

# ROLE OF ROMASANJANANA LEPA IN INDRALUPTA

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## ABSTRACT

*It has been said that hair is a barometer of one's beauty. Healthy, beautiful, long and attractive hair adds charm to the personality. So, it has a great aesthetic value and it is the crowning glory of any person. Therefore to keep the healthy hair in healthy state is entirely the duty of human beings, because just like face hair is also a mirror of healthy state of the body. Early hair fall has been attributed to be the result of varied factors like hormonal imbalance, faulty hair care, pollution, Intake of Amla, Katu and Lavana Rasa, non-vegetarian diet, stress factor and use of cosmetic etc. Alopecia areata, an autoimmune disease characterized by hair loss can be correlated with Indralupta in Ayurveda. Indralupta is a common form of non-scarring alopecia involving the scalp and/or body, characterized by hair loss without any clinical inflammatory signs. Due to side effects and limitation of the contemporary science, some harmless and effective medicines are expected from Alternative medical sciences. Ayurveda has great potential to treat such autoimmune diseases. Indralupta has many significant deleterious effects like social anxiety, increased self-consciousness, low self-esteem, embarrassment and depression impairing psychological well-being thus affecting mental and social status of person. It is considered under Kshudraroga by most of the authors of classical Ayurvedic texts. Acharya Vagbhata was the first to differentiate Indralupta and Khalitya. The risk of allopathic treatment outweighs their benefits. 'Lepa chikitsa' in the treatment of Indralupta as given by 'Acharya Sushruta' is cost-effective, non-toxic, and easily available. Efficacy of Romasanjanana Lepa is regeneration of Hair in 'Indralupta'. Romasanjanana Lepa reduced the size of patches and percentage hair loss on local application.*

**Keywords:** Autoimmune, Alopecia, Indralupta, Romasanjanana Lepa

## INTRODUCTION

Face is the mirror of our personality and it should be maintained from the hairstyle we keep. Healthy and good looking long hair makes a person mentally enthusiastic and healthy. Hair is a protein element that grows from follicles, found in dermis. Increased industrialization & urbanization has posed greater danger due to pollution contamination of water, air, food habits due to their intrinsic factors, hence there is definite increase in the incidence of hair fall. Hair falling is called alopecia areata. Alopecia areata (AA) is a common form of non-scarring alopecia involving

the scalp and/or body, characterized by hair loss without any clinical inflammatory signs. In Ayurveda, Alopecia areata can be correlated with Indralupta on the basis of sign and symptom. All age group affected with these problem. Acharya Sushruta said that *dristi* and *lomakoopa* never grow but hair and nails do. <sup>(1)</sup>Indralupta described under *Siroroga*, *Kapalroga* <sup>(2)</sup>*Ashtivikara* <sup>(3)</sup> and *Kshudraroga*. <sup>(4)</sup>Vitiation of *tridosha* and *raktadhatu* provokes Indralupta. Modern science has mentioned two type of hair loss. First is Primary hair loss due to Alopecia areata, Alopecia totalis and Secondary hair loss by other local systemic causes. In

modern science treatment modalities like use of corticosteroid, laser therapy etc. but all modalities have lots of adverse effect like itching in scalp, boil formation, atrophy. In *Ayurveda* literature *Acharya* had briefly explain hair and mentioned many more modalities to treat hair loss. There are certain limitations for the treatment of Alopecia in modern medicine. There may be recovery in milder cases but usually severe cases progress to extreme baldness. These treatments which are available in modern medicine have side effects too. '*AcharyaSushruta*', the Father of Surgery, has preferred *upakrama* like application of '*lepa*' etc. in some cases thus avoiding surgery. '*Indralupta*' (Alopecia) is one such disorder where '*lepa*' has been advocated.<sup>(5)</sup>Combination of *Ayurvedic* substances viz '*Karanja*', '*kasisa*', '*kapitha*' (*Romasanjana Lepa*) was advised for '*Indralupta*' in *Ayurvedic* text. '*Hastidanta mashi*' and '*Narikela Taila*' which are said to be the best

'*keshyadrayva*', adding them increase the efficacy of the formulation<sup>(6,7)</sup>

## MATERIAL AND METHODS

The material related to etiology, pathology and management has been collected from text book of *Ayurveda* and its concert commentaries. The text book of modern medicine has been reviewed to collect concert matters of Hair fall in details.

Generally loss of terminal hair on the scalp is called Alopecia. It can be classified into two major groups.

