

**INDRALUPTA (ALOPECIA AREATA): A CASE SUCCESSFULLY TREATED WITH  
AYURVEDIC SHODHANA AND SHAMANA CHIKITSA****[Gayatri Devi](#)<sup>1</sup>, [Amandeep Kaur](#)<sup>2</sup>, [Puneeta Pandey](#)<sup>3</sup>, [Arun Kumar Tripathi](#)<sup>4</sup>**<sup>1</sup>PG Scholar, <sup>2</sup>PG Department of Kayachikitsa, Gurukul Campus, Haridwar Uttrakhand, India<sup>3</sup>Professor, PG Department of Kayachikitsa, Gurukul Campus, Haridwar Uttrakhand, India<sup>4</sup>Professor, PG Department of Kayachikitsa, Gurukul Campus, Haridwar Uttrakhand, India

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**Article Received:** 12/04/2022 - **Peer Reviewed:** 30/04/2022 - **Accepted for Publication:** 17/05/2022**ABSTRACT**

Alopecia is an autoimmune disease, sudden loss of hair from any hair-bearing area of the body, but most often loss of hair from the scalp. A 21-year-old male patient presented in P.G. *Kayachikitsa* Department of Gurukul Ayurvedic Hospital, Haridwar, OPD NO. 5 for the following complaints a patchy hair loss for 1 year on the scalp, Dandruff and itching for 2 years on the scalp, which was classified as alopecia areata *indralupta*. After *shamana chikitsa* (conservative treatment), *shodhana (Raktamokshana)* was done by *Jalauka* (leech). The assessment was done on the basis of relief in signs and symptoms. The patient has relief in almost symptoms with the least medication. The single case report highlights that alopecia can be managed with an appropriate diet regimen, *Raktamokshana*, and can be managed effectively with a minimum requirement of medicine.

**Keywords:** *Indralupta*, *Jalaukavacharana*, Alopecia areata, Leech

## INTRODUCTION

Hair is a symbol of beauty and any type of disorder in the hair has a very bad effect on the human being. Hair is an important part of human personality. The problem of hair fall is a big dilemma for everyone in today's era, due to which both men and women are troubled. Alopecia is an autoimmune, sudden loss of hair from any hair-bearing area of the body, but most often loss of hair from the scalp<sup>1</sup>. WHO measured the global distribution, of disability-adjusted life years (DALYs) lost to alopecia areata to be 1,332,800 in 2010.<sup>2</sup> Sushruta mentioned *Indralupta* a type of *Kshudra roga* and said that *Indralupta*, *Khalitya*, and *Ruya* are the same disease.<sup>3</sup> *Vagbhata* mentioned it under *Kapalgata roga* (scalp). According to *Acharya Vagbhat*, sudden hair fall is *Indralupta* and slowly hair fall is *Khalitya*. *Vata* takes away the *pitta* and damages the hair follicles which leads to hair fall. After that *rakta* with the involvement of *kapha* create blockage in follicles due to which hair does not grow in that place.<sup>4</sup>

### CASE REPORT:

A 21-year-old male patient presented in Kayachikitsa Department of Gurukul Ayurvedic Hospital Haridwar in OPD NO. 5 for the following complaints.

**Chief complaints:** A patchy hair loss for 1 year on the scalp, Dandruff and itching for 2 years on the scalp

**History of present illness:** According to a patient he was asymptomatic 2 years ago then he develops above chief complaints gradual in onset and progressive in nature without any pain and tenderness. There was patchy hair loss measuring about 2x3 cm on the occipital region. He consulted a dermatologist and took oral medicine and external applications but there

was no significant relief. So, he approached our hospital for betterment.

**History of Past Illness:** There was no history of similar illness in the family, no history of drug intake, and no history of any systemic illness.

**General Examination:** GENERAL CONDITION- Good, RS-NAD, CVS-S1, S2 normally heard, no added sound. CNS-NAD

P/A- SOFT, BP-124/80 mm of hg

### Local Examination:

A smooth, well-defined area without scarring in a circular pattern was present in the occipital region of the scalp associated with severe itching. And there is an old childhood injury scar is present near the patch. Prakriti of patient was *pitta kaphaja*; while *Vikriti* was *kaphaja*; *sara* was *rakta*; *Samhana*, *vyayama Shakti* were *madhyama*, *ahara Shakti*, *satva*, *Satyama* and *bala* was found to be *madhyama*.

**MATERIAL AND METHODS:** The patient was selected randomly from the outdoor patient department (OPD) of Kayachikitsa Department of Gurukul Ayurvedic Hospital, Haridwar.

**INTERVENTION:** *Raktamokshana Karma* along with the *Shamana Chikitsa* was given to the patient

**TREATMENT:** Treatment was done for 3 months. Total 2 settings of *Jalaukavacharana* (leech was applied twice with a gap of 15 days) were done in a period of 1 month. Internal medicine was administered during the first 2 months.

