

## **PRACHHANNA AND VANADHANYAKA LEPA IN THE MANAGEMENT OF INDRALUPTS - A CASE REPORT**

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### **Abstract**

The scalp and hair diseases are of more importance nowadays due to the cosmetic value in society. Indralupta is a disease among Kapalagata roga 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 Raktaja Vyadhi 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, Vanadhanyaka lepa, Alopecia

### **Introduction**

Hair contributes one's personality and has always remained the centre of attraction. So each one is extra 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. Indralupta is one among the Kapalagata roga according to Sushruta <sup>(1)</sup> and Kshudra roga by Vaghbata <sup>(2)</sup> which is characterized

by loss of hair. Pitta associated with Vata gets lodged in Romakupa and causes hairfall, later on Kapha dosha associated with Rakta causes obstruction to the hair roots and restricts the regrowth <sup>(3)</sup>. Prachhanna is indicated in Raktaja vyadhi that helps in draining the vitiated Rakta, in turn plays an important role in Samprapti vighatana of Indralupta <sup>(4)</sup>, where in the vitiated Rakta and Kapha obstructs the hair follicle due to which hair loss is seen. Sushruta mentions

that if lepa is applied after Prachhanna then better hair growth is obtained<sup>(5)</sup>. Ayurveda suggests many preventive and curative treatment measures like Pathya sevana, Rasayana, Murdhni taila, Shirolepa and para surgical procedures like Prachhanna and Raktamokshana<sup>(6)</sup>. Vanadhanyaka lepa 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<sup>(7)</sup>. 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. Sushrutha advised Upakarmas like application of paste in the treatment of Indralupta<sup>(8)</sup>.

### **Case History**

A Hindu, female patient of 23yrs age visited JIAR OPD, Janipur for the following complaint.

### **Chief complaints**

Patchy hair loss since 10 months associated with thinning of hair and hairfall

### **History of present illness**

Patient was said to be asymptomatic 10 months 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 dermatologists 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 Vanadhanyaka Lepa

Vanadhanyaka Lepa-

Botanical Name- *Eryngium foetidum*<sup>(9)</sup>

Family- Apiaceae

As this herb grows in hilly region and smell of leaves resemble that of coriander leaves it is termed as Vanadhanyaka. In Greek it is termed as *Eryngium* and leaves possess foul smell the term foetidum is used<sup>(10)</sup>.

Fresh Vanadhanyaka leaves are crushed in Kalva yantra and made into paste form.

### **Para surgical protocol**

Materials needed- Insulin syringe, disposable gloves, cotton, vanadhanyaka lepa, Triphala Kashaya

### **Purvakarma**

Sneha Shuddhi is done by Snehana, Swedana and Arohana Snehapana by Panchatikta guggulu ghrita followed by Virechana.

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

Triphala Kashaya and wiped by cotton and made dry.

### **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. Whole affected area is done like that and after proper oozing of blood, over that freshly prepared Vanadhanyaka lepa has to be smeared thick.

### **Paschat Karma**

Patient is advised to leave the Pralepa<sup>(11)</sup> for one hour, care should be taken not to wash hair after it dries up. Hair should be washed with cold water without any shampoos.

### **Advise 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 foods.



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**Treatment chart**

Date	Procedure	Observations
02/11/2019	Prachanna followed by Vanadhanyaka lepa	Pain and itching sensation
09/11/2019	Prachanna followed by Vanadhanyaka lepa	Pain and redness, irritation at the site
16/11/2019	Prachanna followed by Vanadhanyaka lepa	Pain at the site
24/11/2019	Prachanna followed by Vanadhanyaka lepa	Painno redness, no itching
02/12/2019	Prachanna followed by Vanadhanyaka lepa	Pain during the procedure
09/12/2019	Prachanna followed by Vanadhanyaka lepa	Pain
18/12/2019	Prachanna followed by Vanadhanyaka lepa	Pain

**Follow up medicines**

- 1) Bringamalaka taila
- 2) Amla Shikakai shampoo
- 3) Dhatri loha

**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 Raktaja vikara.Keeping all this in consideration treatment planned was Prachanna followed by Vanadhanyaka lepa.Raktamokshana is the ideal treatment when Doshas are vitiated in Dhatu Antargata<sup>(12)</sup>.Prachanna helps in clearing the obstructed Romakupas and vitiated Rakta is oozed out.Vanadhanyaka lepa is Tikta,Kashaya Rasa,Ushna Veerya and

has Lekhana property .Because of which it is believed to help in regrowth of lost hair in Indralupta .

**Conclusion-**

From this case report,we can conclude that Prachanna followed by Vanadhanyaka lepa can be used in treating Indralupta.

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