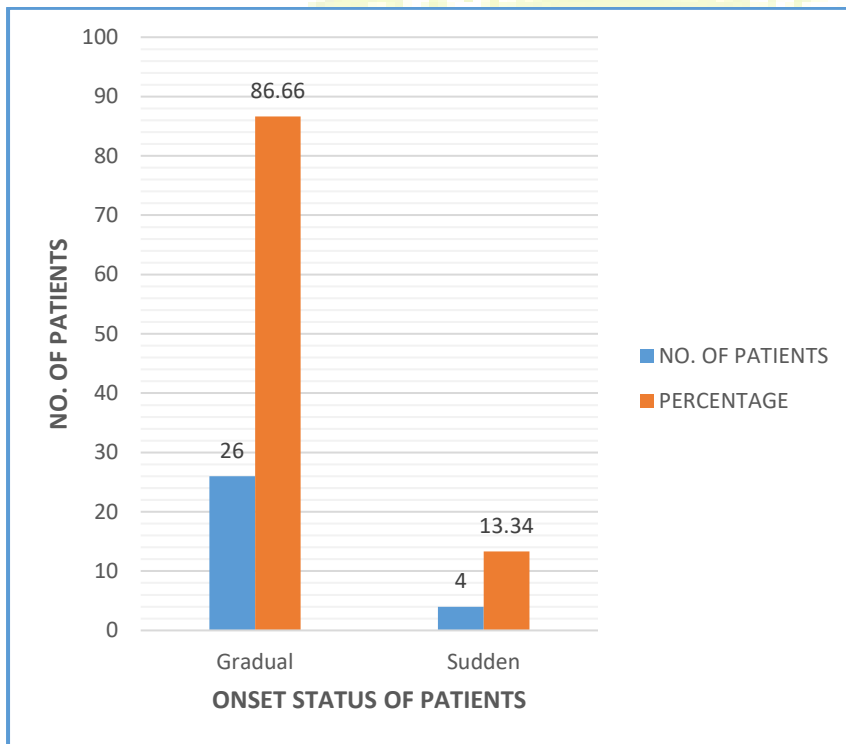


Table 10-On The Basis Of Sharir Prakriti

<i>SHARIR-PRAKRITI</i>	NO. OF PATIENTS	PERCENTAGE
<i>Vata-Pitta</i>	12	40%
<i>Vata-Kapha</i>	6	20%
<i>Pitta-Kapha</i>	12	40%

