

A ROLE OF RAKTAMOKSHAN IN KHALITYA: A CASE STUDY**Dr. Sachin Khushalrao Kudmate^{1*}**

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ABSTRACT

In Ayurvedic text gradual hairfall is known as khalitya. Acharya Charaka described it under Shiroroga on the basis of sthan (Location) of the disease. In modern science Khalitya is termed as Alopecia or baldness. Now a day's hair fall is very increasing issue in any age and any sex. Unfortunately, no reliable curative treatment is available. In Khalitya there is a partial or complete hair loss mainly from the scalp. Androgenic alopecia is a non-scarring and diffuse type of alopecia. Characteristically, this involves bitemporal recession initially and subsequent involvement of the crown (male pattern), although it is often diffuse in women. Among non-scarring type of Alopecia androgenic type is more common, especially in young males and occurs because of accumulation of metabolites of hormones in scalp skin leading to hair fall. Modern science has only hair transplant as ultimate treatment, but this procedure is very costly and other topical and oral medication has serious side effects on body, therefore, it is needed to manage this disease from Ayurvedic point of view. Healthy

hairs not only attract everyone, but also improve the personality of an individual. Baldness is like a curse for one's look and personality. Hair fall is more common in males as compared to females. Khalitya is seen commonly in the age group of 18-40 years. According to various studies up to 40% of male and 25% of female in India are suffering from hair fall. In allopathic medicine many drugs are used for treating hair fall but there are some limitations due to their adverse effects. In Ayurvedic text various chikitsa Bahya as well as Abhyantar are mentioned for Khalitya. In allopathic medicine many drugs are used for treating hair fall but there are some limitations due to their adverse effects. In Ayurvedic text various chikitsa

Bahya as well as Abhyantar are mentioned for Khalitya. There are various research studies conducted are in effect of Nasya, Lepa in Khalitya Roga. In this article we are discussing the case study in which patients got good results in khalitya.

KEYWORDS: Khalitya, Androgenic alopecia, Hair fall, Raktamokshan, Jalaukavacharan, Pracchan Karma

GENERAL CONSIDERATION

Hair improves humans personality and beauty. Ayurveda is a big ocean of knowledge in which not only the systemic disease, but also local minor diseases is described in detail. Hair fall is one of the minor diseases which is affecting approximately 1.7% of the world population and is still challenging task for physicians. Hair fall has been described in Ayurveda by the name of Khalitya under the heading of Kshudra roga (minor disease).

Now a day occurrence of Kshudra roga is very high in society, Khalitya is among of those. In today's developing world, there are lots of changes in the environment, eating habits and the lifestyle due to which its bad effects are seen on the body and out of which hair is affected most. In modern medical science Khalitya can be compared with Androgenic alopecia. Modern science believes that hair fall occurs due to toxins, fungal infections, atrophy of scalp vessels, malnutrition, and elevated androgen level etc.

Androgenic alopecia is a non-scarring and diffuse type of alopecia. Characteristically, this involves bitemporal recession initially and subsequent involvement of the crown (male pattern), although it is often diffuse in women. Among non-scarring type of Alopecia androgenic type is more common, especially in young males and occurs because of accumulation of metabolites of hormones in scalp skin leading to hair fall. Modern science has only hair transplant as ultimate treatment, but this procedure is very costly and other topical and oral medication has serious side effects on body, therefore, it is needed to manage this disease from Ayurvedic point of view.

In Ayurvedic literature many treatment modalities, i.e. Tail, Lepa, Nasya, Raktamoksna is mentioned for Khalitya. Khalitya in younger age group is increasing rapidly, in this age an effective as well as long-lasting treatment is needed. According to Acharya Charaka Ati-lavana sevana, atikshara sevana, viruddha –ahara, ati-atap sevan and avasada these are the etiological factors of the Khalitya. In modern science auto-immune diseases, nutritional

