



## A REVIEW ARTICLE ON “INTRALUPTA”

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### ABSTRACT

Alopecia areata, an autoimmune disease characterized by hair loss can be correlated with Indralupta in Ayurveda. Due to side-effects and limitation of contemporary science, some harmless medicines are effected in alternative medical sciences, Ayurveda has great potential to treat such Autoimmune diseases the results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of Ayurveda.

**KEYWORDS:** Alopecia, Indralupta, Treatment.

### INTRODUCTION

The beauty of face is enhanced by crowning glory of person i.e. the hair. Hair not only gives the face its essential beauty but it also provides the face with a definitive look for this reason, falling hair is considered to be severe problem in people of all ages.

Ayurveda has described hair problems under Kshudra Roga, Siro Roga as Khalitya, Palitya, Indralupta etc. Indralupta is a specific condition, characterized by hair loss in the form of patches in some scalp areas by the vitiation of Tridosha and Rakta.

Pitta associated with vata gets lodged in Romakupa and causes hair fall, later on kapha dosha along with rakta causes obstruction to hair roots and restricted regrowth. Indralupta is one among kapalagata roga and kshudra roga by vagbhata, which is characterized by loss of hair. There are a many types of Alopecia depending upon pattern of hair loss. Modern life style, avoidance of head bath, usage of harmful shampoos, Hormonal imbalance and malnutrition leads to poor hygiene of scalp.

#### Types of Aloperia

1. Scarring type.
2. Non scarring type.

Depending upon distribution, it is classified as

- 1) Alopecia Areata – Alopecia Areata is occasionally associated with autoimmune disorders such as Allergic conditions, SLE, Ulcerative colitis and rheumatoid arthritis.
- 2) Diffuse Alopecia – In this, more well defined spots of hair loss on scalp and even on chin area.

- 3) Alopecia totalis - Ocassionally, all of scalp hair is lost, a condition referred to as Alopecia – totalis.
- 4) Alopecia Universalis - Rarely, the loss of all of hair on entire body may happen and called as Alopecia universalis.

#### Treatment

Drugs used in Alopecia

- ❖ Fenugreek (Trigonella foenum)
- ❖ Rosemary (Rosemarinus officinalis)
- ❖ Curry leaves (Murraya Koenigi)
- ❖ Bhringaraja
- ❖ Amalaki
- ❖ Ash gourd. (Benincosa Hispida)
- ❖ Japa kusum
- ❖ Brahmi (Bacopa Monnieri)
- ❖ Gandhak Rasayana
- ❖ Guduchi
- ❖ Tila
- ❖ Gambhari
- ❖ Nasya with Nimba Taila is very beneficial
- ❖ Maha Neela Bhringadi Taila

#### Dietary Treatment for Hair Loss

Hair is composed of Keratin, which is a protein. Hence, one should take rich protein diet. E.g. Dairy products. Egg, Fish., Pulses, Yogurt, Meat.

### CONCLUSION

Healthy and beautiful hair is crowning glory once personality. Considering its importance Acharaya described its Sharira including its definition, formation, Nutrition, growth, colours etc. elaborately thousand of years ago. Not only the daily regimens like Moordha

Taila Nasya, Snana Lepana, Kshaudra Karma etc. are also suggested for hair care and prevention of hair problem, which equally effective in today's modernized era too.

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