



**TO STUDY THE EFFICACY OF PRACHCHHANA KARMA AND SHYONAKADI TAILA  
ALONG WITH BHRINGRAJADI RASAYANA IN THE MANAGEMENT OF  
INDRALUPTA W.S.R. TO ALOPECIA**

**Dr. Pradeep Kumar Pradhan<sup>\*</sup>, Dr. Balendra Singh<sup>\*\*</sup>, Dr. Arundhati Dewangan<sup>\*\*\*</sup>, Dr. Purnima Rajput<sup>\*</sup>,  
Dr. Shweta Singh<sup>\*\*\*\*</sup>**

<sup>\*</sup>PG Scholar, PG Dept. of Shalya Tantra, Govt. Ayu. College, Raipur, Chhattisgarh, India.

<sup>\*\*</sup>Lecturer, PG Dept. of Shalya Tantra, Govt. Ayu. College, Raipur, Chhattisgarh, India.

<sup>\*\*\*</sup>Lecturer, Dept. of Swasthavritta, S.B.L.D.A.V.B.G.V.M., Sardarshahar, Rajasthan India.

<sup>\*\*\*\*</sup>M.D. Samhita Siddhanta, Govt. Ayu. College Campus, Raipur, Chhattisgarh, India.

**\*Author for Correspondence: Dr. Pradeep Kumar Pradhan**

PG Scholar, PG Dept. of Shalya Tantra, Govt. Ayu. College, Raipur, Chhattisgarh, India

Article Received on 13/09/2015

Article Revised on 04/10/2015

Article Accepted on 25/10/2015

**ABSTRACT**

Hair is one of the most defining aspects of our appearance. The loss of hair not only affects the image of healthy person but it can cause dramatic and devastating emotions in patients that can negatively impact quality of life. Various factors like faulty hair care, hormonal imbalance, pollution, stress, improper life style, using of chemical hair products etc are causing hair loss today which is termed as 'Indralupta', 'Khalitya' and 'Ruhya' in Ayurveda. Indralupta is a one of the Rakta Pradoshaja vikara and also a sign of Jaravastha, for which Raktamokshana (Prachchhana) and Rasayana therapy is chiefly mentioned. Shiro-abhyanga by Taila is mentioned as a daily regimen to maintain health of hair. So, considering with all these aspect, Prachchhana karma (Raktamokshana), Shyonakadi Taila Shiro-abhyanga and Bhringrajadi Rasayana has been selected to evaluate the efficacy in Indralupta. Total 30 patients have been registered for this clinical study. After the completion of clinical trial impressive result have been found. Prachchhana karma and Shiro-abhyanga are effective to break the Samprapti of Indralupta whereas Rasayana helps to balance the doshas and provides good nutrition to hair follicles by which cessation of hair fall and better growth of hair achieved.

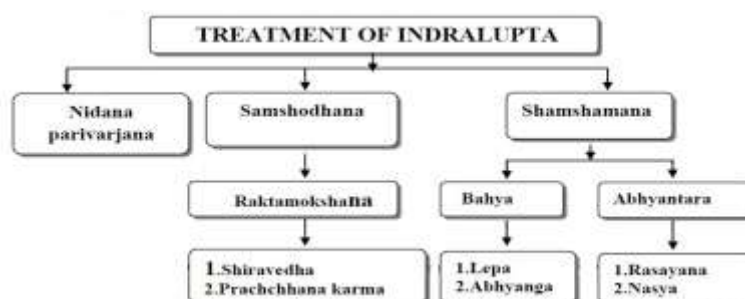
**KEYWORDS:** Indralupta, Hair loss, Prachchhana, Shiro-abhyanga, Rasayana.

**INTRODUCTION**

'Indralupta' is concern with meaning 'loss of hair' which may be a result of various pattern of hair fall. Vitiated Pitta along with Vata by involving the hair roots (Romakupa) causes fall of hair and there after Shleshma along with Shonita obstruct the process of regeneration of new hair; this condition is known as Indralupta, Khalitya or Ruhya.<sup>[1,2,3,4]</sup>

Indralupta is described under the caption of Shirogat Roga.<sup>[5,6]</sup> Hair loss occurs due to the over indulgence in Kshara<sup>[7]</sup>, Lavana<sup>[8]</sup>, Viruddha ahara<sup>[9]</sup>, involvement of Krimi<sup>[10]</sup> (micro organism) and ignorance of Pratishtyaya<sup>[11]</sup> (leads to Dustapratishyaya). The cardinal symptom of Indralupta is "loss of hair" and its Swabhava is 'Aniyata'<sup>[12]</sup> i.e, referring to the unpredictability of onset, duration and progression of the disease.

