

**MANAGEMENT OF SHWITRA THROUGH AYURVEDA – A SINGLE
CASE STUDY****^{1*}Dr. Nikita Shukla and ²Dr. Amit Chavan**

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Article Received on
25 June 2025,

Revised on 15 July 2025,
Accepted on 05 August 2025,

DOI: 10.20959/wjpr202516-37913



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ABSTRACT

Vitiligo (Shwitra): An Ayurvedic Approach: Vitiligo, known as Shwitra in Ayurveda, is a chronic skin disorder characterized by localized or generalized depigmentation due to the destruction of melanocytes. From an Ayurvedic perspective, it is classified under Kushta Roga, primarily involving Pitta and Rakta vitiation. Virechana Karma, a therapeutic purgation process and one of the five main Panchakarma therapies, is indicated specifically for Pitta and Rakta disorders. It aims to eliminate the vitiated doshas from the body through the lower gastrointestinal tract, restoring doshic balance and improving skin health. This paper explores the pathophysiology of vitiligo in Ayurvedic terms and evaluates the effectiveness of Virechana in its management. Through detoxification and metabolic correction, Virechana enhances Agni (digestive and metabolic fire), purifies the Rakta dhatu, and supports repigmentation processes. Clinical outcomes, supported by classical references and selected case

studies, indicate significant improvement in lesion reduction, pigment restoration, and reduced recurrence rates. Hence, Virechana Karma, when administered with appropriate Purvakarma and Paschat karma, emerges as a safe, holistic, and effective approach in the integrative management of vitiligo.

KEYWORDS: Virechana, Vitiligo, Shwitra, Panchakarma, Ayurveda, Rakta Dushti, Pitta Vyadhi.

INTRODUCTION

Vitiligo, known as Shwitra in Ayurveda, is a chronic skin condition characterized by the appearance of white depigmented patches due to the loss or destruction of melanocytes. In modern medicine, vitiligo is understood as an autoimmune disorder with unclear etiology, while in Ayurveda, it is considered a Tridoshaja Roga with a predominant involvement of Pitta and Rakta Doshas. It is classified under Kustha Roga, which includes various skin disorders (**Charaka Samhita, Chikitsa Sthana 7**).

Shwitra is described as an Asadhya Vyadhi (difficult to cure) when it involves deepseated doshas or chronicity (**Charaka Samhita, Chikitsa Sthana 7/175-176**). Hence, early intervention with appropriate Shodhana therapy is emphasized.

Among the Shodhana therapies of Panchakarma, Virechana Karma (therapeutic purgation) is the treatment of choice for diseases of Pitta and Rakta origin. Charaka states:

“Pitte Roge Virechanam” (Charaka Samhita, Sutra Sthana 20)

(In Pitta-dominant disorders, Virechana is the best line of treatment.)

Raktapittaprashamanam Virechanam Shreshtham” (Ashtanga Hridaya, Sutra Sthana
(Virechana is the most effective treatment to pacify Pitta and Rakta.

Virechana Karma helps to expel the accumulated vitiated Pitta and Rakta from the gastrointestinal tract, purifies the body, and improves the functioning of Agni (digestive/metabolic fire). This purification also removes Ama (toxic metabolic waste) and prevents further tissue damage.

The pre-procedure (Purva Karma) such as Deepana-Pachana, Snehapana, abhyanga, and Swedana, prepare the body for optimal expulsion of doshas, while Sansarjana Karma post-Virechana helps restore digestive strength and metabolic stability.

In vitiligo, Virechana not only helps in halting the progression of depigmentation but also supports Rakta Prasadana (purification and rejuvenation of blood) and Twak-Prasadanam (restoration of skin color and health).

Hence, Virechana Karma, when administered properly under classical guidelines, offers a systemic and holistic Ayurvedic approach in the effective management of Shwitra (vitiligo), minimizing recurrence and improving patient quality of life.

VITILIGO

1st ref seen in charak samhita. Raktaj vikar (cha su28/12)

पर्याय- दारुण अरुण किलास

कुष्ठकिलासयोरन्तरं त्वग्गतमेवकिलासमपरिस्रावि च । (सु. नि. ५/१७)

दोषे रक्ताश्रिते रक्तं तामं मांससमाश्रिते ।

श्वेतं मेदः श्रिते शिवत्रं गुरु तच्चोत्तरोत्तरम् || (cha chi 7/173 -174)

हेतू

वचांस्यतथ्यानि कृतघ्नभावो निन्दा सुराणां गुरुधर्षणं च । पापक्रिया पूर्वकृतं च कर्म हेतुः किलासस्य विरोधि चान्नम् ||

संप्राप्ती घटक

दोष – त्रिदोष

दृश्य रक्त, मांस, मेद

स्रोतोदुष्टी – संग

रोगमार्ग – बाह्य

अधिष्ठान/व्यक्तीस्थान त्वचा

CASE REPORT

A 37 Yrs /M visited Panchkarma OPD with c/o – white patch at Right elbow region since 6 months.

