



EFFICACY OF JALAUKAVACHARAN FOLLOWED BY APPLICATION OF MALATYADI TAILAM IN MANAGEMENT OF INDRALUPTA W.S.R TO ALOPECIA AREATA.

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ABSTRACT

Hair loss is one of the most common problem faced by people across all the age groups. The reason being today's fast paced lifestyle with pollution and stress, contamination of water and air, unhealthy eating, habits, genetic cause.^[1] Ayurved has described hair problems under *Kshudra roga*, *Shiro roga* as *Khalitya*, *Palitya*, *Indralupta* etc. Project work on *Indralupta* by using drugs like *Gunja*, *Maricha* etc. have been conducted, but no work has been done by using the drug regimen of *Jalaukavacharana* followed by *Malatyadi Tailam* application. Hence the topic of research is selected. 10 diagnosed patients of *Indralupta* as per Criteria for Inclusion were included in the study after screening on OPD level. The clinical trials were conducted at Bharati Vidyapeeth Ayurved Hospital Dhankawadi, Katraj, Pune. Patients were administered *Jalaukavacharana* on Day 1 and Day 15, remaining days *Malatyadi Tailam* was applied every night excluding the day one and one day after *Jalaukavacharana*. The observations were noted. Overall 40% showed complete growth. Hence, it can be concluded that local application of *Jalaukavacharana* followed by *Malatyadi Tailam* in *Indralupta* is an effective remedy.

KEYWORDS : Indralupta , Jalaukavacharan , Alopecia Areata , Malatyadi Tailam

INTRODUCTION

Ayurved has described hair problems under *Kshudra roga*, and *Shiro roga* as *Khalitya*, *Palitya*, *Indralupta* etc.^[2]

Indralupta is a specific condition characterized by hair loss in the form of patches in some scalp areas by the vitiation of *tridosha* and *rakta dhatu*.^[3]

Hetu's of *Indralupta* are *Atisveda*, *Bashpanigraha*, *Prajagrahe*, *Roodana*, *Atiamubupana* etc.

Due to *hetusevan* vitiated *Pitta dosha* along with *Vata dosha* by involving the roots of hair (*Romakoopa*) causes fall of hair and thereafter *Kapha dosha* along with *Rakta* obstructs the channel of *Romakoopa* leading to the stoppage of the regeneration of hair.

At present, ayurvedic management in *Indralupta* are *Jalaukavacharan* (leech application), *Shaman chikitsa* (internal medicines), *Sthanik shaman chikitsa* (various applications) etc. Leech application without medicines is commonly used treatment having significant results but regrowth of hair follicles take considerable time.

In modern medicine loss of hair is termed as Alopecia. There are many types of Alopecia depending of hair loss.

Alopecia areata – a pattern in which there is one or more well defined spots of hair loss on the scalp. The etiology of Alopecia areata is idiopathic or for unknown body's own immune system attacks the hair follicles and disrupts normal hair formulation.

Currently, the medicines for Alopecia areata are – topical corticosteroids eg. Flucinolone acetone cream, minoxidil solution, topical immunotherapy e.g. DNCB (dinitro chlorobenzene), intralesional injection.

Main treatment for Alopecia areata in contemporary science is Corticosteroids which is having harmful side effects, not advisable for long term use and side effects like skin rash, atrophy, pain is also seen.^[4] Hence here *Jalaukavacharan* is used for *Sthanik shodhana* followed by *Sthanik shaman chikitsa* with *Malatyadi taila*.^[5]

AIM AND OBJECTIVES

AIM

To access the efficacy of *Jalaukavacharana* followed by application of *Malatyadi Tailam* in management of *Indralupta* w.s.r. Alopecia Areata.

OBJECTIVES

To study the effect of *Jalaukavacharana* as *Sthanik shodhana* in *Indralupta* and *Sthanik shaman chikitsa* with *Malatyadi tailam*.

MATERIALS AND METHODS

MATERIALS-

1. *Jalauka* – *Jalauka* was purchased from Kalpataru Aushadhalaya, Pune.
 2. *Malatyadi tailam* (Su.Ch.20/24-27)- Externally on scalp.
- Ingredients- Malati, Karveer, Karanja, Chitrak, Tila taila

METHODS-

Clinical, Randomized, Open trial.

