

JALAUKA VACHARANA IN INDRALUPTA (ALOPECIA AREATA)- A CASE STUDY

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ABSTRACT

The characteristic presentation of alopecia areata is the appearance of a well-circumscribed, totally bald, smooth patch, often with the presence of exclamation- mark hairs at the border. Alopecia areata, is an autoimmune disease, characterized by hair loss can be correlated with *Indralupta* in Ayurveda. Due to side effects & limitation of the contemporary science, some harmless & effective medicines are expected from alternative medical science. Ayurveda has great potential to treat such autoimmune diseases. Here a case of alopecia areata successfully treated with Ayurvedic management is recorded. Alopecia areata, characterized by hair loss on body especially on scalp without any clinical inflammatory signs. Its prevalence in general

population was estimated at 0.1-2% with a lifetime risk of 1.7%. Male was reported to be more affected with the disease in comparison to children & women, but it cause more emotional problems in women & children due to cosmetic concern. Hair disorders cause negative impact towards the individual & his/her quality of life. *Indralupta* is a *Kshudraroga* characterized by loss of hair. It can be correlate with alopecia areata, which is having chief complaint of hair loss on body especially on scalp without any clinical inflammatory signs. *Raktamokshana* is a technical term employed to denote a para-surgical procedure to expel out the vitiated blood from selected areas of the body by specific methods. *Ayurveda* classical text propounds practical guidelines for bloodletting & claim it as most effective therapy in half of the body ailments. *Jalaukavacharna Karma* (Leech therapy) is considered as the ideal method to expel out the vitiated blood safely, quickly & effectively. Here a case of *Indralupta* (Alopecia areata) successfully treated with *Ayurveda Raktamokshana* treatment is

recorded.

INTRODUCTION

Hair disorders cause negative impact towards the individual & his/her quality of life. *Indralupta* is a *Kshudraroga* characterized by loss of hair. It can be correlate with alopecia areata, which is having chief complaint of hair loss on body especially on scalp without any clinical inflammatory sign. *Indralupta* (alopecia) a dermatological disorder is of great concerns to male, female as well as children too which can also cause psychological stress.

Sushruta has mentioned *Indralupta* as *Raktapradoshaja vikara*. *Pitta* associated with *vata* gets lodge in *Romakupa* & causes hairfall, later on *Kaphadosha* associated with *Rakta* causes obstruction to the hair roots & restricts the regrowth.

Raktamokshana is a technical term employed to denote a para surgical procedure to expel out the vitiated blood from selected areas of the body, by specific methods.

Acharya Sushruta propounds practical guidelines for bloodletting & claims it as most effective therapy in half of the body ailments. Among various methods for bloodletting such as *Jalukavacharana karma*, *Prachhankarma* & *siravedhana karma*, *Jalaukavacharana Karma* is considered as the ideal method to expel out the vitiated blood safely, quickly & effectively. *Jalukavacharana* helps in draining the vitiated *rakta*, in turn plays an important role in *Samprapti vighatana* of *Indralupta*.

CASE HISTORY

A 24 year old male presented in OPD of GAC, Nanded. For the following complaints.

CHIEF COMPLAINTS

Multiple patchy hair loss since 6 months on scalp.

HISTORY OF PRESENT ILLNESS

Patient was having the said to be asymptomatic 6 month back. Gradually he started noticing hair fall from scalp at the Centre of the head. After that he noticed that the patches of hair loss were increasing. He consulted dermatologist & took medicine for 6 months, including oral medication as well as external applications. There was no improvement in hair growth & He approached our hospital for further treatment.

INVESTIGATIONS

Routine hematological investigation was carried out after treatment to check safety of treatment.

General Examination

Moderately built with no other systemic illness.

Systemic Examination

Scalp & hair.

Inspection

Type- patchy hair loss

Site- Focal region on scalp

Treatment Protocol

Jalaukavacharana Karma

Total 8 sittings were given with 3 *Jalauka*.

Initial four sitting of *Jalaukavacharana* were given with gap of 7 days followed by four sitting of *Jalaukavacharana* with gap of 15 days.

