

A CASE STUDY - ROLE OF *JALOUKAVACHARN* WITH *SHAMAN CHIKITSA* IN
INDRALUPTA (ALOPECIA AREATA)Shivom Sharma^{*1}, Sonali Saxena² and Dr. Kanchan Thakur³^{1,2}BAMS 4th Year, Dev Bhoomi Medical College of Ayurveda and Hospital, Dehradun.³Assistant Professor, Department of Panchkarma, Dev Bhoomi Medical College of Ayurveda and Hospital, Dehradun.***Corresponding Author: Shivom Sharma**BAMS 4th Year, Dev Bhoomi Medical College of Ayurveda and Hospital, Dehradun.

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ABSTRACT

Background: Hairs are the most important and delicate parts of the body, that are may be called as for beauty standards. When these hair on body or scalp get into the stage of damage, the condition may lead to mental disturbance or depression. Alopecia areata is one of the commonest diseases which is seen now days. The main causes of alopecia in today's world are stress, disturbed lifestyle & wrong eating patterns. In Ayurveda alopecia can be correlated with *Indralupta*. *Indralupta* is mainly a disease related to deviated patterns of *pitta* which ends in the "sanchaya of *pitta*" (*prakupita pitta*) in the scalp of that leads to loss of hair in a particular pattern. Alopecia areata is a condition resulting in localized, non scarring hair loss. Patches on the scalp are seen, without any scaling or inflammation. The aim of the study was to assess the efficacy of *Jaloukavacharn* in alopecia areata. **Material and Method:** It is a single case study of 21 year old male patient, with a complaint of asymptomatic loss of hairs at a single site over the scalp for 2 months. This case was successfully treated with 2 sittings of *jalokavsechan* and *Shaman chikitsa* and yoga practicing along with *nidanparivarjana*. **Result:** The patch which has the lost hair was filled with black hairs at the end of the treatment. **Conclusion:** Hence, it is seen that in alopecia areata *Jaloukavsechan* and *shaman aushadh* provides the most promising result with different *yoga asanas*. After seeing the successful management and low cost of the treatment it can be a choice of treatment as compared to other management.

KEYWORDS: *Indralupta*, alopecia areata, *Jaloukavsechan*, *Nasya*, *yoga*, leech therapy, Covid-19 *nidanparivarjana*.

KEY MESSAGE: *Jaloukavsechan* with *shaman aushadh* has very good result in alopecia areata. It does not have any sure shot treatment. So, it can be a very good treatment option in the case of alopecia areata.

INTRODUCTION

Alopecia areata is a disease which is unpredictable and needs a précised line of treatment. Alopecia is a medical term which actually means "bald" & areata means "in patches". So, by this integration of words we can already define the disease where the word Alopecia areata means "baldness in patches".^[1] Alopecia areata is a common autoimmune disorder which is affecting more and more people now days. In today's Scenario the major causes of alopecia areata are seen in terms related to Covid-19. Covid-19 was a disease related to immune system, so it affects the people giving a secondary diseases like alopecia. Alopecia roughly affects 6.8 million people world wide and more can be considered. The condition can affect anyone regardless of age and gender, though most cases occur before the age of 30 years. In contemporary or modern practice of medicine Corticosteroids are used as the treatment of this disease, however these corticosteroids leads to harmful effect and are not advisable for long term. Ayurveda, promotes

many therapies & remedies for auto immune diseases, by which not only diseases are cured but also the reoccurrence rate becomes low or negligible. In Ayurveda, "*Indralupta*" can be correlated with alopecia areata.^[2] Ayurveda offers two types of treatment *shodhan chikitsa* and *shaman chikitsa*. *Shaman chikitsa* is important with "*shodhan chikitsa*" for the good results in treatment of disease (prognosis).^[3] *Jaloukavacharn* is the safest as no sharp instrument is used in this therefore this can be safely used in delicate people. *Jalauka* is commonly habituated in *Jala*, so it is cold in nature and commonly used in *Raktaj* and *Pittaj roga*.^[4]

