

**INTEGRATED AYURVEDIC MANAGEMENT OF SHWITRA
THROUGH VIRECHAN KARMA, SHWITRARI RAS AND POOTIKADI
LEPA - A CASE REPORT**

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ABSTRACT

Vitiligo is classified as a skin disorder characterized by white patches (hypopigmented patches) on the skin, primarily resulting from the loss of melanin pigment or the destruction of pigment-producing cells. cells known as Melanocytes, or it may be associated with autoimmune diseases such as Diabetes mellitus, Pernicious Anemia, and Addison's Disease. In Ayurveda, all skin disorders are categorized under Kustha Roga. This condition arises from the vitiation of Tridosha. It is recognized as an autoimmune disease that can be associated with other autoimmune conditions like diabetes mellitus, pernicious anemia, and Addison disease. **Methodology:** The present case report is about 61 years old female, came with complaints of whitish discolored patches on back side below neck with no itching and no burning sensation since 8 years. **Result:** Patient showed encouraging result after *Virechana* followed by *Shamana Aushadis* like *shwitrari ras*,

panchatikta ghrita, *putikadi lepa*, where subjective criteria evaluated using scoring method & objective criteria based on photographs. **Discussion:** Patient was treated with *Shamana* and *shodhana* therapy, after this therapy white discolored patches turned to pinkish and subject was observed with 70% improvement lesions, the present case study highlights the importance of efficacy of Ayurvedic treatment in Shwitra, as mentioned in classics.

KEYWORDS: *Shwitra*, Vitiligo, *Kustha*, *Shamana*, *Shodhana*.

INTRODUCTION

Skin is the most intricate organ in the body, the skin serves a variety of purposes. Its main purpose is to act as a barrier to shield the body from the outside world. *Vata*, *Pitta*, *Kapha*, *Rasa*, *Rakta*, *Mamsa*, and *Meda* are among the *Sapta Dravyas* that contribute to *Shwitra*, a condition marked by pale, discolored areas on the body. The primary location of *Shwitra* is considered to be the fourth layer of *Twacha (Tamra)*.^[1] Because white spots occur on the skin due to an unknown etiology, most likely an autoimmune process, the Ayurvedic disease *Shwitra* clinically mimics Vitiligo. A dermatological condition known as vitiligo affects 1% of people worldwide. According to Ancient literature this condition resembled to mentioned *Shwitra*. The Vedas contain multiple allusions to the idea that a white patch on the body makes the body look ugly. Acharya Charaka listed it as *Raktaja vikara* and provided synonyms for it, including *Kilasa*, *Darun*, *Charuna*, and *Shwitra*.^[2] *Pitta (Bhrajaka)*, which is normally responsible for normal skin tone, is vitiated in this *Raktaja* and *Pittaja* skin disorder. White spots of skin, known as *Shwitra vyadhi*, are caused by vitiated *Bhrajaka pitta*.^[3] The condition encompasses all three doshas (*Vata*, *Pitta*, *Kapha*) and involves *Rakta*, *Mamsa*, and *Meda Dhatu*, with subsequent complications being more severe. *Shwitra* primarily involves *Bhrajaka Pitta*, which is responsible for maintaining and forming the skin's color. *Daruna*, *Caruna*, and *Kilasa* are subtypes of *Shwitra Kustha*.^[4] In contemporary medical science, the characteristics of *Shwitra* are akin to those of vitiligo. Vitiligo is a condition where the skin loses its color, turning white due to a decrease in melanocyte cells that produce the pigment melanin, which is essential for skin color. It affects both genders equally, with a global prevalence of 1%. The highest incidence has been recorded in Mexico and India, where it is estimated that between 3-4% of the population is affected, although the incidence can be as high as 8.8% among individuals with darker skin.^[5] In modern medical practice, vitiligo is treated with topical creams containing corticosteroids, skin grafting, and plastic surgery, all of which can be quite costly for patients. In Ayurveda, there is a purificatory process that eliminates toxins, along with local applications and oral medications that help to break the *dosha-dushya samurchana*.

AIMS AND OBJECTIVES

To study the case of *shwitra* through ayurveda. To analyse the effect of *shodhana* and *shamana chikitsa* in *shwitra*.

