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Research Article

AN AYURVEDIC MANAGEMENT OF *SHWITRA* (VITILIGO): A CASE STUDY

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ABSTRACT

According to *Ayurveda* *shwitra* simple meaning is *Twakvaivarnyata* (*Stwetabh, shwetabhrakta, raktabhshweta, raktabh*). Vitiligo affecting nearly 1-1.5 % of the world's population. The incidence is a little more eminent in India. It occurs in males and females of all ages but most often the onset in females. Case history- A 13 years girl child patient come with complaints of white patches uncountable in body since 5-6 years. Initially patch started on both arms, neck then gradually widespread all over body. Examination- White milky patches, no pain, secretion & elevation. Diagnosis- appearing in later in life well deigned depigmented macula without scaling. Management- The effective classics *chikitsa* of *shwitra* consist both *Antaparimarjana* and *Bahirmarjana chikitsa*.

Keywords: *Shwitra, Vitiligo, kushtha, psoralen.*

INTRODUCTION

Vitiligo is a condition where particular parts of the skin is deranged and get white discoloration. In *Ayurveda*, it is referred as '*shwetakushta*'. *Kilasa, shweta, shouklya, aruna, daruna* are the other synonyms of this diseased condition. Modern science explains it is idiopathic hypomelanotic disorder. There would be a gradual loss of pigment called melanin from the dermal layers that result into white patches. These patches look bad, especially in persons having dark complexions. Age: it begins in childhood with peak age of onset between 10yrs -30yrs.

Nidana (Etiology)

The causative factors for *kusta* (skin diseases) and *Shwitra* (vitiligo) are the same¹ and affect the same basic body tissue (*dhatu*) levels. *Shwitra* resulting in discoloration of the skin (*twak vaivarnyata*), without discharge (*aparivravi*)².

1. *Viruddhahara* - Chronic or acute gastric diseases
2. *Atibhojana* (excess food intake)
3. *Atyamla, lavana, madhura, katurasa* sevana - Deficiency of calcium
4. *Navanna, dadhi, matsya bhakshana* (heavy intake of fresh grains, curd and fish)- Impairment of hepatic or liver function (due to jaundice), worm infestation
5. *Vipra-guru gharshana* (teasing and disrespecting the elders), *Papakarma* (sinful acts).
6. Excessive stress, tension and worry³

Samprapti

Origin of *shwetakushta*

Twacha is the part of the body, which completely cover the *Meda, Shonita* & other *Dhatu* & get spreaded upon the body.

Acharya Vagbhatta described that *Vata* is causative factor for *Twacha* and its sensory function. *Agni use* for *Rupa, Varna* and *Pitta*⁴. So *Vata* and *bhrajaka pitta* reside in the *twak*. Due to the above said reasons, all the three *doshas* are aggravated in association with skin, *rakta, Mamsa* and *Udaka*. These altogether involved invariably in different grades and hence varieties of skin diseases are caused.

Chikitsa

Samprapatibahnaga –*Nidanaparivarjan, Shodhana* and *Rasanyana*

Shodana chikitsa – Strong detoxification Panchakarma procedures should be done. *Vamana, Virechana, Rakta mokshana* using leeches are recommended.

Shamana Chikitsa – done through oral medications and external applications.

Patya (Diet) – Strict diet restrictions, lifestyle modifications, Yoga and meditation are advocated.

1. Eliminating *Ama* (toxins).
2. Correcting digestion and prescribing a proper diet, avoiding *Viruddhahara*.
3. Strengthening the Immune system.
4. Creating a balance between *Doshas*, especially balancing the *Pitta Dosh*⁵.

Case Report – A 13 years old girl child patient come to OPD of University college of Ayurveda, Jodhpur on 8/7/2017 (reg.no. 34627), native of Maharashtra, India. She was a student at that time living in Laxmi nagar paota Jodhpur with complaints of sudden whites patches in body (arms, abdomen, face, back region).

Patient was treated as the case of *swithakushta* and subjected to both internal and external medication.

Family history- No significance
 Past history- No chronic illness
 Personal history- Dietary habits; non vegetarian
 Ethical aspects of the study were followed according to the guidelines.

ORAL MEDICATIONS: The patient was administered with following Ayurvedic medication.

