



International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 1.318

ISSN:2581-785X

Research Article

Volume: 3

Issue: 8

Role Of *Pracchan Karma* And *Samana Chikista* In The Management Of Alopecia Areata (*Indralupta*): A Case Study

Dr. Shreelogna Bose

Lecturer in Shareer Rachana department, Rajiv Gandhi Memorial Ayurvedic College And hospital Belley Shankarpur, Kolkata

ABSTRACT: Hairs are distinct feature of one's beauty. Its not only boosts up the individual confidence but also increases one's personality. Everyone desires to have long beautiful hair. But with the advent of faulty dietary habits and sedentary life style, socio economic work load; now a days its leading to premature greying of hair and hair fall related problems etc. Even in our ancient classics both *Acharya Susruta* and *Charaka* have mentioned that *virudha ahar* and *vihar* leads to manifestation of *Khalitya*, *Palitya*, *Indralupta*, *Bali* etc. *Indralupta* is one such hair loss problem which is kept along with *khalitya* and further kept under *kshudra roga* and *Siro rogas*. Here is one case study of a lady who was suffering from Alopecia Areata (*Indralupta*) for last 1 years. She was primarily treated with *Pracchan karma*, *Siro lepa* and *Samana chikista* for 4 months. Her symptoms got subsided after the treatment and further she didn't had any other complaint even after 1year of follow up. Thus the Ayurvedic management protocol showed significant outcome and promising positive result.

Keyword: *Pracchan karma*, *Indralupta*, *Alopecia Areata*, *Samana chikitsa*, *Lepa*

Article received on-1 August

Article send to reviewer on-2 August

Article send back to author on-19 August

Article again received after correction on -24 August

Corresponding Author : Dr. Shreelogna Bose, Lecturer in Shareer Rachana department, Rajiv Gandhi Memorial Ayurvedic College And hospital Belley Shankarpur, Kolkata, Email id- shreelognabosu@gmail.com

How to Site the Article : Dr. Shreelogna Bose, Role Of *Pracchan Karma* And *Samana Chikista* In The Management Of Alopecia Areata (*Indralupta*): A Case Study , IRJAY, August: 2020 Vol- 3, Issue-8; 185-193. <https://doi.org/10.47223/IRJAY.2020.3805>

INTRODUCTION:

Healthy long and dense hairs are part of one's individual beauty which acts in enhancing the confidence, personality, self-esteem etc. Just like beautiful face, hair also act as a mirror of healthy state of mind and help in boosting the personality of an individual. So, peoples try all possible ways to make it intact and beautiful for long period of time. They take the help of many cosmetic products and even hair implantation just to ensure that they don't lose their hairs at early age. With the rapid growth of urbanization and sedentary lifestyle, job nature, intake of day to day faulty dietary habits it has become very difficult to keep a normal healthy physiology of body. These all habits influence the disbalance of homeostasis of the body at both hormonal and physical level. And with the progressing rate of other

diseases hair fall problem is also progressively increasing in the society. Alopecia Areata is one among such hair fall problems which is an autoimmune disease characterized by hair loss on body especially on the scalp covering affecting any particular area ^[1]. In ayurvedic medicine we termed it as *Indralupta*. Its main treatment in modern science ends up with either corticosteroids or hair transplant which has got many adverse effects even at hormonal level. So, keeping in mind, peoples are more relying on alternative medicine because of its less adverse effect. Alopecia Areata as mentioned can be correlated with *Indralupta* in *Ayurveda terminology*. It is clearly mentioned in *Ashtang hridaya* that nine diseases occurring on the outer part of head over scalp should be called *Shiroroga*^[2]. So as

per acharya *Charaka* and *Susruta* both *Samana* and *Sodhana Chikitsa* has been advised for this^[3,4]. Here is a case of female suffering from Alopecia Areata for last 1 year and after performing both *Pracchan karma* and *Samana chikitsa* the outcome was successful and quite positive.

MATERIAL AND METHODOLOGY:

Brief case history: - A 44 years old married female hailing from Guwahati, was apparently well 1 year back till she gradually developed patchy hair loss at the back of head (occipital region) with mild itching over the affected area and gradual increment in size since last 6 months. There was no personal history of recurrent patchy skin lesion either on scalp or any other body parts. Further there was no endocrinal disorder, hair plucking habit, local friction or trauma or surgery.

On examination: - There was a patchy hair loss measuring about 4×5cm on the occipital region. Along with that there was mild dryness over the patch with extremely sparse, few white and black hairs. Scaling

was observed on rest of the scalp indicative of dandruff. General examination revealed thin build with normal menstrual history.

