

EFFICACY OF JALOUKAVACHARNA AND SHAMAN AUSHADHI IN THE  
MANAGEMENT OF INDRALUPTA W. S. R. TO ALOPECIA AREATA -A CASE STUDY

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## ABSTRACT

**Background** – Alopecia areata is a condition resulting in a localised non-scarring hair loss. Patches are more common in the scalp without any scaling and inflammation. In Ayurveda, a similar condition is mentioned in kshudrarogas, known as Indralupta. **Aim**- To assess the efficacy of jaloukavacharna and shaman aushadhi in Indralupta. **Materials and Methods** – It is a single case study of a 8year old female patient with a complaint of asymptomatic loss of hair over scalp, patches 4 to 5 in numbers since 1year this case of Indralupta was successfully treated with 6 settings of jaloukavacharna (leech Therapy) for 5month and shaman aushadhi with ayurvedic medications. **Result** -multiple patches filled with hairs and no new growth of patch at the end of the follow up period. **Conclusion** – Hence, it can be concluded that jaloukavacharna and shaman aushadhi is effective in the management of Indralupta.

**KEYWORDS:** Jaloukavacharna, Nasaya, Indralupta.

## INTRODUCTION

Alopecia areata, an autoimmune disease characterised by hair loss on the body especially on scalp without any clinical inflammatory signs. Its prevalence in general population was estimated at 0.1-0.2% with a lifetime risk of 1.7%.<sup>[1]</sup> 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.<sup>[2]</sup> Its main treatment in contemporary science is corticosteroids which is having harmful side effects and not advisable for long term use.<sup>[3]</sup> since no such successful management is mentioned in modern system of medicines, so world is expecting successful management from alternative system of medicine. Ayurveda offers different effective treatment modalities for the management of different autoimmune Diseases. Alopecia areata can be correlated with Indralupta disease mentioned under *kshudra roga*. Acharya *sushruta* has mentioned Indralupta as *Raktapradhoshaja vikara*.<sup>[4]</sup> *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 hair growth.<sup>[5]</sup> However *Acharya Vagbhata* mentioned the *samprapti* same as *Sushruta* but only difference he said that *khalitya* is loss of hair gradually and *indralupta* is the loss of hair suddenly.<sup>[6]</sup> In Ayurveda, both *shodhana* (Internal and external cleansing Procedures) and *shamana* treatment (Disease specific internal Medications) are prescribed for Indralupta.

**Case Discussion** –An 8-year-old female patient was apparently healthy before 2year. She gradually developed multiple patches 4-5 in numbers over scalp with whitish in colour and hair loss at that site.

**Past History** - same complaint present since 2year. No H/O of any major illness, any drug allergy and any previous surgery.

## Examination of patient

Disease specific examination	General examination
Site of lesion-over scalp	Pulse - 78/min
Distribution -circular patches	B.P. -110/70 mm of hg
Hair loss -present	Height -112 cm
Inflammation – absent	Weight -34 kg
Skin colour -white	Temp -98.7
Discharge – absent	Tongue -coated

**Past treatment History**

Date	Symptoms	Medicine
Nov 21	Solitary 3by 3cm patch of hair loss over vertex with smooth surface, Hair pulls test neg.	Local steroid Antihelmenthic Multivitamin.
Aug 22	New one patch observed, Hair pulls test positive at that site	Steroid oral therapy for 6week, tropical toferentis 2%
Nov -22	Single new patch observed Hair pull test neg Regeneration +at first patch	Local tropical steroids, vit -D3.

**Pathya**

- Avoidance of amla, katu, and lavana rasa.
- Avoid day sleep and over exposure to wind
- To stop eating milk with any fruit

**Type of study** - A case study

**Centre of study** – OPD department of Kaumarbhritya, M. A. Poddar hospital Worli Mumbai.

**Materials and methods** –

1. Jaluoka for jaloukavacharna.
2. Shamana aushadhi
  - Aampachak vati
  - Mahamanjasthadi Kashaya
  - Arogyavardhani vati

**Treatment schedule** –Duration of treatment for 5month, Jaloukavacharna (leech therapy) 6 settings for 5month.

**Method of jaloukavacharna**

Two leeches were kept in a plastic jar filled with water. Before application leeches were kept in turmeric mixed water for some time to make them active, until then bald

patch was rubbed with *Triphlachurna*.<sup>[7]</sup> When the leech started to move fast and freely in water, it was assumed to be ready to use. Then the leech was held by wet cotton and made to adhere on a bald patch on the scalp. When the front portion of leech was seen slightly elevated, it indicated that leech had stuck and started sucking blood. Then it was covered with wet cotton and water was sprinkled on cotton during the whole procedure. Sucking of blood was confirmed by a pulsating wave seen in the body of leech. When that wave subsided, the swollen leech was removed after sprinkling some haldi churna on the mouth of a leech. *Haldi Churna* mixed with Madhu (honey) was applied to the area from where leech had sucked blood. Then leech was made to vomit the blood by putting its mouth in Haldi Churna. Then, it was held by the left hand in between the thumb and fingers and it was slowly and gently squeezed from the tail to the mouth by thumb and fingers of the right hand. The leech was made to vomit till complete emptying of blood. When the leech completely emptied of blood, it was left in a vessel of water.

