

**A MANAGEMENT OF LEUKODERMA WITH AYURVEDIC  
FORMULATION: A CASE STUDY****Dr. Preeti Majhi<sup>1\*</sup>, Dr. Yogesh Wane<sup>2</sup> and Dr. Prakash Joshi<sup>3</sup>**

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**ABSTRACT**

Leukoderma, also known as Vitiligo, is a skin disease that causes hypopigmented spots. When the melanocytes that generate colour in the skin are destroyed disease occurs this happens. The degree and rate of colour loss caused by vitiligo are unpredictable. It affects persons of all skin tones, however, those with darker complexion are more likely to be affected. It can harm the skin on any part of your body. Hair, the interior of the mouth, and even the eyes are all susceptible to infection. In Ayurvedic literature, leucoderma is known as shwitra and is referred to as Shweta Kushtha. The two subcategories are Kilas and Varuna, which differ in skin colour. An imbalance in the Vata and Bhrajaka pitta can lead to skin problems.

**KEYWORDS:** Leukoderma, Bhrajaka pitta, Bakuchi oil, Sanjeevani vati.

**INTRODUCTION**

The skin is our body's most important sense organ. Everyone wants to have beautiful skin. Melanin is a pigment found in our skin that gives it its colour. When melanin pigment is gradually lost, white patches, also known as Vitiligo or Leucoderma, appear. However, it is known as Shwitra or Shweta Kushta in Ayurveda. Vata and bhrajak pita have settled on the skin, according to Ayurveda, causing an imbalance in the vatta and pitta doshas.

When we talk about Vitiligo, we're talking about a chronic condition. According to medical research, skin loses its natural hue, resulting in white areas. As previously said, Vitiligo is also known as Leucoderma, which is derived from the words Leuco- White and Derma- Skin.

This can occur in any age range and to anyone, and it is only observed once and never again. It can also affect any area of your body, including your lips, hair, and eyes, and it differs from person to person. Leucoderma, is a kind of acquired skin depigmentation that affects people all over the world. Leucoderma, often known as vitiligo, is a painful skin condition. The name Leucoderma means "to have white skin." White patches would develop from a progressive loss of pigment called melanin from the dermal layers. These spots are unsightly, especially on those with dark skin. Leucoderma can affect anybody, at any age, with any skin type.

Leucoderma is a non-infectious, non-contagious skin condition that begins as a tiny white or pale-colored patch and grows into a bigger patch over time. It has a significant psychosocial effect.

## CAUSES

However, the exact aetiology of Vitiligo is unknown, although it is known that the condition begins when immune cells erroneously assault normal cells and tissues in the body, causing their demise.

Sunburns and emotional distress are two more causes of Vitiligo. It's likely that the sickness runs in your family and is passed down through generations.

Ayurveda is the most effective treatment for Vitiligo since it addresses the underlying cause of the disease while also providing long-term healing. Patients who want natural treatments should consider ayurvedic herbal treatment, which aims to manage symptoms by addressing the underlying cause.

A few reasons that may induce vitiligo are listed below.

- **Genetic:** Children whose parents have vitiligo are more susceptible to the condition.
- **Chronic Infection:** In children, the condition may emerge as a result of chronic infections such as throat infections, stomach infections, or anemia that necessitate the use of antibiotics, which weaken the immune system and lead to an autoimmune disorder.

- **Autoimmune disorder:** In adults, autoimmune disorders can create white spots on the thyroid.
- **Chemical Leucoderma:** is caused mostly by compounds found in cosmetic products such as Bindis, such as Monobenzyl Esters of Hydroquinone. White patches on the skin can also be caused by poor-quality plastic footwear. Excessive exposure to chemicals such as rubber, plastic, and other materials makes people susceptible to vitiligo. Those who have had chemotherapy may develop white spots over time.

## PSYCHOLOGICAL CONSEQUENCE

Leucoderma has been found to have psychological health implications, according to research. More than half of those with leucoderma go through a difficult moment in their lives at least once. A person's mental and emotional energies might be sapped if they are constantly worried about health.

Speak to your doctor if you develop anxiety or sadness as a result of your leucoderma. Make as many phone calls as you can to loved ones and friends. This will calm your emotions and take the edge off of your stress level.

In people with leucoderma, however, issues such as hearing loss and intense sunburns, as well as eyesight abnormalities, may occur.

## AIMS AND OBJECTIVE

- To purpose Ayurveda treatment for the management of Leukoderma.

## MATERIAL AND METHODS

This Study was carried out in *Charma Rog Nivaran* unit of *Rachna Sharir* Department in govt. Dhanwantari Ayurved College and Hospital Ujjain (M.P.) India.

## CASE REPORT

The present case study reported successful treatment of Leukoderma in Female patient age of 11 year, Registration No-23644 came to the (Charma Roga Nivaran units) Govt. Dhanwantri Ayurvedic Chikitsalya Ujjain (M.P), with the complain of white patch on forehead during 4-5 month.

**PERSONAL HISTORY**

**Aahara** - Mixed diet

**Vihaara** - Divaswapna

**Appetite** - Good

**Diet** - Veggie diet with a spicy food, outside foods such as Pani Puri consumption of chips, chocolates, and bakery items, She loves drinking milk with fruits.

