

## A CASE STUDY - MANAGEMENT OF SHWITRA THROUGH AYURVEDA

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### ABSTRACT

**Introduction:** *Shwitra* is a skin disease with unknown etiology in which partial or complete loss of skin pigmentation happens which develops in white patches. It has unpredictability on extent and rate of spread. It can be correlated to vitiligo in modern science, considered as autoimmune disorder which destroy the melanocytes in the skin. *Shwitra* is caused by imbalance of *Tridoshas* vitiating *Rakta*, *Mansa*, *Meda Dhatu* etc. *Shwitra* is harmless but a very serious cosmetic problem which affect the emotional, psychological and social well-being of affected person. Prevalence of vitiligo in india is upto 4 %. Thus, present article of treating the condition with *ayurvedic* treatment protocol. It shows the marked improvement in condition so it become a

new hope to provide effective and safe treatment. **Aim:** To evaluate the effect of *Ayurvedic* management in *Shwitra*. **Objective:** 1. To analyse the effect of *Ayurvedic* management of *Shwitra*. 2. To collect the information regarding etiology, pathogenesis and treatment of *Shwitra* according to *Ayurveda* & modern science. **Material & Method:** A 11-year-old female patient came to *Twacharog Vibhag* OPD, Government *Ayurvedic* College & Hospital, Nagpur with chief complaints of white patches at outer side of upper eyelid of both eyes near inner canthus and at medial side of right ankle joint since last 4 month but patches are gradually increasing. The patient was treated with *Ayurvedic Chikitsa*. Information regarding *Shwitra* is collected from references books, Samhitas, Research papers etc. **Discussion:** In *Shwitra* discolouration of skin or white patches appeared due to deficiency of melanin pigment. *Shwitra* is an *Tridoshaj Vyadhi* with involvement of *Rasa*, *Rakta*, *Mansa*, *Meda* etc

*dhatus*. *Hetu Parivarjan*, *Shodhana*, *Shamana*, local application is the main while treating *Shwitra*. **Conclusion:** *Ayurvedic Chikitsa* explained by our Aacharya's like *Shodhana* (*Nitya Mrudu Virechana*), *Shaman* (use of various formulations like *Aarogyavardhini Vati*, *Swayambhuv Guggul* etc.), and External application of *Bakuchi* are very effective in treatment of *Shwitra* which will be documented for further case studies.

**KEYWORDS:** *Shwitra*, Vitiligo, White patches, Skin disorder.

## INTRODUCTION

In *Ayurveda*, the disease *kushta* represents all type of Skin disorders. *Shwitra* is considered as one of the varieties of *Kushta*. Cardinal symptom of *Shwitra* is white spot or white discoloration appear on skin. So, it is a depigmented condition of the skin.

In *Charak Samhita*, *Sushruta Samhita*, *Ashtang Hridaya*, & other classical text we found the description of *shwitra* as synonyms, etiology, types, *Sadhya*, *Asadhyatva* and *Chikitsayojana* elaboration. According to *Charak* it is *Tridoshaj Vyadhi*. They classify it as *Aruna*, *Daruna*, *Kilas* on the basis of involvement of *Dhatu Rakta*, *Mansa*, *Meda* respectively.<sup>[1]</sup> Aacharya *Sushruta* called the disease *Kilasa* instead of *Shwitra*<sup>[2]</sup> “*Twagatm Eva Aparisravi*” that means only involvement of skin is *Aparisravi* (non- exudative). *Sushruta* mentioned three types on the *Doshas* dominance *Vata*, *Pitta*, *Kapha*. 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 *Twaka*.<sup>[3]</sup>

Description of *Krimi* is abundantly found in *Veda* and *Ayurveda*. *Krimi* (*raktaj krimi*) are assumed to be one of the etiological factors for *Twakavikara*. Aacharya *Charak* has listed the *shwitra* under *Rakta Pradoshajvikara*.<sup>[4]</sup> *Charaka* also stated that *Viruddha Aaharvihar* and *Papakarma* are main causes of *shwitra*.<sup>[5]</sup> This produces the imbalance of *Doshas* like *Vata*, *Pitta*, along with *Rasa*, *Rakta*, *Mansa*, *Meda Dhatus*, specially *Bhrajak Pitta* involves, which helps in the formation and maintain the colour of skin.

