A clinical study on efficacy of traditional formulation in the management of Indralupta

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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 1st week 82.5% indicated roughness skin & start to growing hair.40% indicated redness on the affected area. After 2nd week 12.5% indicated roughness skin & 95% indicated smooth hair.100% indicated normal hair after 3rd week. But after 5 weeks later 10% were hair loss again. The Indhra oil made a significant management of Indhraluptha.

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