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## Effect Of PRP And Raktamokshana In Alopecia

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### Abstract

Alopecia, a common dermatological condition characterized by hair loss, has both cosmetic and psychological implications. Modern and Ayurvedic approaches offer effective management strategies. This article explores the combined effect of Platelet-Rich Plasma (PRP) therapy and Raktamokshana—a traditional Ayurvedic bloodletting procedure—in treating alopecia. The integration of these two modalities may offer synergistic benefits in promoting hair regrowth and improving scalp health.

**Keywords:** PRP, Raktamokshana, Alopecia, Khalitya, Hair loss, Ayurveda, Regenerative therapy

### Introduction

Alopecia results from multiple factors such as hormonal imbalance, stress, poor nutrition, and local scalp disorders. In Ayurveda, it correlates with Khalitya, which is caused due to vitiation of Pitta dosha and Rakta dhatu. Modern medicine focuses on stimulating hair follicles and improving local blood supply, while Ayurveda emphasizes purification and restoration of dosha balance.

### PRP Therapy – A Modern Perspective

Platelet-Rich Plasma (PRP) is an autologous preparation derived from the patient's own blood. It contains high concentrations of platelets that release growth factors like PDGF, VEGF, and EGF, which promote angiogenesis, cell proliferation, and follicular regeneration. The procedure involves centrifugation of blood, extraction of plasma, and injection into the scalp at multiple sites. Clinical studies show that PRP therapy enhances hair thickness, density, and follicular activity without significant adverse effects.

### Raktamokshana – The Ayurvedic Perspective

Raktamokshana is one of the Panchakarma procedures aimed at purification of vitiated Rakta dosha. In Khalitya, local bloodletting using Shringa (horn), Jalaukavacharana (leech therapy), or Siravedha (venesection) helps in removing toxins and improving scalp circulation. By balancing Pitta and Rakta, it rejuvenates hair follicles and reduces inflammatory changes in the scalp.

## Combined Effect of PRP and Raktamokshana

When PRP and Raktamokshana are combined, the following synergistic effects may be observed:

1. **Improved Scalp Circulation:**  
Raktamokshana purifies blood and enhances microcirculation, while PRP provides growth factors that stimulate follicular regeneration.
2. **Dual Action on Follicles:**  
PRP activates dormant follicles, whereas Raktamokshana clears local congestion, ensuring better nutrient delivery.
3. **Reduction in Inflammation and Dandruff:**  
Leech therapy (Jalaukavacharana) reduces local inflammation, complementing PRP's healing action.
4. **Holistic Regeneration:**  
The Ayurvedic purification process combined with modern regenerative therapy ensures both internal and external rejuvenation.

## Clinical Observation

Patients undergoing alternate sessions of PRP and Raktamokshana (weekly or biweekly) show:

- Noticeable reduction in hair fall after 3–4 sittings
- Improved hair density and thickness within 2–3 months
- Decrease in scalp itching and dandruff
- Minimal adverse reactions

## Conclusion

The integration of PRP and Raktamokshana provides a promising approach for managing alopecia. PRP acts as a growth stimulant, while Raktamokshana purifies and enhances the local environment for hair growth. This holistic combination bridges the gap between Ayurveda and modern science, offering safe and effective treatment outcomes for alopecia patients.