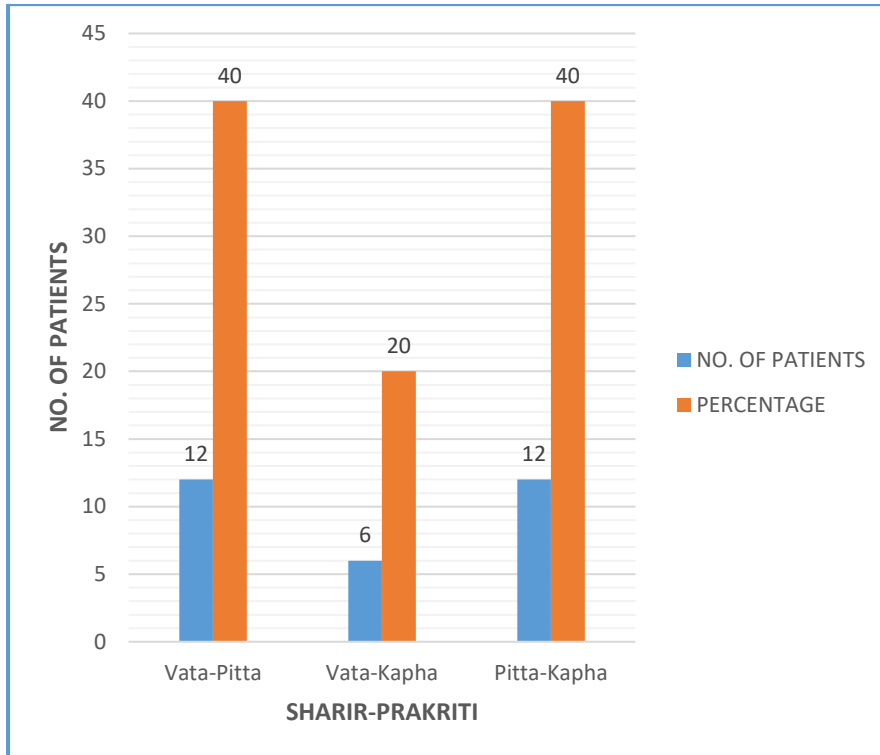


Table 11-On The Basis Of Agni

AGNI	NO. OF PATIENTS	PERCENTAGE
<i>Sama</i>	18	60%
<i>Vishama</i>	4	13.33%
<i>Manda</i>	7	23.33%
<i>Tikshana</i>	1	3.33%

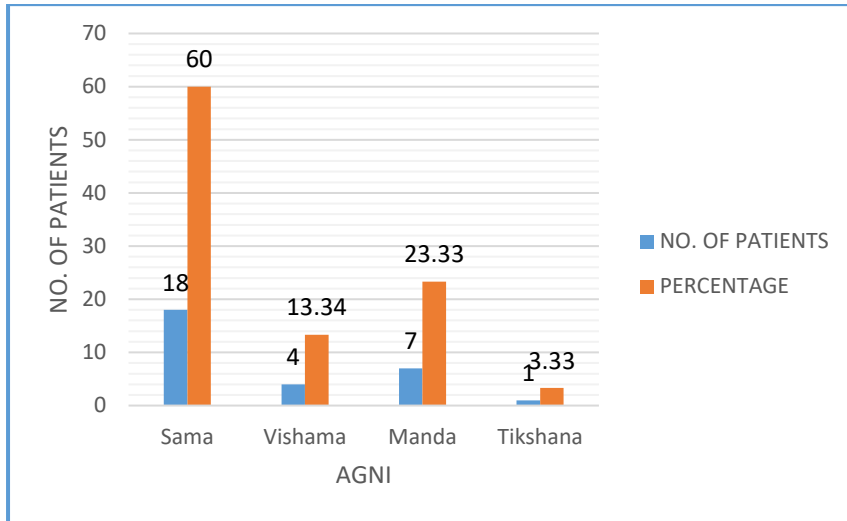


Table 12-On The Basis Of Koshta

KOSHITA	NO. OF PATIENTS	PERCENTAGE
<i>Mridu</i>	2	6.66%
<i>Madhyam</i>	23	76.66%
<i>Krura</i>	5	16.66%