deficiencies, fungal infections and hormonal imbalance etc. are responsible for Khalitya (Alopecia). In the Samprapti the Agnimandhya, Sroto-Avarodh, Pitta, Vata and Kapha prakopa are important factors. According to Acharya Vagbhata gradual hair loss is a cardinal symptom of Khalitya because of this symptom Khalitya should be differentiated from the other disease like Indralupta. Ruhya, Rujya and Chacha are the synonyms of Indralupta. Khara Guna of Vata, Ushna and Tikshna Guna of Pitta respectively, dried up Kapha Dosha within the hair follicles of the scalp, the obstruction to the further growth of new hair causes Khalitya. Ayurveda is a safe and cost-effective alternative medicine for healthy hair and arrests hair loss. We, however believe that the hypothesis of the mechanism of action of all these approaches have not been well explored. We presume that the pathogenesis of Khalitya involves local obstruction (follicular obstruction), fungal infection, poor nutrition to the follicles along with vitiation of Vata & Pitta causing local inflammation, therefore keeping this pathogenesis in mind the treatment should be aimed at removing the obstruction, reducing the inflammation & fungal infection, improving the follicular nutrition. Rakta is also involved in the process of Khalitya. After compiling all the references from the Ayurvedic text, we found that there is indication of Raktamokshna by jaloukavacharan & Prachhan method in Khalitya. According to ayurvedic text Khalitya can be caused by Asthi dhatu kshaya (decrease) or by vitiation of Asthi Dhatu because hair is the waste product of of Asthi dhatu.

Correlation of Hair with Dhatu

1. Rasa dhatu- In Ayurveda Twak sara is described at the place of Rasa sara. Acharaya Susrut described that The Rasa sara Purusha has Suprasanna twak roma, which means a person with soft hair on the body i.e. Rasa dhatu influence Loma.
2. Meda dhatu- As described by Acharaya Vagbhata, in Meda vridhhi lakshana Sphik Stana udar lambana and hair present on these area under the influence of Meda dhatu.
3. Majja dhatu- Aacharya Sushrut described majja sar purusha Lakshana is Maha netra which denotes Majja dhatu is directly influencing the eyes. So hairs present on eyebrows and eyelashes can be directly affected by Majja dhatu.
4. Sukra dhatu- Some hair appears after puberty, like mustache, beard, hairs on armpit and pubic hairs. So hairs present in these areas are directly affected by Shukra dhatu.

CASE REPORT

A 22 years old male patient was referred to Panchakarma OPD of Narsimha Dubey charitable trust (Nalasopara ayurveda medical college) on 19 Sept 2022. He was asymptomatic 8 years back but gradually developed itching of scalp with hair loss. There was further frontal and temporal recession and patch of baldness on the vertex. Finally, parietal region hair loss leading to complete baldness of scalp, he has taken conventional treatment (steroid therapy) for 1 years but did not find any improvement in her condition. There was no personal history of autoimmune disorders or family history in father there was androgenic alopecia. The patient was clinically diagnosed as case of Khalitya (Alopecia totalis) and planned for Panchakarma. As the patient was found difficult to spare the time for hospitalization for Panchakarma processs. So, she was shifted on Shamana treatment with Jaloka Avacharana and Prachana simultaneously.

Ashtavidha & Dashavidha Pariksha

Sr. No.	Factor	Observation
1.	Nadi	78/min vata
2.	Mala	Saama
3.	Mootra	Snigdha – Sheeta
4.	Jivha	Kaphaja
5.	Shabda	spashta
6.	Sparsha	Anushnasheeta
7.	Druk	Normal
8.	Akruti	Pitta- vataja

Dashavidha pareeksha

Sr. No.	Factor	Observation
1.	Prakruti	Pitta vataja
2.	Vikriti	Pravara tridoshaja
3.	Saara	Twaka asara
4.	Samhanana	Madhyama
5.	Satmya	Madhyama
6.	Satwa	Avara
7.	Ahara shakti	Madhyama
8.	Vyayam shakti	Madhyama

Shamana Treatment

1. Arogyavardhini vati 500 mg BD
2. Asthiposhaka vati 500 mg BD

For 3 months

Raktamokshana schedule

Sr. No.	Treatment	Medicines used	Therapy
1.	Raktamokshana	Cotton roll Haridra Choorna Hypodermic Needle Bandage roll 2 inch wide	6 settings at the interval of 7 days
2.	Prachhan karma	Lancet	3 settings at the interval of 7 days

Observations

Procedure	Observation
Assessment done & started medication	
Application of leech on frontal area	Mild itching of scalp followed by sparse hair growth over the area of itching
2 nd Application of leech on frontal area	Mild itching of scalp followed by sparse hair growth over the area of itching
1 st Prachhan karma with lancet	Mild itching of scalp followed by sparse hair growth over the area of itching
3 rd Application of leech on frontal & parietal area.	Dense growth of hairs over the remaining 3 patchy areas. Sparse hair growth over the remaining 3 patchy areas.
2 nd settings of Pracchan karma with lancet.	Growth of baby hair almost over the entire scalp region. Some patchy areas where re-growth of hair was not observed. Mild hair fall persisted.
4 th application of jaloukavacharana	Thick dense hair growth observed over the rest of the scalp. No itching over the scalp region.
5 th application of jaloukavacharana	Dense growth of hairs over the remaining few patchy areas. Sparse hair growth over the remaining 3 patchy areas.
3 rd setting of Prachchan karma	Thick dense hair growth observed over the rest of the scalp.
6 th application of Jaloukavacharana	Thick dense hair growth observed over the rest of the scalp.