In contemporary science it is correlated with vitiligo, which is idiopathic, patterned, circumscribed, depigmentation of skin and hairs. It is also called hypo melanosis condition of the skin. This results in the destruction or hypo function of melanocyte. Melanocyte cell of the skin contains the Melanin which is very important factor in respect of pigmentation. Proper Melanin synthesis into the melanocyte cell is essential for normal colour of the skin.

World-wide prevalence rate of vitiligo observed as 0.5% - 2% of world population<sup>[6]</sup> and estimated 3 -4 % in India. White patches on body are not a serious or life-threatening disorder or painful one, but it has an impact on the social and psychological well-being of its victim. It is an autoimmune pathology. Treatment of vitiligo is not satisfactory in modern science as it includes topical and systemic corticosteroids, UV radiation, surgical treatment. Here in this case study *ayurvedic* management proven successful.

### Case report

A 11-year female patient came at OPD in Govt. ayurvedic college & hospital Nagpur, with complaints of white patches at outer side of both upper eyelid near inner canthus and also at medial side of right ankle joint, since last 4 month. The patches were white coloured with little dryness.

### History of present illness

Patient had Small white patch at outer side of right upper eyelid near inner canthus before 2 years. Her mother observed that patch was gradually increasing. She visited to dermatologist for the same and advised some internal medicines along with topical application. She took treatment for 1 month and patch become normal skin coloured. But after 2 years again white patches develop at outer side of upper eyelid of both eye near inner canthus and at medial side of right ankle joint. These patches were gradually increasing, then patient again visited to the dermatologist & took treatment for 1 month but no improvement seen & patches were gradually increasing. So, patient's mother was worried because patches were reappeared & gradually increasing. So, she decided to take ayurvedic treatment for permanent solution for above complaint. So, she visited our hospital for further management.

### Past history

History of white patch at outer side of rt upper eyelid before 2 years

No history of any other illness

### Family history

Not any family history in first degree relation.

### Personal history

**Bowel-** Constipation frequently, habit of *Vegdharana*

**Bladder-** 5 – 6 times /day

**Sleep-** Normal

**Diet-** Veg diet having habit of spicy food,

Outside food like *panipuri*, *wadapav* – 3 – 4 times / week

Excess eating of chips, chocolates, bakery products

She likes eating fruits with milk

**Vihara** – *Diwaswap*

**Habbit** – Tea 1 - 2 time/day

### **Ashtavidha parikshana**

**Nadi-** 84/min

**Mala-** *Malabadhta*

**Mutra-** 5 – 6 times/day

**Jivha** – *Samata* ++

**Shabda-** *Prakrut*

**Sparsha-** *Prakrut*

**Drika-** *Prakrit*

**Aakruti-** *Madhyam*

### **General examination**

Vitals are in normal limits

System examination- Sometimes pains in left illiac region

*Prakruti Parikshan- Pitta- Vataj*

### **Investigation**

Hemogram done which is within normal limits.

### **Local examination**

- 1) **Site of lesion** – Outer side of upper eyelid of both eyes near inner-canthus, medial side of rt ankle joint
- 2) **Distribution** – Asymmetrical
- 3) **Character of lesion-** No. of lesion- 05  
Size – 0.5 to 2.5 cm  
Colour- white
- 4) **Itching** – Absent
- 5) **Inflammation-** Absent

- 6) **Dryness-** Mild  
 7) **Discharge-** Absent  
 8) **Superficial sensation of lesion-** Pain- Mild, Swelling- Absent

## MATERIAL AND METHOD

Single case study

*Hetu and Samprapti of Shwitra* according to *Ayurveda* which is correlated with the patient:

