

Role of Pracchana in Indralupta

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Abstract

Indralupta one of the *Sirorogas*, is very often seen in day to day practice. The disease being asymptomatic is causing lots of mental agony to the patient. The disease being correlated with alopecia of modern dermatology presents with patchy hair loss. In *Ayurveda Pitta* and *Vaata* are explained as main causes for the loss of hair and *Kapha* or *Kleda* is another important cause can uses hindrances for the growth of new hair.

Our *Acharya's* have recommended several local modalities along with internal medications. One of such external modalities is *pracchanna*.

A female patient aged 35 yrs came with the complaints of multiple patches of hair loss on scalp since 1 & 1/2 yrs. In examination it was noted that the patches show very smooth and shiny skin. The patient was subjected to *Pracchanna* one time for each large patches and small patches very left without *pracchanna*.

In a span of one month all the patches showed complete re growth of hair. The paper explains in detail about the application of *Pracchanna* in *Indralupta*.

Keywords: *Indralupta*; Alopecia; *Pracchanna*.

Introduction

Hair is one of the defining characteristics features of human being 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. *Indralupta* is one among the *kapalagataroga* and *kshudraroga* [1] by *Vaghbata* [2] which is characterized by loss of hair. In *Ayurveda Pitta* and *Vaata* are explained as main causes for the loss of hair and *Kapha* or *Kleda* is another important cause can uses hindrances for the growth of new hair [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. *Ayurveda* suggests many preventive

and curative treatment measures like *pathyasevana*, *rasayana*, *murdhnitaila*, *shirolepa* and *para surgical* procedures like *prachhanna* and *raktamokshana* [5]. Alopecia is essentially a cosmetic disorder. Alopecia areata (AA) is a common form of non-scarring alopecia involving the scalp and/or body, characterized by hair loss without any clinical inflammatory signs. It is one of the most common forms of hair loss seen by dermatologists and accounts for 25% of all the alopecia cases [6]. It was first described by Cornelius Celsus, and the term AA was coined by Savages in 1760 [7]. It accounts for 2-3% of the new dermatology cases in UK and USA, 3.8% in China, and 0.7% in India [7-9].

Case History

A female patient of 35 yrs age visited the OPD of Shri KLE Ayurveda hospital belagavi with an O.P No.5565/13 for the following complaint.

Chief Complaints

Patchy hair loss since 1 year. Associated with acidity and hair fall.

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History of Present Illness

3yrs back patient had multiple honey bee stings bite on the scalp and since then developed generalized hair fall. But since one & half years she noticed patchy hair loss and took treatment from several places but not got relief and she approached our hospital for further treatment.

Systemic Examination

General condition of patient is moderate 2. Pulse rate: 98/min 3. B.P. 130/80 mm of Hg 4. No Pallor 5. Weight- 50kg, Height- 158cm 6. RS - AE=BE clear, CVS - S1 S2 normal, no abnormal sound CNS - well conscious oriented Ashtavidhpariksha: 1. Nadi-Vatpradhanpitta 2. Mala-malavshambha 3. Mutra-samyakpraritti 4. Jivha-sama 5. Shabd-spashta 6. Sparsh-ushana 7. Druk-panduta 8. Akriti-madhyam.

Assessment Criteria

1. Number of patches- before treatment & after

treatment

2. Appearance of patches -Before treatment - baldness -After treatment - re growth of hairs
3. Photo before treatment and after treatment.

Treatment Protocol

Triphala choorna - 1tsf at bed time Haridra (30gm)+ Vidanga(20gm) + Amalaki Choorna(30gm)- ½ stf tid B/F with Jaggery Asaneladi taila - for external application on Scalp. Advised for Pracchanna on next visit *Pracchanna* was done on 13.04.13. Scalpel 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 visualized properly. Prick should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. On 29.06.13 treatment given was *Guduchi choorna* (60gm)+ *Mustha choorna* (30gms)+*Amalaki choorna* (40gms) - 1tsf BD A/F and continued.



Discussion

It was a case of *Indralupta*, in contemporary Alopecia. It is a *raktajavikara*. Keeping all this in consideration treatment planned was *prachhana* followed by internal medicine were adopted. The treatment enables the damaged hair follicles to recover through their inherent regenerative capacity, they do not affecting directly on the damaged hair follicles. Mostly hair disorders involve changes to hair follicle distribution, size and growth cycle. By modulating one or more of these parameters the disorder can be treated potentially [1]. The effects are due to the stimulation of hair follicle and scalp metabolism by improving blood circulation, activation of dermal papilla, ant testosterone action and increased nutrition to the hair follicle through accelerated blood flow but the mechanism are still not clear [11,12]. According to *Ayurveda* vitiated *pitta* in association with vitiated *vata* causes falling of hairs from scalp. After that vitiated *rakta* and *kapha* blocks orifices of hair follicles, restricts growth of new hair this is called as *indralupta* disease. Action of *amalaki choorna*, *vidang choorna* and *haridra choorna* all are *kaphapittahar dravyas* in that *amalaki* is *tridoshshamak*, especially *pittashamak*, *keshya* (stimulant for hair growth), *haridra* is *kandughn* (reducing itching) and *vidang* is *krimighn* and *raktshodhak* (blood purifier) in second follow up patient advised for *Guduchi choorna* (60gm), *Mustha choorna* (30gms) and *Amalaki choorna* (40gms) – 1tsf BD A/F. These all are having properties of *keshya* and *rasyana* which helps in growing of the hair. *Raktamokshana* is the ideal treatment when *doshas* are vitiated in *dhatuantargata*. *Prachhana* helps in clearing the obstructed *romakupas* and vitiated *rakta* is expelled out. *Prachhana* drains out the vitiated blood from the *srotas*. Internal medicine by *prachhana* vidhi counteracts the pathogenesis of *indralupta*. It drains out impure blood from unhealthy scalp which is produced by *dushit rakt*. The hair follicles which in turn cause the pores to open up and by the *prabhava* of the drugs hair growth can be observed. *Choorns* having *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

Prachhana followed by *amalaki choorna*, *haridra choorna* and *vidang choorna* can be used in treating *Indralupta*.

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