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A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF SHWITRA – VITILIGO

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ABSTRACT

Shwitra is a disease where the white patches appear on the body. In modern science it can be co-related with Vitiligo. All kinds of Skin diseases come under Kusta Roga in Ayurveda. It is caused by Tridosha Prakopa. Vitiligo is a autoimmune disease it can be associated with diabetes mellitus, pernicious anaemia and Addison disease. Incidence of Vitiligo is 1%. Beyond its health impact, the disease can result in social challenge and substantial economic burden for patients. Thus the following article of treating the condition with Ayurvedic treatment protocol like Shodhana Karma and Shamanoushadhi, it offers new hope for effective and safe treatment, with marked improvement observed in the condition.

KEYWORDS: Shwitra, Vitiligo, Kusta Roga, Tridosha Prakopa, Ayurveda, Shodhana Karma, Shamanoushadhi.

INTRODUCTION

Shwitra is a skin disorder described in Ayurveda has its root in the Sanskrit word Shweta means White Patch[1], characterized by depigmented white patches on the skin. In Ayurveda it while Bhrajaka pitta maintains skin complexion and radiance. Disturbance of Bhrajaka pitta and imbalance of the Tridoshas involving Rasa, Rakta, Mamsa and Meda Dhatus are believed to contribute to Shwitra. The main cause for the disease is believed to be Purva Janma Krita Paapa Phala.[5,6]

Clinically, Shwitra resembles Vitiligo an acquired depigmenting disorder caused by melanocyte dysfunction affecting about 1% of the global population.[7] Basic treatment of

Vitiligo in modern science is topical creams contain corticosteroids, radiation and skin rafting and significantly impacting quality of life. This case study demonstrates successful management of Shwitra through Ayurvedic interventions through Shodhana Karma over 15 days. The findings support the potential role of Ayurveda in the management of Vitiligo.

AIMS AND OBJECTIVES

To evaluate the effect of Ayurvedic treatment in Shwitra.

CASE DESCRIPTION

Female patient 41 years old, opd reg no. 26002740 residing in Hasange visited Panchakarma OPD, Sri Dhanvantari Ayurveda Hospital, Siddapur on 01 july 2026 presented with whitish discolouration over fingers and mild itching since 2 years.

HISTORY OF PRESENT ILLNESS

Patient was healthy 2 years back, gradually she developed with discolouration of fingers and size of the lesion was small for which the patient had neglected later started observing the size of the lesions getting gradually increased associated with itching sensation at the site of lesions. For which the patient took treatment in nearby general hospital. There she was diagnosed as Vitiligo and given medications. Patient took the treatment there but didn't find significant relief. So in order to get permanent solution for above complaints patient visited our hospital for further management.

PAST HISTORY

No history of HTN/DM/TSH.

FAMILY HISTORY

Nothing significant.

PERSONAL HISTORY

Bowel : Constipated

Bladder : 4-5 times/day

Sleep : Disturbed

Diet : Mixed

Occupation : House wife

Habit: Tea/Coffee twice a day

MENSTRUAL HISTORY

Normal 3-5 days

PSYCOLOGICAL HISTORY

The patient was feeling embarrassed and depressed psychologically. Patient had stress and complained of insomnia.

GENERAL EXAMINATION

Pallor: present

Icterus: absent

Cyanosis : absent

Clubbing : absent

Lymph node: not palpable

B.P: 130/70 mmhg

Pulse: 76 bpm

Ashta Sthana Pariksha

Nadi: 76 bpm

Mala: Baddha

Mutra: 4 – 5 times/day

Jihwa: Alpa liptata

Shabda : Prakruta

Sparsha : Twak Shuklata

Drik : Prakruta

Akruti: Madhyama

LOCAL EXAMINATION

1. Site of lesion : Fingers
2. Distribution: Asymmetrical
3. Character of lesion: no of lesions – 7, size – 2 – 4 cm, colour – white, Arrangement – Solitary
4. Itching: Present, Severity: Mild
5. Inflammation – absent
6. Discharge – absent
7. Superficial sensation of lesion – pain – absent, swelling – absent

MATERIALS AND METHOD

Centre of study: This study was carried out in Panchakarma dept of Sri Dhanvantari Ayurveda medical college, hospital and research centre, Siddapur, Karnataka.

