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**A REVIEW ON THERAPEUTIC POTENTIAL OF *TRIPHALA MASHI*
IN *KESA VIKARA W.S.R TO INDRALUPTA***

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Abstract

Ayurveda has described diseases related to hair (*kesa vikaras*) under *Sirorogas* and *kshudra rogas* such as *Khalitya*, *Palitya*, *Indralupta* etc. *Indralupta* is a specific condition characterized by hair loss in the form of bald patches in some scalp areas by the vitiation of *Tridosha* and *rakta dhatu*. Alopecia areata is an autoimmune disease mediated by T-lymphocytes directed against hair follicles. The clinical features described in the classics of *Ayurveda* for *Indralupta* and that of Alopecia areata mentioned in the modern science are almost identical. Hence *Indralupta* can be equated to Alopecia areata. The treatment for Alopecia areata mainly includes corticosteroids, topical immunotherapy and phototherapy. *Ayurveda* suggests surgical procedures like *Siravyadha*, *Pracchanna*, *Lekhana* and *Jalaukavacharana* in *Indralupta*. Large numbers of drugs for external application in the form of herbal, mineral and single drugs are also described. The advantage of *mashi kalpana* requires special attention as *Hastidantamashi* is mentioned in the context of *Indralupta*. *Triphala mashi* is one such preparation which has efficacy in the management of *Indralupta* as understood by reviewing classical literature and research works.

Key words: *Kesa vikara*, *Indralupta*, Alopecia areata, *Triphala mashi*

I. Introduction

Indralupta is included under *Kapalagata roga* (diseases of scalp) by Acharya Vagbhata and mentioned *Khalati* (hair fall) as its after effect.^[1] Acharya Susruta included *Indralupta* under *Kshudra roga* (minor ailments).^[2] Vitiated *Pitta* accompanied by *Vata* gets lodged at *romakupa* (hair follicles) and destructs it. Later, vitiated *rakta* and *kapha* cause obstruction resulting in inhibition of hair growth. The treatment of *Indralupta* involves blood-letting through *avagadha pracchanna* (deep pricking) that helps to eliminate localized vitiated blood. This should be followed by application of paste of *teekshna veerya yukta dravyas* like *kaseesa* (Green vitriol), *manohva* (Ruby sulphur), *gunjamula* (root of *Abrus precatorius*), *gunjaphala* (fruit of *Abrus precatorius*), *langalikamula* (root of *Gloriosa superba*), *bhallatakarasa* (juice of *Semecarpus anacardium*) etc. *Hastidantamashi* prepared out of elephant's tusks is having special indication in *Indralupta*.^[1]

II. Materials and Methods

Thorough analysis of classical literatures detailing *sirorogas* and *kshudrarogas* and by assessing articles published on this concept.

III. Alopecia areata

Indralupta can be correlated to Alopecia areata characterized by hair loss secondary to an auto-immune disorder that targets hair follicle bulb. A lymphocytic infiltration of hair follicle can be found in pathophysiology of Alopecia areata. Lymphocytes release pro-inflammatory cytokines and chemokines that reject the hair. The factors like infection, trauma, hormonal changes, emotional and physical stressors can trigger the hair loss.^[3]



Alopecia areata

IV. *Mashi kalpana* (Carbonated ash)

According to Acharya Susruta, local application of *mashi* (carbonated ash) prepared from *twak* (skin), *roma* (body hair), *khura* (hoof), *sringa* (horn) and *asthi* (bones) mixed with *taila* helps to regenerate hair growth. It is emphasized that application of *Hasthidantamashi* prepared out of elephants teeth mixed with *mutra* and *rasanjana* is capable of hair regrowth even on palms. It is can even be mixed with *tila taila*. *Triphala mashi* (carbonated ash of three myrobalans) mixed with equal parts of honey quickly heals wound in *upadamsa* (venereal disease). *Triphala mashi* is suitable for dental care as well as for blood purification.^[4]

V. Preparation of *Triphala Mashi*

Equal parts of *Amalaki* (*Phyllanthus emblica*), *Hareetaki* (*Terminalia chebula*) and *Vibheetaki* (*Terminalia bellerica*) fruit rind are taken in a *sarava* (mud plate). It is then covered by another *sarava* kept upside down. The edges of both *sarava* are stucked together with a cloth smeared with sufficient clay to form *saravasamputa*. It is then subjected to *laghuputa*. Later it is allowed to cool by itself. Later the *saravasamputa* is opened and the black material obtained is subjected to powdering in a *khalva yantra* (mortar & pestle) and the powder is filtered using a clean cloth. The powder obtained through this procedure is called *Triphala mashi* (carbonated ash of three myrobalans) and it should be stored in a closed glass container.^[4]

