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Treatment of *Indralupta* (Alopecia areata) with Local *Jalaukavacharana* (Leech therapy) - A Case Study

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ABSTRACT

In Ayurveda *Indralupta* (Alopecia areata) is a disease in which hair loss from some part or all areas of our body, usually from scalp. It shows one or more round spot on the scalp. In modern medicine Steroid is the only treatment for this disease Hair often regrows on its own but treatment helps the hair to regrow more quickly. *Jalaukavacharana* (Leech therapy) is mentioned as *Shodhana* therapy in *Raktapradushaja Vikaras* by Sushruta Acharya. *Jalauka* (Leech) not only removes impure blood from body but also injects biologically active substances which help in management of various disorders like *Indralupta* (Alopecia areata). In this case report patient with *Indralupta* (Alopecia areata) disease is treated with local *Jalaukavacharan* (Leech therapy).

KEYWORDS

Indralupta, Shodhana, Jalaukavacharan, Raktapradushaja Vikaras



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INTRODUCTION

Alopecia or balding refers to loss of hair from a part of the body or the head. Commonly head is involved. The severity of hair loss can vary from a small area to the entire body. Inflammation or Scarring of hair follicle may or may not be present. Alopecia areata is a common autoimmune disease that often results in unpredictable hair loss. In the majority of the cases, hair falls out in small patches around the size of a quarter. The condition can affect anyone regardless of age and gender.

Modern lifestyle usage of harmful shampoos, allergic manifestations, avoidance of head bath, reduced body resistance, hormonal imbalance, and malnutrition leads to poor hygiene of scalp. The aim of surgical cosmetology is to eliminate or normalize the postsurgical scar, discoloration, loss of hair.

According to *Ayurveda Indralupta* (Alopecia areata) is one of the type of *Khalitya* (loss of hair). Hair loss is due to *Pitta Dosha* and is associated with *Vata Dosha*, then Vitiated Rakta and Kapha blocks hair follicle orifices, limiting the growth of new hair called *Indralupta* (Alopecia areata).

Ancient history suggested that Lord *Dhanwantary* evolved in this world after *Samudra Manthan* with *Jalauka*

(Leech) along with pitcher filled nectar in his hand. This shows importance of Leech in therapeutics. *Raktamokshan* can be done by *Shriga*, *Alabu*, *Jalauka* and *Siravedh*, out of them, *Jalaukavacharan* (Leech Therapy) is the mildest and safest methods. For this reason, it is called the best method of *Raktamokshan*. Local *Jalaukavacharan* (Leech Therapy) is treatment mentioned in *Ayurvedic* texts for *Indralupta*

CASE REPORT

A 60 year old male patient came in OPD (OPD registration number 12865) of *Twacharoga* on 21/3/ 2018 in Govt. Ayurvedic College and Hospital, Osmanabad Maharashtra with following complains:

1. Patchy hair loss on scalp region measuring about 4×3cm
2. Itching on scalp region
3. Dandruff with mild itching

The patient had this complaint from about 5 months.

HISTORY OF PRESENT ILLNESS

A male patient who was healthy 5 month ago started developing inconsistent male pattern baldness on scalp district estimating about 4cm in length and 3cm in width. So he sought the Ayurvedic Doctor's facility for treatment.

PERSONAL HISTORY



Family history- no any family history
 Drug history- no any drug allergy history
 No history of any major illness and operative
 No history of DM and HTN

2. Pulse rate: 80/min
 3. B.P. 130/80 mm of Hg
 4. No Pallor
 5. Weight- 65kg, Height- 158cm
 6. RS - AE=BE clear, CVS – S1 S2 normal, no abnormal sound, CNS – NAD

General Examination.