Simple and Single case study.

Hetu and samprapti of Shwitra according to Ayurveda correlated with the patient.

Hetu

AAHARA	VIHARA	MANASIKA
Anupa mamsa sevana Dadhi sevana every night Matsya Sevana	Ratri jagarana Vega dharana	Chinta Bhaya Shoka

SAMPRAPTI GHATAKA

Dosha: tridosha

Dushya: Rasa, Rakta, Mamsa and Medha

Adhishtana: Twak

TREATMENT

Deepana – Pachana.

Day	Medication
1	Agnitundi vati (2-0-2)
2	Agnitundi vati (2-0-2)
3	Agnitundi vati (2-0-2)

Panchakarma

Day	Medication	Diet
4th day	Mahatiktaka ghrita – 50 ml	Peya
5th day	Mahatiktaka ghrita – 100 ml	Peya
6th day	Mahatiktaka ghrita – 150 ml	Peya
7th day	Mahatiktaka ghrita – 200 ml	Peya
8th - 10th day	Sarvanga abhyanga with Manjisthadi taila + yashtimadhu taila followed by Nimba Karanja Pariseka	Rice + Rasam
11th day	Sarvanga abhyanga with Manjisthadi taila + yashtimadhu taila followed by Nimba Karanja Pariseka followed by Virechana Karma with Trivrit lehya	Peya

Patient had 14 vegas during Virechana Karma. It was Madhyama Suddhi and Bala of the patient. Samsarjana Krama for 5 days with 2 annakala was explained to the patient.

OBSERVATION AND RESULTS

Assessment Score Chart

SCORE	0	1	2	3
Type	No improvement	Stationary	Resistant	Progressive
Number of patches	Absent	Single patch	Segmentary	Generalized
Hair on patches	Black	Mild black	White	
Colour of patches	Normal	Pigment spot on patch	Pink	Milky white
Re - pigmentation	Fully – pigmented	Perifollicular pigmentation	Hyper pigmented margins	No pigmentation

ASSESSMENT AFTER THE TREATMENT

SIGNS AND SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
Type	3	1
Number of Patches	14	3
Hair on Patches	2	1
Colour of Patches	3	4 patches with scoring 1 10 patches with scoring 0
Re - pigmentation	3	4 patches with scoring 1 10 patches with scoring 0

DISCUSSION

Agnitundi vati[8]: It is Kaphaghna, Vataghna and ama nashaka properties and does agni deepana.

Snehapana with Mahatiktaka Ghrita[9]: Ghrita is tikta ppradana, kaphahara and indicated in Kushta vikara. Adding Saindava lavana reduces Vata dosha, Adding Shunti churna reduces Kapha Dosha. Ghrita lubricates and softens the Dosha improves Digestive power, normalize the bowel, improves strength and complexion.

Abhyanga: Abhyanga with majisthadi taila and yashimadhi taila does Vata shamaka, Kandughna and Rukshaghna

Nimba karanja pariseka: it has Kandughna and Kusthaghna properties and helpsin opening pores of skin.

Virechana Karma[10]: trivrit lehya pacifies tridosha in Twak vikara.

CONCLUSION

Shwitra is a disease having impact on body and mind. Ayurvedic treatment for the skin disease has given a beautiful life by improving the immune system and by boosting the level of confidence in the individual. Shodhana therapy helps to remove the disease from the root cause and prevent the reoccurance of disease by eliminating the aggravated doshas in the

body. Thus it has played a vital role in alleviating the symptoms and as a immune booster. Patient found significant relief and thus this treatment protocol can be used for the treatment of Shwitra.

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