



Pracchanna Karma Followed by Tikta Patola Patra Swarasa Lepa in Indralupta (Alopecia Areata): A Case Study

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ABSTRACT

Twenty-first century is the century of beauty and brain; so as a part of beauty, hair is very important. According to *Sushruta Acharya*, *Indralupta* is due to the vitiated pitta in association with vitiated *Vata* causing the falling of hairs from the scalp and vitiated *Rakta* and *Kapha* block the orifices of the hair follicles which restricts the growth of new hair. An autoimmune condition called alopecia areata, commonly referred to as "spot baldness," impairs a person's appearance and is comparable to *Indralupta*. The results of the current case study are encouraging for *Indralupta* (alopecia areata), which can be effectively treated with Ayurvedic treatment modalities. *Pracchanna* and *Tikta Patola patra swarasa Lepa* will help to improve in symptoms like decreased patch size and less hair fall.

Keywords: *Indralupta*, Ayurveda, *Tikta Patola patra swarasa Lepa*, *Pracchanna Karma*, Alopecia Areata.

Introduction

An autoimmune condition called alopecia areata is characterized by hair loss across the body, particularly on the scalp, and doesn't show any outward signs of inflammation. Its lifetime risk was 1.7%, while its prevalence in the general population was assessed to be 0.1-0.2%¹. One's hair is a reflection of their identity and personality. For women, hair is a natural decorative element and a symbol of femininity. Men typically associate a full head with youth and vigor. It is more common in today's fast-paced world because of variables including pollution, poor diet and exercise habits, stress and anxiety, growing industrialization and urbanization, and other innate as well as hereditary causes. Any type of hair loss can lead to psychological troubles as well as problems with physical appearance. In *Madhukoshatika* (commentary) of *Madhava nidana*, it is commented that *indralupta* is the one that occurs on the mustache and beard, *khalitya* on the scalp, and *rujaya/ruhaya* on the entire body². Hence, *Indralupta* can be considered [alopecia areata](#). In Ayurvedic approach, loss of hair is coined out as in term of 'Indralupta' under the broad heading of *Kshudra Roga*³, *Vagabhatta* who has mentioned it under *Kapala Roga*⁴. Thus, the primary internal causes of *indralupta* are *vata*, *pitta*, *kapha*, and *drushya* (*Rakta Dushya*). Additionally vitiated *Rakta* *Dhatu* aggravates *Keshada Krimi*'s development⁵. There are two approaches to treating *Indralupta*: local and systemic. For the treatment of *Indralupta*, *Acharyas* referred to *Siravedh* or *Pracchanna*. *Roga's* vitiated *Rakta* and *Kapha* restrict the hair follicle in the *Indralupta Samprapti*, causing hair loss. The word *Pracchanna* appears in *Raktaj Vyadhi*⁶ and helps to drain the Vitiated *Rakta* ultimately break the pathogenesis.⁸ *Acharya Sushruta* mentions that if *Lepa* is applied after *Pracchanna*, then better hair growth is achieved.⁹ Hence, following the principles of management, in this case study, patient advised for *Pracchanna* followed by *Tikta patola patra swarasa lepa*¹⁰ in *Indralupta*.

CASE STUDY

A 28-year-old male patient arrived at the SJG AMC Koppal Panchakarma Department with the main complaint of patchy hair loss over the left temporal side of the scalp that had been going on for two weeks.

Related grievances: widespread hair loss starting a month ago.

History of current illness: The patient appeared to be in good health for the first month before beginning to lose hair gradually and patchily after two weeks. There was no family history of auto-immune problems, psychiatric disorders, endocrine disorders (diabetes), or hair-plucking habits.

Dietary History: The patient's past included regular nighttime curd consumption, spicy vegetarian meals, erratic eating patterns, and symptoms of *chinta* (stress), *bhaya* (fear), *khroda* (anger), and *rajigarana* (waking up in the middle of the night).

On examination: There was a patchy hair loss measuring approximately of about 3x4cms over the Left temporal region of the scalp.

General Examination: - vitals normal, medium built, without any other associated pathological conditions.

General Observation of the Patient

Blood pressure-120/90mm/hg

Height-140cm

Weight-62kgs

Pulse-72bpm

Respiratory rate-19cycles/min

Disease Specific Examination

Site involvement- Temporal region

Pattern-Asymmetrical patch

Skin Color- Normal

Sensation- Present

SAMPRAPTI:

A vata-related Nidana Sevana Pitta lodges in Romakupa

Moreover connected to raktha and kapha

restricts hair regrowth and obstructs hair roots

Samprapti Ghataka of Indralupta

Dosha-Tridoshaja

Dushya-Rasa,Rakta,Asthi

Srotas-Rasavaha,Raktavaha,Asthivaha

Srotodusti-Atipravritti,Sangha

Agni-Dhatwagni

Vyaktha Sthana-Kapala

Rogamarga-Madyama

Sadhyasadyat-Kastasadhya

Treatment plan of the present study

Pracchanna on 1st day and 30th day followed by Tiktapatola patra swarasa lepa for 3days

Procedure of Pracchanna

Materials Required: Sterile surgical blade no. 11, disposable gloves, sterile gauze, cotton, *Tikta patola patra swarasa*.

