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AYURVEDIC MANAGEMENT OF SHWITRA (VITILIGO) – A CASE REPORT

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ABSTRACT

Vitiligo is a common autoimmune skin disorder that causes pigmentation over body. It is of great socio-medical importance. Due to melanocytes deficiency, white spots appeared on body. Vitiligo have major impact on quality of life of patients, many of Vitiligo patients feel stigmatized and depressed by their condition. It can be correlated with *Shvitra* in *Ayurveda*. Due to side effects and limitation of the modern contemporary practice, some harmless and effective medicines are expected from Alternative medical sciences. *Ayurveda* has great potential to treat such autoimmune skin diseases. In *Ayurveda* treatment of *shwitra kushtha* includes *shodhana*

i.e. *panchkarma* and *shaman chikitsa*.

Here a case of 24 yr. old female patient of shwitra (vitiligo) treated with Ayurvedic management is recorded. This treatment includes *aarogya vardhini vati*, *krumi kuthar rasa*, *manjistha kwath*, *swayambhuva guggul & bakuchi taila*.

Keywords: vitiligo, Autoimmune, *Shvitra*, *kushtha*, *Shodhana*, *shaman*, *Ayurveda*, *aarogya vardhini vati*, *krumi kuthar rasa*, *Maha Manjishthadikwath*, *swayambhuva guggul & bakuchi taila*

INTRODUCTION

Vitiligo is a chronic disfiguring disease involved with systemic autoimmune process. It is characterized by constrained, idiopathic, progressive, hypo-pigmented or white patches of skin¹.

Vitiligo is also called hypo melanosis condition of the skin. This results in the hypo function or destruction of melanocyte. Melanocyte cell of the skin contains the Melanin which is very important for pigmentation of the skin. Melanin synthesis into the melanocyte cell is essential for normal color of the skin. According to modern medicine the cause of the Vitiligo is unknown till date. It may onset during any age but usually in second decade of life. It is Multifactorial disease, hence Genetic susceptibility is important factor in this case. Risk factors include positive family history, inflammatory diseases or autoimmune diseases. Prevalence of Vitiligo is 1% all over the world, while its incidence ranges from 0.1 to > 8.8%².

Confirmation of diagnosis is possible by tissue or skin biopsy. Treatment for Vitiligo in conventional medicine includes topical steroids, systemic steroids, systemic PUVA, topical PUVA, surgically grafting also done in some conditions. PUVA therapy has side effects like hyperpigmentation, squamous cell carcinoma in white skin individuals, photo

toxicity, solar elastosis, and cataract. UVB phototherapy is a safer and better alternative to PUVA therapy but is relatively expensive.

It can be co-related with *Shvitra* in Ayurveda due to the identical signs and symptoms which are; non exudative white, red or coppery-red colored patches, roughness, dryness, itching, burning sensation of the patches, loss and discoloration of the hair. In *Ayurveda* skin is one of the *panchdyanendriya*. Any skin disease causes physical, psychological and economical handicapping of the patient, as it is visible.

According to *aacharya charak vachansi atathyani* (Untruthfulness), *krutaghna bhava* (ungratitude), *suranam ninda* (Abusing god), *guru gharshanam* (Insulting teachers), *paapa kriya* (sinful deeds), *purvakruta karma* (Sinful deeds of previous birth) and *virodhi annam* (Consumption of mutually contradictory food) are causative factors of *shvitra* out of which *virodhi annam* (Consumption of mutually contradictory food) is important one³.

Now-a-days we see increasing number of skin diseases due to changing dietary habits, stressful lifestyle, addiction and sleeping pattern.

Considering the limitations of contemporary medicine system, Traditional medicines may be alternative of these unsatisfactory and harmful approaches and may provide some safe, easier,

less complicating, cost effective and fruitful natural remedies for the disease. Ayurveda comprise so many potent formulations for the treatment of such autoimmune disease with chronic nature⁴.

Here a case of female patient suffering from (shwitra) Vitiligo was treated with Ayurvedic therapy and Diet restriction.

