

MANAGEMENT OF INDRALUPTA (ALOPECIA AREATA) WITH AYURVEDA MEDICINES AND LEECH THERAPY-A CASE REPORT

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ABSTRACT

People are very conscious about their hair, as hair is considered as a barometer of beauty. Alopecia areata is characterised by acquired skin ailment that can affect scalp, beard which is characterised by localised areas of non-scarring hair loss with no signs of Inflammation. The incidence of the disease is about 2 % worldwide. Male population is more affected in comparison to women and children. This leads to psychological problems due to cosmetic concerns. The condition can be compared with indralupta in Ayurveda. So, as a ray of hope, all are expecting better and affordable remedies from ancient science Ayurveda. Hence considering all these, the treatment is started as (internal medicines, Lepas and Leech application). Lepas used are of ushna, tikshna, guna like Sanjeevani vati which contains bhallatak, Malyadi tel which contains karvir, chitrak, etc. Leech therapy is also used. The results are encouraging.

KEYWORDS: Indralupta, Raktamokshan, Jaluka (Leech Therapy), internal medicines.

INTRODUCTION

Indralupta is described under shirorog diseases in vagbhata¹. In this disease the main symptom is hair fall in patches. It is mostly compared with Alopecia Areata². It is characterized by hair loss on the body especially on Scalp without any inflammatory signs. It is more common in Men than Women. Ayurveda offers effective treatment on Indralupta (Raktamokshan³ and internal medicines).

CASE

A 28-year-old male patient presented with patchy hair loss on the scalp affected area was gradually increased in 10 months. Patchy hair loss of 6x5 cm on partial occipital side of skull. There was a full loss of hair in that patch. Local examination

showed no scarring or any other skin lesion over the scalp. Length of the hair around the patch is uniform. The Patient has taken Homeopathy medicine for last the 6 months. Patient was referred for Ayurvedic treatment from his relative. Detailed history of the patient taken, and patient is diagnosed as Indralupta (Alopecia Areata) and advice internal medicines application of lepa (local treatment), Jalukawacharan is done after 3 weeks.

General Observation:

Pulse 72/min

B.P – 124/82

Height – 5' 8''

Weight – 60 kgs

Astavida pariksha:

Respiratory rate – 18/min

-Nadi – 68/min

Disease specific exam:

-Mala – Samanya (normal)

-Site of involvement – Scalp

-Mutra – 5-6 veg

-Pattern - Unilateral

-Jivha – Niram

-Skin - colour

-Sparsha – Mridu

-Asymmetrical bright skinny/bald

-Druk – oily

-Aakruti – Madhyam

Medicines:

SR No	Medicine	Dose	Indication
1	Arogyavardhini ⁴	250mg BD Koshna jal	Medo-dosh-har, K Yakrutvikar, J Malshuddhikari
2	Krumikuthar Ras ⁵	250 mg @night Guda and Koshna Jal	Krumighna
3	Bhrungrajasav ⁶	2 TS + Warm water after food	Rakstadushti and Keshya
4	Vidangarishta ⁷	2 TS + Warm Water after food	Krumi
5	Rasayan Churna ⁸ Guduchi + Dhatri + Gokshur	Morning ½ tsp along with honey	Keshya Rasayan, (Helps in hair growth)
6	Maltyadi tel (Vagbhat) ⁹ Sanjeevani vati ¹⁰	External application at night time for external application along with water	Indralupta

Observation:

1 st Day	Medicines started
15 th Day	No Changes
21 st Day	Leech applied
30 th Day	Few small hairs seen
2 nd Month	Greyish hairs seen in small patch
3 rd Month	Leech applied
4 th Month	More black hairs seen

DISCUSSION

According to vagbhata¹¹ samprapti of indralupta is as follows-

Romkupanugat pitta vaten saha murchit



Roma Patan



Shleshma sashonita Romkupan Runadhi (Kapha along with Rakta closes Romkupa)



No new hair growth possible

For this purpose, Ushna tikshna lepa are used to destruct the awarodh made by kapha. For this purpose, bhallatak kalp Sanjeevani vati is used initially. Then Matyadi tel is advised (Ref. Vagbhat Utt: 24/24) which also contains Ushna tikshna drava such as Chitrak (plumbago zeylanica), Kanher (pongamia pinnata), Karanj(Nerium Indicum), etc. This helps for samprapti bhang. After that Jalukawcharan done which helps to overcome pitta and Raktadushti. Also, Acharya Charak in Vimansthan¹² mentions that due to Raktaj krumi, keshshat occurs, so in indralupta, krumighna chikitsa is also very useful. For that purpose, krumikuthar and Vidangarishta are given. Formulations Arogyavardhini Bhrungarajasav and Vidangarishta help in opening blockages of srotas (Romkup) and Rasayan churna (Guduchi, Aamalaki, Gokshur) promotes new hair growth.

CONCLUSION

Patient suffering from alopecia successfully treated through Ayurveda. Still medicines are continued for few a more days. This treatment protocol should be clinically

evaluated in large numbers to confirm their efficacy.

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