**Investigation:** Haematological investigation of the patient was within normal limits. The case was diagnosed with *Indralupta* on the basis of signs and symptoms. The patient was treated at the OPD level of Kayachikitsa Department of Haridwar.

**Table 1:**

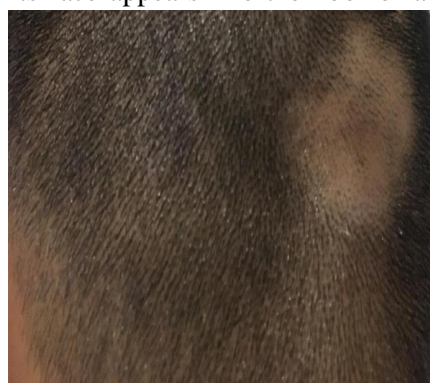
DRUG	DOSE	PHARMACOLOGICAL ACTIONS	ANUPANA
Amalaki Rasyana + Saptamrit loha	3gm 500 mg Twice a day before the meal	Anti-oxidant <sup>5</sup> , Immunomodulator <sup>5</sup> Hepatoprotective <sup>5</sup>	Honey
Arogyavardhini vati	2 tablets twice a day after a meal	Deepana, Pachana, Pittarechaka, Srotoshodhana Hepatoprotective properties. Deepana, Pachana, Pittarechaka, Srotoshodhana Hepatoprotective properties. Deepana, Pachana, Pittarechaka, Srotoshodhana Hepatoprotective properties. Deepan, Pachana, Pittarechaka, Srotoshodhana, Hepatoprotective <sup>6</sup>	With water
Kayakalp taila with tankana bhasma	For local application on the whole scalp.		
Nimba churna along with Ghrita	For local application on the affected area twice a day.		

**DIET:** Normal routine diet free from excessive *Lavana*, *Katu*, *Amla Rasa*, etc.

**METHOD OF JALUKAVCHARANA:**

*Jalaukavacharana* patients were lying in the prone position. Before application leeches were kept in turmeric water for some time to make them active and get rid of exhaustion, until a then bald patch was rubbed with *Triphlachurna*<sup>7</sup>. Leech is assumed to be ready to use when it started to move fast and freely in the water. Then the leech was held by wet cotton and made to adhere to a bald patch on the scalp. When the front portion of the leech was seen slightly elevated, it indicated that the leech had stuck and started sucking blood<sup>8</sup>. Then it was covered with wet cotton and water was sprinkled on the cotton during the whole procedure. When its face appears like the hoof of a

hoarse and it raises its neck, indicate that it has started sucking.<sup>9</sup> When patients got itching and pain at the site of *Jalaukavacharana*, it indicates leech has started sucking pure blood. Then, the swollen leech was removed after sprinkling some *saindhav lavana* on the mouth of a leech<sup>10</sup>. *Haridra Churna* mixed with *Madhu* (honey) was applied to the area from where the leech has sucked blood. Then leech was made to vomit the blood by putting its mouth in *Haridra Churna*<sup>11</sup>. 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 the 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 fresh water<sup>12</sup>.



**Before Treatment**



**After 2 Months**

## DISCUSSION

It was a case of *Indralupta* (alopecia areata). We have used internal and external applications for *srotoshodhana*. First of all, we have used *nimba churna* as *pratisarana* for clearing the *avarana* of *kapha* (obstruction of the hair follicle). Then we applied *jalaauka* (*Raktapradoshaj vikara*) on the bald patch so as to remove the impure blood leading to the clearance of the passage of those minute *srotasa* (hair follicle). *Jalaauka* (leech) is easily available in the market. It is a painless procedure. There are not any side effects or complications such as excessive blood loss, or any scar after the procedure. This can be done at the OPD level, did not take much more space for the procedure, and less equipment is required for the procedure. Patients are comfortable with *jalaaukavcharan*. In modern science, there is injectable methods are available for the treatment of alopecia areata. There is no doubt that the *samprapti vighnan* helps to achieve new hairs. Many other treatments have side effects, are too expensive, and time taking whereas this treatment is cost-effective, time-saving and medicine is easily available in ayurveda. Hence this affordable treatment is easily available in ayurveda.

## CONCLUSION

The result came to be very quick effective and outstanding for the regrowth of hairs. Other symptoms like itching, dandruff, scalp dryness, and hair fall got significant relief. Medical management of this problem is possible on the basis of Ayurvedic fundamental principles. *Kapha Shamaka*, *Rakta-pitta Shodhaka*, *Lekhana*, Rejuvenating, *Tikta rasa* dominant medicines such as *Amalaki Rasayan*, *Arogyavardhini Vati*, and *Nimba Churna* were found to be very effective in alopecia areata in this case series.

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