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## “EFFECT OF JALUAKAVACHARAN IN MANAGEMENT OF INDRALUPTA WITH SPECIAL REFERENCE TO ALOPECIA AREATA-A CASE STUDY”

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### ABSTRACT:

Hair is the crown mark of a mortal being. Humans have roughly five million hair follicles, which offer protection from cold and UV radiation, produce sebum and can have a significant cerebral impact when growth or structure is unstable.

Alopecia areata is an autoimmune complaint that attacks your body's hair follicles, causing patchy hair loss. Specifics and curatives can help your hair regrow, though severe cases may not respond to treatment. According to contemporary lores, the main treatment for alopecia areata is the use of corticosteroid injectables, which show dangerous side effects and aren't recommended for long-term use. Alopecia areata is a burning hair loss problem in all age groups, having a frequency rate of 0.7 in India. Alopecia areata can be identified with the Indralupta complaint mentioned in Ayurveda. Indralupta is mentioned as Kshudra roga by Acharya Vagbhata, Madhavnidan, and Yog Ratnakar. Acharya Sushruta. In Ayurveda, both Shaman and Shodhan treatment modalities are mentioned for Indralupta.

**KEY WORDS:-** Jalaakavacharan, Indralupta, Alopecia areata, Shaman chikitsa.

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## INTRODUCTION

Hair is an element of the integumentary system and extends over into the dermal subcaste, where it sits in the hair follicle. Humans have roughly five million hair follicles, which offer protection from cold and UV radiation, produce sebum, and can have a significant cerebral impact when growth or structure is unstable. At a bitsy position, each hair's variety in length, colour, periphery, and cross-sectional shape creates the characteristic biographies seen across ethnic groups and individuals. duals...<sup>(1)</sup> Alopecia areata is an autoimmune complaint that attacks your body's hair follicles, causing patchy hair loss. Specifics and curatives can help your hair regrow, though severe cases may not respond to treatment. Alopecia areata is an autoimmune complaint that causes patchy hair loss anywhere on your body, but it most generally affects the hair on the skin that covers your head (crown). "Alopecia" is a medical term for hair loss or baldness, and "areata" means that it occurs in small, arbitrary areas. Alopecia areata is common. Nearly 7 million people in the United States have alopecia areata, and roughly 20% of cases involve children. Of people who have alopecia areata, 5 have alopecia areata totalis, and 1 has alopecia areata universalis. It's the second-most common form of hair loss, behind womanish pattern baldness and baldness. manly pattern baldness. baldness. baldness....<sup>(2)</sup> Alopecia areata can be identified with the Indralupta complaint mentioned in Ayurveda<sup>(3)</sup> Indralupa is mentioned as Kshroga by Vagbhata, MadMadhavnidan, and Ratnakar.<sup>(4, 5)</sup> Acharya Sushruta. In Ayurveda, both Shaman and Shodhan treatment modalities are mentioned for Indralupta. Indralupta is presented as patchy hbody ss anywherbbody oubody is concerned then with the head. Due to vitiated pitta dosha and osdosha, there is hair fall all and also laton. According to Ashray-Ashrayee Bhava, Raktadhatu, u, along with Kapha, causes inhibition to the hair roots and so restricts hair growth. Raktamokshan is indicated in Raktaj vyadhi and plays an important part in Indralupta.<sup>(6)</sup> Then there's a case of a manly case suffering from Indralupta who was successfully treated with nidanparivarjan and Jalaukavacharan.

**AIM :** To study Ayurvedic management of Alopecia areata i.e. Indralupta

### OBJECTIVE :

1. To study the role of jalaukavacharan chikitsa in management of Indralupta.
2. To explore literature of Indralupta and jalaukavacharan in Ayurveda

### MATERIALS AND METHODS:

#### Case report:

Details of case hereby presenting a case of 16-year male patient who visited OPD, with presenting complaints of patchy hair loss for 1.5 year, associated with intermittent hairfall and thinning of hair.

**History of present illness:**

The patient must have been asymptomatic a year and a half ago. He gradually noticed that his hair had been falling for two weeks, along with thinning and hair removal. A few days later, he noticed a simple saltiness in the occipital area of his head while using hair oil. Gradually, it began to get worse by diluting hair in this area. Additionally, he consulted a dermatologist and received treatment for four months, including for the oral cavity and current medication. Additionally, patients implemented household remedies such as applying external Lepa from Jaypal Beeja in bald spots. There was no improvement, so he approached Ayurvedic treatment.

**Past History**

Taken medications for skin allergy for 1 year

**Drug History**

No any drug allergy/food allergy

**Personal History**

Frequently intake of Junk food-Pizza, burger, bakery products, curd, spicy food, meat, Atilavana sevana, Ratri Jagran.

**Family History**

No any history noted.

**Ashtavidh pariksha-**

Nadi - Kaphapradhan pitta.