CASE REPORT

A male patient aged 21 years (Reg.no.-239714) was visited Panchkarma OPD at Dev Bhoomi Medical college of Ayurveda and hospital, Dehradun in November 2021 with history of present illness. Patient was asymptomatic 3-4 months before the treatment. Then, gradually started hair fall in patch, there was a

small patch during the onset which suddenly developed into bald Spot on the scalp on the right parietal region which measure about 2x3 cm 2 months before. There was no complaint of dandruff and itching. He visited many hospitals for the treatment of this persistent problem. Prior his visit to the hospital he was asymptomatic before 3-4 months. There was no history of lesions on other body parts, surgery, psychological history, trauma or any endocrinal disorders. The patch of the hair loss measures about 2x3 cm on the parietal region any physical medium built region. General examination revealed medium built without any physical or pathological presentation.

Aim & Objective - To find out the efficacy of *Jalokavsechan* and therapy followed by *shaman aushadha* and active performing yoga in order to reestablish the growth of hair over the affected area.

Case findings - Patient was asymptomatic 3-4 months before the treatment. Then, gradually started hair fall in patch, there was a small patch during the onset which suddenly developed into bald Spot on the scalp on the parietal region which measure about 2x3 cm 2 months before. He had taken allopathic treatment from AIMS on 24.09.2021 but no effective changes were observed, then the patient had also taken homeopathic treatment on 2-11-2021, no effect was seen, then he visited Dev Bhoomi Medical College of Ayurveda hospital for Ayurvedic treatment on 24.11.2021 for complete growth of the hairs over the affected area treatment took 2 months.

Past History

Patient had no history of the disease in the past, no significant history of skin diseases are seen in previous year. But there was a history of fever during the 2nd wave of covid (August 2020) for which patient did not had a proper investigation report as a confirmatory diagnosis of covid. No history of drug intake and any other disease.

Family History

There is no related family history of hypertension, Diabetes Miletus, seizures found in the case.

Personal history^[5]

Ahara^[6] - (*Pitta vardhak ahara*)^[7] Patient took eggs during the '*Sharada ritu*' and spicy, fermented food also take excessive *lavan rasa*.

Koshthsa – *Madhyama* (1 time/day)

Mutra pravritti -*samyaka*

Agni – *Vishama*

Nidra –*Samyaka*

Jarana shakti- *Madhyama*

Abhyavarana shakti- *Madhyama*

Saatmaya – *Pravara*

Satva – *Madhyama*

Prakriti- *pitta vataj*

Systemic Examination- General condition of patient was normal

Pulse rule - 86/min

Temperature - Afebrile

B.P - 110/80 mm Hg

Weight - 62 kg

Height - "5.9"

Investigations

All Hematological and Bio-chemical parameters of the patient was normal in previously done investigations.

Assessment criteria

Before treatment - 01 patch

After treatment – 00 patch.

Treatment

Treatment was done for 2 months including follow up.

Shodhan therapy

- *Raktmokshan* by the help of *Jalokavsechan*.

Total sittings -02

Nasya with *Anu tail*

Shaman therapy

Avipattikar churna 3gm empty stomach in morning (first one week)

Tb. *Asthiposhak vati* 1*12 hrly

Poly herbal capsule 1*12 hrly

Maha bhringaraj oil for Local application

These Two therapies were carried along with *Pathya ahara* and yoga practice, mainly *shirshasana* practice daily for 2 months with *pranayama*.

RESULT

In the beginning the patient had one patch of hair loss in the right parietal region of the scalp which measure about 2x3 cm [Figure 1]. First sitting of *Jaloukavacharan* was done[Figure 2]. After first sitting of *Jaloukavacharan*, very small hairs started to grow in the patch[Figure 3]. Significant growth in length of hairs was noticed after 2 sittings[Figure 4]. After 15 days of the completion of *Jaloukavacharan* the patch was completely covered with hairs. The patient was told to continue internal medicine for one month. After that internal medicines was stopped during the follow up period. The patch was not at all seen and was filled with lustrous black hair at the end of the follow up period[Figure 5]



