CASE REPORT

PRACHHANNA AND VANADHANYAKALEPA IN THE MANAGEMENT OF INDRALUPTA - A CASE REPORT

RAJANI R SUNKAD¹, AMANDEEP SINGH², ASHWINI MJ³, ABHIJITH HN⁴

Summary:

Hair is crowning glory and a mark of identity. The scalp and hair diseases are of more importance nowadays due to the cosmetic value in society. Indralupta is a disease among kapalagataroga characterized by loss of hair. Depending on the symptoms in contemporary science we can probably correlate to Alopecia. Prachhanna is explained as one of the raktamokshana procedure indicated in raktajavyadhit that helps in draining the vitiated rakta. In indralupta there will be vitiation of rakta with kapha which obstructs the hair follicle due to which there will be hair loss. Sushruta mentions that if lepa is applied after prachhanna then better hair growth is obtained.

Keywords: Indralupta, Prachhanna, Vanadhanyakalepa, Alopecia

¹²Final year PG Scholar, ³Professor and HOD, ⁴Associate Professor, Department of Shalakyatantra, SDM College of Ayurveda and Hospital, Hassan

Corresponding Email id:- rajsunkad@gmail.com

Published by Atreya Ayurveda Publications under the license CC-by-NC.
INTRODUCTION:

Hair contributes to one’s personality 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. Since the drawbacks of modern medicines are evident, there is an utmost need of non-toxic, effective Ayurvedic treatment. Indraluptais one among the kapalagatarogas\(^1\) and kshudraroga by Vaghbata\(^2\) which is characterized by loss of hair. Pitta associated with vata gets lodged in romakupa and causes hairfall, later on kaphadosha associated with rakta causes obstruction to the hair roots and restricts the regrowth \(^3\). 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. Sushruta mentions that if lepai is applied after prachhanna then better hair growth is obtained\(^5\). Ayurveda suggests many preventive and curative treatment measures like pathyasevana, rasayana, murdhnita\(\text{ila}\), shirolepa and para surgical procedures like prachhanna and raktamokshana\(^6\). Vanadhanyakalepa is applied on the scalp to promote hair growth by folklore practitioners.

Alopecia areata is a disorder in which there is loss of hair causing patches of baldness but no scarring of the affected area \(^7\). It can affect the entire scalp. Modern lifestyle, avoidance of head bath, usage of harmful shampoos, allergic manifestations, avoidance of head bath, reduced body resistance, hormonal imbalance, malnutrition leads to poor hygiene of scalp. The aim of surgical cosmetology is to eliminate or normalise the post-surgical scar, discolouration, loss of hair. Sushruta advised Upakarmas like application of paste in the treatment of Indralupta\(^8\).

CASE HISTORY

A Hindu, female patient Ms X of 23yrs age visited the OPD of SDMCA\&H, Hassan with an O.P No. 17662 for the following complaint.

Chief complaints

Patchy hair loss since 1 year. Associated with thinning of hair and hairfall

History of present illness

Patient was said to be asymptomatic 1 year back. Gradually she noticed thinning of hair and hair loss. Later after few days she started noticing the plain scalp at the centre of head while massaging head during oil application. Then it started worsening day by day with thinning of hair and very few hair on the scalp. Then consulted many dermatologist and took medicine for 8 months, including oral medications, lotion and shampoos. There was
no improvement and she approached our hospital for further treatment.

**Investigations-**
Routine haematological and urine investigations were carried out to rule out systemic pathology.

**General Examination-** Moderately built with no other systemic illness

**Systemic Examination-** Scalp and Hair

**Inspection**
Type-patchy hair loss
Site-centre of the scalp
Scanty hair at the centre
Thinning of hair

**Treatment protocol**
Treatment protocol followed was prachhanna and vanadhanyakalepa

**Vanadhanyakalepa-**
Botanical Name- Eryngiumfoetidum\(^9\)
Family- Apiaceae
As this herb grows in hilly region and smell of leaves resemble that of coriander leaves it is termed as vanadhanyakya. In Greek it is termed as Eryngium and leaves possess foul smell the term foetidum is used.
Fresh vanadhanyakya leaves are crushed in kalvayantra and made into paste form.