Mutra - Samyak

Mala - Asamyak

Jivha - Saam

Shabda - Prakrut

Sparsha - Ushna

Druk - Prakruta

Akruti – Sthoola

**Systemic examination**

CNS – Conscious, oriented

RS – AEBE clear.

CVS – S1S2 Normal

PULSE-80/Min

BP- 110/80mmhg  
PA- Soft NT  
WT-70Kg

### **Strotas Pariksha-**

Annavaha Strotas - Agnimandya.

Rasavaha Strotas – Aruchi.

Raktavaha Strotas – Khalitya, Palitya.

### **Samprapti ghataka-**

Dosh – Vata, Kapha

Dushya – Rasa, Rakta, Asthi

Strotas - Annavaaha Strotas, Rasavaaha Strotas, Raktavaaha Strotas

Udbhavasthana – Aamashaya

Adhishthana – Shira Pradesh

Vyaktisthana – Shirapardesh

Sadhyasadhyatva – Kruchrasadhya

Vyadhi vyavacheda – Indralupta, Khalitya,

### **Local examination-**

Scalp and hair

Site - Occipital region patchy hair loss.

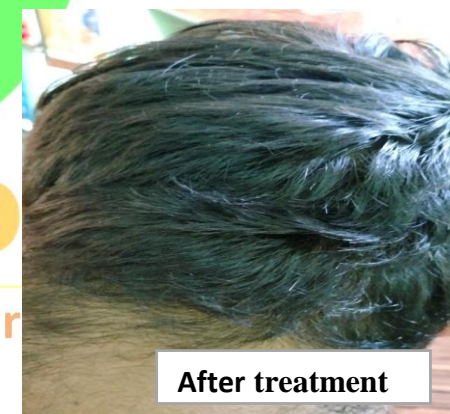
### **Method of Jalaukavacharan**

With all aseptic precautions, the affected area of scalp was gently cleaned with water, then Jalauka was applied over the area. To regulate temperature, a cotton gauze soaked with water is kept over Jalauka. Emesis of sucked blood was done by applying Haridra churna on the mouth of Jalauka. Assessment of blood is done according to colour in relation to doshas; simultaneously, dressing was done with Haridra and Lodhra churna. After 7 days, Jalaukavacharan was done in 4 settings of a seven-day interval.

**OBSERVATION:**

Hair growth seen on patch of occipital region.

Regrowth of hair follicle.

**DISCUSSION:**

This study was designed according to the principles of management by Indralupta, i.e., H. Raktamokshan. Indrapta is shown as having uneven hair removal all over her body, but I'm interested in the head here. For Witketten Pitta Dosha, there are hair stalls, and then, according to Ashry-Ashryee Bhava, Rakta Dhatu, along with Kapha, causes constipation of the hair and therefore limits the growth of the hair. Raktamokshan is on display at Raktaj Vyadhi and plays an important role in Indralupta. Raktamokshan is mentioned by various techniques such as Acharyas and Shrunga, Alabu, Jalauka, Siravedha, and Prachhana.

Raktamokshan is a treatment for Indorapa and is performed by Siravedha or Pracchana

Karma. Siaravedha is at risk of blood loss, and Prachhana is painful karma. Jalaukavacharan is one of the safe steps that can be carried out under Raktamokshan. Jalaukavacharan helps Kapha with the removal of Ratka, which causes hair roots.

According to modern science, saliva contains hirudin's blood cells and certain bioactive substances, such as anticoagulants, vasodilators and other anti-inflammatory compounds. During blood feeding, these substances are released into the bloodstream, improving blood flow to the affected area and reducing symptoms.<sup>[7]</sup> According to modern science, unwanted hair loss is called alopecia. This is a widespread disease that occurs in many patterns and affects both genders that are divided into nonscarring and cicatricial subtypes. Alopecia is usually a scalp-stained hair loss, often short and broken, with a distinctive exclamation point that looks like a floating exclamation point. Alopecia Totalis and Universalis are the most severe forms of alopecia. Alopecia total removes all terminal scalp hair alopecia.<sup>[8]</sup> Visible hair is the final product of skin attachment cells called hair follicles. The hair follicles pass continuously through three phase cycles: anagen, caten, and telogen. Anagen growth is the active stage in which the hair follicles take on the shape of an onion and produce hair fibres. The catagen phase begins at the end of the anagen phase and is characterised by a transition. A telogen or static stage of the hair cycle where the hair follicles rest and no hair growth occurs.

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The alopecia area will not disappear. Medications and other treatments can help you manage your hair loss, but you will not heal the illness. The total aromatic area and alopecia areata universalis are more serious and less likely to respond to treatment. Treatment options in modern science include corticosteroids, minoxidil, phototherapy, tile-rich plasma, and topical immunotherapy<sup>[9]</sup>

### CONCLUSION

Thus, in the present study, a patient suffering from alopecia areata (Indralupta) was successfully treated with Jalaukavacharan. There were not any adverse effects found. Nidanparivarjan is also an important part of the treatment.

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