

## Clinical Efficacy of *Prachhana Karma* with Negative Vacuum Pressure followed by Application of *Gunja Beeja Lepa* in the Management of *Indralupta* (Alopecia Areata): A Case Report

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### Abstract

**Background:** Indralupta is deliberated under Kshudraroga by most of the authors of classical Ayurvedic texts, in which there is a hair loss from some or all areas of the body usually from scalp, it shows one or more spot on the scalp. It is named as Alopecia areata in modern science. It is affecting psychological and communal status of a person. It accounts for 2-3% of the new dermatology cases in UK and USA, 3.8% in China, and 0.7% in India. Treatment available is corticosteroids (minoxidil, anthralin, topical immunotherapy, phototherapy, sulfasalazine etc.)<sup>1</sup> in modern medicine but it has complications and limitations in chronic cases with longer use. Acharya Sushrut has preferred Upakramas like Raktamokshana, Prachhana, Lepa etc in the management of Indralupta. In order to evaluate the efficacy of Prachhana Karma and Gunjabeeja lepa in regeneration of hair in Indralupta, present study was conducted.

**Materials and Method:** In this Case Report patient with Indralupta was treated with Prachhana karma and Gunjabeeja lepa application after all the mandatory investigations. Prachhana karma was done as per described in the classical text and negative vacuum pressure was created over the prachhita area followed by Gunjabeeja lepa application after every five days upto one month.

**Results:** Significant result was observed in the clinical parameters with visuals.

**Conclusion:** From the above study it is concluded that Prachhana karma followed by Gunjabeejlepa helps in the regrowth of hairs. So there is scope for further study on large sample size.

### Keywords

*Indralupta, Alopecia areata, Raktamokshana, Prachhana karma, Gunjabeejalepa*



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## INTRODUCTION

Acharya Sushruta has considered Indralupta under Kshudrarogas. In which vitiated Pitta associated with vitiated Vata causes falling of hairs then vitiated Rakta with Kapha block the orifices of hair follicles<sup>1</sup>. It is named as “Alopecia areata’ in modern medical science which is an acquired skin ailment that can affect all hair-bearing skin including scalp, beard, which is characterized by localized areas of non-scarring hair loss without any clinical inflammatory sign<sup>2</sup>. In all forms of Alopecia areata the hair follicles remain alive and are ready to resume normal hair production whenever they receive the appropriate signal. In modern system of medicine, the treatment options available are corticosteroids (internally and externally), topical minoxidile, UVR, laser therapy, hormonal therapy, anthralin cream or ointment and hair transplantation, etc<sup>3</sup>. But all these modalities have some limitations and complications. Ayurveda suggests many preventive and curative treatment measures for Indralupta like Pathya sevana, Apathya Nishedha, Rasayana, MoordhaTaila (Abhyanga, Pichu, Shirodhara, Shirobasti), Shirolepa, and parasurgical procedures like Prachhana and jalaukavacharan. In this

present case of Alopecia areata treatment was done by using the ChikitsaKrama given by Acharya Sushruta in Kshudraroga Chikitsa Adhyaya. In which he has clearly mentioned Prachhana karma followed by application of gunjabeejalepa in Indralupta<sup>4</sup>. Along with this in order to increase the micro blood circulation a negative vacuum pressure was created over the Prachhit area.

## CASE REPORT

Twenty year male patient came in OPD of Shalya Tantra of Mahatma Gandhi Ayurveda Hospital and Research centre, Salod (H) Maharashtra complaining with bald spot on the scalp. History reveals the same problem before six months but this time the spots lasts for more than 4 months. So he came to hospital for treatment.

### Systemic Examination

General condition of patient was moderate

CVS – S1S2 heard

CNS – Well oriented

RS – AE=BS

Pulse rate – 90/m                      Blood pressure –  
130/90 mmhg

Weight – 50 kg                      Height – 158 cm

### AshtavidhPariksha

Nadi- Vatapradhanpitta

Mala – Samyak  
 Mutra – Samyak  
 Jivha – Sama  
 Shabda – Spashta  
 Sparsh – Ushna  
 Druk – Pandu  
 Akrti – Madhyam

### Local Examination

A round, smooth, hairless patch present on the Scalp.

### Investigations

Routine investigations were done.

After screening the patient we came to know that he was suffering from Alopecia areata.

### Intervention

- Prachhan
- Negative vacuum pressure
- GunjabeejLepa

### Assessment Criteria

- Number of Patch - 1
- Appearance of patch - Bald spot over the scalp
- Photographs

### Material used

1. Surgical Blade no 21
2. Syringe 5 cc
3. ShodhitGunjaBeeja

### Method

Prachhan Karma was done on the bald spot after every five days and every time a Vacuum pressure was created over the Prachhit area. Followed by Gunjabeejalepa. Same procedure was done for 1 month.



Before Treatment



After 5 months

### DISCUSSION

The Treatment enables the damaged hair follicles to recover through their inherent regenerative capacity, do not affecting directly on the damages hair follicle. Basically Prachhan relieves the blockage at the root of hairs, very rightly said by Acharya Sushruta 'Prachhane Pinditehitam'<sup>5</sup> and stimulates scalp metabolism by improving blood

circulation. This process purifies the blood and helps to provide the nutrition to the hairs. While the vacuum pressure over the prachhit area increases the blood flow to the area by which obstructive reveals in micro channels and enhances the supply of nutrients to hair follicles, definitely proved supportive to the Prachhan. It was created by using a 5 cc syringe cut ed in special manner from its front side So that it will prevent the blood and air to escape out (can also use typical vacuum machine). This procedure was followed by Gunjabeejalepan for 2 mintus, Shodhit Gunjabeeja is Tridoshshamak especially VatapittaShamak, Keshya and Vranaropak. These whole procedures prevent hair fall and helps to regrowth of Hairs.

## CONCLUSION

From the above case it can be concluded that Prachhan Karma with Vacuum pressure over the Prachhit area followed by Gunjabeejalepa application helps in the regrowth of hairs. So there is scope for further study on large sample size.

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