**A) Scarring Alopecia** – There are associated fibrosis, inflammation and loss of hair follicle. A Smooth scalp with a decreased number of follicular openings is usually observed clinically.

**B) Non- scarring Alopecia-** In non- scarring Alopecia, the hair shafts are gone, but the hair Follicles are preserved.<sup>(8)</sup>

## Etiology<sup>(9,10,11)</sup>

### NIDAN

Guru Ahara (Intake of heavy food)  
 Amla Ahara(Excessive intake of sour food)  
 Dushta Ama Bhojana(Undigested or semi- digested material)  
 Sheetambu Sevana(Use of very cold water)  
 Madya(Intoxication)  
 Lavana Atisevana (Excessive intake of salt)<sup>(12)</sup>  
 Kshara Atisevana(Excessive intake of Alkali)  
 Mana santapa (mental agony)  
 Sandharana/ Vegavidhrana (Suppression of natural urges)  
 Divaswapna (Day sleep)  
 Ratrijagarana(Waking at night)  
 Avashyaya(Exposure to frost at night)  
 Prakvata(Facing head winds)  
 Raja(Exposure to dust)  
 Dhooma(Exposure to fumes and smoke)  
 Krimi (infection)<sup>(13)</sup>  
 Jirna Pratisyaya (Chronic rhinitis)<sup>(14)</sup>

## Pathogenesis

*Pitta dosha* present at hair follicles associated with *vata* cause falling off the hairs, afterwards *kapha* associated with *rakta* blocks the hair follicles, hence, no new hair grows in that place.<sup>(15)</sup>

Nidan sevana

Agni dushti

Tridosha prakopa

Vata dushti – siramukha shoshana – Rakta samvahan decrease

Pitta dushti- usma increase – Rakta dushita – Keshopatana

Kapha dusti –siramukha avarodha –Keshopatana

**Treatment**

Unfortunately, available therapies minoxidil, corticosteroid and laser therapy remain costly and in most cases are invasive with troublesome side effects. The side effects may be itching in scalp, boil formation, atrophy. *Ayurveda* has shown various paths to use resources in medical treatment since long time year back. *Ayurveda*, one of the first choices of treatment is *ausadhichikitsa* and the *Shastrachikitsa* is recommended after failure the all kinds of treatment to control the disease. *AcharyaSushruta* has dealt in details about the *Shastrakarma* i.e. *Prachhana* (deep scraping) for enhance blood flow in scalp. After scrapping application of *Lepa*, *Siro abhyanga*, *Nasya* and *Rasayanachikitsa* should be adopted for cure of *Indralupta*.<sup>(16)</sup>

**Properties of ingredients of Romasanjanana Lepa**

INGREDIENT	RASA	GUNA	VIRYA	VIPAKA	PRABHAV
Karanja	Tikta, Katu, Kashaya	Laghu, Tikshna	Ushna	Katu	VK ↓
Kasisa	Amla, Tikta, Kashaya	Ushna	Ushna	Katu	VK ↓
Kapittha (Ripe)	Madhur, Amla	Laghu	Sheeta	Madhur	VP ↓

**DISCUSSION**

Vitiation of *Tridosha* and *Raktadhatu* provoke *Indralupta*. On the basis of action of all treatment modalities, In *Panchakarma* therapy, the vitiated *Doshas* are purified whereas in *Raktamokshana* to let out *RaktaDhatu* along with vitiated *Doshas* where *RaktaDhatu* is predominant. After *prachchanalepana* by *RomasanjajanaLepa* which is having hair length, hair density and antilice quality. Orally *Rasayanasevana* increased *Agnibala* which leads to *Amapachana*. *Ama* is main cause of blockage of *strotsa* (channel). After *pachana* of *ama* open all *Strotasa* and gives nutrition and promote hair growth. Also *Rasayanasevana* increase immunity and reduce stress leads healthy body and mind.

**Approved Action of ingredients**

INGREDIENTS	ACTION
Karanja	Antifungal
Kasisa	Anti-toxic, Keshya, Antifungal
Kapittha	Antioxidant, Anti-inflammatory, Antibacterial
Hastidant Masi	Re-growth of Hairs

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**CONCLUSION**

*Indralupta* was found to be more prevalent in males and in the age group of 41-50 years. Intake of *Amla*, *Katu* and *Lavana Rasa*, non-vegetarian diet, stress factor and use of cosmetic could be considered as etiological factors of *Indralupta*. *Romasanjanana Lepa* reduced the size of patches and percentage hair loss on local application. Thus, '*Romasanjanana Lepa*' proved its efficacy and safety for topical Application.

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