

**REVIEW OF BRIHATYADI LEPA AND RAKTAMOKSHANA BY  
GHATI YANTRA (CUPPING THERAPY) IN KHALITYA****Anil Kumar Pandey\*<sup>1</sup> and Anant Krishna<sup>2</sup>**<sup>1</sup>MD Scholar, P.G. Dept. of Kayachikitsa, State Ayurveda College & Hospital, Lucknow.<sup>2</sup>Assistant Professor, P.G. Dept. of Kayachikitsa, State Ayurveda College & Hospital,  
Lucknow.Article Received on  
15 June 2021,Revised on 05 July 2021,  
Accepted on 25 July 2021

DOI: 10.20959/wjpr202110-21266

**\*Corresponding Author****Anil Kumar Pandey**MD Scholar, P.G. Dept. of  
Kayachikitsa, State  
Ayurveda College &  
Hospital, Lucknow.**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 days 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. 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 upto 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, Raktamokshana and Lepa in Khalitya Roga.

**KEYWORDS:** Khalitya, Androgenic alopecia, Hair fall, Brihatyadi Lepa, Raktamokshan.**INTRODUCTION**

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).<sup>[1]</sup> 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.<sup>[2]</sup>

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.<sup>[3]</sup> Among non-scarring type of Alopecia androgenic type is more common, specially 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.<sup>[4]</sup> 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 synonymes of Indralupta.<sup>[5]</sup> 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.<sup>[6]</sup> 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 Brihatyadi Lepa for local use and Raktamokshna by ghata yantra 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 Asthi dhatu.

### **Correlation of Hair with Dhatu<sup>[7]</sup>**

1. Rasa dhatu- In Ayurveda Twak sara is described at the place of Rasa sara. Acharaya Susruta 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 Sushruta 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.

### **AIMS AND OBJECTIVES**

1. To evaluate clinical efficacy of Brihatyadilepa in Khalitya.
2. To evaluate clinical efficacy of Raktamokshna by Ghata-Yantra in Khalitya.
3. Comparative efficacy between Lepan Karma and Raktamokshna.

### **MATERIAL AND METHODS**

#### **Brihatyadi lepa**

Preparation will be according to the Ayurveda classical text.<sup>[8]</sup>

#### **Procedure review of Raktamokshna**

Ghata –Yantra can be correlated with cupping therapy. Cups are placed on the skin to create suction in cupping therapy. These cups are made of plastic and other material.

Different types of cupping therapy described, including:

1. Dry cupping (suction only).
2. Wet cupping (suction with controlled therapeutic bleeding).<sup>[9]</sup>

### **Poorva Karma**

It is the phase of preparation before going to main karma. In this all the material should collected well, e.g. T.T injection, cotton swab, gauze piece, instrument, gloves, etc, the patient will be asked to complete scalp hair removal (on patient consent) and clean the site by using Savlon, spirit. Patients should be informed well about the future of cup marks, short-term skin discoloration that may change from pale brown to darker red/purple depending on the level of the fixture. Patients should also be informed that the marks of cupping should be protected from external environment like wind, cold, water etc. for the 4-5 days after treatment.

### **Pradhan Karma**

Once poorva karma is completed, the patient will be asked to lie down in supine position on bed with straight legs & hands near the body. Ghati -yantra uses a rubber pump to create the vacuum inside the cup. During wet cupping, a mild suction is created using a cup that is left in place for about three minutes, this causes the skin to rise and redden as blood vessels expand. Then removes the cup and uses a small scalpel or lancet, to make superficial skin incisions. After that performs a second suction for 5-10 minutes to draw out a small quantity of blood.

### **Paschat karma**

After the procedure, the site will be covered with an antiseptic ointment and a bandage to prevent infection. Within 10 days the skin discoloration generally returns to normal. Advice the patients to rest for 10 min after the procedure.

### **Method of handling the adversity**

Usually there is no adversity during the bloodletting procedure by cupping. However, occasionally the following adversities may occur-

1. Anxiety and fear: Some patients require counseling before the procedure because they may feel fear and anxiety and especially for the first time undergoing wet cupping.
2. In some patients, circulatory collapse and hypotension can be observed.

3. So patients should be advised to take rest in lying down position with foot end elevation and sprinkling of water on face, drinking plenty of water, tea or coffee.

### Drug review

For the treatment of Khalitya we have selected BrihatyadiLepa with plain water for local application and Raktmokshan by Ghati-Yantra. According to Acharya Chakradatta Brihatyadi Lepa is mentioned for Indralupta vyadhi -Brihatiphala, Gunjaphala, Dhatura leaves are the contents of Brihatyadi Lepa.

**Table no. 1: The pharmacological properties of following drugs.**

Name Of Drug	Brihati <sup>[10]</sup>	Gunja <sup>[11]</sup>	Dhattura <sup>[12]</sup>
Family	Solanaceae	Leguminosae	Solanaceae
Latin Name	<i>Solanum indicum</i>	<i>Abrus precatorius</i>	<i>Datura metel</i>
Part Used	Fruit, Root	Seed, Root, Leaf	Leaf, Flower, Seed
Guna	Laghu, Ruksha, Tikshna	Laghu, Ruksha, Tikshna	Laghu, Ruksh, Vyavayi, Vikasi
Ras	Katu, Tikta	Tikta, Kashaya	Tikta, Katu
Verya	Ushna	Ushna	Ushna
Vipak	Katu	Katu	Katu
Chemical Composition	Solanine, Solanidine, Solasonine, Corbohydrate,	Haemagglutinin, Abrin, Abralin, Glycyrrhizin	Scopolamine, Hysciamine, Atropine, Meteolodine
Karma	Keshya, Kandughna, Vedanasthapan	Kushthaghna, Vranaropana, Vedanasthapan, Keshya	Jantughan, Vedanasthapan Tvagdoshara
Doshanghanta	Kapha-VataShamak	Kapha-VataShamak	Kapha-VataShamak

### DISCUSSION

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 Abhayanga, 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.

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