**Prachhanna 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 Sashruts 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. Pracchhanna 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, Pracchhanna 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%³. 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, khalita or scalp, and ujjwala or ujwala 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 Roga⁴, Vagabhatta who has mentioned it under Kapala Roga⁵. Thus, the primary internal causes of indralupta are vata, pitta, and drushya (Rakta Dushya). Additionally vitiated Rakta Dhatu aggravates Keshada Krimi's development⁶. There are two approaches to treating Indralupta: local and systemic. For the treatment of Indralupta, Acharyas referred to Siravedh or Prachhanna. Roga's vitiated Rakta and Kapha restrict the hair follicle in the Indralupta Samprapti, causing hair loss. The word Pracchhanna appears in Raktaj Vyadha⁷ and helps to drain the Vitiated Rakta ultimately break the pathogenesis.⁸ Acharya Sushruta mentions that if Lepa is applied after Pracchhanna, then better hair growth is achieved.⁹ Hence, following the principles of management, in this case study, patient advised for Pracchhanna followed by Tikta patola patra swarasa lepa¹⁰ 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), khorda (anger), and rajigaran (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
Hieght-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,Asthihaha
Srotodusti-Atipravritti,Sangha
Agni-Dhatwagni
Vyaktha Sthana-Kapala
Rogamarga-Madyama
Sadhyasadyat-Kastasadhiya

Treatment plan of the present study
Pracchanna  on 1st 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](image1.png) ![After treatment](image2.png)

**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 Manoabhigatha (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 sashashtrakrta rakthamokshana, which helps to remove the vitiated Raktha and Kaptha 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 nikta 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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