

# Role of *Jayapala Beej churna* and *Jalaukavacharan* in *Indralupta* (Alopecia Areata): A Case Study

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**Abstract:** We are living in a 21<sup>st</sup> century, having lifestyle, food habits, daily routine according to it. Because of changing life style, food habits the problems we are facing in today's era are also different. The problems we are facing in children are childhood obesity, behavioural problems, malnutrition on huge scale. In some areas pediatric patients are facing the condition like *Indralupta* (Alopecia areata) and the patients of this condition increasing day by day. This condition occurs because of rakta and kapha dosha avarodha at the root of hairs. Because of this avarodha hairs starts falling and new hair growth stops at that particular area. This condition makes patient hilarious and people around makes joke of them. In Allopathy no specific long term treatment is given, recurrence may occur after taking those medications. In Ayurveda, some lepa and *Jalaukavacharan* (Leech therapy) is described. After using this treatment that dosha dushti may get cleared and new hair growth starts. So in this case study one patient of *Indralupta* got treated by *Jalaukavacharan* and *Jayapala beej churna lepa*. So in this article we are going to see with which complaints that patient came to OPD, within how many days and how many sessions that patient recovered.

**Keywords:** *Indralupta*, Rakta and Kapha Dosha Avarodha, dosha dusti, *Jalaukavacharan*, churna, lepa etc

## 1. Introduction

Alopecia areata is a condition resulting in a localised non-scarring hair loss. Patches are more common in the scalp without any scaling and inflammation. In Ayurveda, a similar condition is mentioned in *Kshudrarogas*, known as *Indralupta*. Its prevalence in general population was estimated at 0.1-0.2% with a lifetime risk of 1.7%. Male was reported to be more affected with the disease in comparison to children and women. Its main treatment in contemporary science is corticosteroids which is having harmful side effects and not advisable for long term use. Since, no such successful management is mentioned Allopathic medicines, so there is need of successful management from alternative system of medicine. Ayurveda offers different effective treatment modalities for the management of different autoimmune Diseases. Alopecia areata can be correlated with *Indralupta* disease mentioned under *Kshudra roga*. Acharya Sushruta has mentioned *Indralupta* as *Raktapradoshaja vikara*. Pitta associated with Vata gets lodge in *Romakupa* and causes hair fall, later on *Kaphadosha* associated with Rakta causes obstruction to the hair roots and restricts the hair growth. However Acharya Vagbhata mentioned the *samprapti* same as Sushruta but only difference he said that *Khalitya* is loss of hair which occurs gradually and *Indralupta* is the loss of hair which occurs suddenly. In Ayurveda, both *Shodhana* (Internal and external cleansing Procedures) and *Shamana* treatment (Disease specific internal Medications) are prescribed for *Indralupta*.

**Case Discussion** –A 3 and half -year-old male patient was apparently healthy before 1 year. He gradually developed thinning of hairs visible in 2 patches over scalp white in color.

**Past History** - Same complaint present since 1 year. No H/O of any major illness, any drug allergy and any previous surgery.

## Examination of patient-

Disease specific examination	General examination
Site of lesion-over scalp	Pulse - 82/min
Distribution -circular patches	B.P. -110/70 mm of hg
Hair loss –present	Height -105 cm
Inflammation – absent	Weight -15 kg
Skin colour –white	Temp -98.7degree farhenite
Discharge – absent	Tongue –coated

## Past treatment History-

Date	Symptoms	Medicine
12/02/2022	Solitary 3by 3cm patch of hair loss over vertex with smooth surface, Hair pulls test negative	Local steroid Antihelmenthic Multivitamin
03/06/2022	New one patch observed, Hair pulls test positive at that site	Steroid oral therapy for 6week, tropical toferentis 2%
04/10/2022	Single new patch observed Hair pull test neg Regeneration +at first patch	Local tropical steroids, vit -D3.

## Pathya –

- Avoidance of amla, katu, and lavana rasa.
- Avoid day sleep and over exposure to wind
- To stop eating milk with any fruit

## Type of study - A case study

**Centre of study** – OPD department of Kaumarbhritya, M. A. Poddar hospital Worli Mumbai.

## 2. Materials and Methods

- 1) *Jalouka* for *jaloukavacharna*.
- 2) *Shamana aushadhi*
  - *Aampachak vati*
  - *Mahamanjasthadi Kashaya*
  - *Arogyavardhani vati*

3) *Pratisaran chikitsa- Jayapala beej churna lepa* over patches

#### Mode of action of Jayapala beej-

*Jayapala beej* has *katu rasa*, *katu vipak*, and *ushna virya*, because of these properties it acts as *kaphadosha shaman* which is vitiated in the course of *indralupta vyadhi* and helps in removing *avrodh* which is formed at the base of hair roots, so that normal growth of hairs occurs.

