



Case Report

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Management of Alopecia by bloodletting and certain Ayurveda medicine: A case study

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ABSTRACT

Continuously increasing industrialization and urbanization has posed greater threat on health of hair due to pollution, contamination of water, air and stress. There is an increase in the incidence of Alopecia (Hair Fall). Alopecia can be correlated with *Khalitya* described in *Ayurveda*. *Ayurveda* treatment provides a holistic approach like *Shodhana* (purification), *Shamana* (palliative medicine), *Nidana Parivarjana* (abstaining from etiology) and *Rasayana* (Rejuvenation). A male patient aged 23 years with complaint of excessive hair fall more than 150 hairs in a day resulting in baldness in forehead, dandruff and Itching all over head was managed by *Abhyanga* with *Dhurdhurpatradi Taila* followed by modified bloodletting technique and certain internal *Ayurvedic* drugs *Withinia somnifera*, *Asparagus recemosus*, *Glycerhiza glabra Churna* 2 gms each and *smilax china* 1 gm twice a day with water, *Kaishor Gugullu* 500mg three times a day. 5 Sitting of blood letting once in every week were done. Patient had complete relief in dandruff, itching in scalp, and marked relief in hair fall. The numbers of hair fall daily were less than 20. New hair follicles started to grow in the upper forehead and patient was satisfied and happy with *Ayurveda* approach.

Keywords: Alopecia, *Khalitya*, *Dhurdhurpatradi Taila*, Bloodletting technique.

INTRODUCTION

Hair forms an important anatomical structure of the body which not only has protective function but also adds beauty to the face. Increasing industrialization and urbanization has posed greater danger on health of hair due to pollution, contamination of water, air and stress factors. There is an increase in the incidence of Alopecia (Hair Fall). Alopecia can be correlated with *Khalitya*^[1] described in *Ayurveda*. Alopecia refers to absence or loss of hair, especially of the head^[2]. *Khalitya* is a *ShiraKapalgata Vyadhi*. *Ayurveda* treatment provides long lasting results and a better life to patients through its basic principles of treatment i.e. *Shodhana* (purification), *Shamana* (palliative medicine), *Nidana Parivarjana* (abstaining from etiology) and *Rasayana* (Rejuvenation). As the pathogenesis of *Khalitya* is *Pitta Pradhan*^[3] with *Rasa, Rakta Dusti, Raktamokshana* is suitable *Shodhana* for the disease which eliminates the vitiated *Pitta* and *Rakta*^[2]. Some internal medicine along with course of *Prachhana* provides additional relief and thus helps in management of the *Khalitya* (Alopecia).

PATIENT INFORMATION

A male unmarried patient aged 23 years came to the *Panchakarma* OPD with registration number 1229112016 at National Institute of *Ayurveda* Jaipur, India with complaint of dandruff and Itching all over head, excessive hair fall resulting in baldness in forehead. The average number of hair fall is more than 150 hairs in a day. Hairs that fall on pillow and on combing were counted. He was unable to concentrate on work since 2 months and was on stress due to fear of changing look due increasing hair fall. As per patient, he was asymptomatic before 3 years back and then he developed hair fall which gradually increased. Patient did not get proper relief in last 3 years from different Allopathic treatments so came for *Ayurveda* management. Dietary history shows that he had irregular food habit and mixed diet (vegetarian and non-vegetarian) with high intake of hot spicy food. Patient was not addicted to drinking alcohol, smoking and chewing tobacco. No personal and family history of any major systemic illness was present. *Ratrijagarana* and stress regarding the disease were present as etiological factor. The symptoms of the disease were progressive.

ASSESSMENT: Patient was advised to count the number of hairs that fall in pillow in morning and on first combing. The number of hair fall was counted after treatment and in follow up. Subjective response of the patient on Itching was assessed. New hair follicle growth assessed. Photographs were taken.

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CLINICAL FINDINGS

On physical examinations patient was found afebrile with Blood pressure - 114/80 mm of Hg, Pulse rate - 76/minute, R.R. - 18/minute. On Systemic examination no abnormality was found in respiratory, cardiovascular and central nervous system activity. On scalp and head examination dandruffs were visible shiny whitish and bald forehead with scattered hair loss from the vertex. The patient was *Vata Pitta Prakruti*, having *Krura Koshta* and *Madyam Bala*. *Rasavaha*, *Raktavaha*, *Asthivaha*, *Manovaha*, and *Swedovaha* *Srotodushti* *Lakshanas* were observed.