**Hetu**

**Table 1:- Hetu (Causative factor).**

<b>Aahar</b>	<b>Vihar</b>
Veg diet having habit of spicy food, Panipuri, wadapav – 3 – 4 times / week Excess eating of chips, chocolates Bakery products Fruits with milk	<i>Vegdharana</i>  <i>Diwaswap</i>

**Samprapti ghatak**

**Dosha-** Tridosha

**Dushya-** Rasa, Rakta, Mansa, Meda

**Adhishtan-** Twak

## Treatment

- 1) *Deepan, Pachana, Mrudu Virechana*
- 2) *Shaman Chikitsa* with internal medicine and external application
- 3) *Rasayan Chikitsa*

**Table 2: First line of treatment.**

<b>Sr. no.</b>	<b>Medications</b>	<b>Dose</b>	<b>Days</b>	<b>Anupan</b>
1	<i>Gandharva taila for mrudu virechana</i>	15 ml at bed time	15 days	Lukewarm water
2	<i>Sanjivani vati</i>	1 BD	15 days	Lukewarm water
3	<i>Vidangarishta</i>	15 ml bd	15 days	Lukewarm water

**Table 3: Medications after 15 days.**

<b>Sr. no.</b>	<b>Medications</b>	<b>Dose</b>	<b>Days</b>	<b>Anupan</b>
1	<i>Aarogyavardhini Vati</i>	1 BD	3month	Lukewarm water
2	<i>Tab. Pigmento</i>	1 BD	3month	Lukewarm water
3	<i>Swayambhuv Guggule</i>	1 BD	3month	Lukewarm water
4	<i>Bakuchi+ Khadir+ Guduchi</i>	3 gm BD	3month	Lukewarm water

5	<i>Sariva Ghana Vati</i>	1 BD	3month	Lukewarm water
6	<i>Mahamanjishtadi Kadha</i>	15 ml BD	3month	Luke warm water

**Table 4: External application.**

Sr. no.	Medicine	Dose	Days	
1	<i>Bakuchi Churna with water</i>	7 days	OD (at morning)	Followed by sunlight
2	<i>Pigmento ointment</i>	3month	OD (at bed time)	

**Table 5: Rasayan chikita.**

Sr. no.	Medicine	Dose	Days	
1	<i>Chyavanprash Avaleha</i>	10 gm daily	At morning	Advice for 1 year

**Assessment criteria**

The patient was examined using a standard criterion to evaluate the symptoms. Patient was examined at every visit and clinical features were recorded with 0 to 3 score, using prepared scoring chart.

**Table 6: Assessment score chart.**

Score	0	1	2	3
Type	No improvement	Stationary	Resistant	Progressive
No of patches	Absent	Single patch	Segmentary	Generalised
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

**Table 7: Showing result before treatment and after treatment.**

Sigh and symptoms	Before treatment	After treatment
Type	Progressive	Stationary
No of patches	05	No patches
Hair on patches	White	Mild black
Colour of patches	Milky white	Normal
Re-pigmentation	No pigmentation	Fully pigmented

**Table 8: Showing result in each follow up.**

Criteria	1 <sup>st</sup> day	15 <sup>th</sup> day	30 <sup>th</sup> day	45 <sup>th</sup> day	60 <sup>th</sup> day	75 <sup>th</sup> day	90 <sup>th</sup> day	105 <sup>th</sup> day
Type	3	3	2	2	2	1	1	1
No of patches	05	05	04	03	03	02	02	00
Hair on patches	2	2	2	2	2	1	1	1
Colour of patches	3	2	4 patches with	3 patches with	3 patches with	2 Patches with	2 patches with	5 patches with scoring 0

			scoring 2	scoring 1	scoring 1	scoring 1	scoring 1	
Re-pigmentation	3	3	4 patches with scoring 2	3 patches with scoring 2	2 patches with scoring 1 1 patch with scoring 2	2 patches with scoring 1	2 patches with scoring 1	5 patches with scoring 0

## DISCUSSION

In *Ayurveda Shwitra* explain under the heading of *Kushta*. *Shwitra* means white patches on body that creates social stigma for peoples. It is a *Tridoshaj Vyadhi* which involves *Dhatu Rasa, Rakta, Mansa, Meda*.