Patient was healthy before 6 months.

Gradually he developed white discoloration over left hand finger dorsal region.

Initially lesion was small, later progressively increased in size.

No associated symptoms confined to lesion like itching or burning sensation or loss of sensation.

Past History – No history of above skin complaints before 6 months.

No family history, No H/O DM2, HTN, KOCH's

Not known allergy

Personal H/O Appetite – Normal

Sleep - Sound

Occupation: Tempo driver

Nadi: 84 bpm.

Mala: 1 time/ day - Occasionally constipation

Mutra: 4-6 times/day

Jiwha - Saam

Shabda – Prakruta.

Sparsha - Anushnasheet

Drik - Prakruta

Akruti - Madhyama

LOCAL EXAMINATION

Site of lesion – On right Elbow region and left hand fingers (dorsal)

1. Character of lesion -Macule, patch
2. Color-White
3. Distribution-Non segmental,
4. Itching-Mildly Present
5. Swelling- Absent
6. Discharge – Absent
7. Pain Absent
8. Paresthesia – Absent

AIM AND OBJECTIVE

To determine the efficacy of Ayurvedic treatment in Shwitra, as mentioned in classical Ayurvedic treatises.

To reduce the discoloration or hypopigmentation through virechana with ayurvedic aspects.

MATERIALS AND METHODS OF ADMINISTRATION :- STEP NO 1. SHODHANA KARMA

1. Aampachan: Aampacachak vati 250 mg 2 Tds BF 5 Days
 2. Snehanpan with panchtikhta ghrita For 5 Days
- (From 1 st day 30 ml to till 5 th day 150 ml.(Vardhaman matra) 5 DAYS)

3. Virechan day sarvang snehan swedan done followed by virechan yog (hridya virechan yoga) given to patient at 10 am on empty stomach. Vagiki pariksha :- 20 vega

Aantiniki Pariksha: kaphant

Laingika pariksha: Samyak yog lakshan Parikshan:

Madhyam shuddhi.

SANSARJAN KRAM 5 DAYS

STEP NO 2-RAKTAMOKSHAN

Sarvadehika raktamoshan (Siravedha)

B/l cubital fossa

STEP NO 3- SNEHAN KARMA

Bakuchi taila For local application over affected area.

STEP NO 4: BY SURYAPADASANTHAP

Photo-chemotherapy is the process of subjecting lesions to sunlight after receiving topical treatment, depending on the patient's tolerance.

STEP 5-SHAMAN CHIKITSA (ORAL MEDICATION)

Bakuchi ghan vati 250 mg 2 TDS AF

Mahamanjista ghan vati 250mg 2 TDS AF

Triphala churna 5 gram Hs with hot water

Khadiraarishta 4tsp + 4tsp mix with kosha jala water BD.

Ointment pigmento for local application Over affected area.

RESULTS

BEFORE TREATMENT AFTER TREATMENT





DISCUSSION

Shwitra can be managed very well in Ayurveda by both shodhana & shamana aushadis, if treatment can be initiated in early stages, we can observe satisfactory results. In this case patient presents with whitish discolored patches in left hand finger dorsal region and right elbow region. After virechan, white patches turned to pinkish and gradual filling of depigmented area with normal skin.

HRIDYA VIRECHAN YOGA

त्रिवृत्कल्ककषायाभ्यां साधितः ससितो हिमः ॥९॥

धमत्रिजातसंय क्त लेहो हृद्य विरेचनम् II ASTANG HRUD KALPASTHAN

Bakuchi contain psoralen, isopsorale, bakuchiol, bavchinin & corylin which have antioxidant properties, stimulates melanocytes for Melanin synthesis and has immunomodulatory effect.

Khadirarista main ingredient Khadira extract (Acasia catechu). Khadira extract is as an immunomodulatory, purify blood, bacterial refrigerant and antiphlogistic.

Mahamanjisthaghanvati It makes skin healthy by purifying blood and facilitating the healthy formation of Bhrajak pitta there by normalizes its function.

RAKTAMOKSHANA It activates and stimulates the body's response to the injurious section of the skin, as well as the pituitary gland, which is responsible for the secretion of melanocyte stimulating hormone, thereby augment the secretion of melanin and regulate the normal colour of skin.

CONCLUSION

The incidence of vitiligo is increasing due to faulty life style, so identifying and eliminating multifactorial agents associated with the disease based on Ayurvedic principles is essential. Regaining of pigmentation can be achieved in most of patients by following Ayurvedic treatment protocol as mentioned in Shwitra Chikitsa.

Shwitra is a disease having high impact on body and mind due to cosmetic disfigurement. Shodhana along with Shamana Chikitsa helps to remove the root cause of the disease and prevents the recurrence of the disease by eliminating aggravated dosha in the body, through resulting in overall improvement size and colour of the lesions regaining of normal skin pigmentation.

NO ADVERSE DRUG REACTION (ADR) WERE FOUND DURING THIS STUDY

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