

ROLE OF PRACHCHHANA AND LEPA IN THE MANAGEMNT OF INDRALUPTA
(ALOPECIA AREATA)-A CASE STUDYDr. Sangita Shekhaliya*¹, Dr. Sonal Patel², Dr. Arti Aghera³, Dr. Twinkal Zala⁴, Dr. Sudeshna S.R.⁵ and
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ABSTRACT

Alopecia areata (AA) is a complex autoimmune condition that causes nonscarring hair loss. It typically presents with sharply demarcated round patches of hair loss and may present at any age. we often see our hair as a reflection of our identity because it is both personal and public. Alopecia areata is also known as “spot blindness” that can be compared with *indralupta*. *Indralupta* is a disease in which hair lost from some or all areas of the body, usually from the scalp. Due to side effects and limitation of the contemporary science, some harmless and effective medicines are expected from alternative medical sciences. *Ayurveda* indicates use of *prachchhana* and *lepa* in the treatment. The treatment planned was *prachchhana* followed by *Triphala*, *Yashtimadhu Bhringraja lepa*.

KEYWORDS: *Indralupta*, *Alopecia areata*, *prachchhana*, *Triphala yashtimadhu Bhringraja lepa*.

INTRODUCTION

Hair disorders cause negative impact towards the individual and his/her quality of life. *Indralupta* is a *Kshudraroga* characterized by loss of hair.^[1] *Sushruta* has mentioned *Indralupta* as *Raktapradoshajvikara*.^[2] *Pitta* associated with *vata* gets lodge in *Romakupa* and cause hair fall, later on *kapha dosha* associated with *rakta* cause obstruction to the hair roots and restricts the regrowth.^[3] It can be correlate with alopecia areata, which is having chief complaint of hair loss on body especially on scalp without any clinical inflammatory signs. *Indralupta* (Alopecia) a dermatological disorder is of great concerns to male, female as well as children too which can also cause psychological stress. Tendency of hair fall has been increased since last two decades and hair loss in children comes to approximately 3% of all pediatric cases. *Ayurveda* is effective and harmless treatment for this disease. So, world is expecting some remedies from Alternative medical sciences. Alopecia areata can be correlated with *Indralupta* disease described in *Ayurveda*. In *Ayurveda*, both *shodhana* (Internal and external cleansing procedures) and *shamana* treatment (Disease specific internal medications) are prescribed for *Indralupta*. Here a case of female patient suffering from Alopecia areata was successfully treated with *Ayurvedic Shamana* therapy along with *nidanaparivarjana*.

CASE

A30 years old married female was presented with history of patchy hair loss on scalp, with dandruff and itching. There was no personal history of recurrent patchy skin lesion on other body parts, psychological disorder, hair plucking habit, local recurrent friction or trauma or surgery, endocrinal disorder (Diabetes). There were patchy hair loss measuring about 5×5cm and 3×2 cm on occipital region and right occipital region respectively. There was mild dryness over patches. Scaling was observed on the rest area of scalp indicative of dandruff. General examination revealed medium built without any significant pathological presentation,

AIM AND OBJECTIVE

To find out the efficacy of *prachchhana karma* followed by *triphala*, *yashtimadhu bhringraja lepa*

Case Findings

Patient was said to be asymptomatic before 7-8 months back. Then she gradually developed bald spot-on scalp lasts for more than 6 months. She had taken allopathic medicines for 3 months but she didn't get satisfactory results, hence, she approached OPD of Government Akhandanand Ayurveda Hospital, Ahmedabad for treatment.

Past History

Patient had not any relevant past history.

Family History

There is no any disease related family history found in the case.

Personal History

Aahar: She took *niramish aahar* (vegetarian food), spicy, fermented food and also took excessive *amla* and *lavan rasa sevan*.

Appetite: Normal

Sleep: Normal

Systemic Examination

General condition of patient was normal.

Pulse rate: 98/min

B.P. 126/76 mm of hg

Weight: 58kg

Investigations

Haematological and Bio-chemical parameters of the patient were normal.

