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## ALOPECIA AREATA; AN AYURVEDIC PERSPECTIVE

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### ABSTRACT

Alopecia areata is an auto immune disease characterized by rapid & complete loss of hair in one or more, round or oval patches typically 1-5 cm in diameter, usually on the scalp, bearded area, eyebrows, eyelashes, and less frequently, on other hairy areas of the body. Eventhough

it is not a life-threatening disease, it emotionally effects both males & females. Intradermal injections of potent corticosteroid are the most effective therapy, although overuse of these may lead to skin atrophy. The current paper deals with the Ayurvedic perspective of Alopecia areata.

In Ayurveda, signs & symptoms of Alopecia areata can be correlated with Indraluptha. Acharya Vagbhata explained Indraluptha under Sirorogadhikara & Acharya Susrutha under kshudra rogadohikara. The nidana of the disease in different Ayurvedic text books is similar. The pitha dosha situated in the hair follicles vitiates along with vatha causes hair fall. Again, the vitiated vata dosha & raktha causes growth of hairs. This condition is known as Indraluptha. Otherwise known as rujya, ruhya, chacha, khalithya or prahu. The main treatment procedures in Ayurveda includes Snehana, Swedana, Rakthamokshana, &lepana. The current paper deals with the Ayurvedic view & treatment methodology of Alopecia areata.

**Key words;** Indraluptha, Alopecia areata

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