Figure -1



Figure -2



Figure -3



Figure -4



Figure -5

DISCUSSION

According to *acharya sushruta*, Alopecia can be correlated with *indralupta*. *Indralupta* is described by *Acharya sushruta* in *sushruta samhita*^[8], according to the text *pitta* along with *vata*, get in the state of *prakopa avastha* and involves their *Sthan Sanchaya* in the roots of hair (*Romakoopa*) and leads to fall of hair from a particular area or region over the scalp and the region is invaded with *Sheelshma* along with *Shonita*, this invasion obstructs channel of *Romakoopa*, which leads to

the stoppage of regeneration of hair & this condition is known as *Indralupta* or *khalitya* or *ruhya*. Thus *Vata*, *Pitta* and *Kapha doshas* along with *Rakta* as *dushya* are the main causative factors of *Indralupta*.

Charak Vimanasthan described hair loss as a cause of excessive intake of *kshara*, *lavan* and *virudha ahara* from the above presented case, we observed there was intake of excessive *lavana*.

Virudha ahara in routine can lead to *Indralupta*. *Mithya ahara* and *vihara* may lead to *Manobhigata*, which can later on lead to mental stress, anger, fright, depression etc.; these collectively increase the *ushna* and *tikshna* properties of *pitta* and gets aggravated due to the *sevan* of these *nidan* and other *nidan* like *Ruksha*, *khara* & *chala* properties *vata* dosha also gets aggravated.

Here an aggravated *Pitta* (*Bhrajak Pitta*) supports the hair fall where as on the same time the aggravated *vata* gives rise to more frequent of increased with prolonged *sira sankocha* by its *Ruksha* and *khara guna*.

At the same time the *Kapha dosha* is also aggravated and plays a major role in blocking *romakoopa*" The *Kapha dosha* is mainly aggravated by its two features *snigdhatava* and *pichihilatva* and hence excessive cause the disease to be more chronic and immediate.

Hence by the augmentation of the *ushna tikshna*.

Ruksha & *khara guna* of *Pitta* and *Vata doshas* respectively and the *snigdhatava* and *Pichchilata* of *Kapha doshas* are all together responsible for hair fall from the scalp, this also obstructing growth of new hairs, causing Alopecia and *indralupta*.

And according to modern perspective of Alopecia, as it is an autoimmune disease, so lower or decreased immunity will also lead in the cause of such disease. Covid being an ideal cause of diminished immunity and causing several disease, due to COVID and its incidence, alopecia can also be diagnosed as a secondary developed disease.

In this case after all the analysis. *Jalokavsechan* was done over the affected area. According to *Acharya Sushruta Jaloka* is the best treatment for *rakta dhatu vikriti*. *Jalouka* uptakes the impure blood which was innervated by *tridoshas* and also opens up the closed *Romakoopa* which allows the hair to grow. Along with *Jalokavsechan*, *nasya* was also done because according to *Acharya charaka*.

Indralupta is an *urdhvajatrugata vikara* and *nasya* is the treatment for such disorders.

The patient also practiced *shirshasana* and *Pranayam* which was very affective and turns to give the result within 2 months after 2 sittings of *Jalouka* therapy with *nasya*.

Shaman aushadh sevan was also found to be very helpful in the management of disease.

The contents of *asthiposhak vati* helps to retain the minerals in *asthi dhatu* so the *updhatu* of *asthi* which are *kesha* should grow properly *Trichup* capsule helps in hair growth.

Mahabhringraj oil subsided *vata* and stops the prolong persistence of disease.

CONCLUSION

The treatment turns out to be very affective on the patient of Alopecia areata. The disease was successfully treated with *Shamana aushadh* and *Raktamokshana* therapy according to the *avastha* of the *doshas*. *Nidann parivarjana* was also a necessary part of treatment. *Yoga* and *pranayam* practice was helpful along with treatment. This treatment protocol should be evaluated clinically on large number patient as it shows great efficacy because sure shot management is not known till now.

Patient consent statement

The authors certify that they have obtained all the appropriate patient consent forms. In the form, the patient has given his consent for his images and other clinical information to be reported in the journal. The patient understand that their name and initial will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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Conflicts of interest

There are no conflicts of interest.

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