**Para surgical protocol**
Materials needed- Insulin syringe, disposable gloves, cotton, vanadhanyakalepa, triphalakashaya

**Purvakarma**
To attain Kayashodhana, virechana was planned. For Arohana Snehpana, Panchtiktaguggulughrita was preferred for srotoshodhana followed by kayikaswedena by nadiyantra and virechana by gandharvahastaaditalam.

Procedure is explained to the patient and consent is taken.

On the day of procedure, under aseptic precautions prachhanna is performed. Local area is cleaned with triphalakashaya.

**Pradhana Karma-**
Insulin syringe is taken and continuously close pricks are made over the scalp where area is affected. From below upwards prachhanna has to be done so that area is visualised properly. Prick should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. After sufficient raktashodhananirharana, vaanadhanyakalepa is applied.

**Paschat Karma**
Patient is advised to leave the pralepa. Vanadhanyakalepa is rinsed off after 1 hour.
Usage of shampoos is not preferred.

**Advice after treatment**
Not to use any oils immediately after the hair wash or on the day of procedure
Hair should not be combed.
Avoid pollution, exposure to sunlight, spicy and junk food.
<table>
<thead>
<tr>
<th>Date</th>
<th>Procedure</th>
<th>Observations</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain and itching sensation</td>
</tr>
<tr>
<td>13/6/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain and redness, irritation at the site</td>
</tr>
<tr>
<td>24/6/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain at the site</td>
</tr>
<tr>
<td>1/7/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain, no redness, no itching</td>
</tr>
<tr>
<td>8/7/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain during the procedure</td>
</tr>
<tr>
<td>18/7/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain</td>
</tr>
<tr>
<td>25/7/2015</td>
<td>Prachanna followed by Vanadhanyakalepa</td>
<td>Pain</td>
</tr>
</tbody>
</table>

**Follow up medicines**
- *Bringamalakataila*
- *Shikakai powder*
- *Dhatriloha 1-0-1 after food*

**Results**

There was appreciable hair growth and on bald area of scalp after treatment, hair started growing.

**DISCUSSION**

It was a case of *Indralupta*, in contemporary Alopecia. It is a *raktajavikara*. Keeping all this in consideration treatment planned was *prachhanna* followed by *vanadhanyakalepa*. *Raktamokshana* is the ideal treatment when *doshas* are vitiated in *dhatuantargata*. *Prachhanna* helps in clearing the obstructed *romakupas* and vitiated *rakta* is expelled out. *Prachannad*rain out the vitiated blood from the *srotas* and later when *lepa* is applied over the region it facilitates easy and faster absorption of the drug. *Lepa* applied over the scalp by the effect of its *rasa*, *guna*, *veerya*, *vipakais* absorbed by the hair follicles which in turn causes the pores to open up and by the *prabhava* of the drugs hair
growth can be observed. Vanadhanyakalepa 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 Prachhanna followed by Vanadhanyakalepa can be used in treating Indralupta.

REFERENCES
5) Sushruta: Sushruta Samhita, Edited by Ayurveda Tattva Sandipika by Kaviraja Ambikadutta Shastri, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Nidana Sthana-13/33-35; 284.
6) Sushruta: Sushruta Samhita, Edited by Ayurveda Tattva Sandipika by Kaviraja Ambikadutta Shastri, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Nidana Sthana-13/3; 365.
8) Brahmanand Tripathi (editor). Sharangdhara Samhita of Sharangadhara, Madhyamakhanda chapter 7, verse no. 70-81, 1 edn. Varanasi; Chaukhambha Srbharti Prakashana; 2011; 20.
Source of support: Nil, Conflict of interest: None Declared.