

## BENEFITS OF PRACHCHHANNA KARMA IN INDRALUPTA- A CASE STUDY

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### ABSTRACT

Hair –the glory of humans and mark of identity and a great cosmetic value in society. Indralupta being under kapalantaragata roga, synonyms with hair loss, Alopecia. Prachchhanna, explained a procedure among the Raktamokshana, has a great importance in the treatment of Indralupta. Indralupta occurs mainly due to vitiation of tirdosha and rakta where kapha and vata obstruct the hair follicles preventing hair growth. This case study has been made to explain the importance of prachchhanna karma by new technique Derma-roller and its effectiveness in Indralupta/ Alopecia.

**KEYWORDS:** Indralupta, Prachchhanna, Alopecia, Hairloss.

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### INTRODUCTION

Loss of hair also known as alopecia or baldness, refers to a loss of hair from part of the head or body. Typically at least the head is involved. The prevalence of alopecia in India is 58% of the male population age between 30-50 years had AGA (Male androgenic alopecia)<sup>[1]</sup>

Types of alopecia- there are of two types

(1) Patchy alopecia

## (2) Diffuse alopecia

**Diffuse Alopecia-** This is called common baldness, male pattern alopecia. The most common cause of diffuse alopecia / hair loss is an androgenic alopecia.<sup>[2]</sup> In man it cause typical temporal recession and thinning at the vertex. Hair loss being one of the major problem in youngsters. In its treatment mainly modern medicine are available such as minoxidil, and other steroids, or lastly hair grafting, but they are often not a permanent cure with many side effect.

Irregular diet, pollution, stress, lack of cleanliness also cause hair loss.

Acharya sushruta has also described Indralupta (khalitya) under kshuudraroganidana<sup>[3]</sup>, According to ayurveda pitta dosa combing with vata dosha and getting into the pores of hairs (hair follicles) causes fall of hairs, then the kapha dosha along with rakta obstruct the pores of those hairs and makes it imposible for other hairs to grow, that is known as indralupta, khalitya or rujya, which is correlated with alopecia.

Acharya charak described that due to vitiation of asthi dhatu khalitya occurs as the mala of asthidhatu is keshya (hair).<sup>[4]</sup>

Indralupta and khalitya are used as synonyms but according to vagbhatt – sudden loss of hair with patches is known as Indralupta, and gradually loss of hair one by one is known as khalitya.<sup>[5]</sup>

In Ayurveda the treatment for indralupta has been described in sushrut chikitsa 20 (Kshuudrarogchikitsa)<sup>[6]</sup> is venepuncture at the forehead should be done after anointing and sudation therapy<sup>[7]</sup>, a paste of manahshila, green vitriol, blue vitriol and black pepper or else a paste of kutannata and devadaru should be applied. Alternatively after deep scrapping the part should be repeatedly kept covered with a peste of gunja or else the procedure of rasayana should be adoptate for its cure, anointing with an oil processed with malati, karvira, chitraka and naktamala cures indralupta.

Deep scraping this method can be done now a days by Derma-roller as prachchhanna i.e making scrapping by roller microneedle and deep penetration over the layer of skin.

## CASE REPORT

A 26 year old male patient who brings a college student approached in our hospital for ayurvedic treatment with chief complaint of

- Falling of hairs from head, specially on frontoparietal portion of the head.
- No itching present at scalp.

Patient had above complaints since one year.

### History of present illness

The patient was normal before one year then he started to notice falling of hair from frontoparietal area of scalp. Patient took treatment from skin specialist(hair specialist) allopathic doctors, but did not get relief and he came to our K.D.D.Govt. ayurvedic hospital Raipur, c.g.

**Family history**-No relevant history.

### Investigation

Routine investigations found to be normal, serum iron and ferritin measurement are normal, liver renal and thyroid function tests are also found to be normal.

### Physical examination

Temperature-98.6°F	Respiratory system- normal
Pulse- 74/min.	Cardiovascular system- normal
B.P- 130/80mmhg	Central nervous system- normal
Per abdomen- normal	

### Local examination

Inspection- skin of the scalp is normal and shiny.

Palpation- skin of the scalp is smooth.

### Treatment given to patient

- Aama pachan and Agni deepan.
- Prachchhanna karma with the help of derma-roller done after anointing sudation therapy every week for one month (4 times a month)
- Orally- bhringaraj ghanvati 2BD, Asthiposhak vati 1BD. (For one month)
- Local application of Hairzone spray at affected part of the scalp.

## RESULT

After the medication and prachchhanna karma by derma-roller the hair growth has been found during the follow up of the patient. The picture before and after treatment is as follow.



**Before**

**After**

## DISCUSSION

Indralupta is a disease, hence in its management acharya told to employe panchkarma (purification method) frequently among which prachchhanna karma comes under rakta-mokshan, which is described as panch karma by Acharya vagbhata. In present scenario, aama pachana, prachchhanna karma, shaman chikitsa and local application of hairzone spray has been used.

### **Aama pachan**

It is done so that there is proper functioning of jatharagni occurs, due to which dhatu-agni also functioning properly- specially asthi-dhatu. When asthi-dhatu functioning in proper way then there is proper production of its mala that is hair. Agni deepan chikitsa given in so that there it dhatwagni mandhya and bhutagni mandhya there is production and accumulation of aama, which cause shrotorodha (blockage of the hair roots) by its guru, abhishyandi, and pichhila properties so nutrition of body parts congested.

### **Prachchhanna karma**

Indralupta in contemporary alopecia, is raktajavikara therefore prachchhanna by derma roller is done. Prachchhanna helps in clearing the obstructed romakupas, vitiated rakta is expelled out. Derma roller delivers its hair growth benefits through its unique mechanism referred to as “skin needling-(prachchhanna a hand held device equipped with microsized needles, when

rolled over scalp, the needles opens pores clearing the romakupas, as well as facilitating the absorption of other medications.

### **Abhyantara aoushadha**

After completion of the prachchhanna karma, abhyantara aoushadha given for one month-bhringaraj ghanvati 2 tab BD.

### **- Ashthiposhak vati 1 BD**

Local application of hairzone spray has been advised once per day. Due to prachchhanna by derma-roller the needle open the pores fasciliating both delivery and absorbtion of the prescribed hair zone spray. As the spray works best when it is delivered to the deeper level of the skin, and advancing the stimulation of the protein production (keratine) resulting in new hair follicle growth.

### **CONCLUSION**

Prachchhanna karma by derma roller has excellent result in Indralupta, without recurrence of hair loss, patient suffering since 1 year taken treatment from different doctors but now he is satisfied with ayurvedic treatment. With this single case it can be stated that this treatment is a hope for long standing hair loss problem with conventional medicaments.

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