**Treatment schedule:** Duration of treatment for 5month, *Jaloukavacharana* (leech therapy) 6 settings for 5month.

**Method of *jalouskavacharna*:** Two leeches were kept in a plastic jar filled with water. Before application leeches were kept in turmeric mixed water for some time to make them active, until then bald patch was rubbed with *Triphlanchurna*. When the leech started to move fast and freely in water, it

was assumed to be ready to use. Then the leech was held by wet cotton and made to adhere on a bald patch on the scalp. When the front portion of leech was seen slightly elevated, it indicated that leech had stuck and started sucking blood. Then it was covered with wet cotton and water was sprinkled on cotton during the whole procedure. Sucking of blood was confirmed by a pulsating wave seen in the body of leech. When that wave subsided, the swollen leech was removed after sprinkling some *haldi churna* on the mouth of a leech. *Haldi Churna* mixed with *Madhu* (honey) was applied to the area from where leech had sucked blood. Then leech was made to vomit the blood by putting its mouth in *Haldi Churna*. Then, it was held by the left hand in between the thumb and fingers and it was slowly and gently squeezed from the tail to the mouth by thumb and fingers of the right hand. The leech was made to vomit till complete emptying of blood. When the leech completely emptied of blood, it was left in a vessel of water.

#### Internal medication-

Medicine	Dose with Anupan	Pharmacological action
<i>Mahamanjishthadi kwath</i>	10ml two times in a day with lukewarm water (early morning empty stomach, at night before meal) for 3month	<i>Raktashodhak</i>
<i>Arogyvardhani vati</i>	125mg twice a day before meal with honey	Antioxidant, Hepatoprotective
<i>Ampachak vati</i>	250mg twice a day for 7days every month for 3month	Digestion and appetizer

#### Criteria for assessment

- 1) Number of oval patches
- 2) Gradation of Hair falling

Symptoms	Gradation
Hair falls absent	0
Mild hair falls on wash	1
Moderate hair falls on combing	2
Severe hair fall	3

*Jalouskavacharna*, very small white hairs started to grow from the hair follicles in that patch. Significant growth in the length of hairs was noticed after 6 sittings [Figure 2]. Also, the color of the hairs changed from white to black. After completion of *Jalouskavacharna* [Figure 3], the patch was completely covered with hairs. The patient was told to stop internal medicines during the follow-up period of one and a half months. The patch was not at all seen and was immensely filled with lustrous black hair at the end of the follow-up period.

### 3. Result and Observations

When the treatment started the patient had 2 patches of hair loss in the area of the scalp [Figure 1]. After two sittings of

#### Observations

Sr.no.	Symptoms	Before treatment	Review			After treatment
			1 month	3 month	5 month	
1	Oval patches	2 in number	No new patch observed during whole treatment			Absent
2	Hair fall	+++	++	+	0	No hairfall
3	Hair growth	0	0	Mild hair growth	Mod hair growth	Blackish Hair growth on the scalp

#### Before treatment



During treatment



After treatment



#### 4. Discussion

In the present case diagnosis of alopecia areata or *Indralupta* was made based on clinical presentation. The patient was *Vata Pittaj* in *Prakriti* with *Pitta Vardhak* dietary habits. He 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 recrudescence. 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 effects.[8] 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 effect.[9] 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.

##### *MahamanjIsthadi Kashaya*

It pacifies vitiation of *kapha* and *pitta*. However, it is formulated such a way that it can be effective in all types of diseases cause by all three *dosha*. It is mainly blood purifier. It Detoxifies blood and aids to eliminate toxins accumulated in the body. It increases skin glow.

##### *Arogyavardhini Vati*

It causes *Apatarpaan*, which helps in opening the blockage of *strotasa*.

*Amalaki rasayana* drugs which help in rejuvenation process. *Amalki* possess antioxidant activity and contains Vit -C which helps for the proper absorption of iron from the gut.

Agni is said to be accountable for Varna (complexion) and *sukhayu* (healthy life). *Mandagni* is considered as root cause of all the diseases. *Mandagni* cannot form enough *rasa dhatu* which provides nutrition for further *dhatu*s and person gets easily diseased.

*Ampachan vati* which contains *katu* drugs like *chitrak*, *pipalimula*, *Ajvin*, *shudhjavakhar*, *sunth*, *chavya*, *saijikhhar*,

*shudhnavsagar, kalimirch, pipali, saudra namak, hing and saindhav* in which *bhavna* was given by *nimbu swarasa* which is best drug for *dipan* and *pachan*. Hence *Ampachan vati* helps to restore healthy digestion, assimilation and metabolism of essential food elements.

## 5. Conclusion

Hair disorders cause negative impact towards the individual and his or her quality of life. Ayurvedic management with *Mahamanjasthadi kwath, arogyvardhani vati, Ampachak vati*, and *Amalki* tablet internally and externally use of *Jaloukavacharna* (leech therapy) and *Jayapal beej lepa* was found very effective in the management of case *Indralupta*. During case study no any side effects was found. Observed benefits may be attributed to *Raktashodhak*, Antioxidant, immunomodulatory properties. The above mentioned ayurvedic management suggests that *Indralupta* (Alopecia areata) can be managed without any form of hair transplantation.

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