

A CASE REPORT ON SIDDHA TREATMENT OF LEUCODERMA**Sangeetha M. K.^{1*}, Rajakumar K.² and Indumathy V.³**^{1,2}Siddha Physician, Dr. Rajkumar's Siddha Clinic, Chennai.³Lecturer, Department of Aruvai & Thol Maruthuvam, Sri Sairam Siddha Medical College and Research Center, Chennai.Article Received on
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Vitiligo/Leucoderma, a depigmenting skin disorder is characterized by loss of Melanocytes, which in turn leads to pigment dilution in the affected areas of the skin. Vitiligo is now clearly classified as Auto-immune disease, associated with Genetic and environmental factors together with metabolic, oxidative stress and cell detachment abnormalities. It is a cosmetic disease that leads to psychological devastating burden on the daily life.^[1] Prevalence of this disease in India is high at 8.8%. Siddha system of medicine is an ancient traditional system followed in Tamilnadu. In Siddha system, Vitiligo/Leucoderma

compared with Venpuli or Venpadai which is classified into 4 types.^[2] Our Siddhars treated the disease with Herbo mineral / Herbo metallic formulations by advising some food restrictions which gives better improvement. The below case report validated the efficacy of Siddha drug. Following the evidence, Clinical trial can be conducted in future which may help the society.

KEYWORDS: Siddha system, Vitiligo, Venpadai, Case Report.**INTRODUCTION**

Vitiligo/Leucoderma is neither contagious nor infectious disease. It is more of a social stigma than a disease and sometimes it is associated with autoimmune and inflammatory diseases. Vitiligo/Leucoderma occurs when skin pigment cells are unable to function or die. Vitiligo patches are mostly seen in sun-exposed skin areas, like the hands, feet, face, arms and lips. Other areas of the body where this is mostly seen are the armpits and groin, the area around the mouth, eyes, nostrils, navel and genitals as well.^[3]

Vitiligo is prevalent worldwide. It is estimated that about 1 - 2 percentage of world population which accounts to approximately 100 million people suffers from this disease. The prevalence in different countries ranges from less than 0.1% to more than 8% of the general population. In India, an estimated 2-3 percentage of the population suffer from this condition. The rate is higher in coastal areas like Andhra Pradesh, West Bengal and Kerala.^[3]

In Siddha System of Medicine Leucoderma are compared with “Venpadai”. According to Siddha science this condition can be possibly treated with various herbo mineral formulations of Siddha Medicine. Hypopigmentation of the skin without sensory loss, are the clinical features usually seen in Leucoderma. It can be reduced by using Siddha Medicines without causing any adverse effects.

CASE STUDY

A Male patient about 35 years of age working in IT profession present with the symptoms of Hypo-pigmented patches at the margin of the scalp, face, back of the trunk and in chest region since 3 months.

At Day 1, patient was advised to take Siddha drug “Agasthiyar Kulambu” with adjuvant of “Sangankuppi Leaf” juice for purgation. Next day (Day 2) he was advised to take rest. At Day 3 he was prescribed to take Tablet Karbogi, Tablet Karisalai Karpam, Tablet Gandhaga Chooranam, 2 tablets each, twice a day, was administered internally and it is followed by a cup of milk for 50 days along with food restrictions (Informed to avoid Bitter guard, Brinjal, Fish, Chicken, Tamarind, Agathi leaves). The medicines which were used to treat in this case were obtained from SKM Siddha and Ayurvedha Pharmaceutical Company.

Table 1: Therapeutic intervention.

Drug	Dose	Mode of usage	Adjuvant/ Vehicle	Time of usage
Agasthiyar Kulambu	200mg	Internal	Sangankuppi leaf juice	Early morning
Tablet Karbogi	2 tablets	Internal	Milk	Twice a day after food
Tablet Karisalai Karpam	2 tablets	Internal	Milk	Twice a day after food
Tablet Gandhaga Chooranam	2 tablets	Internal	Milk	Twice a day after food

RESULTS



Figure 1: Before treatment.



Figure 2: After treatment.

The images show that the patient was improved and recovered from Vitiligo/Leucoderma after the administration of Siddha Medicines internally.

DISCUSSION

The ingredients used in Gandhaga Chooranam and Tablet Karbogi (*Psoralea corlifolia*) contains the active compound (Psoralidin) contains Anti Vitiligo action by increase Melanin formation and also by increase tyrosinase activity, Anti Inflammatory action occurs by decreasing the pro inflammatory cytokines which causes inflammation.^[4] Tablet Karisalai Karpam (*Eclipta prostrate*) which act as Anti-depressant activity.^[5] Hence the drug of choice reduces the hypopigmentation of skin and also reduces the psychological stress.

CONCLUSION

The above case study confirms that the hypopigmentation can be treated in Siddha Medicines. Further Clinical trials if followed in large scale based on the above findings will

definitely help to achieve a better treatment of Vitiligo/Leucoderma and to further validate the efficacy of these Siddha formulations.

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