

**EFFECT OF *BAKUCHI TAIL* AND *KAMDHENU SHWITRANASHAK VATI* ON *SHWITRA* W.S.R. TO VITILIGO - A CASE STUDY****Pawara L. V.\*<sup>1</sup>, Hange D. V.<sup>2</sup> and Kodwani G. H.<sup>3</sup>**<sup>1</sup>PG Scholar, Rognidan Avum Vikruti Vigyan, Government Ayurved College Nagpur.<sup>2</sup>Guide and Assistant Professor, Rognidan Avum Vikruti Vigyan, Government Ayurved College Nagpur.<sup>3</sup>HOD. and Associate Professor, Rognidan Avum Vikruti Vigyan, Government Ayurved College Nagpur.Article Received on  
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Ayurved College Nagpur.**ABSTRACT**

*Shwitra* is a condition characterised by white patches on the body. It is caused by *tridosha* vitiation and *dhatu*s like *Rakta*, *Mamsa* and *Meda*. Based on symptoms *shwitra* can be correlated with vitiligo. Vitiligo is the problem described in the modern medicine as auto immune disease which manifest as white spot on the skin. *Ayurveda* has incorporated this condition into the broad heading of *shwitra*. *Shwitra* is not a serious or life threatening disorder, or a painful one, but it has an impact on the social and psychological well being of victim. For present study we had reported 58years old male patient having pale copper (*Tamra*) coloured patches over skin of dorsal and ventral

surface of both hand, legs, back, shoulder and stomach region since 45years, having K/C/O HTN with regular medication since 5 years. Patient is treated with *kamdhenu shwitrashak vati* twice a day with 2 tablets and *Bakuchi* tail for local application over affected area at morning sunlight exposure for 15 minute. Patient reported significant improvement in colour of patches.

**KEYWORDS:** *Bakuchi*, *Kushtha*, *Shwitra*, Vitiligo.**INTRODUCTION**

*Ayurveda* is the medical science which deals with the life span of human being along with the measure to cure and prevent the disease. The human skin is outer covering of the body and it

interfaces with the environment and it plays an important role in immune system and protecting the body against pathogens and excessive water loss.<sup>[1]</sup>

*Ayurveda* has discussed all skin disease under the umbrella of *kushtha* in other word it can be listed as *Ayurvedic* dermatology, it is not Co-related but can cover up all dermatological manifestation under 18 subtypes of *kushtha*<sup>[2]</sup> the term *shwitra* can be mention as a type of *kushtha* and correlated with vitiligo. Worldwide incidence of vitiligo is observed in 1% of world population.<sup>[3]</sup> vitiligo can be correlated with *shwitra* in *Ayurveda*. The disease *shwitra* was reported in ancient literature, several reference are found in the Vedas. The *Shwitra* has its root in the *Sanskrit* word *shwet*, which means white patches.<sup>[4]</sup> Various *hetu* of *Shwitra* stated in *Charka Samhita* are, *asatmyavachan*, *krutaghnabhav*, *ninda* of *devatas*, *Guru apmaan*, *papkriya*, *purvajanmakrit karma*, and intake of *viruddha ahar*.<sup>[5]</sup> *Shwitra* is caused by the imbalance of all the three *doshas* (*vata*, *pitta*, *kapha*) and (*Rakta mamsa*, *meda*) *dhatu*s.<sup>[6]</sup> It is classified into 3types 1. *Daruna*- vitiation of *dosha* in *Rakta* 2.*Aruna*-vitiation of *dosha* in *mamsa dhatu* 3.*Kilas*-vitiation of *dosha* in *meda dhatu*.

Vitiligo is Pigmentary disorder of unknown cause is characterized by depigmented or hypopigmented patches that results from reduced or absent melanocytes.<sup>[7]</sup> According to modern medicine the cause of vitiligo is unknown till date, it may onset at any age but usually in childhood at 10 years of age or in second decades of life. It is multifactorial disease genetic susceptibility is important factor in this case. Risk factors are positive family history suffering from inflammatory disease or autoimmune disease.

## CASE REPORT

A 58 years old male patient complaining of pale copper (*Tamra*) colour patches over skin of dorsal and ventral surface of both hand, legs, back, shoulder and stomach region varied from 5inch ×4inch. Initially the lesion were small later progressively increased in their size and spread to dorsal and ventral surface of hand, legs back and stomach region over duration of 45 years having K/C/O HTN with regular medication since 5years with negative family history. There were associated complaints like dryness of skin, itching, burning sensation, discoloration of hairs also present.

**Personal History:** *Aharaj*: Taking Veg-nonvegeterian diet, curd, and fish eating 2days in a week, spicy food etc.

**Viharaj**: *Atapsevan*, *shitjalpan*

**Vysana:** Tobacco chewing 1packet/ day, patient consume alcohol two times in a week

**Past history:** No significant

**Family history:** Mother- h/o hypertension, Diabetes mellitus, Father:h/o tuberculosis

**Examination:** General condition of patient was fair, vitals are normal, Local and systemic reveals normal, bowel habits are normal, micturition is normal and adequate, appetite is good.

