



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

EFFECT OF PRACHANNA KARMA (BLOOD LETTING) AND LEPA IN THE MANAGEMENT OF INDRALUPTA (ALOPECIA AREATA): A CASE REPORT

¹Dr Yadav Sushil Umesh, ²Dr Chandrabhushan Sinha, ³Dr Pratik Ravindra Jaiswal

¹Final Year PG Scholar, ²Professor and HOD, ³First year PG Scholar

¹Dept of PG and PhD Studies Shalya Tantra,

¹Ayurveda Mahavidyalaya and Hospital, Hubballi - 580024, India

Abstract:

Indralupta is one of the *Kapalagata roga* in which there is patchy hair loss over the hair-bearing skin, including the scalp and beard. *Shodhana* (*Raktamokshana*) and *Shamana* (Conservative) *Chikitsa* are explained for the management of *Indralupta* in *Ayurveda*. In modern science, it is correlated to Alopecia Areata. Alopecia Areata is an autoimmune disease presented as a nonscarring, circumscribed, smooth patch of hair loss, and is treated by the intralesional and topical corticosteroids. A 22-year-old male complained of gradational hair loss, graying of hair, and dandruff with a history of 8 years. It was diagnosed as a case of *Indralupta* and treated with *Prachanna karma* followed by *Ichhabhedi rasa* and *Nimbu swarasa Lepa* application in every successive sitting with a gap of 7 days for 1 month. After treatment, there was a marked reduction in the symptoms and significant hair growth. Therefore, *Prachanna karma* with *lepa* application could be a better, safer, and cost-effective treatment for managing *Indralupta* (Alopecia Areata).

Keywords: *Indralupta*, Alopecia Areata, *Prachanna Karma*, *Lepa*, Bloodletting.

INTRODUCTION:

Beauty and elegance have always been associated with hair. In this era where grooming and appearances are essential, hair loss can be worrisome and may impact an individual's subjective well-being. Alopecia is a condition that causes hair loss which is induced by androgen and genetic factors. If untreated, androgens can cause hair follicles to shrink and eventually disappear. It is an autosomal dominant disorder that affects up to 2% of the global population¹. It is also associated with other conditions, such as atopic diseases, metabolic syndrome, iron deficiency anemia, thyroid diseases, psychiatric diseases, and vitamin D deficiency². In addition, it may be associated with psoriasis, stress, and inflammatory bowel disease. In this modern era, humans enjoy many conveniences and luxuries but also have sedentary lifestyles, hectic schedules, and unhealthy dietary habits.

Indralupta is a *Kshudra roga* characterized by loss of hair³. *Acharya Sushruta* has mentioned *Indralupta* as *Raktapradoshaja vikara*⁴. According to him, *Indralupta* occurs when the vitiated *Pitta* along with *Vata* results in hair falling from the scalp, and the vitiated state of *Rakta* and *Kapha* blocks the pores of hair follicles, thereby limiting the development of new hair⁵. Treatment of *Indralupta* is *Raktamokshana*⁶, it is the only *Shodhana* procedure where the vitiated *Dosha* are taken out from the *Shakhas* itself by creating an artificial route. *Prachanna karma* is one among the *Shastrakrita Raktamokshana*⁷. In this process, impure blood is expelled from a wide patchy area by making multiple small pricks. In this case study, we have assessed the growth of hair after *Prachanna Karma* followed by *Ichhabhedi Rasa*⁸ and *Nimbu Swarasa Lepa*.

CASE REPORT

BRIEF CASE HISTORY

PATIENT INFORMATION

Age	22yrs
Gender	Male
Address	Hubli
Occupation	Student
Educational status	Student (pursuing B.A.M.S)
Economic status	Middle class

CHIEF COMPLAINTS

Visible hair loss at left temporal region
 Greying of hair
 Dandruff

Since 8 years

PAST HISTORY

No any relevant past history.

FAMILY HISTORY

There is no any disease related family history.

PERSONAL HISTORY:

<i>Mala</i> (Bowel)	<i>Prakruta</i> (once a day)
<i>Mutra</i> (Micturition)	<i>Prakruta</i> (4-5 times/day)
<i>Agni</i> (Appetite)	<i>Samyaka</i>
<i>Nidra</i> (Sleep)	<i>Prakruta</i>
<i>Vyasana</i> (Habits)	No habits

GENERAL EXAMINATION

BP: 120/80 mm of Hg
 Pulse: 74 /min
 Spo2: 98%

SYSTEMIC EXAMINATION

RS : Air entry bilateral equal, Normal vesicular breathe sounds heard, RR- 18 cycles/min
 CVS: S1 and S2 heard, HR- 74 bpm
 CNS: Conscious & oriented to time, place and person.