Progression of the disease is rapid, so the management should be taken in proper time to arrest the disease. In this case study patient was treated for 3month. Treatment was given according to plan in 3 phases.

**Table 9: Medications with their action are shown in the table.**

Sr. no.	Medication	Ingredients	Action
1	<i>Sanjivani Vati</i> <sup>[7]</sup>	<i>Vidang, Pippali, Chitrak, Vacha, Bhallatak, Shunthi, Harritaki, Bibhitak, Guduchi, Vatsanabh, Etc Bhavana- Gomutra</i>	<i>Deepan, Pachana, Kruminashna, Vishghna, Atisar, Grahani, Pravahika Nashka,</i>
2	<i>Vidangarishta</i> <sup>[8]</sup>	<i>Vidanga, pippalimula, rasna, kutaj, indrayav, Aamalaki, Sugandhi vala, dhataki, Tamalpatra, Dalchini, Ela, Kanchnar, Lodhra, Trikatu etc</i>	<i>Krumighna,</i>
3	<i>Aarogyavardhini vati</i> <sup>[9]</sup>	<i>Shuddha Parad, Shuddha Gandhak, Abhrakbhasma, Triphala, Shuddha Shilajit, Shuddha Guggul, Chitraktwaka, Kutaki. Bhavana-Nimbapatra swaras</i>	<i>Aamdoshanashak, Hepatoprotective, Vata and Kaphanashak, Kushthaghna</i>
4	<i>Tab. Pigmento</i> <sup>[10]</sup>	<i>Bakuchi, punarnava, Nimba, vacha, sharapunkha, kutaki</i>	<i>Immuno -modulating, Antioxidant, Antifungal, Melanogenic, Anti-inflammatory</i>
6	<i>Mahamanjishtadi kadha</i> <sup>[11]</sup>	<i>Manjishtha, Musta, Kutaj, Guduchi, Kustha, tagar, Bharangi, Vacha, Nimba, Haridra, Daruharidra, Triphala, etc.</i>	<i>Varnya, Kaphapittashamak, Shothahar, Kushthaghna, Vranaropak, Raktashodhak,</i>



			<i>Dahashaman</i>
7	<i>Swayambhuv Guggul</i> <sup>[12]</sup>	<i>Bakuchi, Shilajit, Guggul, Makshik bhasma, lohabhasma, Mundi, Triphala, Karanj, Khadira, Guduchi, Trivrutta, Danti, Vidang, Musta, Haridra, Kutaj, Nimba, Chitraka, Aaragwadha etc.</i>	<i>Vata- kapha shamak, Kushtaghna Antitoxic, Antipruritic, Haematinic, Hepatoprotective, etc.</i>
8	<i>Pigmento ointment</i> <sup>[13]</sup>	<i>Bakuchi, Vacha, Chakramarda, Neem, Khadir etc.</i>	<i>Melanogenic, Immunomodulator, Antioxidant</i>

Patient had history of white patches before 2 years, on same site as at outer side of upper eyelid. She had recurrence of white patches with progressive new patches. In history taking found she had habit of *Vegadharana*, that's why she had *Agnimandya* and Constipation frequently. So firstly *Deepan, Pachana, and Mrudu Virechana* was given for 15 days. Considering *Krumi* as one of the *Hetu* of *Raktadushti*, *Vidangarishta* advice for 15 days. *Deepan, Pachana* done with *Sanjivani Vati*. *Gandharva Taila* is laxative. It helps for deep invading and taking out the wide spread vitiated *Vata Dosha* from various channels. And also, it corrects the *Apanvayu*. Patient had strictly told to avoid *Vegadharana*.

In *shaman chikitsa* patient was administered with *Aarogyavardhini Vati, Swayambhuv Guggul, Bakuchi, Khadir, Guduchi, Sariva Ghana Vati, Tablet Pigmento, Mahamanjishtadi Kadha*. *Aarogyavardhini* helps to remove ama toxin from body.