### Local examination

1. Site of lesions- both hand dorsal and ventral surface, both legs, & back and stomach region.
2. Character of lesion-pale copper (*Tamra*) colour grouped and diffused lesions
3. Dryness of skin(*twakrukshata*) – present
4. Oily skin(*Twaksnighdata*) – absent
5. Itching(*kandu*) – present
6. Burning sensation (*daha*) – present
7. Discolouration of hairs- present
8. Loss of hairs- absent

**Samprapti:** Due to *hetu(nidan) sevan* like *Aharaj hetu* curd, fish, milk and khichari taking mix, spicy food, *viharaj hetu-shitjalpan*, *atapsevan*, *manas hetu* like *chinta*, *krodh*, and *vyasan madhyasevan*(alcoholic), tobacco chewing causes *tridosha prokop* and spread in *tiryak gata sira*, after that *rakta mamsa*, and *meda dhatu shaithilyata* develop, at the place of *mamsa dhatu shaithilyata pitta dosha* vitiated & pale copper colour patches develop after *dosh- duchhya samurchana*.

### Samprapti ghataka

*Dosh -pitta-Bhrajak*

*Vata-Udana*

*Kapha-shleshak*

*Dushya:*

*Dhatu-Rasa, Rakta, mamsa*

*Mala-Loma*

*Agni- jatharagni and dhatwagni*

*Srotas-Raktavaha, Rasvaha*

*Srotodushti type-sanga*

*Marga-Bahya Rog marga*

*Udabhavasthan- Amashay*

*Sthansanshraya-Twak*

*Swabhav-chirkari*

*Sadhya-Asadhya -Kashtasadhya*

*Vyakti -Shwitra kushtha*

*Bheda- Aruna*

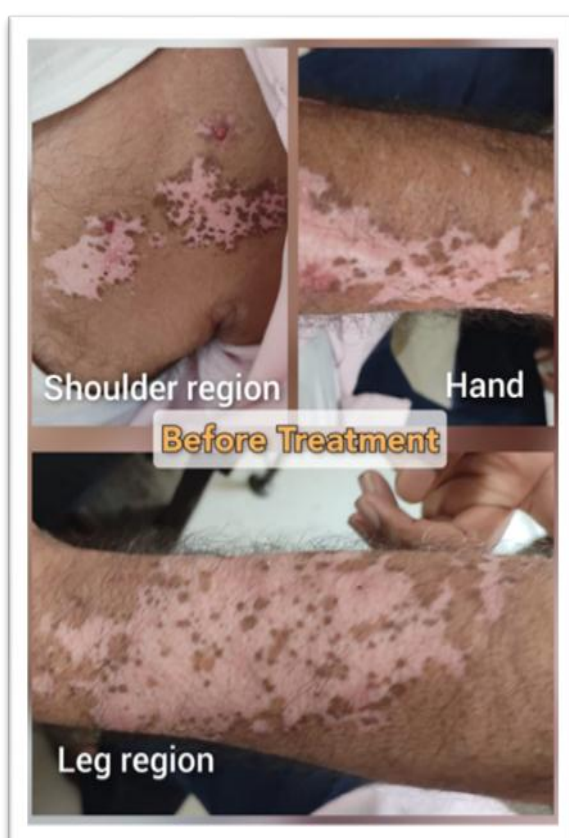
**Treatment:** After proper analysis, in the first visit patient had been given *kamdhenu shwitrashak* vati 2 tab twice a day with warm water after meal and *Bakuchi tail* for local application over affected area at morning sunlight exposure for 15 minute.

**Content:** 1. *Bakuchi Tail* – *bakuchi* seed contains coumarin, volatile oil, flavones, phenol, lipid, stigmasteroids, psoralen, Isopsoralen, psorelidi, Dehydroisopsoralidin and corylifolen

2. *Kamdhenu shwitrashak vati* – *Bakuchi, Gairik, Gandhak, Go-grit, Gomutra*

**Pathya-** ghee, munga, spinach, methi, and easily digestive diets.

**Apathya-** curd, fish, bread, spicy food, brinjal, heavy diet, alcohol, tobacco.



**Before Treatment**



**After Treatment**

## DISCUSSION

In the present case, *Bakuchi* Tail and *kamdhenu shwitrashak vati* had been used for the treatment of *shwitra*, the result which are found encouraging. *Shwitra* is caused due to imbalance of *pitta* in the body, imbalance *pitta* leads to the formation of *Ama* (toxin remain in the body due to indigestion) which consequently impairs deeper body tissue, this ultimately causes depigmentation of the skin, *bakuchi* helps to manage this condition due to its *deepan*, *pachan* and *Ropan* properties. The ras of *bakuchi* is *Katu*, *Tikta*, *Katu vipak Ruksha guna*. In the *shwitra sroto dushti* is removed by the *Katu tikta rasa*, *Ruksha Guna*, *katu Vipaka* of the *bakuchi* and also increase the blood circulation locally, thus provides nutrition to the cells and helps in the adequate formation of *brajak pitta* in the skin.

## CONCLUSION

The effects of *Bakuchi* tail and *kamdhenu shwitrashak vati* is very effective in *shwitra* without any adverse effect on body or organ, the use of sunlight after local application of *bakuchi* tail is additive effect to promote the melanocytes formation.

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