MANAGEMENT OF INDRALUPTA WITH VIDDHA (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 rakta mokshana (blood letting) 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. Alopecia areata is as an autoimmune disorder of hair follicles causing loss of hair in sharply defined areas of skin. 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 khalita (loss of hairs) 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. Siravedha (blood letting) is the treatment mentioned in Sushrut samhita.

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 – 120/80mm of Hg
Respiratory System – Air Entry Bilateral clear
Cardiovascular system – S1 S2 normal
Central nervous system – No abnormality detected

Prakriti Parikshana – Pittavat 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 [6]. After that patient was asked to come on 7th day for viddha and again viddha was done on 14th day and on 21st 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[7]. 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[8]. 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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