Drug History: - The patient has locally applied Minoxidil 2.5 ml solution in the affected part for almost 3 months. Further she consulted homeopathic doctor and had taken homeopathic medicine too but didn't showed any significant improvement. As a result of taking homeopathic medication she developed irregular menstruation problem along with menorrhagia. Finally, she decided to give a chance to ayurvedic medicine and visited our hospital RGMAMCH, *Belley Shankarpur Panchakarma* OPD. After presenting the problem with her complete past history of the disease, she was clinically diagnosed as a case of *Indralupta* and advised to undergo *Pracchan karma* and further was put on *Samana chikitsa*. As a part of the treatment all the haematological and biochemical parameters were carried out and all parameters were found almost in normal limits

Table 1- General Observation of patient**General examination**

Pulse	78/min
B.P	130/70 mmHg
Weight	56Kg
Respiratory rate	22/min
Temperature	97.8 ⁰ f
Tongue	Pallor

Table 2- Dasavidha Pariksha

<i>Sharir prakriti</i>	<i>Vata Pittaja</i>
<i>Manas Prakriti</i>	<i>Rajas</i>
<i>Vikruti</i>	<i>Tridosaja</i>
<i>Sara</i>	<i>Mamsa</i>
<i>Samhana</i>	<i>Madhyam</i>
<i>Satva</i>	<i>Avara</i>
<i>Ahar shakti</i>	<i>Madhyam</i>
<i>Jarana shakti</i>	<i>Avara</i>
<i>Vyam shakti</i>	<i>Avara</i>
<i>Vaya</i>	<i>Madhyam</i>
<i>Desh</i>	<i>Sadharan</i>
<i>Kala</i>	<i>Adana</i>

Table 3- Disease specific Examination

Site of involvement	Scalp
Measurement	4×5cm
Pattern	Round patch
Skin colour	slight pale white
Discharge	Absent
Sensation	Anaesthesia
Itching	Present
Scales	Present

Table 4- Haematology and Biochemical Parameters

TLC	7,500/cumm
Neutrophil	64%
Lymphocyte	35%
Eosinophil	0.1%
Haemoglobin	11.3gm%
ESR	42mm/hr
RBC	4.83mil/cum
FBS	90mg/dl
PP	140mg/dl
SGOT	13 IU/L
SGPT	23 IU/L
Uric acid	5.0mg/dl
Platelet count	330X10 ³ /ul

TABLE 5:- Treatment protocol**DAY**

1st sitting---- Day 1	<i>Pracchan karma</i> (in the morning)
Day 2,4,6	<i>Siro lepa with Haridra, Triphala, Gunja lepa</i>
Day 3,5,7	<i>Siro lepa with haridra, Triphala, Yastimadhu churna, til taila and Bringaraj Swaras.</i>
2nd sitting---- Day 25	<i>Pracchan Karma</i> (in the morning)
Day 26,28,30	<i>Siro lepa with Haridra, Triphala, Gunjabeej churna.</i>
Day 27, 29,30	<i>Siro lepa with Haridra, Triphala, Bringaraj Swaras and Kukkutanda lepa.</i>

ORAL MEDICATION: -

1. *Mahamanjistha Kwath*(20ml)- twice a day (early morning in empty stomach, at night time)
2. *Bringaraj Ghanavati*--- 2 tablet twice a day after food with water.
3. *Bringaraj Taila*--- 3 times a week for local application.
4. *Arogyavardhini rasa*--- twice a day before meal with honey.
5. *Triphala guggul*--- 1 tablet twice a day after food.
6. *Agnimukh churna*--- 2gm once daily at bed time.

TABLE 6:- Pictures

RECOVERY RATE AND FOLLOW UP:

2nd month--- After completing *Pracchan karma* and following oral medication, small greyish and brownish hairs appeared over the affected area. The thickness of hair was tough very thin and itching has too got subsided too far extend.

4th month--- No complaint of itching any more, hair fall and the dandruffs was not observed. The patchy area relatively got dense with brownish and greyish hair.

7th month--- Hair growth up to 5-7cm was observed, completely covered the affected area.

12th month--- The hair got densely covered with normal growth and colour.

20th month--- Patient was completely cure with no further complaints.

PATHYA AND APATHYA REGIMEN:-

1. To avoid Stress, tension and anxiety.
2. To use *Saindhav lavan* in food instead of local market salt.
3. To follow *Usno udak* water for drinking purpose.