The line of treatment for Indralupta is as follows



The all Acharyas have emphasised pathogenesis which initiated primarily because of vitiated Pitta entering the Romakupas. In this regards it is clear that Pitta is the dominant dosha in pathogenesis of Indralupta, because nidana sevana which vitiate the Pitta dosha also causes the Rakta dhatu dushti due to similar properties of Pitta and Rakta. Finally this condition leads to Indralupta disease.

- **Nidana parivarjana**<sup>[13]</sup>: It includes avoidance of all the causative factors mentioned for the disease Indralupta as well as nidana of shiroroga.

- **Shamshodhana Chikitsa**: Shamshodhana procedure i.e. Siravedhana janya Raktamokshana is considered as half the treatment in Shalya Tantra just like Vasti therapy in kaya chikitsa.<sup>[14]</sup> Raktamokshana procedure Prachchhana is widely indicated for the treatment of Indralupta.<sup>[15,16]</sup>

- **Shamshamana**: After adequate Shamshodhana patient of hair loss should be subjected to Nasya<sup>[17]</sup>, Shiro-abhyanga<sup>[18]</sup>, Shirolepa<sup>[18]</sup> and Rasayana.<sup>[18]</sup>

So, Prachchhana karma and Shyonakadi taila<sup>[19]</sup> Shiro-abhyanga along with Bhringrajadi Rasayana<sup>[20]</sup> has been chosen for the management of Indralupta.

## METHODOLOGY

Total 30 patients were registered from the O.P.D. of Shalya Tantra Department of Govt. Ayurvedic College Hospital, Raipur (C.G). Patients of either sex were included between the ages of 18 to 50 years. Patients, whose age is less than 18 and above 50 years, having any systemic disease and symptoms with Asadhya lakshana<sup>[19]</sup> were excluded. Necessary steps have been taken to exclude other condition as per facilities available in the institute.

### Grouping of Patient

- **Group A**: 15 patients of this group were managed by Shyonakadi Taila Shiroabhyanga along and Bhringrajadi Rasayana oral medication for 2 months.

- **Group B**: 15 patients of this group were managed by Shyonakadi Taila Shiroabhyanga and Bhringrajadi Rasayana oral medication for 2 months along with Prachchhana karma once in a week for 1 month.

### Clinical assessment

**Subjective**: Cessation of hair fall and reduction of hair loss, dandruff and roughness of hair were counted as main feature to assess the effect of therapy.

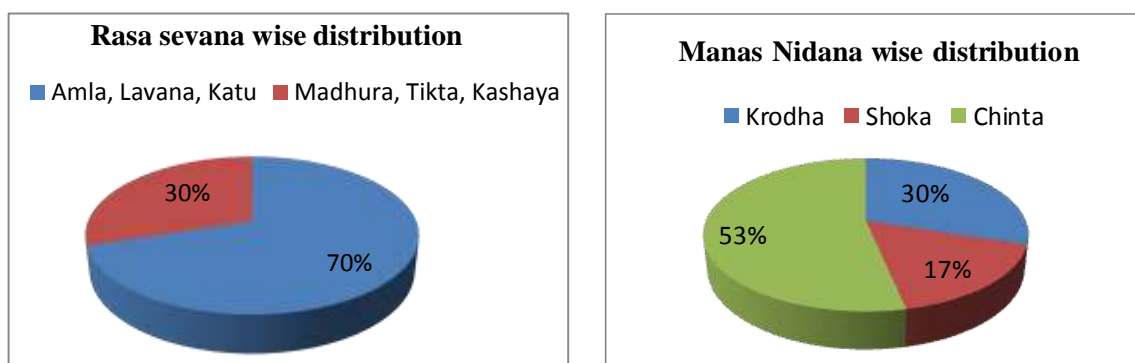
**Objective**: Routine haematological investigations were carried out to assess present status and pathological condition of the patient.

