

A SUCCESSFUL CASE STUDY ON AYURVEDIC MANAGEMENT OF KHALITYA W.S.R. ALOPECIA AREATA WITH LEECH THERAPY

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ABSTRACT

We all know that Ayurveda is life science, which has solutions for all health related issues. Alopecia areata is also known as spot baldness. It is a common autoimmune skin disease causing hair loss on the scalp, face and sometimes on other areas of the body[i]. In modern medicine topical or injected corticosteroids are used to treat this condition. In Ayurveda it can be correlated to Khālitya one of the kṣudra roga[ii]. Vāta, Pitta, Kapha and Rakta are involved in Khālitya as mentioned in the texts [iii].In the present case study, a case of Alopecia areata was managed with Ayurvedic medicines and Leech therapy (jaloukavacharan). Patient presented with patches of baldness on head with redness and itching since 2-3 years. Shaman chikitsa was given first, then leech therapy was done along with some internal and external medications. Regrowth of hairs was achieved completely. Patient felt relieved of itching and redness of scalp also. Leech therapy is a treatment using medical leeches. Leeches remove blood from their host, and they release pain killing and blood thinning substances with their saliva. Indications for treatment with medical Leeches blood and skin diseases like neurodermatitis, psoriasis, eczema, acne vulgaris, hair loss (Khalitya) and etc. Jalukavacharana is a type of Raktamokshana which is very much useful especially in Pitta Dushti conditions and Rakta dushti roga. Regrowth of hairs was achieved completely. Patient felt relieved of itching and redness of scalp also. Assessments were observed clinically and recorded with photography .This successful case study reveals the potential of Ayurvedic management of Alopecia areata and may form a basis for further detailed study of the subject.

INTRODUCTION

Alopecia areata is the commonest cause of patchy hair loss. It may be regarded as an immunemediated type of hair loss [iv] The condition affects 0.1% to 0.2% Of the population and occurs in both males and females [v].

Jalukavacharana (leech therapy), is an Ayurvedic surgical procedure, practiced and documented in the Susrutha samhita, one of the primary text in Ayurveda dated 2 BC. (vi)

It is a painless minimal invasive technique of Raktamokshana (controlled bloodletting). Listing the preventive benefits of Raktamokshana, Achrya Susruta states that one who undergoes controlled bloodletting therapy periodically, doesn't suffer with Twak roga (diseases of skin),

Granthi roga (diseases presenting with nodules), Sopha roga (diseases presenting with swelling / oedema), Rakta prodoshaja roga like khalitya. Loss of previously existing scalp hair is termed as alopecia. Alopecia is a type of hair loss that occurs when your immune system mistakenly attacks hair follicle, which is where hair growth begins. The damage to the follicle is usually not permanent. Alopecia is most common in people younger than 20, but children and adults of any age may be affected. Women and men are affected equally. In Ayurveda classic, symptoms of alopecia correlate with Khalitya (vii).

In Khalitya, Bhrajaka Pitta sites in Twak (skin) and Roma kupa (opening of hair follicle) get vitiated and enter in skin through Roma kupa with vitiated Vata dosha due to which hair fall occurs, after that vitiated Rakta and Kapha dosha (viii) block the opening of hair follicle due to which production of new hair stop.

Overall in Khalitya, hair fall occurs and new hair does not appear that leads to baldness(ix).

Khalitya is Tridoshaja vyadhi i.e. Vata, Pitta, Kapha with Rakta Dosha. All Doshas are vitiated but have predominance of Pitta and Rakta Dosha mainly. In Ayurveda classics, Jalaukavcharana is best treatment for Pitta and Rakta predominant disease. Raktamokshana is one of karma of

Panchkarma, Shodhana therapy. In this, impurity of body and toxic waste of the body is removed through blood. In Khalitya we used Jalauka (leech-Hirudo medicinalis) for bloodletting due to predominance of Pitta and Rakta. Application of leech is a method where impure blood is removed from body which is being sucked by leeches. Application of leech, bring out the impure blood caused by vitiated Dosha and balance Pitta, Rakt,Vata Dosha which in turns hold the hair on scalp and open the blocked hair follicle opening which helps in growing new hair follicle and hair. By providing oral medication we give strength to hair to proliferate and retain their normal status. Oral medications which were prescribed to patient were Saptamrita Loha (x) Bhringaraja Churna, Nimbhadi Churna and Asthiposhaka Vati. All this conservative medication was used for the pacification of Pitta and Rakta. As hair is described as mala of Asthi dhatu, to maintain the growth of hair supportive medication for Asthi dhatu is prescribed. Thus it was assumed that purification mechanism in combination with oral medication would helpful in the treatment of Khalitya.

Case report :

