



## AYURVEDIC MANAGEMENT OF *SHWITRA* (VITILIGO) - A CASE REPORT

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### ABSTRACT

In *Ayurveda* skin diseases come under *Kushtha*, *Charak samhita* explained *Shwitra* deeply in *Kushtha chikitsa*. Reference of *Shwitra* is found in *Charak samhita*, *Ashtang hrudaya*, *Madhavidan*, *Bhavprakash*, *Sharangdhar* etc. In *Sushrut samhita* called *Kilas* instead of *Shwitra* and mostly it use as synonyms. The word *Shwitra* means in Sanskrit is *Shweta*, which is white patch, without *Kandu* and inflammation, it present on anywhere of body, but in *Oshtha*, *Guda Pradeshi Shwitra Asadhya*. Vitiligo is correlated with *Shwitra* in *Ayurveda*. Vitiligo is hypopigmentation and depigmentary disorder with a worldwide incidence of 1%, it is characterized by destruction of

melanocytes of the basal layer of epidermis and sometimes hair follicle, resulting in white patches or white hair, it is an autoimmune pathology so, treatment also remains difficult, in allopathic are only suppressive therapy not curative but in *Ayurvedic* treatment can manage or treat successfully in early stage, Case history Male patient, age 38 yr come with complaints of white patches on below the knee joint and foot region since 1-2yr so, treatment had *Raktaprasadak*, *Raktashodhak*, *Tridoshar* medicines given, in this case study focus on *Ayurvedic* treatment in *Kashtasadhya vyadhi*.

**KEYWORDS:** *Shwitra*, Vitiligo, Hypopigmentation, *Raktaprasadak*, Melanocytes.

### INTRODUCTION

In *Ayurveda* skin disease included in *Kushtha vyadhi*, *Shwitra* is an type of *Kshudrakushtha* is also called *Shwetkushtha*, *Aruna*, *Daruna*, *Kilas*, *Shouklya* etc.<sup>[1]</sup> *Sushrut samhita* called

*kilas* instead of *Shwitra* “*Twagatm Eva Aparisravi*” that means only involvement of skin is *Aparisravi* (non- exudative).<sup>[2]</sup> In Charak samhita has mentioned causes of *Shwitra* which *Papakarma* (Bad manners), *Viruddha aahar sevan* (Mixed food).<sup>[3]</sup>

*Shwitra* causes the vitiation of *Dosha* (*Tridosha- Vata, Pitta, Kaph*) and *Rasa, Rakta, Mansa, Meda Dhatu*.<sup>[4]</sup> In *Vagbhata samhita* *Vata* is causative factor for *Twak* and its sensory function and colour formation of skin maintain by *Bhrajaka Pitta*, so *Vata* and *Bhrajak Pitta Dushti* in the *Twak*.<sup>[5]</sup> *Shwitra* correlated with Vitiligo in modern Vitiligo is characterized by pigmentation or hypo-pigmented patches that absence or reduction in melanocytes, it is an autoimmune disorder.<sup>[6]</sup> It can affect a person emotional and psychological condition which may create difficulty in getting job, marriage. It has become a marked social stigma in India.<sup>[7]</sup>

### Aim

1. To study *Ayurvedic* management of *Shwitra* in case study.

### Objective

1. To study the various aspects and *Ayurvedic* management of *Shwitra*.
2. To study the various review on *Shwitra*.

### CASE REPORT

A 38 Y/M patient come at *Twacharog* OPD no. 33 with OPD no. 16016 in *Ayurvedic* collage of Osmanabad Maharashtra.

- 1) White coloured patches (*Twak Shwetata*) on below the knee joint.
- 2) Dryness of skin (*Twak Rukshata*)
- 3) Changes in colour and structure of Hair (*Roma Vidwamsa*) Patient had above complaints since 1yr

NO H/O – HTN, DM, Asthma.

### History of present illness

The patient was normal year back. Since then patient have been suffering from white coloured patches on below the knee joint, and also complaints of acidity, constipation. For this patient took treatment from different Doctors. Then he comes to our hospital- Government *Ayurvedic* Hospital Osmanabad in *Twacha Rog* department OPD.

**Personal History** – Occupation – Farmer.

**Ashtavidh Pariksha**

NADI (pulse) - 74/min

MALA (stool) - Malabaddhata. MUTRA (urine) - Normal.

JIVHA (tongue) - Saam. SHABDA (speech)- Normal

SPARSH (skin) - Khara, Anushna.

DRUK (eyes) - Normal.