Study was conducted at Bharati Vidyapeeth Ayurved Hospital, Dhankawadi, Pune -43.

SELECTION CRITERIA:

A. INCLUSION CRITERIA

1. Gender- Both the gender
2. Age- 18 years to 60 years
3. Diagnosed patients of *Indralupta* (Alopecia Areata) showing clinical findings as oval or round, well circumscribed bald patch (having diameter less than or equal to 3cms) with smooth surface in a diffused distribution.

B. EXCLUSION CRITERIA

1. Patients having more than one patch of *Indralupta*
2. Patients having patches in between beard and moustache will be excluded
3. Patients having *Khalitya*, Alopecia Totalis, Alopecia Universalis.

SUBJECTIVE CRITERIA:

1. Area covered by hair follicles [arbitrary gradation improvement in hair growth]
 - Images of the patients were taken before and after the trial and used for analysis.
2. Area covered with hair follicle –
 - Grade 0 – Complete bald patch
 - Grade 1 – Hair follicles present
 - Grade 2 – Hair growth in some areas
 - Grade 3 – Hair growth in complete area

PLAN OF WORK:

1. NUMBER OF PATIENTS – 10
2. *UPAKARMA* – *Jalaukavacharan* on Day 1 and Day 15
3. LOCAL APPLICATION - *Malatyadi tailam*. Every night excluding the day of *upakarma* and the day after *upakarma*.
 - QUANTITY - As per requirement.
 - TIME - At night.
 - DURATION - One month.

4. FOLLOW UPDAYS - Day 0, 7, 15, 30.

OBSERVATIONS

AGE - According to age group 30% are 20 – 30 years of age, 60% are 31 – 40 years of age, and 10% are 41-50 years of age.

GENDER - According to gender 80% are male, 20% are female.

AREA COVERED WITH HAIR FOLLICLE IN GRADATION -

SR. NO. (PATIENTS)	DAY 1	DAY 30
1	Grade 0	Grade 2
2	Grade 0	Grade 3
3	Grade 0	Grade 2
4	Grade 0	Grade 3
5	Grade 0	Grade 2
6	Grade 0	Grade 3
7	Grade 0	Grade 2
8	Grade 0	Grade 3
9	Grade 0	Grade 2
10	Grade 0	Grade 1

DISCUSSION

AGE – Youngest age was 20 years of age and highest age was found of 45 yrs of age. This falls in Pitta Dosha dominance stage. In this age group more stress is seen and intake of junk food is more.

GENDER – Male were seen more (80%) than females in the study it could be due to factors like *Dhooma*, *Atsveda*, *Bashpanigraha*, *Prajagreh*, *Vegdharana*, *Atimadyapana*.

AREA COVERED IN HAIR FOLLICLE-

- 40% showed hair growth in complete area
- 50% showed hair growth in some areas
- 10% showed hair follicles were present

PROBABLE MODE OF ACTION

- *Jalauka* is applied on the patch which removes the *avrodha* caused by *Rakta* and *Kapha Dosha* hence opens the hair follicle & also increases blood circulation.
- Post *Jalaukavacharan*, *Malatyadi Tailam* is applied on the patch.
- Overall properties of *Malatyadi Tailam* are *Katu*, *Tikta*, *Kashay Rasa*, *Ushana Virya*, *Katu Vipaka*. *Malatyadi Tailam* pacifies the vitiated *tridosha* and also acts as *rasa-raktashodak*.
- Hence, *Jalaukavacharan* followed by *Malatyadi Tailam* increases the porosity of hair which helps in hair growth and visible hair growth is seen.

CONCLUSION

The present study confirms effectiveness of *Malatyadi Tailam* application following *Jalaukavacharan* in *Indralupta*.

The efficacy of *Malatyadi Tailam* application following *Jalaukavacharan* is said to be proven because of , significant hair growth on the patch of *Indralupta* was seen.

FURTHER SCOPE

The present study is management of *Indralupta* with *Malatyadi Tailam* with following *Jalaukavacharan*. This study can be extended by increasing the sample with extension of follow up upto 3 months.

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