



International Journal of Herbal Medicine

Available online at www.florajournal.com



E-ISSN: 2321-2187
P-ISSN: 2394-0514
IJHM 2015; 3(3): 24-25
Received: 19-06-2015
Accepted: 20-07-2015

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Treatment of Indralupta with Local Jalaukavacharan and Application of Gunja Beeja Lepa: A case Report

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Abstract

Indralupta is a disease in which hair lost from some or all areas of the body, usually from scalp. It shows one or more round spot on the scalp. Steroid is only treatment for this disease in modern medicine. Hair often regrows on its own but treatment helps the hair to regrow more quickly. In this case report patient with indralupta disease treated with *jalaukavacharan* and *gunjabeeja lepa* local application. This treatment helps to regrow hair earlier.

Keywords: Indralupta, Alopecia areata, Jalaukavacharan, Gunjabeeja.

1. Introduction

Hair is one of the defining characteristics of mammals. A human have around more than 2 million hair follicles which have both positive as well as negative effect on skin health^[1]. It is one of the vital parts of our body which is derived from the ectoderm of the skin; it is work as a protective appendage for the body^[2]. The changes in hair follicle density, size and/or changes to the hair growth cycle are the fundamentally causes of hair disorders. Hair loss, also known as alopecia is a loss of hair from the head or body^[3]. Alopecia is a common hair problem in cosmetics and also in Primary Health Care Practice, has been recognized for more than 2000 years. Approximately 0.2%-2% of the population has been affected from alopecia^[4]. There is hair loss & suppression of new hair growth found all over body but scalp is very common place of it. Treatment available is local application of steroid in modern medicine. Immune system mistakenly attacks hair follicles and damages it but it is not permanent. Hair regrows on its own without any treatment which requires much more time. According to ayurveda *Indralupta* is one of the types of *khalitya* (loss of hairs)^[5]. When hair loss in patches it is called as *indralupta*. Irregular diet habit air pollution, lack of cleanliness are causes of this disease. *Jalaukavacharan* and *gunjabeeja* local application is treatment mentioned in ayurvedic texts for *indralupta*^[6].

2. Case Report

An eighteen year male patient came in OPD of kayachikitsa department of Yashwant dharmarth rugnalay kodoli complaining with bald spot on scalp. History reveals the same problem before six months but hair regrow quickly without any treatment. But this time the spots lasts for more than 2 months. Take more time to re grow the hairs. So he came to hospital for treatment.

2.1 Systemic Examination.

1. General condition of patient is moderate
2. Pulse rate: 98/min 3. B.P. 130/80 mm of Hg 4. No Pallor
5. Weight- 50kg, Height- 158cm
6. RS - AE=BE clear, CVS - S1 S2 normal, no abnormal sound CNS - well conscious oriented

Ashtavidhpariksha: 1. Nadi-Vatpradhanpitta 2. Mala-malavshambha (occasional) 3. Mutra-samyakpraritti 4. Jivha-sama 5. Shabd-spashta 6. Sparsh-ushana 7. Druk-panduta 8. Akriti-madhyam,

2.2 Assessment Criteria

1. Number of patches- before treatment 02 after treatment 02
2. Appearance of patches -Before treatment - baldness
-After treatment - re growth of hairs

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3. Photo before treatment and after treatment.



Before



After treatment

2.3 Material Used: 1) Gunjabeeja 2) Jalauka.

2.4 Method.

Jalauka were applied on bald spot twice in week. Gunjabeeja application daily one time on bald spot.

3. Discussion

The treatment enables the damaged hair follicles to recover through their inherent regenerative capacity, they do not affecting directly on the damaged hair follicles. 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 [7]. Patents are available that claim the effects are due to the stimulation of hair follicle and scalp metabolism by improving blood circulation, activation of dermal papilla, ant testosterone action and increased nutrition to the hair follicle through accelerated blood flow but the mechanism are still not clear [8, 9].

According to Ayurveda vitiated pitta in association with vitiated vata causes falling of hairs from scalp. After that vitiated rakta and kapha blocks orifices of hair follicles, restricts growth of new hair this is called as indralupta disease. Action of Gunjabeej: Gunjabeej (*Abrus precatorius*) is tridoshshamak, especially vatapittashamak, keshya (stimulant for hair growth), vranropak (wound healing property). Pharmacodynamics Rasa: seed – tikta, kashaya Guna: tikshna, laghu, ruksha Veerya: ushna Vipaka: katu Doshagnata: kaphavatahara Rogagnata: charmaroga, khalitya, indralupta Karma: seed-kushtaghna, keshya. Chemical composition: 65 contain the toxin abrin is a dimer consisting of two protein subunits, termed A and B. Some urease and glycine like active abrin albuminoidal [10]. Action of jalaukavacharan: Jalauka secreats hirudine anticoagulant substance. It relieves blockage at the root of hair which helps to provide nutrition to hair. It is used to eliminate toxins that are absorbed into the bloodstream through the gastrointestinal tract. This process purifies the blood. It stimulates the antitoxic substances in the blood stream, thus developing the immune mechanism in the blood system. It prevent hair fall and help to regrowth [11].

4. Conclusion

From the above case discussion, it is conclude that local gunja bear application with jalaukavacharan in indralupta helps to regrowth of hair. So it is effective in treatment of indralupta disease.

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