### Criteria for assessment

**Table 1. Gradation of Main Symptoms of Indralupta**

SYMPTOMS OF HAIR LOSS	SYMPTOMS OF HAIR FALL	SCORE
Scalp not seen by naked eye	Absent	0
Scalp slightly seen by naked eye	Mild (hair fall on washing)	1
Scalp more appropriately seen by naked eye	Moderate (hair fall on combing)	2
Scalp can be seen by naked eye	Severe (hair fall on simple strengthening)	3
SYMPTOMS OF DANDRUFF	SYMPTOMS OF ROUGHNESS OF HAIR	SCORE
Absent	Smooth hair surface	0
Mild	Occasional roughness of hair surface	1
Moderate	Slight roughness of hair surface	2
Severe	Rough hair surface	3

### OBSERVATION AND RESULT



**Figure 1: Observation of distribution of the patients**

**Table 2: Result of therapy in Group - A**

S. No.	Sign and Symptoms	Mean		% of Relief	S. D.	S. E.	t-value	p- value	Remarks
		BT	AT						
1	Hair loss	1.66	1.26	24%	0.50	0.13	3.05	<0.01	S
2	Hair fall	1.86	0.53	71.42%	0.61	0.15	8.36	<0.001	H S
3	Dandruff	1.26	0.33	73.68%	0.70	0.18	5.13	<0.001	H S
4	Roughness of Hair	1.66	0.33	80%	0.72	0.18	7.13	<0.001	H S

**Table 3: Result of therapy in Group - B**

S. No.	Sign and Symptoms	Mean		% of Relief	S. D.	S. E.	t- value	p- value	Remarks
		BT	AT						
1	Hair loss	1.6	1.0	37.50%	0.50	0.13	4.58	<0.001	H S
2	Hair fall	1.6	0.26	83.33%	0.99	0.23	5.73	<0.001	H S
3	Dandruff	1.13	0.20	82.35%	0.79	0.20	4.52	<0.001	H S
4	Roughness or Hair	1.33	0.20	85.00%	0.74	0.19	5.90	<0.001	H S

**Figure 2 (A) Before Treatment (B) After Treatment****(C) Before Treatment (D) After Treatment****DISCUSSION**

70% patients were having dominancy of Amla, Lavana and Katu Rasa in their routine diet. These Nidanans are responsible for the vitiation of Pitta, Vata and Kapha. 53.33% and 30.00% of patients were having Chinta and

Krodha respectively, which is responsible for the vitiation of Vata and Pitta.

In Group-A, percentage of relief in the symptoms of Hair loss, Hair fall, Dandruff and Roughness of hair are 24.00%, 71.42%, 73.68% and 80%, whereas in Group-B percentage of relief in above symptoms are 37.50%, 83.33%, 82.35% and 85% respectively.

In Panchakarma therapy, the vitiated Doshas are purified whereas in Raktamokshana to let out Rakta Dhatu along with vitiated Doshas where Rakta Dhatu is predominant. All features of Shyonakadi Taila reduce the Pichchhilata, Guruta and Sheetata of Kapha which opens the all Blockages of Strotasa. The combination effects of this drug help to break Samprapti Vighatana of Indralupta. All properties of Rasayana induce the balance of Vata, Pitta and Kapha doshas in the body and leads to Prashasta Rasa-Raktadi dhatu nirmana<sup>20</sup> which promote the growth of hair.

**CONCLUSION**

In study of Nidana; Amla, Lavana, Katu and Kshara Pradhana Dravy, Chinta and Krodha are the responsible etiopathological factors for the development of Samprapti of Indralupta. Pitta Pradhana Tridosha is responsible for causing Indralupta. Vitiated Pitta along with vitiated Vata leads to Romakupa and causes fall of hair, then vitiated Kapha and Rakta dosha obstruct the Romakupa which inhibit the regeneration of new hair at that place. Being a Mala of Asthi dhatu, the disturbance in Prashasta dhatu nirmana or dhatu kshaya also plays an important role to cause Indralupta.

In result of therapy, it can conclude that Prachchhana Karma removes the enhanced Pitta dosha and induces neovascularisation in the scalp which promote further growth of hair. It also facilitates good absorption of drug after application as Shiro-abhyanga.

