

## MANAGEMENT OF INDRALUPTA WITH VIDDDHA (BLOOD LETTING) TREATMENT – A CASE STUDY

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### ABSTRACT :

*Indralupta* is a disease in which hair is lost from some or all areas of the body, usually from scalp. It shows one or more round spots on the scalp. It is similar to alopecia areata in modern science. Conventional allopathic treatment has very limited option to fight with alopecia. Hair often regrows on its own but treatment helps the hair to grow more quickly. In ayurvedic samhita *raktamokshana* (bloodletting) is the first choice of treatment. Hence in this case study patient with *indralupta* disease treated with *viddha* treatment. This treatment helps to regrow hair much faster.

**Key words:** *Indralupta*, Alopecia areata, *Viddha*, Blood letting

**INTRODUCTION:** *Indralupta* is described in Madhav and in Sushruta samhita as a *Kshudra roga*. Sushrutaacharya enlisted it in a disease of vitiated *Rakta* (Blood) *dosha*. Alopecia is a common hair problem seen across all populations and has been recognized for more than 2000 years. Approximately 0.2% - 2% of the population are affected from alopecia.<sup>1</sup> Alopecia areata is as an autoimmune disorder of hair follicles causing loss of hair in sharply defined areas of skin.<sup>2</sup> Potent topical steroids or systemic steroids are the only available treatment. There is hair loss and suppression of new hair growth found all over body but scalp is very common place of it. Potent topical steroids or systemic steroids are the only available treatment in modern medicine. Immune system mistakenly attacks hair follicles and damages it but it is not permanent. Hair regrows on its own without any treatment which requires much more time and

sometimes patients treated with steroid injections also don't respond. According to Madhav Nidan *Indralupta* is one of the types of *khalitya* (loss of hairs)<sup>3</sup> When hair loss is in patches it is called as *indralupta*. Irregular dietary habit, junk & spicy food, food which is *amla* (sour) and *lavan* (salt) rasa dominance, mental stress and sleeping late night causes vitiation of *pitta dosha* leading to vitiation of *rakta dosha*<sup>4</sup>. *Siravedha* (bloodletting) is the treatment mentioned in Sushrut samhita<sup>5</sup>.

**Case Report:** A twenty one year old female patient came in OPD of *Panchakarma* department of Sane Guruji Ayurveda Hospital, Hadapsar, complaining with bald spot in scalp since 5 years. She is known case of *Amlapitta*. She had taken oral medicines and steroid injections from different dermatologists but didn't get relief. Hence for an ayurvedic treatment she came to the hospital.

### General Examination:

General Condition – Good

Pulse – 70/min.

(unsatisfactory)

### *Ashtavidha Pariksha*

*Nadi – Pittapradhan vata*

*Mala – Alpa*

*Vibandha*

Blood Pressure – 120/80mmof Hg  
Respiratory System – Air Entry Bilateral clear  
Cardiovascular system – S<sub>1</sub> S<sub>2</sub> normal  
Central nervous system – No abnormality detected

*Mutra – Samyak Pravritti*  
*Jivha – Niram*  
*Shabda – Prakrit (Normal)*  
*Sparsha – Anushna*  
*Druka – Normal*  
*Aakriti – Madhyam*

*Prakriti Parikshana – Pittavata pradhana*

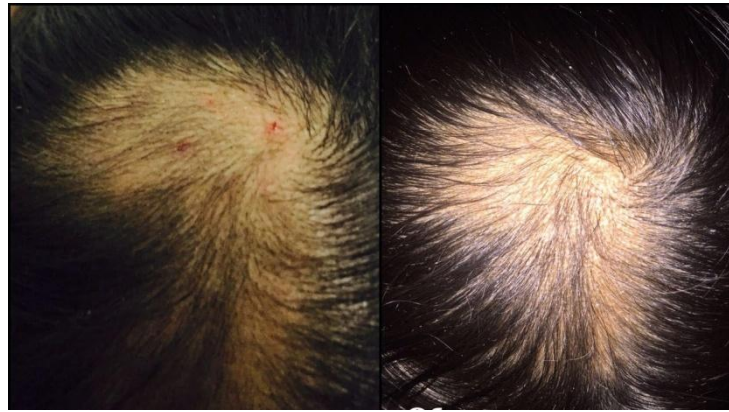
*Koshtha - Mridu*

#### Assessment criteria

1. Number of patches – Before treatment – 1  
After treatment – 1
2. Appearance of patches – Before treatment – baldness  
After treatment – Regrowth of hair
3. Photographs Before treatment and after treatment

Before treatment

After treatment



**MATERIAL:** Disposable needle no. 26 x ½, spirit, cotton.

**METHOD:** *Viddha* means bloodletting. In *viddha* we have to take a deep, gentle prick on the particular affected site with disposable needle. First 3 days daily *viddha* was done using disposable needles<sup>[6]</sup>. After that patient was asked to come on 7<sup>th</sup> day for *viddha* and again *viddha* was done on 14<sup>th</sup> day and on 21<sup>st</sup> day. In this way; total six sittings of *Viddha* treatment were done. Patch of *indralupta* was almost covered with regrowth of hairs during *viddha*. As per ethical norms, after twenty one days oral ayurvedic medicine was started for it.

**DISCUSSION:** This case has been selected to discuss because this patient is suffering from 5 years and did not respond

to any modern treatment. Hence *viddha* treatment was selected for this patient. It is very easy and economical way of treatment. According to ayurveda vitiated *pitta* in association with vitiated *vata* causes falling of hair from scalp. After that vitiated *rakta* and *kapha* blocks orifices of hair follicles, restricts growth of new hair, this is called as *indralupta* disease<sup>7</sup>. So in the pathogenesis of *indralupta*, according to Sushrutaacharya four *doshas* of the body are involved. Looking towards pathogenesis, selection of treatment has to remove obstruction of *kapha* and *rakta* at hair follicle first. *Viddha* treatment means to take pricks on the area of *indralupta* with the disposable needle<sup>8</sup>. Here small quantity of blood oozes out. Due to this pricking, obstruction of *rakta* and *kapha*

gets released which is the main pathology of *indralupta*. This release of obstruction also leads to *vatanulomana* (pacification of *vata*). In this way this *viddha* treatment acts on *rakta*, *kapha* and *vata dosha* and improves the condition of *indralupta*. Hence patient gets relief. After twenty one days of *viddha* treatment as per ethical norms oral ayurvedic medicine was prescribed to the patient and asked to followup after 15 days. Patient got regrowth of hair.

**CONCLUSION:** From the above case discussion, it can conclude that *viddha* treatment in *indralupta* helps regrowth of hair in patients who do not respond to steroid injections too. So *viddha* is effective treatment of *indralupta* disease.

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