1. P. *Vindhyaderma* 3G-½- ½ TSF (Rasmanikya, processed sulphur, kasis bhasma, powder *Psoralea corlifolia*, swarnmakshik bhasm, giloya churna, amalki rasayan, yasthimadhu churna).
2. *Panchtikta ghrut guggul* - 2 tablet tbs (each tablet 250mg)

3. *Mahamanjishthadi kwathdravya* – 10gm Bid Pashchatbhukta
4. Syp. *Krimihar*- 2 tsf BID (Vidang, haritaki, kampillak, palash, kushth)
5. P. *Vinifresh*- 1 TSF CHS (With lukewarm water) Nishikala (yavakshara, rose leaf, sowa, dadiam)

EXTERNAL THERAPIES

Local application **Bakuchi oil** as per need.
 Patient is asked to avoid virrudha ahar stop non vegetarian food and take fresh normal diet.

RESULTS

Table 1

S.NO.		Before treatment	After treatment		
			15 days	1 months	2 months
1.	No. of patches	30- 35	29-30	20- 21	10-12
2.	Size of patches	3-2 cm	2-2.3cm	1-1.5cm	1-0.5cm
3.	Picture (Shown below)				

BEFORE TREATMENT



AFTER TREATMENT

DISCUSSION

Pitta vardhak, Abhishyandi ahara, & ama, life style increases pitta & vata which lead shwitra. Pitta pacification is the primary ayurvedic *Twakvaivarnyata* treatment via necessary pitta pacification, diet and pitta reducing ayurvedic medication. Correcting digestion and prescribing a proper diet, avoiding

Virudhahara. Eliminating *Ama* if exists also need to be corrected along with, liver tonic, blood purification, rasayanas for boosting level, calcium, increasing the body immune function and to nourish body tissues . *Bakuchi* as local lubricating Psoralen to stimulate melanocytes when exposed sunlight. Shodhaka (purificatory) effects also reduces stress level (Anxiolytic). Its indicates for *Twakvaivarnyata*.

Table 2

Medicine name	Pharmacological effects
<i>Yasthimadhu churna</i>	<i>Srotoshodhan, Rasayana, Immunomodulatory, Hepatoprotective.</i>
<i>Giloya churna</i>	Bitter tonic, Immunomodulatory, <i>PK doshashaman</i>
<i>Kasis bhasma</i>	<i>Ranjan, Srotoshodhan, Rasayana, Iron supplement, Helminthiasis</i>
<i>Amalki rasayan</i>	Immunomodulatory, Antioxidant properties, Rejuvenating action
<i>Panchtikta ghrut guggul</i>	<i>Pittashamaka, Srotoshodhan, Rasayana.</i>
<i>Mahamanjishthadikwath</i>	<i>Varnya, Rejuvenating action</i>
<i>Rasmanikya</i>	<i>Vata & kapha doshashaman, Varnya</i>
<i>swarnmakshik bhasm</i>	Helminthiasis <i>KP doshashaman, Balya, Rasayana</i>
<i>Vidang (Embelia ribes)</i>	<i>Kapha doshashaman, worms infestation, cooling effects, blood purifying</i>
<i>Haritaki (Terminalia chebula)</i>	<i>Srotoshodhan, Rasayana, Immunomodulatory, antitussive, antimicrobial agent, free radical</i>

	scavenging activities.
<i>Kampillak (Mallotus phillippinensis)</i>	Antimicrobial agent, free radical scavenging activities.
<i>Palash (Butea monosperma)</i>	Antimicrobial agent, Bitter tonic.
<i>Kushth (Saussurea lepa)</i>	<i>KV doshashaman, Kushtahara</i> , hepato-protective (protects liver against degeneration)
<i>Bakuchi (Psoralea corlifolia)</i>	Psoralen to stimulate melanocytes when exposed to ultraviolet light exposure
<i>Punicagranatum (Dadima)</i>	improves complexion of skin, antioxidant effects
Anethum sowa	antibacterial activity
Barley (<i>yavkshara</i>)	digestive stimulant and depletive ⁷

CONCLUSION

Virudh & Pittavardhaka aahara increases *pitta & vata, kapha* which lead to *swetha kustha*. *Vata* and *bhrajaka pitta* reside in the skin. As the skin covers the whole body, *bhrajaka pitta* should be maintained in a proper state, and it needs continuous care. *Ayurvedic* management of vitiligo is purification therapies (*shodhana karma*). Herbomineral preparations include topical application of herbal *Lepa*, powders made up of medicinal plants to stimulate melanocytes when exposed to ultraviolet light exposure. For *Ayurvedic* management (*panchkarma* therapy, *pitta shaman*, *srotoshodhane chikitsa, Rasayana*) are very effective.

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