Case Report Demographic Data

Patient name – ABC Age- 24 years

Sex – Female Occupation- Student

Chief complaints (with duration)-

- Hypo pigmented (white) patch on left calf posterior region since last one year
- Dimension of the patch: 4x3 cm
- The patch was itchy (Occasional, Mild)
- The spot was asymmetric, well defined whitish and without scaling.

Past History:

Personal history: There was no personal history of autoimmune disorders (like Atopic dermatitis, psoriasis, Asthma, etc). There was no personal history of trauma or surgery, any major psychological disorder, endocrinal disorder (Diabetes), or any history of treatment from psychiatrist.

Medicinal history:

She had allopathic medication history for last six months including corticosteroid, and

multivitamins internal and external applications. She had found some improvement in starting phase of the treatment, but then there was no progress in that condition for last three months. Hence, she had come for Ayurvedic medication.

Family History: no any known family history found

Personal History:

Diet / Aahar: Akal Bhojan, Vishamashan, Virudha aahar, Ushna, ruksha, atisnigdha padhartha sevan, excessive sweet, sour and food which was heavy to digest

Vihara: ratri jagran, diwaswapna

intermittently Addiction: tea (2-3 times/day)

On examination:

Pulse: 76/min

BP: 110/70 mm of Hg **Systemic**

examination:RS: AEBE, B/L Clear

CVS: S₁S₂ Normal, No Murmur **CNS:**

Conscious, Oriented **Local examination:**

Color: White

Appearance: Hypo Pigmented, Whitish Patch

Discharge: Nil

Aturabala Pariksha

- Prakriti: VK
- Sara: Madhyam
- Samhanan: Madhyam
- Pramana: Madhyam
- Satmya: Madhyam

- *Satva: Madhyam*
- *Aaharshakti:*
 - *Abhyavaharana Shakti: Manda*
 - *Jarana Shakti: Madhyam*
- *Vyayam Shakti: Madhyam*
- *Vaya: Yuva*

Samprapti ghatak

- **Dosha:**
 - *Pitta: Bhrajaka*
 - *Vata: Udana & Vyana*
 - *Kapha: Sheleshaka*
- **Dushya:**
 - *Dhatu: Rasa, Rakta, Mamsa, Meda & Lasika*
 - *Mala: Loma*
- **Agni: Jataragni & Dhatwagni**
- **Agni Dushti Type: Agni Mandhya**
- **Srotasa: Raktavaha, Rasavaha**
- **Srotodushti Type: Sanga**
- **Marga: Bahya Roga Marga**
- **Udabhavasthana: Amashaya**
- **Sancharsthana: Sarva Sareera Through Tiryak Sira**
- **Vyaktisthana: Twacha**
- **Swabhava: Chirakari**
- **Sadhyasadhyata: Krichhasadhya**

Diagnosis: Shvitra (Vitiligo) (kaphaj)

Treatment

1. *Arogyavardhini rasa* [9] (250 mg) was prescribed with warm water before meal twice a day.

2. *Krumi kuthar rasa* (250 mg) was prescribed with warm water before meal twice a day.
3. *Maha Manjishthadi Kwatha* (20ml) was prescribed twice a day with water.
4. *Swayambhuva guggula*
5. *Bakuchi taila* was prescribed for local application in morning followed by sun exposure for 30 minutes.

On 10th day of local application Patient had complaint of slight itching and burning after application of *bakuchi taila*. Slight redness and itching was observed over applied area. After two months, skinny spots were found appeared between the white patch and spot was become slight pink. No recurrent patches were observed in this period and pink color was persisting in the spots and patches. After seven months, patch decreased to almost half of the initial stage.