1. General condition of patient is moderate

Table 1 ASHATWIDHA PARIKSHAN (Eight folds of examination):

1. <i>Nadi - Vata Pradhan pitta</i>	2. <i>Mala - Baddha</i>
3. <i>Mutra – Samyakpravrutti</i>	4. <i>Jivha - Saam</i>
5. <i>Shabda – Spashta</i>	6. <i>Sparsh - Ushna,</i>
7. <i>Druk – Prakruta</i>	8. <i>Aakruti – Madhyam</i>

Other examination-

Sara – Madhyam Sara

Prakruti – Vata Pradhan Pitta

Table 2 Local examination

1. Patchy hair loss at parietal lobe measuring about 4×3 cm	Present
2. Mild itching	Present
3. Dandruff	Present
4. Redness and Swelling	Absent

Darshana (Inspection) – Patchy hair loss with mild itching.

Site – At parietal lobe. No swelling and redness

Samprapti

Hetu – Ati Madhur Rasatmak Ahara, Virudha Ahara

Dosh - Kapha

Dhatu – Rasa, Rakta and Asthi

Mala - Sweda

Agni - Mandhya

Srotas – Rasavaha, Swedavaha, Annavaaha

Vdhyadhi Vinichaya – *Indralupta* (Alopecia areata) at *Frontal lobe*.

Treatment –

A. *Panchakarma*: Mainly *Jalaukavacharan* (*Leech therapy*) done on bald spot once in week for 2 month.

B. *Aabhyantar Shamana* medicine: for 20 days.

Table 3 Oral medicine

Sr. No.	Medicine	Dose	Time	Anupana
1.	<i>Arogyavardhini vati</i>	250mg 2 BD	After meal	Lukewarm water
2.	<i>Gandharva haritaki</i>	500mg 2 OD	Bed time	Warm water



OBSERVATION AND RESULTS

After *Jalaukavacharan* (Leech Therapy) and *Shamana* (Oral medicine) follow up by 2 months. (See table no. 4)

Table 4 Therapeutic period

Symptoms	Day 1	Day 30	Day 60
Hair Patch increases in size	Present Size 4×3cm	Absent Size 3×1cm	Absent
Mild itching	Present	Absent	
Hair fall & stoppage of growing new hairs.	Present	No hair fall	
Dandruff	Present	Absent	

DISCUSSION

It is a case study of *Indralupta* (Alopecia areata), detail history of patient with the help of *Ashtavidha pareeksha* (see table no. 1) and local examination (see table no. 2) was taken. *Indralupta* is a *Raktapradoshaj vikara*, in which mainly *Pitta Dhosha* is vitiated (see figure no. 1).



Fig 1 Before treatment

The *pitta Dhosha* which is present at the root of the hair follicles increases with the *Vata Dhosha* this leads to hair fall. Then the vitiated *Kapha Dhosha* and *Rakta Dhatu*

together block the hair follicles by not allowing to grow new hairs.

Abnormality, of the *Rakta Dhatu* caused due to the morbidity of *pitta dosha* is best treated by *Jalaukawacharan* (Leech Therapy see figure no. 2).



Fig 2 *Jalaukavacharan*

The clinical conditions characterized by either congestion of blood or its abnormal coagulation within the body are treated by adapting the *Jalaukavacharan* (Leech Therapy) for bloodletting.

Jalauka (Leech) saliva contains a number of bioactive constituents which possesses anti-inflammatory, anticoagulant, anaesthetic, vasodilator, antibiotic and antioxidant properties acting through multiple mechanisms in different disease conditions. In *Aabhayantar Shamarnya Arogyavardhi Vati* (see table no. 3) is given for 10 days, it improves digestion power and clear waste products from the body. *Arogyavardhini Vati* also improves blood purification. Lastly to check the



improvement in disease patient follow up is taken for 1 month (See table no. 4)

CONCLUSION

From the above case discussion, it is concluded that application of local *Jalaukavacharan* (Leech therapy) with oral *Raktaprasadak* (Blood purification) and *Anuloman* (purging) medicine helps to regrowth of hair, so it is effective in treatment of *Indralupta* (Alopecia areata) disease (see figure no. 3).



Fig 3 After treatment



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