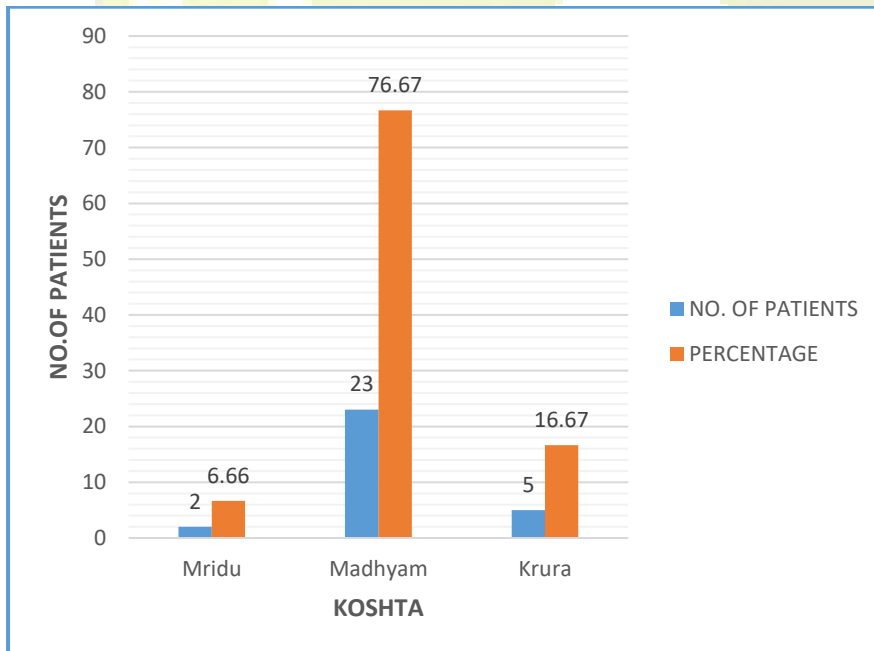
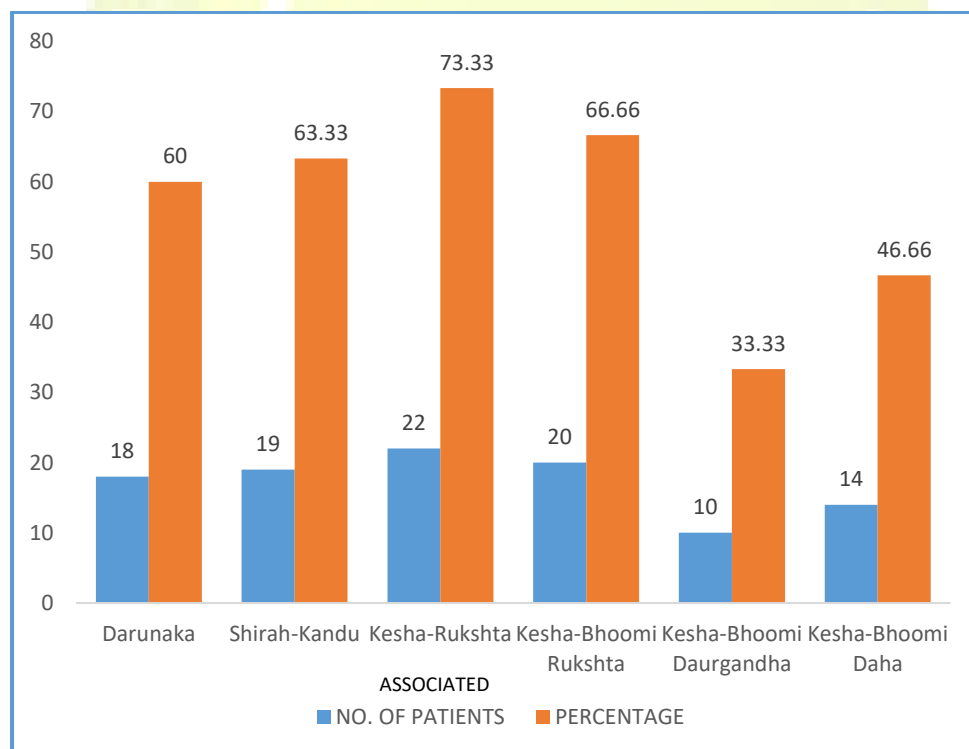


Table 13-On The Basis Of Associated Complaints

ASSOCIATED-COMPLAINTS	NO. OF PATIENTS	PERCENTAGE
<i>Darunaka</i>	18	60%
<i>Shirah-Kandu</i>	19	63.33%
<i>Kesha-Rukshta</i>	22	73.33%
<i>Kesha-Bhoomi Rukshta</i>	20	66.66%
<i>Kesha-Bhoomi Daurgandha</i>	10	33.33%
<i>Kesha-Bhoomi Daha</i>	14	46.66%



RESULTS

Table 14-HAIR LOSS

SCORING	BT	AT
a)Scalp not seen by naked eye(Absent) (0)	0	19
b)Scalp slightly seen by naked eye(Mild) (1)	10	6
c)Scalp more appropriately seen by naked eye(Moderate) (2)	12	3
d)Scalp clearly seen by naked eye(Severe) (3)	8	2