4. To avoid late night sleep
5. To avoid any artificial dyes and cosmetic products during the treatment tenure.

RESULT:-

The patient was made to follow both this regime that is *Pracchan karma* and conservative medication for 4 months. During this period of time she was advised not to apply any type cosmetic products and dyes. After completion of 1 complete year, the affected area got fully covered with normal hair with normal growth and density and it was quite positive outcome. Further she didn't complaints of any similar problem in any other part of the body including scalp.

DISCUSSION:-

Acharya Charak and *Susrut* has mentioned that both *Ahara* and *Vihar* plays a vital role in manifestation of any disease. These same goes for *Khalitya* and *Indralupta* too. *Ahar* such as excessive intake of *kshar*, *lavana*, *usna dravya* and in *Vihar* such as excessive mental stress, anxiety, anger and *shoka* etc. This aggravates the disequilibrium condition of the *dosa* and leads to *Khalitya (Indralupta)*^[5]. *Acharyas* mentioned that due to intake of *nidanas*, the *teja* or *pitta*

along with *vata* get vitiated involving the *roomakopa* of *kesha* causing fall of hair and there after *sleshma* along with *sonitha* obstructs the channels thereby hindering the regeneration of normal hair and this condition is known as *Indralupta*^[6,7]. Further the *slesmik guna* of *kapha* dries up the area and produces itching sensation.

Pracchan 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*. *Mahamangistha 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^[8].

Formulation of *Arogya vardhini Rasa*, act as an antioxidant and hepatoprotective^[9]. Further *Agnimukh churna* helps the digestive fire to boost up and activation in the proper *paka* of food.

Sirio lepa with different drugs which has *Vatahara, Pittahara, Kaphahara* properties helps in normalising the *tridosha* accordingly^[10].

Triphala guggul shows anti-inflammatory and anti-infective action and was found to have a marked effect in the management of Alopecia Areata. *Triphala guggul* alone can heal the tissue damage^[10]. *Bringaraj taila* and *Bringaraj vati* both are considered as *kesha jnanan* and *kesha vardhak*.

CONCLUSION: -

The patient suffering from Alopecia Areata or in other word *Indralupta* shows significant improvement with both *Pracchan* and *Samana chikitsa*. Along with the conservative treatment *Pathaya* and *Apathaya* was also considered and kept in mind for the better outcome of the full procedure. In these way in our near future also we can treat many such cases of *Indralupta* as well as *Khalitya*

Acknowledgement:- Nil

Financial Assistant:- Nil

Conflict of interest :- Nil

REFERENCES

1. Davidson's principles of clinical medicine, 20th edition, chapter 27, page 1258,1278.
2. Prof. K. R. Srikantha Murthy, Vagbhat, Astanga Hridaya, English translation, vol. III, 1997; Varanasi: Chaukhambha Sanskrit Series Office, 222 Uttara sthana, shiroroga vigyaniya adhyaya (23;24,25).
3. Dr. Ram Karan Sharma and Vaidya Bhagwan Dash, Agnivesha, Charaka Samhita, English translation, vol. II, 1985; Varanasi: Chaukhambha Sanskrit Series office, 371 Sharira sthan, khuddi kagar bhava kranti sharira adhyaya (3;7).
4. Dr. Ram Karan Sharma and Vaidya Bhagwan Dash, Agnivesha, Charaka Samhita, English translation, vol. II, 1985; Varanasi: Chaukhambha Sanskrit Series office, 264, Vimansthan, Roga bhishagjiteeya adhyaya (8;97).
5. Acharya Yadavaji Trikamji. Charaka Samhita, Varanasi Reprint edition, 2004 Chaukhambha Orientalia. Chikitsa Sthana 26/132,
6. Acharya Yadavaji Trikamji, Sushruta Samhita, Varanasi Reprint edition, 2004 Chaukhambha Krishanadas Academy Nidana Sthana 13/32-33,
7. Acharya Yadavaji Trikamji, Charaka Samhita, Varanasi Reprint edition, 2004, Chaukhambha Orientalia Vimana Sthana 1/17-19,
8. Anonymous, The Ayurvedic Formulary of India, Ministry of Health and Family Welfare, Govt. of India, Part I (20:4), 2000; p. 664-5
9. Anonymous, The Ayurvedic Formulary of India, Ministry of Health and Family Welfare, Govt. of India, Part I (20:4), 2000; p. 755
10. Anonymous, The Ayurvedic Formulary of India, Ministry of Health and Family Welfare, Govt. of India, Part I (20:4), 2000; p. 9-1