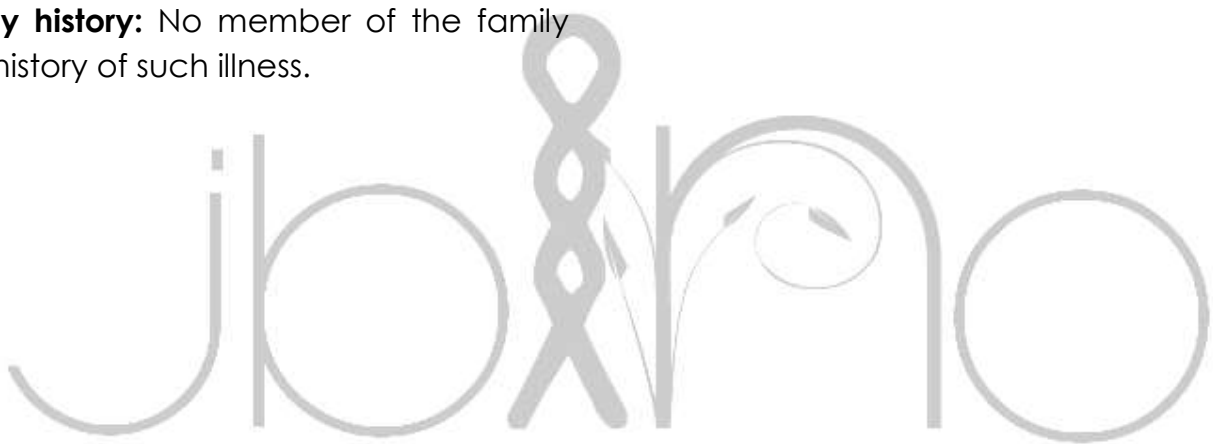
A male patient of age 25 years with O.P.D no.2850 dated 09.01.2019 with complaint of multiple patches of hair loss of scalp and beard since 1 year.

History of present illness:

A 27 year's old male patient experienced dandruff and itching of scalp 2-3 year back. After few months, he suffered from hair fall. Gradually he developed patchy hair loss of scalp. He also had redness of scalp. He was under mental stress due to hair loss. He had undergone allopathic treatment but that provided him only temporary relief.

History of past illness : There was no relevant past history.

Family history: No member of the family had history of such illness.



Personal history :**Table :1**

Diet	Non veg
Mictur ation	2-3 time s
appetit e	poor
sleep	disturbed
Bowel habit	irregular
Addicti on	Smoking and drinking

Aṣṭhavidha Parīkṣa:**Table :2**

Nadi (pulse)	84 /min ,regular,normal
Mala (stool)	constipation
Mutra (urine)	Frequency =normal
Jivha (tounge)	Coated
Sabda (speech)	clear
Sparsha (touch)	rukshata
Drika (eyes)	normal
Akruti (built)	madhyam

Systemic Examination:

On examination, patient was found to be conscious and well oriented to time, place and person. Assessment of Central nervous system, cardiovascular system, respiratory

system and musculoskeletal system of patient was found within normal limits clinically. No clinical abnormality was detected on per abdomen examination.

Treatment Planned :

Table 3 :

Treatment	Medicine	days
Deepan paachan	Shankha vati 250 mg 2 tab bid Tab.gandharva haritaki 500 mg 2 tab hs	7 days
Shaman chikitsa	Kaishor guggulu 250 mg bid Asthiposhak vati 250 mg od	30 days
	Bhringaraj churna 3 gm bid with water	30 days
Local application	Nimba+ichabedi vati 5 tab = paste prepared applied over patch at night	30 days
Leech therapy	Applied over patches	1 setting of 4 medium size leech applied over scalp

Leech therapy (Jaloukavcharan) :
 Poorvakarama- Shiro-prakshalan(head
 wash) with luke-warm triphala kwath.
 Pradhana karma- Fresh 4 leech was
 applied on diseased area and wet cotton
 was kept over leech.
 Paschata karma –
 Advised to remove bandage next morning .

After leech therapy dressing was done with
 lodhra churna +haridra churna 1 gm with
 cotton bandage and tight with 6 inch
 bandage.

Table 4 : Rasayan drugs

Medicine name	Dose	days
Saptamrita lauha	500 mg tds	30 days
Bhrungaraj churnam	1 tsf tds with warm water	30 days

Assessment of Result :

Assessment is done on the basis of
 improvement in clinical symptom and SALT
 score

Scalp is divided into 4 areas namely,

- Vertex- 40%(0.4) of scalp surface area;
- Right profile of scalp- 18%(0.18)of scalp surface area;

- Left profile of scalp- 18%(0.18) of scalp surface area;
 - Posterior aspect of scalp- 24%(0.24) of scalp surface area;
- Percentage of hair loss in any of these areas is percent-age hair loss multiplied by percent surface area of scalp in that area. SALT score is sum of percentage of hair loss in all above mentioned areas.

Table 5 :salt scale

Area	SALT (Before treatment)	SALT (After treatment) 30 days follow-up
vertex	3.8	1
Right scalp	2.2	1
Left scalp	2	0.5
occiput	3	1
Total score	11	3.5

DISCUSSION :

Alopecia areata (Khālitya) is described as one of the Kṣudra roga in Samhitas. Vāta, Pitta, Kapha and Rakta are involved in Khālitya as mentioned in the texts. There was redness of scalp in diseased region which indicates towards involvement of Pitta. Raktamokshan is the best treatment for Pittaja and Raktaja Vikara. That's why raktamokshan was done. Jaloukawacharan was indicated when there is localized Rakta Dushti as in this case[ix]. Internal Medications are chose on the basis of their Raktashodhaka property. Rasāyana drugs which were given also had Kesya property.

CONCLUSION :

This case study shows the successful management of a case of Alopecia areata (Khālitya). Whilst there is enormous scope for further research but still it proves that with proper diagnosis and proper treatment protocol Ayurveda can be extremely beneficial in the management of Alopecia areata (Khālitya). By Panchakarma therapy along with internal medicines relief can be obtained on SALT scale. The recovery in the present case was promising and worth documenting.



Before treatment :

09/01/2019

1 st consultation : oral medicine and local application lep



2nd followup for leech therapy 10/02/2019 total : 4 leech applied

After treatment : 30/03/2019



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