

## MANAGEMENT OF VITILIGO [SHVITRA] – AN AYURVEDIC PERSPECTIVE

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### ABSTRACT

*Ayurveda* has described various disorders which are unique as well its management also described. *Kushtha* is one of the important group of diseases which are found in daily practice. It comes under the concept of skin disorders. *Shvitra* is one of the type of *Kushtha* in which *Shvetavarnatmaka Mandala* or white patches are developed over the body. It may be characterized by *Kandu*, *Daha*, etc. In modern science it can be correlated with Vitiligo. It is found among 1% of the general population. Some diets are also responsible for the formation of *Shvitra Kushtha* which are said to be *Viruddha Aahara* in *Ayurveda*. In this case study of *Shvitra Roga*, its managed by the help of various *Shamana Aushadhis*. Its effect, *Upashaya* was studied under this case study.

**KEYWORDS** – *Shvitra*, Vitiligo, *Ayurveda*.

### INTRODUCTION

*Ayurveda* is the science which deals with the prevention as well as cured for the disease. This is the main aim of *Ayurveda*.<sup>[1]</sup> In *Ayurveda* there is eight principles are mentioned which are together known as '*Ashtanga Ayurveda*' it has *Kayachikitsa* is the main and 1<sup>st</sup> branch of *Ayurveda*.<sup>[2]</sup>



Skin is the largest organ of human body. Its size and external location makes it susceptible to a wide range of disorders. In recent years, there has been a considerable increase in the incidence of skin problems in the tropical and developing countries like India due to various reasons like poverty, poor sanitation, unhygienic, harmful chemicals, and exposure to extreme environmental conditions of cold, heat.<sup>[3]</sup>

Manifestation of any skin disorders is one of the most socially debilitating health issues. Unlike many other health issues, so people with skin conditions can experience associated social stigma, such as lack of confidence, depression and anxiety.

All the skin diseases in Ayurveda have been classified under the broad heading of '*Kushtha*' which are further categorized in to *Mahakushtha* & *Kshudrakushtha*.<sup>[4]</sup> *Shvitra Kushtha* is one of the common diseases among various skin disorders. *Acharya Sushruta* imparts the importance of *lepa* which is one among the *Bahiparimarjana chikitsa*.<sup>[5]</sup>

*Shvitra* is one of the *Kushtha*, which is characterized by white patches which appeared on the body region. According to *Kashyapa Samhita*, *Shvitra* is called as *Shweta Varniya* patches developed over the body.<sup>[6]</sup> It is also known as – *Kilasa*, *Aruna*, *Daruna*, *Shweta Kushtha*. *Bhrajaka Pitta* is situated under the skin region and it is responsible for *Prabha* and *Chaya* of the skin.<sup>[7]</sup> Any impairment in this *Bhrajaka Pitta Dosha* and *Vata Dosha* leads to development of *Shvitra*. It can be correlated with Vitiligo in modern science.

Vitiligo, present in approximately 1% of the population, may be associated with other autoimmune disorders, such as autoimmune thyroid disease, Pernicious anaemia, Diabetes mellitus, and Addison's disease.<sup>[8]</sup> In this case study, *Shamana Chikitsa* like *Aamalaki*, *Khadira*, *Bakuchi Churna*, *Raktashodhaka Vati*, *Bakuchi Churna* with *Gomutra Arka*, *Pigmento Ointment*, *Saraka Vati* was used for the management of Vitiligo i.e. *Shvitra* and was continued for 3 months, effectiveness of the drug was shown within 3 months and a remarkable result was seen in the patient within 3 months without aggravation of symptoms and any side effects.

## OBJECTIVES

To study the role of *Shamana Chikitsa* in the management of *Shvitra* [Vitiligo].



## METHODOLOGY

### Case report

A 15 years old male patient visited in OPD of *Kayachikitsa* having complaints of *Shwetavarniya Twakavaivarnya* near right periorbital region along with *Kandu*, *Daha*, *Shirashoola*, *Amlodagara* since 2 years.

**Occupation** – Student.

### Chief complaints

- Shwetavarniya Twakavaivarnya* near right periorbital region
- Kandu*
- Daha*
- Shirashoola*
- Amlodagara*

### Rugna Parikshana [O/E]

**Table 1: Rogi Pariksha (Vitals on Day o).**

<i>Nadi</i> = 78 / min	<i>Dehabhara</i> [Weight] = 42 Kg
<i>Raktadaba</i> [BP] = 110/80 mm of Hg	<i>Jivha</i> = <i>Ishata Sama</i>
<i>Shwasana</i> [RR] = 18 / min	<i>Kshudha</i> = <i>Prakruta</i>
<i>Mala</i> = <i>Samyaka</i>	<i>Trushna</i> = <i>Prakruta</i>
<i>Mutra</i> = <i>Samyaka</i>	<i>Nidra</i> = <i>Prakruta</i>

### Present history

Patient was well before 2 years, he had experienced *Shwetavarniya Twakavaivarnya* at periorbital right eye, *Kandu*, *Daha*, *Shirashoola*, *Amlodagara*. He had taken allopathy treatment but got temporary relief and experienced recurrence. Therefore, to get relief patient came to OPD of *Kayachikitsa* of Institute.

### Past history

No H/O – DM, HTN or chronic illness.