LOCAL EXAMINATION

Site : Left temporal region
 No. of hair loss patch: 1
 Pattern : Male pattern baldness
 Discharge : Absent

INVESTIGATIONS

Hb: 14 gm%
 BT: 2 min 10 sec
 CT: 5 min 40 sec
 HIV 1 & 2: Negative
 HBsAg: Negative

TREATMENT PROTOCOL

- 1st sitting – *Prachanna karma* followed by *Ichhabhedi Rasa* and *Nimbu Swarasa Lepa*.
 2nd sitting 7th day - *Prachanna karma* followed by *Ichhabhedi Rasa* and *Nimbu Swarasa Lepa*.
 3rd sitting 14th day - *Prachanna karma* followed by *Ichhabhedi Rasa* and *Nimbu Swarasa Lepa*.
 4th sitting 21st day - *Prachanna karma* followed by *Ichhabhedi Rasa* and *Nimbu Swarasa Lepa*.

Oral Medication	
1.	<i>Chandraprabha Vati</i> ⁹ (1 BD with <i>ushna jala</i>)
2.	<i>Arogyavardhini Vati</i> ¹⁰ (1 BD with <i>ushna jala</i>)
3.	<i>Laghusutashekhara Rasa</i> ¹¹ (1 BD with <i>ushna jala</i>)

MATERIALS & METHODS**Materials required:**

For *Prachanna*: - Sterile gloves, Gauze pieces and pad, Antiseptic solution, Sponge holder, Lancet, *Ichhabhedi rasa*, *Nimbu swarasa*.

Methods:**Purva Karma:**

- Patients informed written consent taken for the procedure.
- Required materials are collected.
- Vitals checked.

Pradhana Karma:

- Patient shifted to procedure room and made to lie in supine position on the table.
- Part painting with betadine solution followed by surgical spirit and draping done.
- Using the lancet multiple superficial small pricks were done on the left temporal region over the hair loss area.
- Oozed blood cleaned with gauze pad and *Ichhabhedi rasa* mixed with *Nimbu swarasa lepa* applied.

Paschat Karma:

- Patient shifted to post-operative ward.
- Vitals monitored.
- Patient advised to remove *lepa* after fully dried and avoid head bath for 24 hours.

PROBABLE MODE OF ACTION***Prachanna Karma***

- The regenerative capacity of damaged hair follicles is facilitated by *Prachanna Karma* to recover.
- It relieves the blockage at the root of hairs, "*Prachannam Pindite Hitam*"¹², and stimulates scalp metabolism by increasing blood circulation at the scalp.
- It eradicates the vitiated *Rakta* and *Kapha*, which impede the hair roots, resulting in improved perifollicular vascularization and enhancing the hair follicle.

Advice to Patient

1. To maintain proper daily routine, i.e. time of taking meals, time of sleeping.
2. To maintain proper hygiene.
3. To avoid:
 - Hot and spicy foods, junk foods, fried items.
 - *Ratri jagarana*.

PICTURES OF TREATMENT

Fig. 1&2 1st sitting: *Prachanna Karma* with lancet



Fig 3&4 Blood letting and *Ichhabhedi rasa* mixed with *Nimbu swarasa lepa* application.



Fig 5&6

4th sitting after *Prachanna Karma* and *Ichhabhedi rasa* mixed with *Nimbu swarasa lepa* application.

DISCUSSION

Indralupta is *Pitta Pradhana Tridoshajanya Vyadhi* along with *Rakta*. Hair roots are weakening due to vitiated *Bhrajaka Pitta* and *Vata*. Further hair growth is prevented as Vitiated *Kapha* and *Rakta* obstruct the hair roots. The physical and emotional state of an individual is profoundly affected by this common disease among the world's population.

Viruddha ahara, *pitta vardhaka ahara vihara*, *abhishyandi ahara*, a sedentary lifestyle increases *Pitta* and *Vata* which leads to *Indralupta*. *Acharya Charaka* has mentioned that a person who is habituated to excessive intake of *Lavana* or *Kshara Padartha* and taking *Viruddha Ahara* in routine is prone to developing *Indralupta*.¹³. Because of the involvement of *Tridosha* mainly *Pitta dosha* along with *Rakta*, *Raktamokshana* is indicated in hair fall & baldness. *Shodhana* is a procedure that takes out the *dosha* from the nearest route of its vitiation.