**Bowel habit** - Regular

**Sleep** - Normal

**ASTHAVIDH PARIKSHA**

Nadi- 80/min

Mala- Malabadhta

Mutra- 4 – 6 times/day

Jivha – Samata ++

Shabda- Prakrut

Sparsha- Prakrut

Drika- Prakrit

Aakruti- Samanya

**SAMPRAPTI GHATAKA**

**Dosha:** Tridosha

**Dushya:** Rasa, Rakta, Mamsa, Medas

**Adhishtana:** Twak

**TREATMENT PLAN**

- On 16/12/2020 for 7days Bakuchi oil (for local application) 2 times in a day, Sanjeevani vati 125mg + Shankh Bhasm 500mg +, kamdudharasa 250mg + mukta shukti bhasma 250mg + Saptamrit loha 250mg.
- On 06/01/2021 for 14 days Bakuchi oil (Local application), Shamshamni Vati -500mg + Kaishor Guggulu 250 mg + Kamdudha rasa 500 mg + Mukta shukti Bhasma 250 mg + Ras manikya 65 mg, Mahamanjishthadi kadha 2tsf BD.
- On 20/01/2021 Bakuchi oil (for local application) Shamshamni Vati -500mg + Kaishor Guggulu 250 mg, Gandhak Rashayana 125 mg, + Mukta shukti Bhasma 250 mg + Ras manikya 65 mg, Mahamanjishthadi kadha 2tsf BD.

## RESULT



**BEFORE TREATMENT**



**AFTER TREATMENT**

## MANAGEMENT

The cleansing procedure is the first step in Ayurvedic vitiligo treatment. To “loosen and liquefy Ama and excess dosha from the various sites of accumulation in the tissue, purification methods such as Snehana, Swedan, Vaman, Virechana (therapeutic purgation), and Raktamokshana are used. It's also a good idea to expose yourself to the sun's rays. Aside from the numerous aushadhis, the following ahar and vihar regimens are also extremely important.

## DIET & LIFESTYL RECOMMENDATION

- Porridge and other whole wheat items are preferable to more processed carbs like spaghetti.
- Drinking enough water is a vital part of a healthy diet that should not be overlooked.
- Citrus fruits, tomatoes, and green tea are high in vitamin C and should be avoided or eaten in small amounts.
- Non-vegetarian meals such as fish and red meats should be avoided since they may be highly antigenic and aggravate the autoimmune process. Eggs, milk, and dairy products should also be avoided.
- Alcoholic and flavoured drinks, ice creams, chocolates, and any other junk food are not advised.

- Pickles, sour yoghurt, and sour strawberries should all be avoided.
- Neem is beneficial in any form. Mung dal is also a tasty option.

### DO'S & DON'TS

- Daily, expose the damaged portions of the body to the sun in the early morning for 20-30 minutes.
- Maintain an optimistic attitude.
- Bathe with a gentle soap.
- Avoid tension by learning to relax.
- Avoid eating citrus fruits, tamarind, seafood, and crustaceans, prawns and crabs
- Avoid the use of creams, powders, and other cosmetics applications.

### DISCUSSION

**Bakuchi oil:** Bakuchi is also known as "Shvitraghni" because to its ability to treat Vitiligo, a skin condition in which some areas of the skin lose their pigmentation. The active component in Bakuchi is "Psoralens," which produces melanin in depigmented skin when exposed to sunlight. The herbal paste or Lepa of the herbal decoction is applied locally in Ayurvedic treatment. According to a clinical research, using the Lepa just locally is a safe and effective therapy for Vitiligo. Bakuchi is a potent skin-healing plant whose name is derived from the Moon, which is the ideal of beauty. It's known by a variety of names in Ayurvedic texts, including Somvalli, Chandrika, Suprabha, Tvagdoshghani, and Chandrashalaka, to mention a few. Furthermore, according to Acharya Charak and Acharya Vaghabhatta, the nutritional and curative qualities of this plant place it in the "Shaka Varga," which includes green vegetables. All components of the Babchi plant are beneficial, including the roots, stems, leaves, and seeds, but the seed powder and oil are the most potent and are known to be a particularly effective skin herb.

According to both ancient scriptures and current research, bakuchi oil has a high therapeutic potential. It significantly reduces pigmentation and plumps the skin by increasing collagen-promoting tissues.

### Sanjeevani Vati

Sanjivani Vati is a regularly used combination that contains herbal medications that are both safe and readily available. It is originally described in the Sharangdhara Samhita and is used in Jwara (Fever), Visuchika (Gastro-enteritis), Gulma (Painful abdominal lump), Ajirna

(Indigestion), and Sarpadamsa (Painful abdominal lump) (Snake bite). This Ayurvedic formulation is used to cure a variety of gastrointestinal issues, which are caused by Mandagni, which causes Ama (Undigested Food Residue) to build in the body. The drugs in Sanjivani Vati are mostly Katu, Tikta Rasa, Laghu, Tikshana, Ruksha Guna, Usna Virya, Madhura Vipaka, Deepana, Pachana, Anulomana, Rochana, Shoolhara, Krimighna, Jwaraghna, Triptighna, Vishaghna and have Kapha-Vata hara action, which improve So Sanjivani Vati has Amahara effect (expels metabolites and detoxifies the system) and can treat disorders like Ajirna, Visuchika, Gulma, and Jwara that are caused by Mandagni (Digestive Impairment). The purpose of this study is to examine the formulation constituents and possible mode of action of Sanjivani Vati in various clinical situations.

## CONCLUSION

Mithya Ahara -Vihara, particularly Navanna and Viruddhahara, as well as a diet rich in Ushna and Snigdha and Vegavidharana, are the major causes of Shwitra. Shwitra is a disease that affects both the body and the psyche. The Ayurvedic therapy for this Skin condition has provided a joyful existence by strengthening the immune system and raising the individual's level of confidence. Ayurvedic treatment helps to eliminate the disease's underlying cause and avoids recurrence by restoring normality to exacerbated colour, and orally prescribed medications also played a crucial part in relieving symptoms and acting as immune boosters. Because the patient had considerable alleviation, this therapy strategy can be utilized to treat Shwitra.

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