➤ ***PurvaKarma:***

- Procedure is explained to the patient in his own language and consent is taken.
- Local area is cleaned with Triphala Kashaya.

➤ ***Pradhana Karma:***

- Sterile Lancet is taken, and continuous prick is given over the scalp on the affected area.
- Care should be taken so that the depth of these serial incision should be neither too deep nor too superficial but should be enough for the blood to ooze out.
- After the bleeding stops, the area should be cleaned using cotton swab.

- *Tikta patola patra swarasa lepa* is applied over the patchy area of the scalp.

Follow Up:

After Treatment on 30th day small whitish grey hairs grown on the lesion.

Patient reviewed on 60th day after follow up, whitish grey hairs grown on the lesion. Length and density increased; hair fall decreased no further complications observed.

Observation

During procedure, the patient experienced mild pain but cooperated with some anxiety. On the follow-up, there was new and healthy hair growth at the site of patch as evident from the photograph



Before treatment



After treatment

Discussion

According to the Ayurvedic viewpoint, the internal body's rakta dushya and all Tridosha are the primary causes of the formation of Indralupta. The patient in this instance had a history of erratic eating patterns, eating junk food and snacks at inappropriate times, unpredictable sleep cycles, and moving cities for academic purposes. These elements are known to vitiate the doshas and dushyas, which are thought to be accountable for the development of illness.

In Vimanasthana, Acharya Charaka described the occurrence of hair loss as one of the illnesses caused by overindulgence in Kshara, Lavana, and Viruddha Ahara. When milk and lavana (salt) are consumed simultaneously, like in the case of Viruddha Ahara, indralupta is triggered. It follows that someone who regularly takes Viruddha Ahara and is accustomed to consuming large amounts of Lavana or Kshara is likely to have Indralupta. In general, Mithya Ahara and Vihara Manoabhighata (mental tension, fear, rage, shock, etc.) can raise the Pitta and Vata Dosha. Pitta's Ushna and Tikshna qualities are enhanced, while the Vata's Ruksha, Khara, and Chala attributes deteriorate.

Here, a vitiated Dehoshma, in conjunction with an aggravated Pitta (Bhrajaka Pitta), burns the kesabhumi, while an enhanced Vata, through its Ruksha and Khara Guna, results in more frequent and relatively longer Shira Sankocha. To maintain the skin smooth and hydrated, the Snigdhatva and Pichchhilatva of the typical Kapha Dosha are present in all of the skin's pores. Indralupta is caused by the drying up of the Sneha and Pichchhilatva of the Kapha Dosha within the pores of the scalp skin due to the enhancement of the Ushna, Tikshna, Ruksha, and Khara characteristics of Pitta and Vata Doshas, respectively.

Pracchanna is a type of *sashashtrakruta rakthamokshana*, which helps to remove the vitiated *Raktha* and *Kapha dosha* which obstructs the hair roots. *Pracchanna* is done as a pre therapy to *lepa* to enhance the efficacy of *lepa*. *Pracchanna* improves the perifollicular vascularisation and strengthens the hair follicle. *Tikta patola patra swarasa lepa* which possesses qualities of *Ushna Veerya, Laghu, Teekshna Guna, Tikta katu rasa* acts on *doshas*. Drugs having *tikta* rasa is capable of increasing *asthidhatu*. The changes taking place in *asthidhatu* will also influence the hair. *Laghu guna* and *ushna veerya* it is channel clearing. It promotes hair growth due to its *kaphapitta samana* and *keshya* property. *Pracchanna* stimulates the local circulation and thus helps in the easy absorption of drug applied as *lepana*.

Thus, all the above treatment modalities would have contributed for the regrowth of hair at the affected site, by pacifying the *doshas*.

Conclusion-

We can deduce from this case report that *lepa* and *pacchanna* function as *shodhana* and facilitate simple medication absorption in that location. There's a good chance that Indralupta's etiology can be broken down with traditional management. The *Tikta patola patra swarasa* local application *Lepa* unclogs the channels, improves local peripheral blood circulation, which stimulates the formation of new hair follicles and fortifies existing hair.

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