



CASE REPORT

PRACHHANNA AND VANADHANYAKALEPA IN THE MANAGEMENT OF INDRALUPTA - A CASE REPORT

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Summary:

Hair is crowning glory and a mark of identity. The scalp and hair diseases are of more importance nowadays due to the cosmetic value in society. *Indralupta* is a disease among *kapalagataroga* characterized by loss of hair. Depending on the symptoms in contemporary science we can probably correlate to Alopecia. *Prachhanna* is explained as one of the *raktamokshana* procedure indicated in *raktajavyadhithat* helps in draining the vitiated *rakta*. In *indralupta* there will be vitiation of *rakta* with *kapha* which obstructs the hair follicle due to which there will be hair loss. Sushruta mentions that if *lepa* is applied after *prachhanna* then better hair growth is obtained.

Keywords: *Indralupta, Prachhanna, Vanadhanyakalepa, Alopecia*

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INTRODUCTION:

Hair contributes to one's personality and has always remained the centre of attraction. Hence each one is over conscious about it and is in search of better remedy for their crowning glory. Since the drawbacks of modern medicines are evident, there is an utmost need of non-toxic, effective Ayurvedic treatment. *Indralupta* is one among the *kapalagataroga*^[1] and *kshudraroga* by *Vaghbata*^[2] which is characterized by loss of hair. *Pitta* associated with *vata* gets lodged in *romakupa* and causes hairfall, later on *kaphadosha* associated with *rakta* causes obstruction to the hair roots and restricts the regrowth^[3]. *Prachhanna*^[4] is indicated in *raktajavyadhi* that helps in draining the vitiated *rakta*, in turn plays an important role in *sampraptivighatana* of *Indralupta*, where in the vitiated *rakta* and *kapha* obstructs the hair follicle due to which hair loss is seen. *Sushruta* mentions that if *lepais* applied after *prachhanna* then better hair growth is obtained^[5]. *Ayurveda* suggests many preventive and curative treatment measures like *pathyasevana*, *rasayana*, *murdhnitaila*, *shirolepa* and para surgical procedures like *prachhanna* and *raktamokshana*^[6]. *Vanadhanyakalepa* is applied on the scalp to promote hair growth by folklore practitioners.

Alopecia areata is a disorder in which there is loss of hair causing patches of baldness but no scarring of the affected area^[7]. It can affect the entire scalp. Modern lifestyle, avoidance of head bath, usage of harmful shampoos, allergic manifestations, avoidance of head bath, reduced body resistance, hormonal imbalance, malnutrition leads to poor hygiene of scalp. The aim of surgical cosmetology is to eliminate or normalise the post-surgical scar, discolouration, loss of hair. *Sushruta* advised *Upakarmas* like application of paste in the treatment of *Indralupta*^[8].

CASE HISTORY

A Hindu, female patient Ms X of 23yrs age visited the OPD of SDMCA&H, Hassan with an O.P No. 17662 for the following complaint.

Chief complaints

Patchy hair loss since 1 year. Associated with thinning of hair and hairfall

History of present illness

Patient was said to be asymptomatic 1 year back. Gradually she noticed thinning of hair and hair loss. Later after few days she started noticing the plain scalp at the centre of head while massaging head during oil application. Then it started worsening day by day with thinning of hair and very few hair on the scalp. Then consulted many dermatologist and took medicine for 8 months, including oral medications, lotion and shampoos. There was

no improvement and she approached our hospital for further treatment.

Investigations-

Routine haematological and urine investigations were carried out to rule out systemic pathology.

General Examination- Moderately built with no other systemic illness

Systemic Examination- Scalp and Hair

Inspection

Type-patchy hair loss

Site-centre of the scalp

Scanty hair at the centre

Thinning of hair

Treatment protocol

Treatment protocol followed was *prachhanna* and *vanadhanyakalepa*

VanadhanyakaLepa-

Botanical Name- *Eryngiumfoetidum*^[9]

Family-*Apiaceae*

As this herb grows in hilly region and smell of leaves resemble that of coriander leaves it is termed as *vanadhanyaka*. In Greek it is termed as *Eryngium* and leaves possess foul smell the term *foetidum* is used.

Fresh *vanadhanyaka* leaves are crushed in *kalvayantra* and made into paste form.

Para surgical protocol

Materials needed- Insulin syringe, disposable gloves, cotton, *vanadhanyakalepa*, *triphala* *kashaya*

Treatment chart

Purvakarma

To attain *Kayashodhana*, *virechana* was planned. For *Arohana* *Snehpana*, *Panchtiktaguggulughrita* was preferred for *srotoshodhana* followed by *kayikaswedana* by *nadiyantra* and *virechana* by *gandharvahastaaditailam*.

Procedure is explained to the patient and consent is taken.

On the day of procedure, under aseptic precautions *prachhanna* is performed. Local area is cleaned with *triphalaKashaya*.

Pradhana Karma-

Insulin syringe is taken and continuously close pricks are made over the scalp where area is affected. From below upwards *praachhanna* has to be done so that area is visualised properly. Prick should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. After sufficient *raktashodhananirharana*, *vanadhanyakalepa* is applied.

Paschat Karma

Patient is advised to leave the *pralepa*. *Vanadhanyakalepa* is rinsed off after 1 hour. Usage of shampoos is not preferred.

Advice after treatment

Not to use any oils immediately after the hair wash or on the day of procedure

Hair should not be combed.

Avoid pollution, exposure to sunlight, spicy and junk food.

Date	Procedure	Observations
6/6/2015	Prachanna followed by Vanadhanyakalepa	Pain and itching sensation
13/6/2015	Prachanna followed by Vanadhanyakalepa	Pain and redness,irritation at the site
24/6/2015	Prachanna followed by Vanadhanyakalepa	Pain at the site
1/7/2015	Prachanna followed by Vanadhanyakalepa	Pain , no redness,no itching
8/7/2015	Prachanna followed by Vanadhanyakalepa	Pain during the procedure
18/7/2015	Prachanna followed by Vanadhanyakalepa	Pain
25/7/2015	Prachanna followed by Vanadhanyakalepa	Pain

Follow up medicines

- *Bringamalakataila*

- *Shikakai powder*

- *Dhatriloha* 1-0-1 after food

Results



Fig-1 Before treatment Fig-2 Prachanna done and Lepa applied Fig-3 After treatment

There was appreciable hair growth and on bald area of scalp after treatment, hair started growing.

DISCUSSION

It was a case of *Indralupta*, in contemporary Alopecia. It is a *raktajavikara*. Keeping all this in consideration treatment planned was *prachhanna* followed by *vanadhanyakalepa*. *Raktamokshana* is the ideal treatment when *doshas* are vitiated in

dhatuantargata. *Prachhanna* helps in clearing the obstructed *romakupas* and vitiated *rakta* is expelled out. *Prachanna* drains out the vitiated blood from the *srotas* and later when *lepa* is applied over the region it facilitates easy and faster absorption of the drug. *Lepa* applied over the scalp by the effect of its *rasa, guna, veerya, vipakais* absorbed by the hair follicles which in turn causes the pores to open up and by the *prabhava* of the drugs hair

growth can be observed. *Vanadhanyakalepa* is *tikta, Kashaya rasa, ushnaveerya* and has lekhana property and it has the property of hair regeneration.

CONCLUSION

From this case report, we can conclude that *Prachhanna* followed by *Vanadhanyakalepa* can be used in treating *Indralupta*.

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