Table 1: Prescribed Medicines and their Pharmacological actions and therapeutic indications

S. No.	Medicine	Dose with <i>Anupana</i>	Pharmacological actions	Therapeutic indications
1	<i>Aarogya vardhini rasa</i>	250 mg twice a day before meal with lukewarm water	Antioxidant, Antihyperlipidemic, hepatoprotective	<i>Kushtha</i> (skin disorders), <i>Yakrutvikara</i> (Disorder of liver), <i>Jirna Jwara</i> (Chronic fever), <i>Meda dhatu dosha</i> (Disorder of adipose tissue),
2	<i>Krumi Kuthar Rasa</i>	250 mg twice a day before meal with lukewarm water	<i>Krumi Nashak</i>	<i>Krumi</i> (intestinal worm infestation)
3	<i>Maha Manjishthadi Kwatha</i>	20 ml twice a day (early morning empty stomach, at night before meal) with water	<i>Rakta shodhaka</i> (Blood purifier)	<i>Vartarakta</i> (Gout), <i>Kushtha</i> (Skin disorders)
4	<i>Swayambhuva Guggula</i>	500 mg twice a day before meal with lukewarm water	<i>Rakta shodhaka</i> (Blood purifier), <i>pittashamak</i> (pacify <i>pitta dosha</i>)	<i>Shvitra</i> (vitiligo) & other chronic skin disorders
5	<i>Bakuchi Taila</i>	For local application in morning followed by sun exposure for 30 minutes		

DISCUSSION & PROBABLE MODE OF DRUG ACTION

Shvitra is a *kapha pradhana tridoshaja Vyadhi*. Progression of this disease is rapid, so the management should be taken in proper time to arrest the pathogenesis.

1. *Aarogya Vardhini Rasa*⁵: *Aarogya vardhini rasa* possess the pharmacological action like *Kusthanasaka*⁸ (can alleviate all types of skin disorder), *Tridosha jvara nashaka* (fever arising due to involvement of three humours). It is also used in *yakrit vikara* (liver disorders)⁶. Also the drug having the properties like- *pachani* (digestive), *dipani*⁹ (appetizer), *pathya* (wholesome for channel), *hridaya* (cardio protective), *medonasaka* (can alleviate the diseases

arising from hyperlipidemia), *malashuddhikari* (cleaning of waste materials from body), increase *kshudha* (appetizer), *Sarva roga prashamani*⁷ (can alleviate all types of disorders from body).

2. *Krumi Kuthar Rasa*¹⁰: it is used in the *ayurvedic* treatment of helminthiasis (intestinal worm infestation) & anorexia. It balances *vata & kapha dosha*. As *krumi* plays important role in the *samprapti* of *shvitra*, this drug is selected¹⁵.
3. *Maha Manjishthadi Kwatha*¹¹: it acts as a *Raktaprasadan Draya* (blood purifier). It detoxifies blood and aids to eliminate toxins accumulated in the body. It increases skin glow.
4. *Swayambhuva Guggula*¹²: it is used in

various skin disorders including *shvitra*. Ingredients like *Bakuchi*, *Karanja*, *Guduchi*, *Nimba*, *Haridra* reduce vitiated *rakta dosha*, the main cause of *Kushtha* (skin disorders). *Shilatu*, *Suvarnamakshika*, *Mundatika*, *Kutaja* & *Nagarmotha* are effective *pittashamak* and also help reduce vitiated *rakta dosha*. *Gomootra vishesh shodhit guggul* enhances the efficiency. The main components of *psoralea corylifolia* (*bakuchi*) are psoralen, isopsoralen, bakuchiol, psoralidin, bakuchalcone, bavachinin, flavones, volatile oils, lipids used for the treatment of vitiligo by virtue of their melanogenic action.

5. *Bakuchi Taila*: For local application *Bakuchi taila* is used. *Bakuchi* (*Psoralea corylifolia* Linn.) is a renowned herb with many therapeutic properties¹³. In *Ayurvedic* system of medicine, *Bakuchi* seeds are used for the treatment of Vitiligo. It contains psoralen, which on exposure to the sun bring out melanin in the depigmented lesions¹⁴. Psoralen is an active component which is used topically as well as systemically in the treatment of vitiligo.

CONCLUSION

From the above discussion, we have concluded that *Ayurvedic* management

i.e. *aarogya vardhini vati*, *krumi kuthar rasa*, *Mahamanjishthadi kwath*, *swayambhuva guggul* & *bakuchi taila* is successful in the management of *Shvitra*.

As far As the disease chronicity is concerned, for more effective results the treatment duration should be lengthened.

This treatment protocol should be clinically evaluated on large number of patients to confirm their efficacy.

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