

**AN AYURVEDIC MANAGEMENT OF SHVITRA (VITILIGO): A CASE STUDY**

<sup>1</sup>\*Dr. Megha Kumawat, <sup>2</sup>Dr. Pramod Kumar Mishra, <sup>3</sup>Dr. Brahmanand Sharma,  
<sup>4</sup>Dr. Mahaveer Bairwa and <sup>5</sup>Dr. Jyoti Prajapati

<sup>1</sup>MD Scholar, PG Department of Kaya Chikitsa, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.

<sup>2</sup>Professor & HOD, PG Department of Kaya Chikitsa, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.

<sup>3</sup>Assistant Professor, PG Department of Kaya Chikitsa, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.

<sup>4</sup>MD Scholar, PG Department of Kaya Chikitsa, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.

<sup>5</sup>MD Scholar, PG Department of Swasthavritta, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.

**ABSTRACT**

A skin condition called Vitiligo (also known as “Shvitra”) causes the skin to become white in section and lose its colour in blotches. Even with the region of body parts implicated, the extent and rate of spread remain unpredictable. Oral cavity and hairs may also be affected. People of any age or gender can get vitiligo. It is seen as an autoimmune condition that kills the skin’s melanocytes. Additionally, there is a potential that it will run in the family and that it is caused by medications like chemotherapy. According to Ayurveda, Chardivegadharan, Atisevan of Amla-Katu- Ushna- Lavan- Madhur Aaharsevan, Viruddhahara and Ati Matra Bhojan, in addition to Navann Sevan and Dadhi Sevan, may be causes of Shvitra. These hetu causes the Tridosha to become vitiated, especially the Pitta dosha,

which intensifies the skin’s Mansa, Udak and Rakta and represents heat as fire. According to Ayurveda, Shvitra is Deergha Roga and should be treated right away with psoralea corylifolia, oil application, and sun exposure as purifying and pacification therapies.

**KEYWORDS:** Autoimmune disorder, Tridosha, Shvitra, Vitiligo.

Article Received on  
16 August 2022,

Revised on 05 Sept. 2022,  
Accepted on 26 Sept. 2022

DOI: 10.20959/wjpr202213-25756

**\*Corresponding Author**

**Dr. Megha Kumawat**

MD Scholar, PG

Department of Kaya

Chikitsa, Dr. S.R. Raj.

Ayurved University,

Jodhpur, Rajasthan.

## INTRODUCTION

The largest organ in our body is the skin. The word Shvitra is derived from the Sanskrit word Shweta, which signifies a white patch. The state of one's skin is reflection of their physical and mental well-being, which determines their attractiveness and beauty. People are more conscious of their looks today. It has an impact on a person's mental, social, psychological and social welfare while they are younger. For persons with dark complexion, it is a major source of psychological stress and poor social acceptance.

Shvitra manifests symptoms and sign such as white, red, or copper spots on the skin shine, a change in the colour of the hair, roughness, dryness, itching and burning sensation in the patches. The acquired idiopathic hypo pigmentary disease can be correlated with vitiligo, which is characterized by restricted, idiopathic, progressive white patches of skin.

In Ayurveda, Nidaan, Samprapti, and Chikitsa are taken into account when treating any condition. According on the location of the lesion, Ayurveda has categorized patches as being curable or incurable. Ayurveda is quite effective at treating autoimmune diseases like skin. There are many herbals and Rasayana formulations which are cost effective, harmless, less complicating, easy and safe remedies for the disease. Here is a case of young female patient suffering from Shvitra was treated with Ayurvedic therapy with strict diet restrictions and psychological counseling.

Since the skin Serves as a protective covering for the body's interface with the outside world, it interacts with environmental stimuli and can spontaneously remit and relapse. Skin is one of the Panchgyanendriyas in Ayurveda. Melanocytes are completely lost in the auto- immune pigmentary condition known as vitiligo. White patches that are symmetrical and appear everywhere typically accompany this. The melanocytes demise results in depigmentation, which leads to the white spots.

Depending on where the white patches are located on the body, this may be serious cosmetic issue. It is certainly more evident on people with dark complexion. A family history of vitiligo or another autoimmune condition is common. We can contrast that with Shvitra in our ayurvedic textbook. In Kushta Chikitsa Adhyaya's Chikitsa Sthana, Acharya Charak is explained. According to Acharya Charak, Shvitra is a kind of Kilas (Shweta Kushta). Tridosha is typically to blame for this. According to Acharya Charak, Shvitra is a kind of Kustha.

**CASE REPORT****Patient name- Komal****Age-16 year****Sex- Female****Occupation- Student****CHIEF COMPLAINTS**

A 16-year-old female having complaints of hypopigmented white patches around both upper eye lids and whole body since last 1 year, came to Kayachikitsa OPD for Ayurvedic treatment. The patches were non itchy and hypo pigmented.

**HISTORY**

According to patients was non- diabetic& non- hypertensive, and did not have any symptoms of endocrinal disorders. Patients' menstrual history was normal.