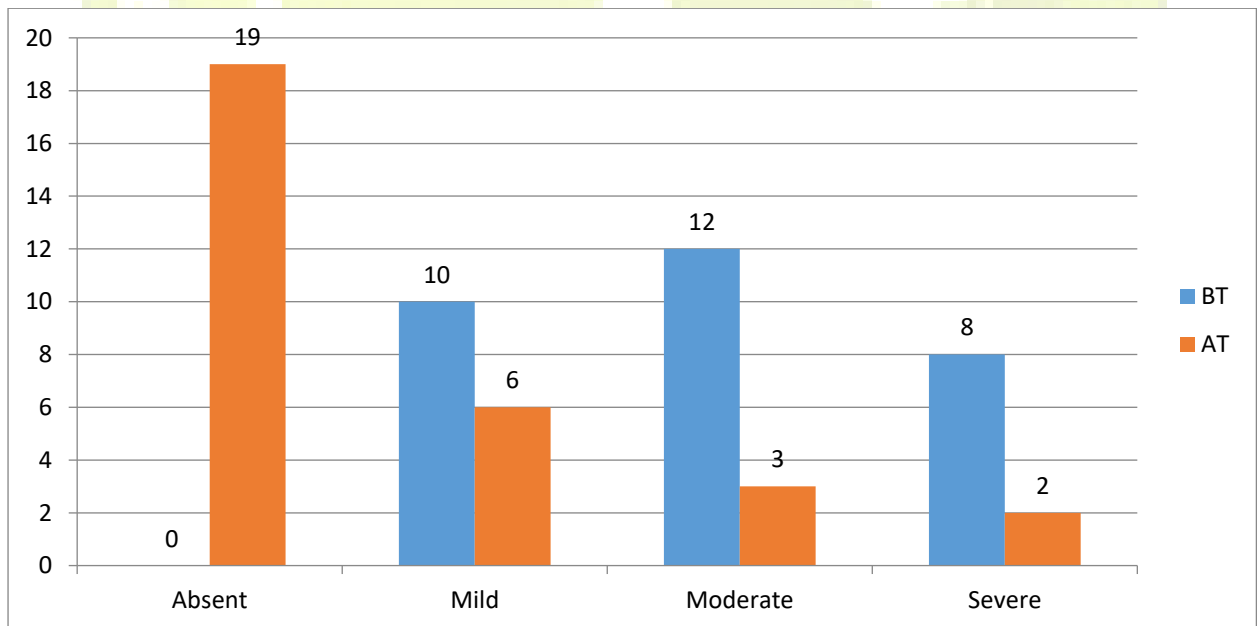


Table 15-Hair Loss: Statistical Analysis

SYMPTOM	N	Mean	Mean	MD	M%	S.D	S.E	t-value	p-value	Significance
		BT	AT							
Hair-Loss	30	1.93	0.44	1.49	75%	0.40	0.13	13.85	<0.0001	Highly Significant

The mean gradation of Hair loss before treatment was 1.93 which decreased to 0.44 after the completion of the treatment. This statistically 75% relief was statistically highly significant ($P < 0.001$)

Table 16-Kesha Bhoomi Daha

SCORING		BT	AT
a) Absent	(0)	16	23
b) Mild	(1)	5	5
c) Moderate	(2)	6	2
d) Severe	(3)	3	0

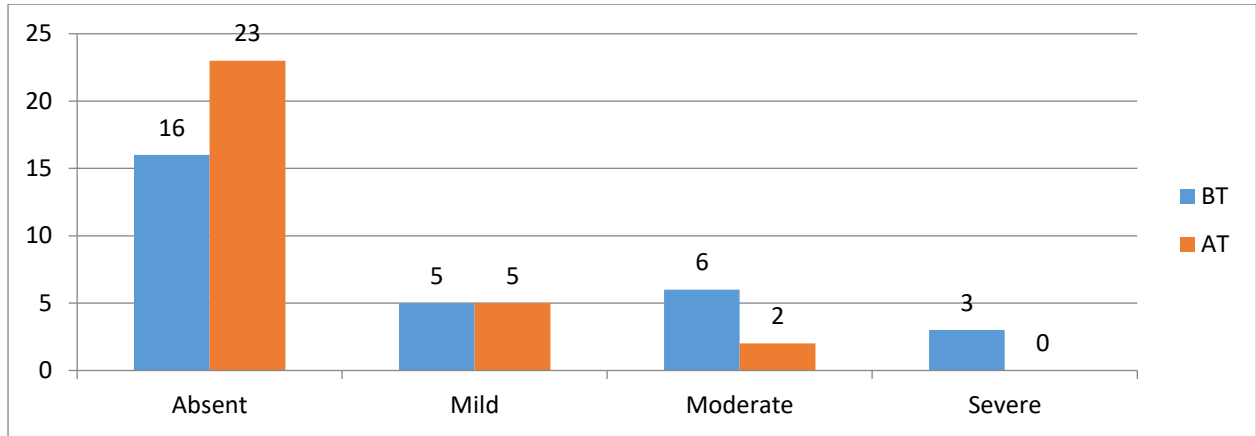


Table 17-Kesha Bhoomi Daha(Statistical Analysis)