MATERIALS AND METHODS

Case Description – A 61 years old female came in to the OPD of Pandit Khushilal Sharma Govt. Autonomous Ayurvedic Institute and Hospital Bhopal Madhya Pradesh with complaints of white patches on back side below neck region and mid of lower back region with no itching and burning.

History of Present Illness – Patient was healthy before 8 years and she is not aware about her disease. She noticed her lesions gradually increased. Initially she neglected but her lesions gradually increased, sometime it associated with itching and burning sensation and she takes allopathic treatment, after that they subside for few days but recurrence again. Before 3 month she came to PTKLS Hospital Bhopal in panchakarma OPD for further treatment. She was diagnosed vitiligo after her examination.

Past History – Hypothyroidism since 20 years taking allopathic medicine.

Family History – No any history.

Personal History

- Bowel – Not clear
- Appetite – Normal
- Sleep – Normal
- Micturition – 5-6 times in a day, 1 time in night
- Occupation – House wife
- Diet – Vegetarian
- Menstrual history – Menopause

General Examinations

- Pallor – Absent
- Icterus – Absent
- Cyanosis – Absent
- Clubbing – Absent
- Lymph node – Absent
- Oedema – Absent

Diagnosis – *Shwitra* (Vitiligo)

Treatment protocol

Total duration – 3 month.

Table 1: Virechan Procedure Plan.

S.N.	PROCEDURE	DRUG AND DOSE	DURATION
1	<i>Deepana and Pachana</i>	<i>Panchkola phanta as per kostha and agni</i>	<i>3 days</i>
2	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	<i>7 days</i>
3	<i>Virechana karma</i>	<i>Trivritadi kashayam</i>	<i>1 day</i>
4	<i>Samsarjana karma</i>	<i>12 annkal, 24 vega, pravar shuddi</i>	<i>7 days</i>

Prior to the Shaman ausadhi procedure, Sodhan was conducted to remove toxic substances from the body.

DEEPAN and PACHAN were administered for three days before the Sneha Pan, with panchkol phant taken muhrmuhr. The Snehapan was carried out using Panchatikta Ghrita over a period of seven days, adhering to all necessary precautions throughout the Sneha Pan process.

- On the first day, 30ml was given
- On the second day, 60ml
- On the third day, 90ml
- On the fourth day, 120ml
- On the fifth day, 150ml
- On the sixth day, 180ml
- On the seventh day, 210ml.

Following this, a three-day rest period was observed during which Bahya Snehan was performed using *marichyadi tail*, succeeded by *Swedan*. A *Pitta Vardhak Ahar Vihar* was recommended during these three days. Upon completion of the *Snehapan* and *Bahya Snehan*, followed by *Swedan*, *Virechan Karma* was executed with the assistance of *trivritadi kashayam* at a dosage of 300 ml, along with 10-15 Munakka soaked in water. The patient experienced 24 Vegas during the *Virechan Karma (Kaphantak)*. The level of *Suddhi* was *Pravar*, and the patient's *Bala* (physical strength) was also assessed as *Pravar*. Consequently, *Samsarjana Karma* was advised for Seven days, with 12 *annakal* as per the specified diet.

Table 2: Shaman aushadhi given after virechana karma.

Medicine	Dose	Time period
<i>Shwitrari ras</i>	125 mg twice a day	2 month
<i>Panchatikta ghrta</i>	2 tsf bd empty stomach with lukewarm water	2 month
<i>Putikadi lepa</i> (leaves of putika, Arka, Snuhi, Jati, Aragvadha pounded with <i>Go mutra</i>)	Quantity sufficient, 48 minutes exposure of sunlight regular	2 month

RESULT

It is a single case study. Result is drawn on the basis of photographs which is taken before and after the treatment.

