

A CASE STUDY ON MANAGEMENT OF *SHWITRA* (VITILIGO) BY AN AYURVEDIC REGIME

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ABSTRACT

Vitiligo is usually patchy depigmentary disorder, due to reduced or absent melanocytes. Most paediatric cases present after first decade of life with well-demarcated milky-white or hypopigmented patches. In *Ayurveda* vitiligo is known as *Shwitra* or *Kilas*. It is one of the varieties of *Kushta* in *Ayurvedic* classics caused due to variation of *Tridosha* (*Vata*, *Pitta*, *Kapha*) and *Dhatu*s like *Rasa*, *Rakta*, *Mamsa* and *Meda*. The disease is important principally as there is cosmetic concern about it which ultimately leads to many socialized psychological stigma in the life of patient. *Ayurveda* provide effective and safe treatment protocol for vitiligo. In *Ayurvedic* management of

vitiligo firstly we start with *Shodhana* by *Virechana* followed by *Shamana chikitsa* with internal medication (*Bakuchi churna*, *Khadir churna*, *Sarivadyasava*) and external application (*Bakuchi*, *Hartala*, *Gomutra lepa*). This study shows decrease in hypopigmented patch as well as improvement in the psychological status of the patient.

KEYWORDS: *Shwitra*, Vitiligo, Hypopigmented patch, melanocytes, *Bakuchi*, *Hartala*.

INTRODUCTION

Vitiligo is macular depigmentation associated with the destruction of melanocytes. The disorder represents a clinical end-point resulting from a complex interaction of

environmental, genetic and immunologic factors. There is definitely an autoimmune component to vitiligo. There are 2 subtypes of vitiligo, generalized (nonsegmental) and segmental. Approximately 50% of all patients with vitiligo have onset before 18 years of age and 25% demonstrate depigmentation before age 8 year.^[1]

In general childhood vitiligo differs from the adult disease. The similar features of vitiligo also found in some *ayurveda* classics. So according to *Kashyap Samhita Shwitra* is “Shwetabhavachhwitram” means white colour of reflection.^[2]

Acharya Sushruta explain the disease *Kilas* instead of *Shwitra*. The *Kilas* and *Shwitra* are synonyms of each other. There are three types of *Kilas* (*Vataj*, *Pittaj*, *Kaphaj*) and it is *Aparisravi* in nature.^[3] *Acharya Charak* explain various causes of *Shwitra* like *Viruddha Aahara*, *Papkarma* etc. Due to this there is vitiation of *Tridosha* and *Dhatus* like *Rasa*, *Rakta*, *Mamsa*, *Meda Dhatu*.^[4]

Childhood vitiligo management is very important as vitiligo causes deep psychological trauma to both the child and their parents, and leads to a poor quality of life. Various treatments available in *Samhitas* such as *Shodhanakarma*, *Raktamokshan*, *Lepa*, *Suryasnana* etc.

Treatment with *Shamana Chikitsa* may revert in due to the course of time. So, *Acharya Charak* explains importance of *Shodhana Chikitsa* stating that disease treated by *Shodhana* will never revert.

AIMS AND OBJECTIVES

To evaluate the role of *Ayurvedic* regime in the management of *Shwitra* (Vitiligo).

MATERIAL AND METHODS

Study design – The present study is a single case study conducted in the department of *kaumarbhritya* of GAC Osmanabad.

CASE REPORT

A 8 years old male child patient present with complaint of white patch over lateral side of right ankle joint for last 1 years. Patient came to *Kaumarbhritya* OPD of GAC Osmanabad, Maharashtra with the above complaint.

History of present illness - Patient was healthy before one year. Gradually he develops white patch over lateral side of right ankle joint without any discharge from the affected area. And which got aggravated day by day with mild itching.

Personal history

Aahara – spicy food, fried food, ice-cream, meat, mixed dietary habit

Vihara – sedentary lifestyle

Behavioural habits – could not tolerate warmth

Bowel habits – regular

Micturition – normal

Family history – There is no family history of vitiligo.

Medicinal history – Patient had taken modern medicine treatment for a period of 6 months without any definite improvement.