SYMPTOM	N	MEAN		MD	M%	S.D	S.E	t-value	p-value	Significance
		BT	AT							
Kesha Bhoomi-daha	30	0.87	0.20	0.66	63%	0.88	0.16	4.13	<0.001	Highly Significant

The mean gradation of Hair loss before treatment was 0.87 which decreased to 0.20 after the completion of the treatment. This statistically 63% relief was statistically significant(P<0.001)

DISCUSSION

Indralupta is a disease in which hair loss occurs in the form of patches. *Acharya Vagbhata* was the first to differentiate *Indralupta and Khalitya*. *Lavana, katu and Kshara pradhana* dravyas are mainly responsible for development of *Indralupta*. Hair-Loss in bald patches is the main

cardinal symptom. Along with hair loss, other associated symptoms involved are:-

1) *Darunaka*- It may aggravates the premature hair -fall.

2) *Shirah- Kandu*- It indicates vridhi of Kapha and also some localism (eg) That of fungus.

3) *Kesha Bhoomi Daha* - It indicates pitta vridhi in *Kesha bhoomi*, *Ras- rakta sroto dushti*.

4) *Kesha Bhoomi Daurgandha*⁸- It also indicates pitta vridhi in *Kesha bhoomi* and some localism.

5) *Kesha Rukshata*- It indicates *Vata- vridhi* and some abnormality in sebaceous gland of hair follicle.

6) *Kesha Bhoomi Rukshata*- It also indicates *Vata-vridhi*.

Regarding Observations –

- Age- Found maximum in the age group of 16-29 years(63.33%).Hormonal
- shampoos(80%).Shampoos may wash off sebum making hair roots dry that damages hair.
- disturbance, stress, dietic habits use of different hair products can be the reason of Indralupta being more in young age group.
- Sex- Found maximum in males(73.33%).The reason behind this may be that males are more prone to stress and environmental hazards.
- Family-History- In maximum patients(80%),family history was not present.
- Onset- In maximum patients(86.66%),onset was gradual.
- *Prakriti*- Found mostly in *Vata-Pitta*(40%) and *Pitta-Kapha*(40%) prakriti showing that these two parkritis are more prone to hair loss.
- Oil used- Mostly found in patients using *narikel taila*(56.66%).It was also found that *narikel taila* used in wet hairs causes dandruff which may lead to hair loss.
- Hair washing material used- Occurs mostly in patients using Hair
- *Kesha Sparsha*- Occurs mostly in patients having *Ruksha* hairs(73.33%)

- *Darunaka*- It was found in 60% patients.
- *Shirah-Kandu*- It was found in 63.33% patients.
- *Keshabhoomi Daha*- It was observed in 46.66% patients.
- *Keshabhoomi daurgandha*- It was found in 33.33% patients.
- *Kesha Rukshata*- It was observed in 73.33% patients.
- *Kesha Bhoomi Rukshata*- It was found in 66.66% patients

REGARDING RESULTS-

<i>SYMPTOM</i>	<i>PERCENTAGE RELIEF(M%)</i>	<i>RESULT</i>
1)Hair loss (In Patches)	75%	Highly significant(P<0.001)
2) <i>Darunaka</i>	48%	Significant(P<0.05)
3) <i>Shirah- Kandu</i>	71%	Highly significant(P<0.001)
4) <i>Kesha Bhoomi Daha</i>	63%	Significant(P<0.001)
5) <i>Kesha Bhoomi Daurgandha</i>	64.50%	Highly significant(P<0.001)
6) <i>Kesha Rukshata</i>	52%	Highly significant(P<0.001)
7) <i>Kesha Bhoomi Rukshata</i>	54%	Highly significant(P<0.001)

CONCLUSION

The present study entitled “*Study of Dosha Dushya Sammurchana in Indralupta and its management with Bhallataka and Madhu w.s.r. to Alopecia Areata*” embodies description of both literary and clinical part. Significant results have been obtained by the use of Bhallataka and

honey. No recurrence was seen in the patients. It can be concluded that *Bhallataka* and Honey has proved to be reliable, effective and moreover cheaper therapeutic treatment for *Indralupta*.

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