*Aarogyavardhini vati* indicated for all type of skin disease with *Deepana and Pachana* properties.<sup>[14]</sup> *Guduchi* is rich in *Tikta Rasa* due to which it supports the digestive fire and digests the *Ama* produced during the pathogenesis. The digestive fire when gets stimulated leads to stimulation of all *Dhatvagni* that leads to digestion of *Ahara* in their own *Srotas* finally causing digestion of *Ama*.<sup>[15]</sup>

*Swayambhuv Guggul* is drug of choice in *Shwitra* i.e. *Leucoderma* with the synergistic action of ingredients like *Bakuchi, Shilajit & Guggul*, it acts on *Rakta, Mansa, Meda, Asthi Dhatu*.<sup>[16]</sup>

*Bakuchi* content has main role in *Shwitra*, *Srotodushti* is removed by the *Katu Tikta Rasa, Ruksha Guna* and *Katu Vipaka* of the *Bakuchi*. It increases rate of synthesis and amount of *melanin*. Hence encouraging skin to recover from vitiliginous state. Use of sunlight in early morning on affected area of skin improves melanocytes migration and stimulate



proliferation.<sup>[17]</sup> After 7 days of application of *Bakuchi* with water, patches become pink and small blister appeared. So, taking it as positive sign of improvement *Lepa* of *Bakuchi* has stopped and further *pigmento* ointment continued for 3month as its main ingredient is *Psoralea corylifolia*. Also, it is convenient to patient for application. Continuous application of it results in repigmentation of white patches.

*Sariva Ghana Vati* works as blood purifier, detoxifies the body, and increases digestive capacity, works as Rejuvenater, so, useful in skin diseases.<sup>[18]</sup> *Sariva* is *Rakta Prasadak*, *Kushtaghna*, *Raktagat Vata- Pittashyamak*. *Sariva Ghana Vati* and *Mahamanjishtadi Kadha* helps in improvement of skin colour.

In this 4 month of treatment patient got 99% relief. All the white patches were repigmented. To avoid recurrence of patches, immunity booster *Cyavanprash Avleha* was advised. CP is a comprehensive ‘metabolic’ tonic; it contains a variety of herbs and is used to promote health and prevent diseases. It is an ayurvedic superfood and healer par excellence that strengthens the immune system and revitalizes the psychosomatic system, a superior, nutritious, and safe health tonic that is beneficial for all age groups.<sup>[19]</sup>

Now patient had normal skin, no new patches were developed upto date. Patient overcome her habit of *Vegdharana* and her digestive power become improved.

## CONCLUSION

*Shwitra* is a disease having high impact on the body and mind. Due to the eating habits, changing lifestyle lots of toxins gets entered in the body cause vitiation of *Doshas* and *Dhatu*s like *Rakta*. Then it causes disease like *Shwitra*. If patient with early stage of vitiligo starts Ayurvedic treatment then there are more chances to cure. As *Switra Roga* is difficult to treat in other system of medicine, it can be managed successfully with knowledge of our system of medicine by adopting *Shodhana*, *Shamana* and external application by considering *Roga Bala*, *Dosha*, *Dushya*, *Prakriti* etc. This case study on *Shwitra* conclude the history taking is very much important, from history we found cause of the disease and better significant results can be achieved by Proper plan Ayurvedic treatment. Ayurvedic treatment for Skin disease have given a blissful life by improving the immune system as well as boosting the level of confidence in the individual. *Ayurveda* helps to remove the root cause of the disease and prevents the disease from its reoccurrence. Medicine administered to patient act by eliminating aggravated *Doshas* from the body, alleviate patient symptoms, relieves the no of

lesions, size of the lesions, bring back the skin colour into normalcy and worked as Immune booster. Patient found significant relief and thus this treatment protocol can be used for management of *Shwitra*.

#### Before treatment



Figure 1: on day 0.



Figure 2: On 45<sup>th</sup> day.



Figure 3: On 75<sup>th</sup> day.

**After treatment**

**Figure 4:- on 105<sup>th</sup> day.**

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