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Management of *Khalitya* through *Pracchana* followed by *Vanadhanyakadi Lepa* - A Case Report

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ABSTRACT

Alopecia is caused by androgen and genetic factors. Androgens cause hair follicles to shrink and eventually disappear if they are not addressed. It is inherited as an autosomal dominant trait. A 26-year-old male presented to the Panchakarma OPD Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, with complaints of gradual hair loss and scalp itching over a two-year period. It was diagnosed as a case of *Khalitya* and was treated with *Udwartana* to *Shira Pradesha*, *Pracchana*, and *Lepa* application. The Norman Hamilton scale, hair pull test and symptoms before and after treatment were used to evaluate the case. Following treatment, there was a significant reduction in symptoms and significant hair growth.

Key words: Ayurveda, *Khalitya*, *Pracchana*, *Lepa*, *Nasya*, Case Report

INTRODUCTION

Hair has been traditionally associated with beauty and grandeur. Long, thick hair has been a symbol of attractiveness and it has a significant impact on the cosmetic industry in civilized nations. In this era where grooming and appearances are vital, hair loss can highly distressful and may impact on the quality of life of an individual. The overall incidence of Alopecia is approximately 20.2 per 100,000 people. The prevalence

of Alopecia ranges from 0.1 to 0.2%, depending on the geographic location and ethnic background. Alopecia incidence appears to increase almost linearly with age, but the mean age of onset appears to be between 25 and 36 years. Androgenic alopecia affects about 60% of men, throughout their lives, and probably 25% of women.^[1]

Alopecia may be associated with hyperthyroidism, psoriasis, stress, inflammatory bowel disease. The active phase, also known as the anagen phase, is the first of three stages in the hair cycle. The hair develops and replaces the old hair during this period, and it continues to grow for several weeks to a few years. Catagen is the second phase, which is the transition from active to resting hair and can take up to three weeks. Telogen is the third stage of hair growth in which hair remains in the scalp without developing and can be removed by pulling and combing the hair. Also, the hair may remain at this stage until the new hair grows and naturally pulls the old hair out and this phase might last up to three months.

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Acharya Charaka classified Khalitya under Shiroroga and Acharya Vagbhata considered it under Kapalagata Roga,^[2] while Acharya Sushruta,^[3] Vridda Vagbhata,^[4] Yoga Ratnakara and Madhavakara, has included Khalitya disease under Kshudra Roga. Which is due to mildness of the disease.^[5] Treatment of Khalitya is Raktamokshana, it is the only Shodhana procedure where the vitiated Doshas are taken out from the Shakhas itself by creating an artificial route. Pracchana is one among the Shastrakrita Raktamokshana in which multiple small incisions are made in wide area to irrigate the impure blood. Here we have taken it as the pre therapy to Lepa to enhance the efficacy of Lepa.^[6]

CASE REPORT

Patient information

A 26-year-old male patient presented to the Out Patient Department of Panchakarma, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, with complaints of hair loss and itching on the scalp for the past three years.

Clinical findings

The patient was asymptomatic for three years before experiencing gradual hair loss and scalp irritation. Before three years, there was an episode of hair donation and following that, he began to notice patchy hair loss. It was first noticed on the parietal part of the scalp and subsequently progressed day by day. These patches were approximately 2-3cm in size. It had spread throughout the entire scalp within three months. He has been on contemporary treatment for two years and has seen no progress. So, he approached Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, for improved management. First degree relatives had no family history of this condition. There had been no history of known endocrinological abnormalities.

Dashavidha Pariksha

The patients Prakriti (~body constitution) was Pitta Vataja, whereas the Vikriti (~ abnormal body constitutions) was Tridoshaja, Satva (~will power) was Avara, Samhanana (~compactness), Sara (~essence of

tissues), Satyma (~homologation), Ahara Shakti (~ability to assimilate food), Vyayama Shakti (~ability to perform strenuous work), Vaya (~age) and Bala (~strength) was Madhyama.

Treatment timeline

Table 1: Different therapy procedures performed, their ingredients and the duration

Procedure	Ingredients	Duration
Udwartana (~Powder massage) to Shiras	Triphala Churna ^[12] Nimba Churna ^[12] Bhringaraja Churna ^[12]	1 st -5 th day, 7 th - 9 th day
Pracchana (~bloodletting therapy) followed by Lepa	Vana Dhanyaka, ^[15] Triphala, Icchabedi Rasa ^[17]	6 th - 9 th day
Mukhabhyanga (~Abhyanga to the face with oil) with Ksheerabala Taila Followed by Nasya (~medicated nasal drops)	Shadbindu Taila ^[18] (~7ml in each nostril)	1 st to 9 th day Once a day in the morning before food.

Table 2: Medications that are prescribed during discharge (10th to 40th day)

Medication	Dosage
Bhringarajasava ^[16]	30ml with equal quantity of water twice daily after food
Shadbindu Taila ^[18]	Pratimarsha Nasya in each nostril twice in the morning and evening before food
Bhringaraja Churna ^[12] Nimba Churna ^[11] Triphala Churna ^[12] Yashtimadhu Churna ^[13]	Mix 5 grams of each Churna with water to form a 3mm thickness It was used in the morning Allow it to dry for 20 minutes before rinsing with lukewarm water.