Assessment Criteria

Before treatment-02 patches

After treatment-00 patches

Treatment given

- 1) *Prachchhana karma*: Done by needle no.24 ,6 times in 50 days in interval of 7 days.
- 2) *Amalaki churna*-2gm + *Bibhitaki churna*-2gm + *Haritaki churna*-2gm + *Yashtimadhu churna*-2gm + *Bhringaraj lepa*-2gm for 3 times in a week
- 3) *Mahamanjistha kwath*-twice a day (in empty stomach)

RESULT**Before treatment****During treatment****After Treatment****DISCUSSION**

Acharya Charaka mentions that *Tejas* by involving *Vatadi Dosha* when reaches the scalp, it results in *Khalitya (Indralupta)*.^[4] According to *Acharya Sushruta*, *Pitta* along with *Vata* by involving the roots of hair (*Romakoopa*) causes fall of hair and thereafter *Shleshma* along with *Shonita* obstructs the channel of *Romakoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta, Khalitya or Ruhya*.^[5] Thus *Vata, Pitta* and *Kapha Dosha* and *Rakta Dushya* are the main internal causative factors of *Indralupta*.

Charaka in *Vimanasthana*, while describing the disorders occurring due to over indulgence in *Kshara, Lavana* and *Viruddha Ahara* has mentioned the occurrence of Hair Loss as a consequence. It has been mentioned that the *Viruddha Ahara* like, simultaneous intake of *Lavana* (salt) with milk in the diet induces *Indralupta*, as observed in the people of *Saurashtra* and *Bahlika*. Thus, it can be said that a person habituated to excessive *Lavana* or *Kshara* intake and taking *Viruddha Ahara* in routine is prone to have *Indralupta*.^[6] *Mithya Ahara* and *Vihara Manoabhighata* like mental stress, fright, anger, shock etc. may collectively increase the *Pitta* and *Vata Dosha*. The *Ushna* and *Tikshna* properties of *Pitta* get augmented whereas the *Vata* suffers an aggravation in *Ruksha, Khara* and *Chala* properties. Here an aggravated *Pitta (Bhrajaka Pitta)* supported by the vitiated *Dehoshma* burns the *Keshabhoomi* whereas an increased *Vata* gives rise to more frequent and comparatively prolonged *Shira Sankocha* by its *Ruksha* and *Khara Guna*. The *Snigdhatva* and the *Pichchhilatva* of the normal *Kapha Dosha* is prevalent throughout the pores of the skin so as to keep it soft and moist. By the augmentation of the *Ushna, Tikshna, Ruksha* and *Khara* properties of *Pitta* and *Vata Doshas* respectively, the *Sneha* and the *Pichchhilatva* of the *Kapha Dosha* are dried up within the pores of the skin of the scalp thus, obstructing the growth of new hairs, causing *Indralupta*.

Prachchhan Karma enables the damaged hair follicles to recover through the inherent regeneration and also opens up the blocked channels by expelling out the vitiated *rakta* and *sleshma*. *Mahamanjisthadi kwath* pacifies the vitiation of *kapha* and *pitta* and act as a *rakta sodhaka*. It

detoxifies blood and helps to eliminate accumulated toxins from the body.^[7]

Bhringaraja by virtue of *Katu, tikta rasa; laghu,ruksha,tikshna guna* and *katuvipaka* balances *kaphadosha*, by *Ushna Virya* balances *Vata* and *tikta rasa* balances *pitta dosha*. Hence, it acts as *tridosha shamaka*.^[8] *Triphaladi lepa*-all this combination having *tridoshshamak* property, especially *vatapitta shamak,keshya,sothahara* and *vraha ropaka* property.

Nidana Parivarjana was also found helpful in the management of the disease.

CONCLUSION

The patient suffering from Alopecia areata was successfully treated with *Ayurvedic Shamana* and *prachchhan* therapy. *Nidanaparivarjana* was also a necessary part of the treatment. This treatment protocol should be clinically evaluated on large number of patients to confirm their efficacy.

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