Raktamokshana is the only *shodhana* procedure that creates an artificial route to remove the vitiated *dosha* from the *shakas*. It is of utmost importance in both *Shodhana* and *Para Surgical* procedures. One of the *Shastrakrita Raktamokshana* is *Prachanna*, where impure blood is expelled through multiple small pricks. The vitiated blood from the *srotas* is extracted, and then when *lepa* is applied over the region, the drug is absorbed more easily and quickly. *Shirolepana karma* when performed by *Tridosahara dravyas* equalizes *Vata*, *Pitta*, and *Kapha dosha* accordingly.

CONCLUSION

Indralupta is one among the *Kapala Rogas*. The etiology, pathology, and clinical features are nearly similar to that of Hair fall. Different etiological factors like *Ativyayama*, *Atapa*, *dhooma*, and *Rajosevana*, precipitate to cause *Indralupta*. The prevalence of the disease is observed more in males than females. *Prachanna* followed by *Lepa* has a very significant effect in pacifying it. During the study, there were no side effects of the drug that were observed after administering.

REFERENCES

1. <https://www.naaf.org/alopecia-areata/#:~:text=About%20%25%20of%20people%20across.had%2C%20or%20will%20have%20it>
2. Lee S, Lee H, Lee CH, Lee WS. Comorbidities in alopecia areata: A systematic review and meta-analysis. J Am Acad Dermatol. 2019 Feb;80(2):466-477.e16. doi: 10.1016/j.jaad.2018.07.013. Epub 2018 Jul 18. PMID: 30031145.
3. Srimadvagbhata, Astanga Hrdayam with Nirmala hindi commentary, edited by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan, New Delhi, reprint-2022, Uttara Sthana 23rd Chapter, verse-24,25 p.g.-1053.
4. Sushruta, Sushruta Samhita with Sushrutavimarsini hindi commentary, edited by Dr. Anant Ram Sharma, Chaukhamba Surbharati Prakashan, Varanasi, reprint-2022, Sutra Sthana 24th Chapter, verse-8(2), p.g.-205.
5. Sushruta, Sushruta Samhita with Sushrutavimarsini hindi commentary, edited by Dr. Anant Ram Sharma, Chaukhamba Surbharati Prakashan, Varanasi, reprint-2022, Nidana Sthana 13th Chapter, verse-34,35, p.g.-558.
6. Sushruta, Sushruta Samhita with Sushrutavimarsini hindi commentary, edited by Dr. Anant Ram Sharma, Chaukhamba Surbharati Prakashan, Varanasi, reprint-2022, Chikitsa Sthana 20th Chapter, verse-23, p.g.-331.
7. Sushruta, Sushruta Samhita with Sushrutavimarsini hindi commentary, edited by Dr. Anant Ram Sharma, Chaukhamba Surbharati Prakashan, Varanasi, reprint-2022, Sutra Sthana 14th Chapter, verse-26, p.g.-107.
8. Shri Govinda Dasji, Bhaisajya Ratnavali Vol-2, English translation by Dr. Kanjiv Lochan, Chaukhamba Sanskrit Bhawan, Varanasi, edition-2006, Udara Rogadhikara 40th Chapter, verse-65-66, p.g.-578.
9. Sharangadhara, Sharangadhar Samhita, English translation by Prof. K.R. Srikantha Murthy, Chaukhamba Orientalia, Varanasi, reprint-2022, Madhyama Khanda 7th Chapter, verse-40-49, p.g.- 105.
10. Sri Vagbhatacharya, Rasaratna Samuchchaya, the Suratnojjavala Hindi Commentary, by Kaviraj Sri Ambikadatta Sastri, Chaukhamba Amarabharati Prakashan, Varanasi, 20th Chapter, verse-87-93, p.g.- 400.
11. Rastantrasaara and Siddhaprayoga Sangraha Kharaliya Rasayan Pg. No. 274, Krishna Gopal Ayurved Bhawan (Ajmer Rajasthan). "22th Edition", 2013.
12. Sushruta, Sushruta Samhita with Sushrutavimarsini hindi commentary, edited by Dr. Anant Ram Sharma, Chaukhamba Surbharati Prakashan, Varanasi, reprint-2022, Sharir Sthana 8th Chapter, verse-26, p.g.-116.
13. Agnivesha, revised by Charaka and Drdhabala, Charaka Samhita with Vidyotini Hindi Commentary, by Pt. Kashinath Shastri, Dr. Gorakhanath Chaturvedi, Part-1 Chaukhamba Bharati Academy, Varanasi, edition-2023, Vimana Sthana 1st Chapter, verse-17-18, p.g.-603.