Assessment Criteria**Table 3: Keshabhumi**

No hair fall	Grade 0
Hairfall once while washing hairs	Grade 1
Hairfall on combing	Grade 2
Hairfall even without combing and raised hairline in frontal region (severe hairfall without any manipulation)	Grade 3

Table 4: Darunaka

Absent	Grade 0
Mild	Grade 1
Moderate	Grade 2
Severe	Grade 3

Table 5: Kesha Bhoomi Rukshata

Smooth hair surface	Grade 0
Occasional rough hair surface	Grade 1
Slight rough hair surface	Grade 2
Rough hair surface	Grade 3

Table 6: Kesha Bhoomi Kandu

Absent	Grade 0
Mild itching	Grade 1
Moderate itching	Grade 2
Severe itching	Grade 3

Table 7: Pull Test

0-10	Grade 0
11-15	Grade 1
16-20	Grade 2
Above 20	Grade 3

Table 8: For Male Pattern Baldness: The Modified Norwood – Hamilton Scale

SN	Stages	Grading
1.	Full head of hair without any hair fall	0
2.	Minor recession at the front of the hairline.	1
3.	Further loss at the front of the hairline which is considered "cosmetically significant"	2
4.	Progressively more loss along the front hairline and at the crown	3
5.	Hair loss extends toward the vertex	4
6.	Frontal and vertex balding areas merge into one and increase in size	5
7.	The last stage of male-pattern baldness in which all hair is lost along the front hairline	6

Table 9: Outcome

SN	Symptoms	Before treatment (1 st day)	After treatment (40 th day)
1.	<i>Kesha Shatana</i>	3	1
2.	<i>Kesha Bhoomi Rukshata</i>	3	2
3.	<i>Kesha Bhoomi Kandu</i>	2	1
4.	<i>Darunaka</i>	0	0
5.	Hair pull test	3	1
6.	The Modified Norwood – Hamilton Scale	4	3

DISCUSSION

Khalitya is *Pitta Pradhana Tridoshajanya Vyadhi* along with *Rakta*. Vitiated *Bhrajaka Pitta* along with vitiated *Vata* leads to weakening of the hair from the hair roots. Vitiated *Kapha* along with *Rakta* obstruct the hair roots which prevent further hair growth.^[7] *Pracchana Karma* enables the damaged hair follicles to recover through their inherent regenerative capacity. It relieves the

blockage at the root of hairs, “Pracchane Pinditehitam” & stimulates scalp metabolism by increasing blood circulation.^[8]

Pracchana increases the circulation in the scalp. It removes the vitiated *Raktha* and *Kapha* which obstructs the hair roots.^[9] Pracchana is done as the pre therapy to *Lepa* to enhance the efficacy of *Lepa*. Pracchana improves the perifollicular vascularisation and strengthens the hair follicle. *Nasya* is main line of treatment in *Urdhwajatrugata Vikaras* as drug administered through the nostrils reaches *Uttamanga* and expels the morbid *Doshas* residing there.

Udwartana opens the minute channels and improves blood as well as lymphatic circulation. It is *Kapha*, *Vatahara* and removes *Aavarana* or *Srotorodha*.^[10] The drugs used for *Udwartana* are *Nimba*, *Triphala*, *Bhringaraja*, *Yastimahdu*. The property of *Nimba* is having *Krimihara*, *Pittahara*, *Vishahara*, *Kandughna* and *Kushtahara*.^[11] *Triphala* is *Kushtahara*, *Kaphapittaghni*.^[11] *Bhringaraja* is having *Keshya*, *Twachya*, *Vishaghna* and *Krimihara* property.^[12] *Yashtimadhu* is *Keshya*, *Vishapaha*.^[13] Through drugs only *Virya* of *Aushadhi* will be absorbed ^[14] Fresh *vanadhanyaka* leaves (*E. foetidum*) have been assessed for anti-convulsant, anthelmintic, and its extract is a potential source of natural products with topical anti-inflammatory activity. Also analgesic, antimalarial and antibacterial properties were reported from traditional use.^[15]

Bhringarajasava ^[16] is a compound herbal formulation consisting of *Bhringaraja* as active ingredient along with *Pippali*, *Jatiphala*, *Lavanga Ela*, *Tamalapatra*, *Tamala*, *Nagakesara* and *Gudam* Its other properties include *Balyam* (~nutritive), *Brimhanam* (~tonic), *Rasayanam* (~Rejuvenative), *Hridyam* (~cardiotonic), *Vishaharam* (~anti-toxic) and *Krimighnam* (~anti-bacterial).

Phorbol esters present in *Jayapala*^[17] have skin irritant effect and it regulates cell growth and cell differentiation thus favours the regrowth of hair.

Ksheerabala Taila^[18] is *Vatashamaka* (~pacifies *Vata*) and is *Balya* (~strengthens muscles) in nature and was prescribed for *Abhyanga*. *Shadbindu Taila*^[19] has been

mentioned as *Pratimarsha Nasya*. It has been indicated in all *Shira Rogas*, its helpful in *Kesha Chalita* (~hairfall).



CONCLUSION

In this generation, poor lifestyle choices have made a substantial contribution to premature hair loss. People have turned to Ayurveda because to the failure of conventional techniques. The success of this case demonstrates how Ayurveda may perform work wonders in cases of *Khalitya*.

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