METHOD OF JALUKAVACHARANA

- ***Purva Karma***

Total 3 *Jalauka*(*Nirvish*) was procured from the renowned seller. The procedure was done in sitting position.

- ***Pradhan Karma***(Operative procedure)

Jalauka was kept in a vessel of *Haridra* water till they get rid of their exhaustion & after that they were made to stick at the site of the lesion. They were fully covered with fine wet cotton except for their mouth which was left exposed. When its mouth gets suck(to the site) & middle portion gets elevated assuming the shape of a horse shoe it was known it is sucking well.

The sucking leeches were held covered by wet cloth withdrawal of leeches: when pricking pain or itching was produced at the site of application it was inferred that the leech is now sucking pure blood (after having sucked the vitiated blood) & then the leech could be removed. If it did not withdraw due to the smell of blood, common salt powder was sprinkled

upon its mouth.

- ***Paschyat Karma*(Post-operative Procedure)**

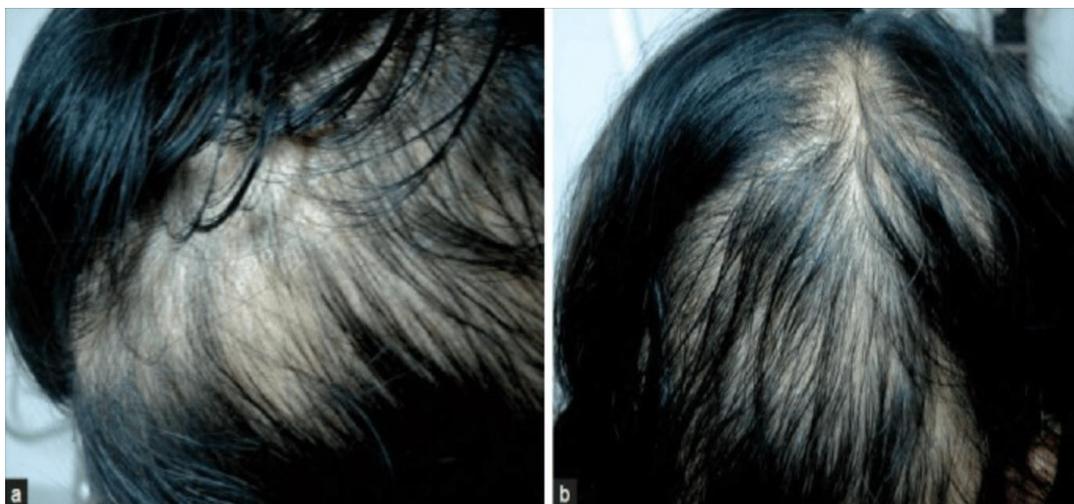
When it had fallen away, its hind portion was held by the left hand in between the thumb & fingers and it was slowly and gently squeezed(beginning from the tail end to) as far upwards as the mouth by the thumb & fingers of the right hand & it was made to vomit till it show the symptoms of complete emptying. When the leech completely emptied of blood, it was left in a vessel of water while it moved to & fro in search of food. After proper vomiting it was replaced in water as described previously. The wound was simply be anointed by *Haridra* was compressed by gauze(soaked) in the same.

ADVICE AFTER TREATMENT

Not to use any oils immediately on the day of procedure. Hair should not be combed. Avoid pollution, exposure to sunlight, spicy & junk food.

RESULT

There was appreciable hair growth & on bald area of scalp after treatment, hair started growing.



Before treatment

After treatment

DISCUSSION

It was a case of *Indralupta*, in contemporary Alopecia. It is a *Raktajavikara*. Patient have already taken oral & external medication. Keeping all this in consideration *Jalaukavacharana* treatment was planned. *Raktamokshana* is the ideal treatment when *Doshas* are vitiated in *Dhatuantargata* *Jalaukavacharana* helps in clearing the obstructed *Romakupas* & vitiated

Rakta is expelled out. *Jalaukavacharana* drains out the vitiated blood from the *strotas* & helps in *samprativighatana* of *Indralupta*.

CONCLUSION

It is concluded that the *Indralupta* is a condition in which modern medicine has limitations, *Jalaukavacharana* a type of *Raktamokshana* in the Ayurveda system of medicine provides quite relief to the patient.