Shyonakadi Taila Shiro-abhyanga is effective in liquefying dried Kapha in the pores of scalp locally, carrying up the obstruction offered to growth of new

hair. It also removes the local infection and help in checking hair fall, thus helps in the cessation of future process of Indralupta.

Bhringrajadi Rasayana promotes the hair growth through its property of Rasayana, Keshya, Keshavardhana, Balya etc. It helps to eradicate infection by its Krimighna, Kandughna and Vishaghna properties.

Better result has been obtained in all symptoms of Indralupta by the therapy of Group 'B' than Group 'A'. It is due to the combination effect of Shodhana (Raktamokshana by Prachchhana), local application of medicine (Shiro-abhyanga by Shyonakadi Taila) and Rasayana sevana (oral medication of Bhringrajadi Rasayana).

#### REFERENCES

1. Shabdakalpadruma; page no. 211; Raja Radhakanta Devam Chaukhambha Sanskrit Series, Varanasi.
2. Sushruta Samhita of Sushruta, Nidansthana 13/32-33, with the Nibandhasamgraha Commentary of Shri Dalhanacharya: Reprint edition, 2009, Vaidya Jadavji Trikamji Acharya, Chaukhamba Surbharti Prakashana, Varanasi.
3. Astanga Samgraha; Uttarsthana 27/18; Reprint edition, 2011, by Atridev Gupta, Published by Choukhambha Samskrit series, Varanasi.
4. Astanga Hridaya with the commentaries, Sarvangasundara of Arundutta and Ayurveda rasayana of Hemadri; Uttarsthana 23/24-26; Reprint edition, V.S. 2066 Published by Choukhambha Samskrit series, Varanasi.
5. Astanga Samgraha; Uttarsthana 27/2; Reprint edition, 2011, by Atridev Gupta, Published by Choukhambha Samskrit series, Varanasi.
6. Astanga Hridaya with the commentaries, Sarvangasundara of Arundutta and Ayurveda rasayana of Hemadri; Uttarsthana 23/1-2; Reprint edition, V.S. 2066 Published by Choukhambha Samskrit series, Varanasi.
7. Charaka Samhita Vimana sthana 1/17; Reprint edition 2007, Elaborate edited with 'Charaka Chandrika' hindi Commentary along with special deliberation etc. by Dr. Brahmanand Tripathi; Chaukhamba Surbharti Prakashan, Varanasi.
8. IBID; Charaka Samhita Vimana sthana 1/18.
9. IBID; Charaka Samhita Vimana sthana
10. IBID; Charaka Samhita Vimana sthana 7/11.
11. IBID; Charaka Samhita Chikitsa sthana 26/107-109.
12. Madhava Nidana with Madhukosa commentary of Sri Vijayarakshita and Srikanthadatta and Vidyotini Hindi commentary; 55/28-29; Reprint edition, 2007, by Sudarshana Shastri, Chaukhambha Surbharti Prakashan Varanasi.
13. Sushruta Samhita of Sushruta with the Nibandhasamgraha Commentary of Shri Dalhanacharya; Uttarsthana 1/25 Reprint edition, 2009, Vaidya Jadavji Trikamji Acharya, Chaukhamba Surbharti Prakashana, Varanasi.
14. IBID; Sushruta Samhita Sharirasthana 8/23.
15. IBID; Sushruta Samhita Chikitsasthana 20/24- 24.
16. Astanga Samgraha; Uttarsthana 28/34-35; Reprint edition, 2011, by Atridev Gupta, Published by Choukhambha Samskrit series, Varanasi.
17. IBID; Astanga Hridaya Sutrasthana 20/4.
18. Sushruta Samhita of Sushruta with the Nibandhasamgraha Commentary of Shri Dalhanacharya; Chikitsasthana 20/24-26; Reprint edition, 2009, Vaidya Jadavji Trikamji Acharya, Chaukhamba Surbharti Prakashana, Varanasi.
19. Chakradatta; Kshudraroga Chikitsa; 3<sup>rd</sup> edition, 1997, By Dr. Indradeva Tripathi, Chaukhamba Samskrit Sansthan, Varanasi.
20. Bhaisajya Ratnavali; 73/28-29; Edition 2012, By Kavi Raj Ambica Dutt Shastri, Chaukhamba Sanskrit Sansthana Varanasi.