

A ROLE OF JALUAKAAVCHARANA AND NIMBA HARIDRACHOORNA LEPA IN TREATMENT OF INDRALUPTA - A CASE STUDY

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ABSTRACT

Hair is crowning glory and mark of identity of human being. *Indralupata* in modern science correlate with alopecia areata. It is characterized by localised areas of non-scarring hair loss which can be co-related with *indralupta*. Due to side effects and limitation of contemporary science, some harmless and effective medicines are expected from alternative medical science. *indralupta* disease is described under heading of *kshudraroga* by *sushruta*, *vagbhata* etc. in modern science its main treatment is corticosteroids which is having harmful side effects and not advisable for long term use. so it is necessary to find better remedies. it can be easily fulfilled by Ayurveda. Here, a case of female patient suffering from *indralupta* was successfully treated with *jaluaka* and *haridra* and *nimbalepa*.

Keywords: *kshudraroga*, *indralupta*, *jaluaka*, *haridra* and *nimbalepa*

INTRODUCTION

Hair is crowning glory of human being. In present era lifestyle changes in food habits and mental stress etc. Hair loss problems are increasing. Alopecia areata is

an autoimmune disease characterized by hair loss on 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%.² Male was reported to be more affected with the disease in comparison to children and women, but it causes more emotional problems in women and children due to cosmetic concern.³ Its main treatment in modern science is corticosteroids which is having harmful side effects and not advisable for long time use.⁴ In Ayurveda different types of treatment modalities are available for different types of autoimmune diseases. *Indralupta* can be correlated with alopecia areata, *Indralupta* disease described in Ayurveda under heading of *kapalgata roga*⁴ by *acharyavagbhata* and *kshudraroga* by *acharyamadhavnidan*, *yogaratnakar* and *sushruta*⁵. *Indralupta* is characterised by patchy hair loss. *pitta* associated with *vata* gets lodged in *romkupa* and causes hair fall, later on *kaphadosha* associated with *rakta* causes obstruction to the hair roots and restricted the regrowth. *Raktamokshana* is indicated in *Raktajvyadhi* that helps in draining the *Dushita Rakta*, in turn plays an important role in *sampraptivighatana* of *indralupta*. *Haridra* is strong anti-bacterial, anti-allergic properties⁶. *Nimba* have numerous biological and pharmacological activities have been reported including antibacterial⁷, antifungal⁸, and anti-inflammatory.

Objective

To find out the efficacy of *Jaloukaavcharana* and *nimbaharidrachoornalepa* in management of *indralupta*

Case Report

A 21 year old female patient visited to Swaminarayan ayurvedic hospital with complaints of patchy hair loss since 8 months with hair fall, and itching at patchy hair loss area, she was applying some home remedies oil but there was no improvement in her symptoms, so she came to our hospital for further management. *Jaloukaavcharana* was done at patchy hair loss area interval of seven days, that is, on day 1, 7 day, 14 day and 21 days without internal medication and *nimbaharidaralepa* was done locally patchy hair loss area 21 days once in a day.

Methodology

Purva Karma

Cleaning a site of patchy hair loss area before leech was applying. Then leech was put in water mixed turmeric powder for purification of leech and then put in normal water.

Pradhan karma

Then *Jalouka* was applying at site of patchy hair loss area. While sucking the blood following signs appear in the body of leech a. Gradual distension in the central portion of the body. b. Itching and burning sensation at the site of bite. c. Pulsations on the body of leech may be visible. After application of *Jalouka* Leech through its front end and covers the leech by wet cotton. Removal of Leech After 30- 45 minutes the leech is removed by itself, or by application of turmeric powder on the mouth of leech.

Paschat karma

After removal of *Jalouka* pt. dressing with *Haridra* powder Churna and bandage was applied. *Vamana karma* of leech was done. *Haridranimbalepa* After 30-minute of *jalouskaavcharana*, *haridra* powder *nimbapatralepa* was applied at patchy hair loss area.

RESULT

In this case, improvement was seen in itching sensation, patchy hair loss area was covered with new hair growth. *Haridra* n *nimbapatra* local application are useful for itching sensation in scalp. *Jalouka Avcharana* was effective these treatment modalities taken for the study were having local action. When the treatment started the patient had one patch of hair loss in the mid scalp region [Figure 1]. After two sittings of *Jaloukaavcharana*, very small white hairs started to grow from the hair follicles in that patch. Significant growth in the length of hairs was noticed after 4 sittings. Also, the color of the hairs changed from white to black, *haridra* powder *nimbapatralepa* was applied at patchy hair loss area. After completion of 30 minutes *Jaloukaavcharana* [Figure 3]. the patch was partially covered with hairs. The patch was small and was partially filled with lustrous black hair at the end of the follow-up period [Figure 4] and itching was completely gone.



Figure 1: Before treatment



Figure 2: During jaloukaavcharana



Figure 3: Haridra-nimbapatralepa



Figure 4: After complete treatment of Jaloukaavcharana

DISCUSSION

In the present case diagnosis of Alopeiciaerata or *Indralupta* was made based on clinical presentation. The patient was *VataPittajin 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 recrudescence⁹. Here, 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 effects¹⁰.

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 effect¹¹. 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. *Haridra* (curcuma longa) has excellent *Raktaprasadaka* (Bloodpurifier), *Raktastambhaka* (Hemostatic *Raktaprasadaka* (Bloodpurifier), *Raktastambhaka* (Hemostatic), *Vedanasthapka* (Analgesic) properties¹². *Soharidra* was excellent for scalp cleanliness and itching sensation. *tikta rasa* has *kandughna* property and also *Nimba* is a *kandughnadrug*.¹³

CONCLUSION

Alopecia areata is a very common problem these days seen in youngsters. It can be correlated with *Indralupta* according to its signs and symptoms. According to the *Avastha* of the *Doshas*, leech therapy sittings showed a promising effect on this case of Alopecia areata of a female patient. Hence, if done on a large scale, this treatment can be a successful management for alopecia whose sure-shot management is not known till now

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