Before treatment**After treatment**

DISCUSSION

Panchakol phant^[6]- It is an Ayurvedic herbal infusion (*Phanta Kalpana*) made from five pungent herbs, collectively known as *Panchakola*. *Pippali* (Piper longum) – Long pepper, *Pippalimula* – Root of long pepper, *Chavya* (Piper chaba) – Java long pepper, *Chitraka* (*Plumbago zeylanica*) – Leadwort root, *Shunthi* (*Zingiber officinale*) – Dry ginger. Its pungent nature (*Katu Rasa*) makes it effective in balancing *Vata* and *Kapha doshas*, particularly in conditions like indigestion, anorexia, and abdominal colic and metabolic imbalance.

Panchatikta ghrita^[7]- *Panchatikta Ghrita* is a classical Ayurvedic medicated ghee used primarily for its detoxifying, anti-inflammatory, and skin-healing properties. The name “*Panchatikta*” means “five bitter herbs,” and “*Ghrita*” means ghee (clarified butter). It's traditionally used in the treatment of skin diseases, joint disorders, and as part of Panchakarma therapy (especially *snehana* or internal oleation). It combines the benefits of five bitter herbs with nourishing properties of ghee. *Nimba* (*Azadirachta indica*) – Known for its detoxifying properties, *Patola* (*Trichosanthes dioica*) – Traditionally used in skin ailments, *Kantakari* (*Solanum surattense*) – Beneficial in respiratory conditions, *Guduchi* (*Tinospora cordifolia*) – Recognized for its immunomodulatory effects, *Vasa* (*Adhatoda vasica*) – Employed in treating respiratory and inflammatory disorders. It cures *kustha*, eighty varieties of *Vata roga* (diseases caused by vitiated *vata*), forty varieties of *Pitta roga* (diseases caused by vitiated *pitta*), twenty varieties of *Kapha roga* (diseases caused by vitiated *kapha*), polluted ulcer, *krimis* (parasitic infestation), piles and five varieties of *Kasa* (bronchitis).

Marichyadi tailam^[8] – *Sarvang Abhyanga Swedana* given by these tail. Ingredients are *Maricha*, *haritala*, *manahsila*, *musta*, latex of *arka*, root of *karavira*, *trivrit*, juice of cow-dung, *visala*, *kuṣṭha*, *haridra*, *daru haridra*, *chandana*, *vatsanabha visa* (aconite), *murcchita* mustard oil and cow's urine. It is useful in checking ring- worm, Leucoderma, and all types of *Kustha*.

Shwitrari Ras^[9]- It is an Ayurvedic herbo- mineral formulation primarily used in the treatment of *shwitra*. It includes are *suddha Heera*, *suddha Parad*, *Kasish*, *suddha Gandhaka*, *tulsi ras*, *changeri kalka*. *Switarari Ras* aims to correct imbalances in the three doshas (*Vata*, *Pitta*, and *Kapha*) and the seven *dhatu*s (*Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*, and *Shukra*), which are considered the fundamental building blocks of the body in Ayurveda.

Imbalances in these elements are believed to be a major contributing factor to *Shwitra* (vitiligo).

Putikadi lepa^[10] - It includes *Gou mutra*-pounded *Putika* (*Karanja*), *Arka*, *Sunthi*, *Aragvadha*, and *Jati* (jasmine). *Katu*, *Tikta*, *Tiksna*, and *Usna* are all included. *Dravyas*, in addition to *Kusthaghna*, *Kandughna*, and *Tridosahara* characteristics, aid in the destruction of the disease's infection.^[11] Even so, these medications' strong antibacterial and antioxidant qualities aid in preventing pathophysiological alterations brought on by the body's oxidative changes and free radicals. Here, *Gou mutra*, which is actually *Kusthaghna*^[12], was administered as an adjuvant with immunomodulatory and antioxidant properties.

CONCLUSION

According to Ayurvedic principles, it is crucial to identify and eradicate the multifactorial agents linked to vitiligo since its incidence is rising as a result of poor lifestyle choices. Most individuals can regain their pigmentation by adhering to the Ayurvedic therapy regimen outlined in *Shwitra Chikitsa*. *Shwitra* is a condition that causes cosmetic deformities and has a significant effect on both the body and the mind. By removing the body's exacerbated dosha, *Shodhana* and *Shamana Chikitsa* help to eradicate the disease's underlying cause and stop it from recurring. This leads to an overall improvement in terms of the number and size of lesions as well as the restoration of normal skin pigmentation.

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