



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

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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 non-scarring, 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 *Icchabhedi 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 *Icchabhedi 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>Vyasa</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 *Icchabhedi Rasa* and *Nimbu Swarasa Lepa*.

2nd sitting 7th day - *Prachanna karma* followed by *Icchabhedi Rasa* and *Nimbu Swarasa Lepa*.

3rd sitting 14th day - *Prachanna karma* followed by *Icchabhedi Rasa* and *Nimbu Swarasa Lepa*.

4th sitting 21st day - *Prachanna karma* followed by *Icchabhedi Rasa* and *Nimbu Swarasa Lepa*.

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

MATERIALS & METHODS**Materials required:**

For *Prachanna*: - Sterile gloves, Gauze pieces and pad, Antiseptic solution, Sponge holder, Lancet, *Icchabhedi 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 *Icchabhedi 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

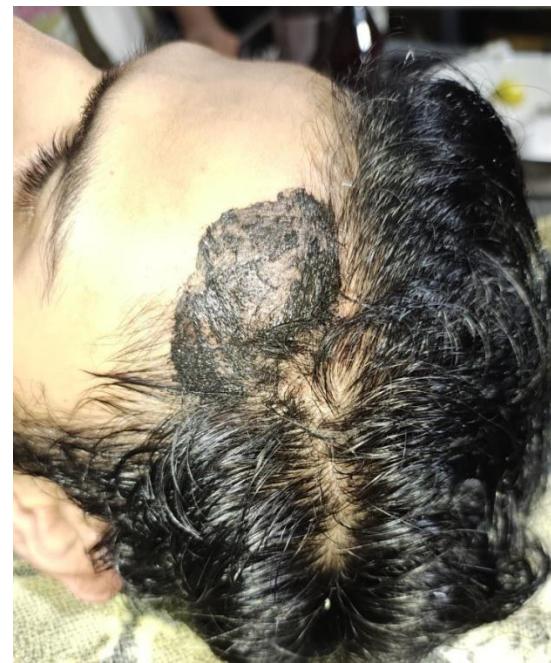


Fig 3&4 Blood letting and *Ichchabhedi rasa* mixed with *Nimbu swarasa lepa* application.



Fig 5&6
4th sitting after *Prachanna Karma* and *Ichchabhedi 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 *Tridoshahara 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.

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