After Jaloukavacharana



After Pracchan Karma



After 2 months



Last Follow up

DISCUSSION

Khalitya is described as one of the Kshudra Roga by Acharya Sushruta where there is involvement of Tri Dosha and Rakta Dhatu. Acharya Charaka described Khalitya under Shiro Roga where there is involvement of Vatadi Dosha and Ushma (Internal Heat) of the body. Hence internal medications possessing Keshya properties which also purifies the Rakta Dhatu and mitigates the Tri Dosha's was administered.

Acharya Sushruta mentioned Siravyadha as the method of Raktamokshana for Khalitya but since the patient being Sukumara and having Alpa Satwa, Jalouka Avacharana was adopted. As the treatment progressed and the area of growth of the hair increased, Raktamokshana was done via Pracchana in smaller areas where hair growth was needed. Pracchana eliminates vitiated blood from an area within 1 Angula. Acharya Vagbhata describes untimely falling of hairs as an outcome of Asthi Kshaya. According to Acharya Charaka, hair of the head is the Kitta Bhaga of Asthi Dhatu. Vata Dosha predominantly resides in Asthi Dhatu. When the Vata Dosha does its normal functions appropriately along with proper nutrition to the Asthi Dhatu through the Asthivaha Srotasa there will be proper formation of Kesha.

In all Ayurvedic literature no specific Nidan of Khalitya is given. In Charak Samhita RASA VIMANA chapter mentioned three Dravyas Pipalli, Lavana, Kshara not to be taken in excess. Kshara having property of Ushna, Tikshana & Laghu. If used in large quantity causes Khalitya, Palitya, Andhaya, Napunsankta. Lavana with properties of Ushna, tikshana, its excessive intake causes Khalitya, palitya, vali etc. Acharaya Videha has opinion that ladies don't suffer from Khalitya because they do not have excessive exercise & menstrual cycle clears Shrotoavarodha which denotes excessive exercise can be the causative factor for this disease. Sedentary lifestyle, faulty food habits, and hectic and stressful work, improper nutrition affects the hair root. Rasayana is the best for rejuvenating the body, as antioxidant means anti - aging therapy as shamshamana chikitsa because premature hair fall is the early ageing sign. Many local therapies like Abhyanga, lepanam, oil and Raktamokshana improves scalp blood circulation hence nutrition of scalp also improves. Sedentary lifestyle, abhishyandi ahara, viruddha ahara, pitta karaka ahara vihara, increases Pitta dosha and Vata dosha which leads to khalitya. The management of Khalitya in Ayurveda is Shodhan, Abhyang, Nasya, lepa, Rasayana therapies. Abhyang chikitsa, especially with oil is best for vata dosha shaman. Abhyang of oil which prepared by kapha, pitta and vatahar dravyas helps

in vata shaman along with pitta and kapha shaman. Lepan karma on scalp which performed by vatahara, pittahara and kaphahara formulations normalizes doshas accordingly.

CONCLUSION

Khalitya is a vicious disease which needs proper treatment. Some concise changes of life style and wholesome food habits can clog hair fall. Appropriate hair heed like washing, oiling, protection from external factors like environment, heating, chemicals etc. is important for preventing hair fall and keeping them healthy. Physician should recognize the cause (Nidan) before onset of treatment of Khalitya and first treatment should be Nidan-parivarjana or management of that cause. Than after other therapies like Lepana, abhyang, shodhan, nasya, Rasayana should be adviced accordingly. So with these therapies, we can treat the khalitya roga or hair fall effectively. The individuals with Pittaja Prakruti are more susceptible to Khalitya. Many drugs are described in Ayurvedic text to treat the Khalitya. These drugs are mostly Asthiposhak and Keshya. Khalitya can be effectively treated using Raktamokshna therapy and bahya as well as aabhyantara Ayurvedic formulations without any side effects.