### Personal history

- *Pratahutthana* [Waking time] – 6 am
- Tea – 7 am
- Breakfast – 9.30 am [*Bhaji*, *Chapati*]
- Lunch – 1 pm
- Dinner – 8 pm [*Bhaji*, *Chapati*, *Dal*, *Rice*]



➤ Sleep – 12 am

### Treatment history

No previous H/O - Any treatment or Surgery.

### Sthanika parikshana [Local examination]

❖ *Shwetavarniya Twaka Vaivarnya* – near right periorbital region +++

### Strotas Parikshana [S/E]

CNS – Conscious, Oriented

CVS – No murmur, abnormality

RS – Clear, AEBE

P/A – Soft, No tenderness

### Management

The effect of *Aamalaki*, *Khadira*, *Bakuchi Churna*, *Raktashodhaka Vati*, *Bakuchi Churna* with *Gomutra Arka*, Pigmento Ointment, *Saraka Vati* in the management of *Shvitra* [Vitiligo] is as follows in the duration of 3 months of study.

**Table 2: Treatment protocol.**

<i>Dravya</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
<i>Aamalaki, Khadira, Bakuchi Churna</i> <sup>[9]</sup>	Each 4 gm churna Decoction is made with 120 ml of water boiled to make 40 ml of decoction[BD]	<i>Adhobhakta</i> <sup>[14]</sup>	-
<i>Raktashodhaka Vati</i> <sup>[10]</sup>	250 mg [BD]	<i>Adhobhakta</i> <sup>[14]</sup>	<i>Koshnajala</i>
<i>Bakuchi Churna</i> <sup>[11]</sup> with <i>Gomutra Arka</i>	Lepa	Morning time	-
Pigmento Ointment <sup>[12]</sup>	Local application	Bed time	-
<i>Saraka Vati</i> <sup>[13]</sup>	500 mg HS	<i>Nishakale</i> <sup>[15]</sup>	<i>Koshnajala</i>

Along with the management of Vitiligo, *Pathya & Apathya Aahara-Vihara* had been properly followed by patient. *Aahara Dravyas* includes *Snigdha Aahara*, *Ghrita*, etc. *Pitta shamaka dravyas* are given. *Vihara* includes proper *Nidra*, avoid *Ratrijagarana*, No *Divaswapa*, etc. Also, patient advised to follows proper and regular follow up.



## OBSERVATIONS AND RESULTS

Effect of *Aamalaki*, *Khadira*, *Bakuchi Churna*, *Raktashodhaka Vati*, *Bakuchi Churna* with *Gomutra Arka*, Pigmento Ointment, *Saraka Vati* is given as follows;

**Table 3: Before and after treatment results.**

Symptoms	Before treatment	After treatment
<i>Shwetavarniya Twakavaivarnya</i> at right periorbital region	+++	-
<i>Kandu</i>	+++	-
<i>Daha</i>	++	-
<i>Shirashoola</i>	+++	-
<i>Amlodgara</i>	++	-

### Gradation of symptoms

+ = Mild, ++ = Moderate, +++ = Severe



**Before treatment**



**Follow up within 20 days**



**Follow up within 40 days**





**After Treatment within 3 months**

## DISCUSSION

The management of *Shvitra* in *Ayurveda* described very well through the help of *Shodhana* & *Shamana Aushadis*. In this case study patients' presents with the *Shwetavarniya Twakavaivarnya* at periorbital region of right eye along with *Kandu*, *Daha*, *Shirashoola*, *Amlodagara* this symptoms were reduced with the help of *Shamana Aushadis* which turned white patches in to the pinkish one, then blakish and normal skin colour was achieved with three months of regular treatment. The mode of action of *Shamana Aushadhis* are as follows;

- ❖ *Aamalaki, Khadira, Bakuchi Churna* Decoction – All three drugs are known for the management of *Shvitra*. This are having properties like *Kandughna, Kushthaghna, Varnya*.
- ❖ *Raktashodhaka Vati* – It helps in purification of blood and helps to boosts the immune system of the body. It contains *Ananthamoola, Daruharidra, Manjishtha, Gorakhamundi, Triphala, Kutaki, Shuddha Gandhaka*. It helps to treat skin rashes, eczema, vitiligo, etc.
- ❖ *Bakuchi Churna* – *Bakuchi Churna* is one of the important and known drug used for *Shvitra*. It helps to purify the blood, controls and helps to cures the skin disorders. It helps to cleanses blood & toxins, micro-organism from the skin.
- ❖ *Pigmento Ointment* – It has main ingredient *Psoralea corylifolia* which stimulates melanocytes to synthesize melanin, one of the pigmentation agent. It helps to treat Vitiligo which is helps to clear the white patches present in the *Shvitra*,
- ❖ *Saraka Vati* – Helps to cleanse the bowel movement, boosts immune power and helps to removes the vitiated *Doshas* from the body.



## CONCLUSION

In this *Shvitra* [Vitiligo] Case report, patient has given *Aamalaki*, *Khadira*, *Bakuchi Churna*, *Raktashodhaka Vati*, *Bakuchi Churna* with *Gomutra Arka*, Pigmento Ointment, *Saraka Vati* along with the follow up of implementation of *Dinacharya*. The effect of *Aamalaki*, *Khadira*, *Bakuchi Churna*, *Raktashodhaka Vati*, *Bakuchi Churna* with *Gomutra Arka*, Pigmento Ointment, *Saraka Vati* & *Dinacharya* implementation shows effective in the management of *Shvitra* [Vitiligo] along with regular follow up of *Pathya* and *Apathya* diet.

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