

## A clinical study on efficacy of traditional formulation in the management of *Indraluptha*

Karunaratne HKBLS<sup>1</sup>, Karandugoda KKIE<sup>2</sup>

<sup>1</sup>Cirāyū Ayurvedic Medical center, Ballapana, Galigamuwa Town

<sup>2</sup>Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya

### Abstract

Sudden hair loss causing patches appears on the scalp or any part of the body defines as *Indhraluptha* in Ayurvedic medicine & it define as a *Udugowokama* in traditional medicine in Sri Lanka. According to modern medicine, hair is loss in one or more round spots on the scalp or body is termed as *Alopecia areata*. It can be correlated with *Indraluptha*. There are many people suffering from *Indraluptha* however most of them came for Ayurvedic & Traditional treatment. The traditional formulation prepared as a oil and named it *Indhra* oil. The present sturdy involved with 40 volunteer patients both sex & 20-50 age group who were suffering *Indhraluptha* on the scalp. The *Indhra* oil 2 ml was given them to apply using feather or cotton wool every other day in the morning. Advice them apply this oil in only affected area and *pathya pathya*. The clinical study was done 4 weeks and followed up 4 weeks. Symptoms and signs were measured asked question from the patient & using inspection & palpation method. Rated measurement once a week using a chart. The data was collected on two ways. Condition of the skin on the scalp and the hair growth rate of the affected area on the scalp. After 1<sup>st</sup> week 82.5% indicated roughness skin & start to growing hair.40% indicated redness on the affected area. After 2<sup>nd</sup> week 12.5% indicated roughness skin & 95% indicated smooth hair.100% indicated normal hair after 3<sup>rd</sup> week. But after 5 weeks later 10% were hair loss again. The *Indhra* oil made a significant management of *Indhraluptha*.

**Keywords:** *Indhraluptha*, *Alopecia areata*

**e-mail:** lakmali\_semi@yahoo.com