**Internal medication**

Medicine	Dose with Anupan	Pharmacological action
Mahamanjasthadi kwath	10ml two times in a day with lukewarm water (early morning empty stomach, at night before meal) for 3month	Raktashodhak
Arogyvardhani vati	125mg twice a day before meal with honey	Antioxidant, Hepatoprotective
Ampachak vati	250mg twice a day for 7days every month for 3month.	Digestion and appetizer
Tab.Amalki	125mg twice a day for 15days. Every month for 3month.	Antioxidant Hepatoprotective, immunomodulatory Hair growth

**Criteria for assessment**

1. Number of oval patches
2. Gradation of Hair falling

Symptoms	Gradation
Hair falls absent	0
Mild hair falls on wash	1
Moderate hair falls on combing	2
Severe hair fall.	3

Significant growth in the length of hairs was noticed after 6 sittings [Figure 2]. Also, the color of the hairs changed from white to black. After completion of Jaloukavacharna [Figure 3], the patch was completely covered with hairs. The patient was told to stop internal medicines during the follow-up period of one and a half months. The patch was not at all seen and was immensely filled with lustrous black hair at the end of the follow-up period [Figure 4]

**RESULT AND OBSERVATIONS**

When the treatment started the patient had 4-5 number of patches of hair loss in the area of the scalp [Figure 1]. After two sittings of Jaloukavacharna, very small white hairs started to grow from the hair follicles in that patch.

## Observations

Sr.no	Symptoms	Before treatment	Review			After treatment
			1month	3month	5month	
1	Oval patches	4-5 in numbers	No new patch observed during whole treatment			Absent
2	Hair fall	+++	+++	++	0	No hair fall
3	Hair growth	0	0	Mild hair growth	Mod hair growth	Blackish Hair growth on the scalp

## BEFORE TREATMENT



## DURING TREATMENT



## AFTER TREATMENT



## DISCUSSION

In the present case diagnosis of alopecia areata or *Indralupta* was made based on clinical presentation. The patient was *Vata Pittaj* in *Prakriti* with *Pitta Vardhak* dietary habits. She was used to having junk food frequently and the patient had the habit of day sleeping. *Indralupta* is a condition mentioned by *Acharya Sushruta* in which the deranged *Vata* and *Pitta* having recourse to the roots of the hairs bring about their gradual falling off, while the deranged *Rakta* and *Kapha* of the locality fill up those pores or holes, thus barring their fresh growth and recrudescence. Leech therapy is

an ideal method for *Raktamokshana* (bloodletting) in blood vitiated by *Pitta* and also for females, children, and old age persons. Leeches have more than 20 bioactive molecules in their secretions. These molecules have analgesic, anti-inflammatory, platelet inhibitory, anticoagulant, and thrombin regulatory functions, as well as extracellular matrix degradative and antimicrobial effects.<sup>[8]</sup> In Alopecia Areata leech therapy may have worked by increasing the microblood circulation through acetylcholine- and histamine-like molecule. Leech saliva also contains Destabilase and chloromycetin which have an antimicrobial effect.<sup>[9]</sup> When leech therapy is done on thinning or bald areas, the increase of blood circulation

helps enhance the concentration and delivery of nutrients to that area on one side and removal of accumulated toxin, inflammatory substances on the other side thereby assisting in the promotion of hair growth.

*Mahamanjasthadi Kashaya* pacifies vitiation of *kapha* and *pitta*. However, it is formulated such a way that it can be effective in all types of diseases cause by all three *dosha*. It is mainly blood purifier. It Detoxifies blood and aids to eliminate toxins accumulated in the body. It increases skin glow. *Arogyavardhini Rasa*, Causes *Apatarpaan*, which helps in opening the blockage of *strotasa*. *Amalaki* rasayana drugs which help in rejuvenation process. *Amalki* possess antioxidant activity and contains Vit -C which helps for the proper absorption of iron from the gut.

*Agni* is said to be accountable for *Varna* (complexion) and *sukhayu* (healthy life). *Mandagni* is considered as root cause of all the diseases. *Mandagni* cannot form enough *rasa dhatu* which provides nutrition for further *dhatu*s and person gets easily diseased. *Ampachan vati* which contains katu drugs like *chitrak*, *pipalimula*, *Ajvin*, *shudhjavakhar*, *sunth*, *chavya*, *saijikhhar*, *shudhnavsagar*, *kalimirch*, *pipali*, *saudra namak*, *hing* and *saindhav* in which *bhavna* was given by *nimbu swarasa* which is best drug for *dipan* and *pachan*. Hence *Ampachan vati* helps to restore healthy digestion, assimilation and metabolism of essential food elements.

## CONCLUSION

Hair disorders cause negative impact towards the individual and his or her quality of life. Ayurvedic management with Mahamanjasthadi kwath, arogyavardhani vati, Ampachak vati, and Amalki tablet internally and externally use Jaloukavacharna (leech therapy) was found very effective in the management of case Indralupta. During case study no any side effects was found. Observed benefits may be attributed to Raktashodhak, Antioxidant, immunomodulatory properties. The above mentioned ayurvedic management suggests that Indralupta (Alopecia areata) can be managed without any form of hair transplantation.

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