

MANAGEMENT OF VITILIGO (SHVITRA) WITH THE HELP OF AYURVEDIC INTERVENTION-A CASE STUDY

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Article Received on
21 December 2024,

Revised on 11 Jan. 2025,
Accepted on 01 Feb. 2025

DOI: 10.20959/wjpr20253-35587



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ABSTRACT

Vitiligo is a chronic autoimmune disorder that causes patches of skin to lose pigmentation or colour due to melanocyte deficiency.^[1] The cause of vitiligo is unknown, but it may be related to immune system changes, genetic factors, stress, or sun exposure.^[2] There is no any exact treatment for vitiligo but multiple treatment options are available in modern medical science. Which are considering safe but have some side effects also. In Ayurveda it referred as *Shvitra* or *Shvetakushtha*. By using different herbal combination and Ayurvedic therapy vitiligo can be treated and prevented. Hence presenting a case of Chronic Vitiligo treated by Ayurvedic Medicines.

KEYWORDS: Vitiligo, *Shvitra*, *Shvetakushtha*, Ayurveda.

INTRODUCTION

Colour of skin is depending on some pigments in human body like melanin, haemoglobin and carotenoid. Deficiency of them can lead to variety of skin disease one of them is vitiligo. In vitiligo due to insufficient amount of melanin in skin hypo pigmentations occurs. It is progressive type of disease with gradual destruction of melanocytes in epidermis resulting in depigmented, a-pigmented or hypo-

pigmented areas on the skin.^[3] It is an autoimmune disease and exact cause is unknown. The prevalence of vitiligo is 1% all over the world, while its incidence ranges from 0.1 to >8.8%.^[4] Vitiligo not only causes physical deformity but also causes psychological burden to the patients. Multiple treatment approaches are available in conventional systems, like topical medications including immune suppressing medications like gluco-corticosteroid, photo therapy-UV light, surgery and cosmetics. But they are associated with a few limitations. Thus, many such cases are approaching traditional systems for possibilities of treatment. Hence an approach has been made to treat Vitiligo with safe and effective Ayurvedic Medications.

CASE REPORT

A 24 years' female patient was having complaints of multiple small white patches over hand maximum on forearm since more than one year.

History of present Illness

Patient had started to develop above mentioned complaints 1 year before. She had taken allopathic medications initially she got satisfactory result but it doesn't last for long and relapses of symptoms started to occur. Hence she came to us for pure ayurvedic treatment.

Family history-No any family history of autoimmune disease.

History of Past Illness-She was morbidly healthy. Don't have any history of DM, HTN and Thyroid disorder.

Ashtavidha pariksha

Nadi (Pulse): 80/min

Mala: Samyak

Mutra: Samyak

Jivha: Saam

Druk: Prakrut

Akriti: Madhyam

Shabdha: Spastha

Sparsha: Anushnasheet

Raktadab: 120 /70 mm of hg

MATERIAL AND METHOD

Centre of study: ARSMH, Nigdi Pune

Method of Sampling & Study design: Single Case Study.

Material used in study

| Sr. no | Chikitsa | Matra | Kaal | Anupan |
|--------|------------------------|--------|------|-----------------|
| 1 | Lukoskin Cream (Aimil) | LA | BD | - |
| 2 | Syp Lukoskin (Aimil) | 10 ml | BD | Luke warm water |
| 3 | Raktapachak | 250 mg | BD | Luke warm water |
| 4 | Arogyavardhini | 250 mg | BD | Luke warm water |
| 5 | Gandhak rasayan | 250 mg | BD | Luke warm water |
| 6 | Praval panchamrut | 250 mg | BD | Luke warm water |
| 7 | Gandharv haritaki | 2gm | HS | Luke warm water |
| 8 | Tab Amypure (Aimil) | 1tab | BD | Luke warm water |

DISCUSSION

Hetu sevan: (A.H.Sha. 1/48).

Ahar: spicy, salty, burger pizza ones in week, *chapati* and tea daily in the morning for breakfast, curd and rice daily. Sugar intake was more.

Vihar: patient is a student by professions, because of college and multiple classes she was has most of sitting work. Exposure to the natural sunlight was very less, as study hours were from morning to evening. *Divaswap* of 2-3 hours on every Sunday.

Samprapti: *Shvitra Samprapti* in Current Patient

Patient was following above mentioned diet and lifestyle since more than 1 year, which leads to variation of *treedosh* and *agnimandhya*. These vitiated *doshas* reach *Twacha*, *Lasika*, *Rakta* and *Mansa* through circulation by *tiryakgamitwa*. On reaching the above *dhatu*, *doshas* make them *shithil* and at that time *dosha* and *dushya* together produce discoloration of skin. This discoloration is termed as *shvetakushtha* or *Shvitra*.

Samprapti bhanga

Ayurveda believes *tridosh* measuredly *kapha* dosh is the main culprit *dosha* in *shvitra Samprapti*, therefore patient had been suggested to follow *nidan pariwarjan* i.e. to avoid the causative factors mentioned previously. In the present case study patient had complained of white patches on skin. As per *samprapti* in current study the choice of drug was *rakstashodhak*, *dipan*, *pachan*, *raktaprasadak*, *kapha-pittashamak* and mild *rechak*.

Arogyawardhini helps to remove *Aama* toxins from the body by stimulating *dhatwagni*. *Raktapachak* help in *dushit dhatu pachan*. *Gandhak rasayan* has properties to act against skin disease with *kapha* dominance. *Praval panchamrut* balance *pitta* and impure blood purification and skin lusture and complexion.

Ayurvedic formulations made by AIMIL Pharma helped in improving skin discoloration purify the blood and acted as antioxidant, antiseptic and antifungal to cure skin disease. Patient had given these medications for 3 months with follow up on each 15 day and overall use of these drugs showed significant improvement in symptoms.

OBSERVATIONS AND RESULTS

Clinical examination of patient shows reduction in symptoms



CONCLUSION

There was significant improvement in overall symptoms 3 month of treatment given as Shaman aushadhi and with proper diet.

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