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## Efficacy Of Prachhanna Followed By Gunja Lepa In The Management Of Indralupta W.S.R To Alopecia Areata- A Single Case Study

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### Abstract:

Alopecia areata is an autoimmune disease characterized by patchy hairloss on body specially on the scalp without any inflammatory signs caused by factors including genetic, nutritional, environmental and diseases<sup>1</sup> . In general population, its prevalence is about 0.1 to 0.2 % where both genders are equally affected . In contemporary science Alopecia areata is treated majorly with Corticosteroids which have temporary results and adverse effects upon its long term use. In Ayurveda Alopecia areata can be correlated with Indralupta<sup>2</sup> , classified under Kshudraroga and Shirokapalagata roga according to different Acharyas in which vata and pitta dosha primarily dries up Romakupa later Kapha and rakta causes Sanga leading to no regrowth of hairs<sup>3</sup> . Indralupta is treated with Shastranushastras , shodhana therapies , shamanoushadhis and also with different Lepa. Here a case of 20 yr female patient successfully treated with Prachhanna<sup>4</sup> followed by Gunja<sup>5</sup> lepa application.

**KEYWORDS:** Indralupta, Prachhanna, Alopecia areata , Gunjalepa, Raktamokshana .

### Case presentation;

A 20 year female patient presented with chief complaint of patchy hairloss over scalp region associated with occasional itching since 3 months. Initially patient suffered small patch of hair loss which was later increased in size . She took allopathic treatment for 1 month but did not get rid of the symptoms Apart from this the patient does not have any co morbidities .so she came to Taranath Government Ayurvedic hospital for treatment.

Personal history;

Diet - Ushna Teekshna Guru lavana and Viruddhahara

Apetite – Good

Bowel – Regular

Micturition – Regular

Sleep – Sound

Occupation – Student

Other – Patient has habit of applying Hair dye every month and Has stress due to Exams.

Clinical Findings :

1. Solitary Patch of hairloss of size around 3\*3 cm
2. No any Inflammatory signs at the site of lesion
3. No dandruff

Samprapti Ghataka;

Dosha : Chaturdoshas

Dushya – Rasa Rakta

Ama – Sama

Agni – Jatharagni

Srotas – Rasavaha Raktavaha

Srotodushti – Sanga

Rogamarga – Bahya

Udbhava Sthana – Twacha

Vyakta Sthana – Twacha

Sadhyasadhyata – SadhyaVyadhi

Investigations :

Hb -12 gm%

RBS – 110 mg/dl

CT - 2 min 2 sec

BT – 2 min 44 sec

HIV – Negative

HBsAg – Negative

Thyroid profile – Normal.

### Chikitsa

| S No. | Medicine/Procedure | Daosage           |
|-------|--------------------|-------------------|
| 01    | Prachhanna         | Once in a week    |
| 02    | Gunja Lepa         | Daily Application |

After 15 days of treatment

| S No | Lakshana           | Before treatment | After treatment   |
|------|--------------------|------------------|-------------------|
| 01   | Patch of hair loss | Present          | Regrowth of hairs |
| 02   | Kandu              | Present          | Reduced           |

Before Treatment:



After treatment:



#### Discussion:

Acharya charaka mentions that Tejas by involving Vata dosha when reaches scalp , results in destruction of hair follicles later Kapha and rakta causes obstruction to Romakupa further leading to stoppage of regeneration of hair follicles . This condition is known as Indralupta .Charaka in the Vimanasthana describes that Atisevana of Lavana . Kshara , Pippali<sup>6</sup> and Viruddhahara causes Hair fall . The patient is habitual of above Nidana along with Stress may contribute Indralupta. So Based on the symptoms and Clinical examination the condition was described as Indralupta. In this study , Prachhanna was done for two sittings once in a week and Gunja lepa was applied for 15 days. Within 3 days the prachhanna scars were vanished but lepa was started from the first day itself. Hairs were observed generating from the fourth day where there was moderate regeneration but later on coming days the patch was fully covered and complete regeneration of hairs was achieved on 14<sup>th</sup> day. Itching was also reduced significantly.

Prachhanna is Classified under Shastrakruta raktamokshana indicated for Pindita<sup>7</sup> deshe rakta , it is done by giving incisions uniformly which are neither too deep nor too superficial , neither too Near nor too far using Surgical blade no 11. Prachhanna acts by Removing Sanga caused by kapha and rakta and improves Micro circulation in the scalp region thereby providing Sufficient nutrition to hair follicles.

Gunja beeja having the property of Teekshna guna , Tiktarasa and Ushna veerya helps in Srotoshodhana and thereby helping to remove Sanga formed by doshas. It also has the Keshya property where it helps to generate hairs and Strengthening of hair follicles. Gunja has counter irritation property by which it irritates Scalp and produces inflammation further leading to generation of hairfollicles .

#### Conclusion:

In Modern science ,Alopecia areata is largely treated with injections and application of steroids due to which there are more chances of recurrence and the relief is for only short period though these drugs have Adverse effects like Scar atrophy and if used for longer duration , it causes Osteoporosis , weight gain including worsening of Diabetes and etc. In this study, patient suffering from Alopecia areata is successfully treated with two sittings of Prachhanna one sitting per week and Gunja lepa for fifteen days without any eventful consequences. Nidana parivarjana was also necessary for successful management . But Further Study is to be continued to check any recurrence of the same in follow ups and if any ADR should be documented

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