THERAPEUTIC INTERVENTION

Patient was treated OPD basis. Patient was advised to perform local *Abhyanga* of scalp with *Dhurdhurpatradi Taila*^[3] for 1 week followed by *Pracchana*^[4] (local bloodletting) by modified technique in scalp once in a week for 5 week. *Ayurveda* drugs *Amalaki Churna* 2gmmixed with *Vidanga Churna* 1gm twice a day, (*Aswagandha*^[5] (*Withania somnifera*), *Sathawari* (*Asparagus recemosus*), *Madhuyesthi* (*Glycerhiza glabra*) *churna* 2 gms each and *chopchini* (*Smilax china*) 1 gm twice a day with water, *Kaishor Gugullu*^[6] 500mg three times a day) and *Pathya Aahar* (dietetic regimen) were advised from day 1 till last sitting of blood letting.

Abhyanga Procedure

Patient was advised to do scalp *Abhyanga* mainly on hair roots himself with *Dhurdhurpatradi Taila* in the morning everyday half hour before bath for 7 days.

Local Bloodletting

From 7/12 /16 modified technique of *Pracchana* was done and Observations for *Samyak pracchana* (signs of proper purification) were made. Patient was stable and felt slight pain during the procedure but was tolerable. Patient was advised to keep the head clean and covered with loose cap.

Pre-procedure

The patient was informed regarding the procedure and made to sit in a chair. The forehead was cleaned with normal saline and part was prepared.

Procedure

Fine 26 × ½ (0.45× 13 mm) number insulin needle was taken and fine superficial pricking was done to let the blood ooze out from the area. The whole targeted area was pricked. Replacing of a new needle is done once there is difficulty in pricking or when the patient complained of increasing pain. Patient was advised to bear slight pain due to pricking. On subsequent sitting patient got used to with the pricking. After complete pricking once the oozing of blood stopped the area was cleaned with spirit swab. After complete cleaning when there was no oozing of blood patient was advised to cover the head with clean cloth or cap.

Post Procedure

Patient was advice to keep head clean and prevent exposure to dust.

FOLLOW UP & OUTCOMES

After a month Till 5th sitting of treatment patient had complete relief in dandruff, itching in scalp, and marked relief in hair fall. The numbers of hair fall daily were less than 20. New hair follicles started to grow in the upper forehead and patient was satisfied and happy with

Ayurveda approach. Same improved status sustained and no symptoms aggravated even after 3 months follow up. There was no itching and dandruff. Hair fall was very nominal or not a matter to think for patient. There were diffuse new hair growth in forehead.

(Photo image 1-2)



Figure 1: B.T.



Figure 2: A.T.

DISCUSSION

The *Ushna* & *Teekshna*, *Vidahi Ahar* leads to *Pitta Dushti*, while the *Ruksha Guna Yukta Ahar* leads to *Vata Dusti*, *Vikshepana Guna* of *Vata* leads to *Kesa Bhanga/ Chyuti*. Later the *Ghana, Guru, Sthira Gunas* of *Kapha* influence the *Rakta* and leads to *Avarodha* or *Sanga* in the *Romakupas*. Excessive indulgence in cold water and cold weather leads to *Vata* and *Kapha Doshas*. *Atapa Atisevana*, *Raja* and *Dhooma Sevana* means excessive exposure to heat, dust and fumes, without proper protection to head which may result in excessive sweating. *Ati maithuna* increases *Vatadosha*, *Atiswapna* and *Ratrijagarana* leads to *Kapha* and *Vata* respectively, *Vegavarodha* leads to *Vata vaigunya*. *Manas Hetu Chinta Soka*, *Krodha*, *Bhaya* all these are responsible to increase *Vata* and *Pitta Dosa Dusti* there by *Rasa Dusti* which in turn leads to vitiation of other *Doshas*. *Rogmarga* is *Bahya* and *Adhithana* is *Kesabhoomi*. *Raktamokshana* is a specific process for elimination of *Rakta* and *Pitta Dosh*. Though *Pracchana* is a specific modality for the elimination of *Rakta Dosh* but it is also effective upon *Pitta and Kapha* and widely used as a *Shodhana* therapy in routine for local *Raktamokshana*. Being a good *Rasayana* *Kaishora Guggulu* was preferred. It may have corrected *Raktadushti* (vitiation of blood) and had helped in supplying pure fresh blood to scalp region. (*Aswagandha* (*Withania somnifera*), *Sathawari* (*Asparagus recemosus*), *Madhuyesthi* (*Glycerhiza glabra*) *churna* 2 gms each and *Suddha Gandhaka* 250 mg 3

times a day with water were advised as *Dhatu Suddhikara* and *Rasayana*. Patient was strictly advised to follow healthy dietary and lifestyle regimen. Thus the internal medicines and healthy dietary and lifestyle regimen used after *Sodhana* (body purification) helped in management of Psoriasis.

CONCLUSION

There was marked improvement in the case of Alopecia. Patient had complete relief in dandruff, itching in scalp, and marked relief in hair fall. Alopecia (*Khalitya*) though is difficult to manage, but *Abhyanga* followed by *Pracchana* modified bloodletting and internal medicines can be good option for better management.

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