



A CASE STUDY ON ALOPECIA (INDRALUPT) WITH AYURVEDIC MANAGERMENTS

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ABSTRACT:-

Alopecia areata, an autoimmune disease characterised by hair loss can be correlated with Indralupta in ayurveda. . As the hair is the first noticeable part of beauty for women as well as men. which is having chief complaint of hair loss on body especially on scalp without any clinical inflammatory sign. Here a case of alopecia areata successfully treated with Ayurvedic management is recorded. *Jalaukavacharna* (Leech therapy) is a technical term employed to denote a minor surgical procedure to expel out the vitiated blood from selected areas of the body like *Indralupta* . Here a case of *Indralupta* (alopecia areata) successfully treated with *Jalaukavacharna* (Leech therapy).

Key Words:- Alopecia areata, Indralupta, Jaluakavacharan.

INTRODUCTION:-

Alopecia areata is an autoimmune disease characterized by hair loss on body especially on scalp. Alopecia areata can be correlated with *Indralupta* disease described in Ayurveda. In Ayurveda, both *shodhana* (Internal and external cleansing procedures) and *shamana* treatment (Disease specific internal medications) are prescribed for *Indralupta*. Here a case of male patient suffering from Alopecia areata was successfully treated with Ayurvedic leech therapy along with internal ayurvedic medicine. *Indralupta* is a *Kshudraroga* characterized by loss of hair^[1] . Sushruta has mentioned *Indralupta* as *Raktapradhoshajavikara*. [2] *Pitta* associated with *Vata* gets lodge in *Romakupa* and causes hair fall, later on *Kaphadosha* associated with *Rakta* causes obstruction to the hair roots and restricts the regrowth. [3] *Jalaukavacharna Karma* (Leech therapy) is considered as the ideal method to expel out the vitiated blood safely, quickly, and effectively. [4] *Jalaukavacharana* helps in draining the vitiated *Rakta*, in turn plays an important role in *Samprapti-vighatana* of *Indralupta*. Male was reported to be more affected with the disease in comparison to children and women, but it cause more emotional problems in woman and children due to cosmetic concern [5]. Its main treatment in contemporary science is Corticosteroids which is having harmful side effects and not advisable for long term use [6].

Case History :-

Patient presented in OPD of Govt..Dhanwantri Ayurveda College & Hospital Ujjain (MP), with OPD no. 6632 for the following complaints patchy hair loss since 4 months on scalp.

History of Present Illness:-

Patient , said to be asymptomatic 4 month back. Gradually his friend started noticing hair fall from scalp at the left posterior of head. After that his friend noticed that the patches of hair loss were increasing. He consulted ayurvedic dermatology unit of Govt.Dhanwantri Ayurveda College & Hospital Ujjain (MP) and took medicine, including oral medications as well as external applications.

Family history: - No member of the family had history of such illness.

Personal history:-

Diet	vegetarian
Micturition	Normal
Appetite	Good
Sleep	Normal
Bowel habit	Regular
Addiction	Tea

Astavidha pariksha

Nadi(Pulse)	72/min
Mala (stool)	Constipation
Mūtra (urine	frequency - normal
Jihvā (tongue)	coated
Śabda (speech)	clear
Sparsā (touch)	Normal
Drika (eyes)	Normal
Akruti (built0	madhyam

Treatment Protocol:

- (1)**Leech therapy** :- *Jaluakavacharana karma* Total 6 sittings were given with 02 *Jalauka*. Initial three sittings of *Jaluakavacharana* were given with gap of 5 days, followed by three sittings of *Jaluakavacharana* with gap of 07 days.
- (2) **Internal therapy**:-
- (1) Shanshamni Vati- 500mg + Gandhak Rasayan- 250mg + Ras Manikya 100mg- 2 time with water after meal
 - (2) Kaishore Guggulu 500mg -2 time with water after meal
 - (3) Khadirarishta 20 ml – 2 time after meal with ½ cup water
 - (4) *Triphala Guggulu* 500mg -2 time with water after meal
 - (5.) Swadistha Virechan Churna 1 TSF with luke warm water before bed

(3) External therapy:-

- (1) Gandhak malham –for local application over patch
- (2) Onion juice –for local application over patch
- (3) Mahabhringraaj oil +Vit.E – for local application

Before Treatment**Application of Jalauka****After Treatment****DISCUSSION :-**

Acharya Charaka mentioned that *Tejas* by involving *Vatadi Dosha* when reaches the scalp, it results in *Indralupta* [8]. According to Acharya Sushruta, *Pitta* along with *Vata* by involving the roots of hair (*Romakoopa*) causes fall of hair and there after *Shleshma* along with *Shonita* obstructs the channel of *Romakoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta*[9]. Thus *Vata*, *Pitta* and *Kapha Dosha* and *Rakta Dushya* are the main internal causative factors of *Indralupta*. *Jalukavacharana* (leech therapy) treatment was planned. *Leech therapy* is ideal treatment when *Doshas* are vitiated in *Dhatuantargata*. *Jalukavacharana* helps in clearing the obstructed *Romakupas* and vitiated *Rakta* is-9 expelled out. *Jalukavacharana* drains out the vitiated blood from the *Srotas* and helps in *Sampraptivighatana* of *Indralupta*. [10]

Shanshamni vati – major ingredient of it is Giloy, which help to strengthen body's immune system and enhance body's ability to fight against various bacterial viral and fungal infection.

Gandhak Rasayan- Gandhaka rasayana is extensively used in treatment of various skin disorders such as psoriasis, urticaria, eczema and wound healing, gastro-intestinal disorders and sinusitis.

Ras Manikya- Impurity of blood is one of the reason of skin ailments and Rasmanikya acts as Raktashodhak means it purify blood thus gives relief from skin problems, it is believed that presence of purified sulfur helps to detoxify blood.

Swadistha Virechan Churna- consist of mulethi(10%), saunf(10%), sanay(30%), mishri(40%). Swadishta Virechan Churna is one of the ayurvedic medicine used for constipation and detoxification.

Gandhak Malham- gandhak malham is a combination of six drugs i.e, ilatail, wax, Gandhak, Girisindur, Tankan, Karpura. It has kapha-vata har properties and ushna virya so it decreases kandu.

Onion Juice- it contains extra sulphur which provide thickness and makes the hair strong, by preventing hair loss and promoting hair growth.

Mahabhringraj oil- it is a combination of Rubia cordifolia (Manjistha), Prunus cerasoides(Padmaka), Symplocos racemose(Lodhra), Pterocarpus santalinus (lal chandan).

CONCLUSION:-

The patient suffering from Alopecia areata(Indralupt) was successfully treated with Ayurvedic Medicine (*internal as well as external*). *Local applications* was also a necessary part of the treatment like *Jalukavacharana* a type of *Raktamokshana* in Ayurveda system of medicine provide quite relief to the patient.

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