**FAMILY HISTORY – Nil****PERSONAL HISTORY****Appetite** – normal**Bowel**-mild Constipated**Urine**- normal**sleep**- normal**Aahar**- tea 2-3 times in a day, fried food, street food**MEDICINAL HISTORY**

Patients was taken allopathic treatment past 1year but did not got relief, so patient came to OPD of Department of Kayachikitsa for ayurvedic management in Dr. Sarvepalli Radhakrishnan Rajasthan Ayurvedic Hospital, Jodhpur.

The patient has been complaining for the past 1 years about hypo pigmented spots around both upper eye lids& whole body. Additionally, the patient had undergone 1 years of allopathic treatment without experiencing any progress.

Due to the spread, the patient's guardians experienced tension and fear. The patient felt at ease and was prepared for medication after receiving the appropriate counselling. Initially discrete and small, the lesions grew in size over time and eventually spread throughout the entire body, according to the parent's history.

**ON EXAMINATION**

**BP-** 110/70mmhg      **Pulse-** 72/min    **weight** – 45kg    **Height-** 150cm

**SYSTEMIC EXAMINATION**

**CNS-** Conscious and oriented

**RS-** Chest B/L Clear, no added sound

**LOCAL EXAMINATION**

**Colour-** white    **Appearance-** whitish patches, hypo pigmented    **discharge-** Nil

**Dosha-** Tridosha    **Srotas-** Rasavaha, Raktavaha    **Agni-** samagni    **Satwa-** Madhyam

**Diagnosis-** Shvitra (vitiligo)

**MEDICATION**

**Frist prescription-** After examination, we had started **PANCHTIKTGHRITGUGGLU** (2-tab TDS after meal), **SHSHILEKHA VATI** (1 tab TDS after meal) and **BAKUCHI TAILA** (5 drops) with **COCONUT OIL** (20 drops) for local application with the exposure of sunlight for once in a day.

**OBSERVATION**

**After 15 days-** White patches remain unchanged. However, the dosage for the same medication remained the same.

**After 15 days-** When the patient first entered the OPD, we noticed that the patches on his body had acquired little black spots.

**After 15 days-** Prescribed same medicine

**After 15 days-** The use of **AROGYAVARDHANI VATI** (1tab BD), **BAKUCHI TAILA** (5 drops) with **COCONUT OIL** (20 drops) for local application with the exposure of sun light once per day has already begun.

**After 15 days-** Prescribed same medicine

**After five month-** When patient came in OPD of Kayachikitsa DSRRAU, jodhpur we continue the same treatment for one month. After treating with these all drugs for 6 months we found that all patches disappear and regain normal skin colour.

**PATHYA- APATHYA**

**Pathya-** Dairy foods, Fresh food and vegetables Get exposed to the sunlight for 10-15 min.

**Apathya-** Fried food, junk food, sour fruits, Milk before and after salt+ sour fruit.

## RESULT AND DISCUSSION

Reduce the size and colour of patches from white to reddish to then greyish to normal skin colour after using external and internal treatment regularly for 12 months. Patient was completely satisfied and joyful following recuperation. IN the text book Charak Samhita, Acharya Charak discussed the use of Bakuchi in Shvitra Roga. The preferred drug in Shvitra is Bakuchi.

### Other properties of BAKUCHI

The most effective feature of this plant is that every part is useful because of its medicinal properties but seeds are most effective to cure various disorders.

**SEEDS OF BAKUCHI** - Also called Kustghana. Additionally, it possesses blood- purifying qualities. This plant's seeds have anti- bacterial, diuretic, and anti- inflammatory properties.

**CHEMICAL COMPOSITION**- Isopsoralin, Psoralen, Psoralidin, bakuchiol, bavachin.

### AAROGYAVARDHANI VATI

With Kushthgna properties, this Vati is significant. The hepatoprotective and anti-oxidant properties of this medication make it safe. It encourages the activity of the digestive system and opens up bodily passage ways so that nutrients can reach the tissues. By enhancing the digestive system, it eliminates pollutants. Rasratna Samucchya, in the context of Kustha, mentions the medications the medication (skin disorder). Aarogya Vardhani is a phrase that denotes anything that may eradicate all diseases and advance health.

## CONCLUSION

This instance demonstrates the efficacy of Ayurvedic treatment for vitiligo without any negative side effects. The patient is clear of the white patches after approximately a year. Given the chronic nature of the disease, a longer course of treatment is recommended for better outcomes.

## REFERENCES

1. Vitiligo, problem and solutions Lotti T. & hercogova J., Editors, Marcel Dekkar, inc., New York (NY), 2004.
2. Charak Samhita, pt. Kashi Nath Shastri hindi commentary, chikitsa Sthana 7/4-8, Chaukhambha sanskritasanathan, Varanasi.

3. Sushruta Samhita edited with Ayurved Tattva Sandipika Hindi Commentary by Kaviraj Dr. Ambikadattashaatri Vol 1, Chaukhambha Sanskrit Sansthan, Varanasi.
4. Rasa Ratna Samucchya of SRI Vagbhatacharya edited with the Suratnojjvala hindi commentary Chaukhambha Amara Bharati Prakashan Varanasi- 221001 chapter no 20 shlok no 87-93 page no 435.