VI. Indications of *Triphala* in *Kesa vikaras*

Triphala (three myrobalans) is indicated for *krishneekarana* (to make hair black). In *Rasaratnasamuchaya*, *triphala* is included under *Krishna varga*.^[5] *Triphala*, *Nilinipatra* (*Indigofera tinctoria*), *Louha* (Iron) and *Bringaraja* (*Eclipta alba*) taken in equal parts mixed with urine of sheep can be applied externally for *kesaranjana* (artificial colouring of hair).^[6] *Hareetaki* (*Terminalia chebula*) is beneficial for *Sirorogas* (diseases of head) and in conditions caused by aggravated *Kapha* and *Vata*.^[7] According to Bhaishajya Ratnavali, external application of paste prepared from *Amalaki* (*Phyllanthus emblica*) and *Amraphalamajja* (*Manjifera indica*) with *jala* promotes growth and stability to hair.^[8] *Vibheetaki* (*Terminalia bellerica*) has been assigned *kesya* (beneficial to hair)

property by *Acharya Vagbhata*.^[9] External application of *Triphala churna* (powder of three myrobalans) over the affected areas is useful as it possess *rukshana* (dryness) properties that can correct *Kapha* and *Pitta*.^[10,11] Various *lepas* (paste) prepared of *Triphala* (three myrobalans) are especially indicated in *palitya* (greying of hair).^[12]

VII. *Yogas* containing *triphala* in *Kesa vikaras* ^[13]

Yoga	Roga
<i>Ankolabeeja taila</i>	<i>Indralupta, Palita, Kesaroga, Kesapeeta</i>
<i>Ketakyadi taila</i>	<i>Indralupta, Darunaka, Kesakshaya vikara, Kesa krishneekarana, Akala vali palita</i>
<i>Lohadi yoga</i>	<i>Palita, Kesa krishneekarana</i>
<i>Brhat Bringaraja taila</i>	<i>Palita, Khalitya, Kesa krishneekarana</i>
<i>Talakeswara rasa</i>	<i>Indralupta</i>
<i>Chandanadya taila</i>	<i>Kesa vikara</i>
<i>Mahaneela taila</i>	<i>Kesa vikara</i>
<i>Trayushnadi gulika</i>	<i>Palita, Siroroga</i>

VIII. Discussion- Use of *Triphala Mash* in *Indralupta*

Alopecia areata is initially manifested as bald patch or thinning of hair. A burning sensation or prickly discomfort can also be found at affected areas. Later, it is presented as patchy, well-defined or diffuse hair loss without evidence of inflammation. It can affect any hair bearing area including the scalp, eye brows, eye lashes and beard. Re-growing hairs are often depigmented.

The initial stage of Alopecia areata characterized by thinning and loss of hair can be attributed to *ruksha guna* of *vayu*. The burning sensations can be attributed to vitiated *pitta dosha*. The later stage characterized by hindering of hair growth can be associated to accumulation of *kapha* and *rakta* in the channels. That is why, an initial blood-letting

via *pracchanna* greatly results in opening of channels and eliminate all vitiated *doshas*.

Triphala can remove the obstruction of channels in hair follicles by its *kaphahara* and *raktasudhikara* (purifies blood) property. It also has potential to remove *twakgata kleda*. *Triphala* is thus effective in removing the lymphocytic infiltration at hair follicles. [10]

Since *triphala* and *triphala mashi* possess antimicrobial activity, it can reduce hair fall triggered by infections.[14] It has got adaptogenic activity which helps to overcome stressors. The antioxidant property of *triphala* helps for prevention of further damage of hair follicles.

[15]

A clinical case study, *triphala mashi* was used to rub over bald patches. This stimulated hair follicles by removing *srotorodha* (obstruction of channels) and improving peripheral blood circulation.

IX. Conclusion

In *Indralupta*, *Pitta* associated with vitiated *Vayu* causes too much of hair loss in bald patches over scalp. The aggravated *Kapha* along with *rakta* obstructs *romakupa* (hair follicle) and prevents future regrowth of hairs. As hair plays an important role in physical appearance of a person, its loss can also affect the mental quality of individuals. Treatment of *Indralupta* includes localized blood-letting followed by application of *lepas*. *Mashi kalpana* has got special indications in *Indralupta*. *Triphala mashi* stimulates hair follicle, stops hair fall, strengthens hair roots and promote new hair growth. Therefore *Triphala mashi* is a potential medicine to be used in *Indralupta*.

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