General examination

GC - Fair

Temp - afebrile

Pulse - 92/min

BP - 100/70 mmHg

RR - 20/ min

Built - moderate

Height - 124cm

Weight – 22.7 Kg

Ashtavidha Pariksha

Nadi - Kaphapradhan

Mala - Samyak

Mutra - Samyak

Jivha – Sama

Shabda - Spashta

Sparsha - Samshitoshna

Druk – Prakrut

Aakruti - Madhyam

Systemic examination

- 1) RS - AEBE Clear
- 2) CVS - S1S2 Normal
- 3) CNS - Conscious and oriented

Local examination

- 1) **Site of lesion:** lateral side of right ankle joint
- 2) **Distribution:** Asymmetrical
- 3) **Itching:** Mildly present
- 4) **Discharge:** Absent
- 5) **Character of lesion:** Milky white in colour, size 3*3 cm
- 6) **Inflammation:** Absent

Diagnosis – Based on clinical features.

SAMPRAPTI GHATAK

Dosha: Tridosha

Dushya: Rasa, Rakta, Mamsa, MedaAdhishtana: Twak

TREATMENT PLAN

- 1) First-line treatment - *Deepana Pachana*
- 2) Second-line treatment - *Shodhana by Virechanakarma*
- 3) Third-line treatment

- a) Internal Medicine

Khadir churna + Bakuchi churna,

And Sarivadyasava

b) External Application

Bakuchi churna + Hartal bhasma + Gomutra

Table No.1.

Day	Deepana-Pachana	Aahara
1 st	Hingvashtak churna with ghrita	Varan, bhat, bhaji, poli
2 nd	Hingvashtak churna with ghrita	Varan, bhat, bhaji, poli
3 rd	Hingvashtak churna with ghrita	Varan, bhat, bhaji, poli

Table No. 2.

Day	Ghrutapana	Matra	Aahara
1 st	Panchatikta ghrita	25 ml	Khichadi
2 nd	Panchatikta ghrita	50 ml	Khichadi
3 rd	Panchatikta ghrita	75 ml	Khichadi
4 th	Panchatikta ghrita	100 ml	Khichadi
5 th	Panchatikta ghrita	125 ml	Khichadi
6 th	Snehana Swedana	–	Khichadi
7 th	Snehana Swedana	–	Khichadi
8 th	Virechana karma – Abhayadi modaka and Aragvada Kapila vati 2 tab each with manukafanta 1 litre	–	–

Table No. 3.

Abhyantaraushadhi	Matra	Kalavadhi
Bakuchi churna + Khadir churna with honey	30 gm+10 gm = 60 doses	BD for 1 month
Sarivadyasava with equal amount of water	5 ml	BD for 1 month

Table No. 4.

External application	Kalavadhi
Bakuchi churna 4 part + Hartal bhasma 1 part + Gomutra as per required	1 month BD for local application

Picture – 1



RESULT AND DISCUSSION

Shwitra is rapidly spreading skin disorder which comes under *Kushta*, there is discolouration of skin (*Twaka vaivarnya*)^[5] without discharge (*Aparisravi*).

Bakuchi churna – The *rasa* of *Bakuchi* is *Katu*, *Tikta*, *Katu vipaka*, *Ushna virya*, *Ruksha guna* helps to correct *stroto-dushti* in *Shwitra*.

It contains psoralen, isopsoralen, bakuchiol, bavchin, bavchin and corylin which have antioxidant properties, helps in stimulates melanocytes for melanin synthesis, Immunomodulatory effect and inhibitory against antigen induced granulation.^[6,7]

Khadir churna – *Khadir* is bitter and astringent in taste, pungent in the post digestive effect and has cold potency. It alleviates *Kapha* and *Pitta doshas*, all these properties alleviate the skin disease.^[8]

Acharya Charaka has described *Khadir* as the best drug of choice for *Kushta*.^[9]

Sarivadyasava – It is *Raktaprasadhaka* (improves blood circulation) and *pidikahar*.^[10]

Hartal bhasma – Purified *Hartal* an arsenic compound is used in the form of *lepa* (ointment). This is selected as based on reference in *Ras Ratna samucchaya*. Purified *Hartal* is bestowed with immune modulation properties. In *Shwitra* deranged immune system destroys the pigments synthesizing melanocytes. *Hartal* breaks this pathology and prevention of self-destruction of melanocytes.

CONCLUSION

Shwitra is a disease having manifestation with high social and psychological impact. *Ayurvedic* treatment for this skin disease have given a blissful by improving the immune system. *Shodhana chikitsa* helps to remove the root cause of the disease and prevents the disease from its reoccurrence. *Shaman chikitsa* also played a vital role in alleviating the symptoms and it worked as immune booster.

The *Hartal* and *Bakuchi lepa* which used as topical agent in vitiligo showed that the formulation is a safe remedy with significant pigment regenerating capacity. Further studies can be done to explore the mechanism of action of *Ayurvedic* drugs and treatment plans.

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