AKRITI - Madhyam.

**Past History of Patient**

The patient had taken *Viruddha aahar* (mixed food), spicy food.

**General Examination**

**VITALS**

Pulse: 74/ min

CVS: S<sub>1</sub>S<sub>2</sub> Normal

BP: 130/80 mmHg

CNS: Conscious, Oriented

Temp: Afebrile

RS: AEBE Clear

RR: 20/min

P/A: Mild Tenderness Weight: 75kg

Height: 163cm

**Blood Investigation**

Hb%: 12.3 g/dl

ESR: 38mm

BSL(R): 120mg/dl HBsAg: Non Reactive

**Samprapti Ghatakas**

*Dosh- Tridosha (Vata, Pitta, Kaph) Dushya - Rasa, Rakta, Mansa, Meda Dhatu.*

**Showing Oral Medication (Table no.1).**

Sr.	Formulation	Dose/Kala	Duration	Anupana
1	Arogyavardhini Vati 250mg	BD After food	7days	Water
2	Bakuchi Choorna 1gm + Khadir Choorna 1gm + Guduchi Choorna 1gm	BD After food	7 days	Mahamanjishthadi Kwath

## Showing External Medication (Table no.2).

Sr.	Formulation	Dose / Kala	Duration	Lepa
1	<i>Bakuchi Choorna</i> (quantity as per need)	OD (at morning)	7 days	Mixed with <i>Gomutra</i> followed by Sunlight
2	<i>Tuvarak Tail</i>	OD (at bed time)	7 days	-----

Diet – avoid oily, spicy, sour food, non-veg, bakery product.

## OBSERVATION AND RESULT

Sr.	Complaints	Before treatment	After treatment	After treatment
			7 days	15 days
1	Colour of patches	White	Patches turn in Pink colour	Patches turn in Pinkish red colour
2	Dryness of skin ( <i>Twak Rukshata</i> )	Sever dryness on skin	Mild dryness	No dryness
3	Changes in colour and structure of Hair ( <i>Roma Vidwamsa</i> )	More than 75% of hair over the lesion has <i>Vivarnata</i>	50% of hair over the lesion has <i>Vivarnata</i>	25% of hair over the lesion has <i>Vivarnata</i>
4	Picture (Shown below)			



Before treatment image



After treatment image

## DISCUSSION

Male patient had taken *Virudha aahar* like *Dudh, Matsya*, curd long time, *Viruddha aahar* is one of the main cause of *Shwitra*, these diet is *Pitta vardhak, Abhishyandi, Aam utpadak*, which causes *Vata* and *Twakgat Bhrajak Pitta Dushti* and *Rasa, Mansa, Meda Dhatu Dushti* causes *Shwitra*. Treatment has *Nidan- Parivarjan* means to avoid taking mixed or *Virudha aahar*, then *Sampraptibhanga* that is to break the pathology it include local and oral medication. Orally *Arogyavardhini vati* which mainly acts on digestive system and constipation is major problem to lead disease so, *Arogyavardhini vati* improves digestion.<sup>[8]</sup> It acts on *Shwitra* by *Rukshan, Pachan, and Kushtaghna karma. Bakuchi (Psoralea corylifolia)*

is best property of *Shwitraghna*, *Krimighna*, *Kushtaghna*, *Katu*, *Tikta rasa*, *Ruksha Guna*, *Katu Vipaka*, powder and extract of *Bakuchi* is strong antioxidant, *Psoralidine*, *Bavachin* is inhibitory against granulation and increase blood circulation locally or helps in adequate formation of *Bhrajak pitta* in skin it also increases melanine and sunlight helps to migration of melanine. So, it has properties of *Kaphavatahara*, *kushtaghna*.<sup>[9]</sup>

## CONCLUSION

*Shwita* is a *Twakgat Vyadhi* included in *Kshudrakushta* symptoms is not severe but white patch, changes in colour and structure of Hairs. It affects a person psychological and emotional well-being. It has become marked social stigma. If patient with early stage of Vitiligo starts *Ayurvedic* treatment then there are more chances to cure.<sup>[7]</sup> In *Ayurved samhita Varnya*, *Khushtaghna*, *Raktaprasadan gan* available for *Shwittra* treatment *Tridoshaghna*, *Bhrajak Pitta Vardhak*, *Raktaprasadak dravya* useful so, in early stage *Ayurveda* cures *Shwittra* successfully but in modern therapy use mainly steroids it is one of the cause of Vitiligo so, *Ayurveda* has safest treatment.

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