



Ayurvedic Management Of Shwitra : A Single Case Study

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Abstract :

In *Ayurveda* most of the skin diseases are explained under the term *Kushtha*. *Shwitra* is a disease where white patches appear on body. It can be co-related with *Vitiligo* of modern science. *Vitiligo* is a pigmentation disorder, in which circumscribed depigmented patches develop. *Shwitra* is considered as one of the varieties of *kushta* in the ayurvedic classics, caused vitiation of *Tridoshas* and *Dhatus* like *Rakta*, *Mamsa* and *Meda*. The references of *Shwitra* are found in almost all the *samhitas* like *Laghutrayees* and *Bruhatrayees*. There is Partial or complete loss of skin pigmentation. This depigmentation results due to destruction of melanocytes which may be unknown in origin or due to autoimmune endocrinopathies, selective IgA deficiency.

So as per the Ayurveda treatment for *Shwitra* is *SharirShodhan* i.e. *Panchkarma* and *Shaman Chikitsa*. This a case of 23 yrs old female patient of *Vitiligo* treated with Ayurvedic Management which includes procedures like *Krumighna Basti*, *Jalaaukavacharan* and Medication like *Arogyavardhinivati*, *Gomutra Haritakivati*, *Bakuchi GhanVati* and local applications with *Shwitrahara Lopa* and *Bakuchi oil*.

Keywords : *Shwitra*, *Krumighna Basti*, *Jalaaukavacharan*, *Shaman Chikitsa*

Introduction :

Skin is the largest sense organ of human body^[1], covers & protect the body against physical, chemical and mechanical injuries. It also acts as the mirror of our body. The word *Shwitra* has its own meaning in

Sanskrit ie. *Shweta* , which means white patch.^[2] So *Shwitra* is a disease where white patches appear on the body. In Ayurveda all skin diseases comes under *KushtaRoga*.^[3,4] and *Shwitra* is one of them. According to *Acharya Charaka, Sushruta, Vagbhatakushta* is included in *AshtaMahaGada*.^[5] In this disorder *Brajaka pitta* of the skin involve, which is responsible for *Chhaya* and *Prabha* of the skin. So any impairment of *Brajaka pitta* and *vata dosha* can cause skin disease like *Shwitra*. It is caused due to vitiation of *Tridosha* and *Dhatus* like *Rasa, Rakta, Mamsa* and *Meda*. The main caused for the disease is believed to be *Purva Janma Krita Paap Phala*.^[6,7] In modern medical science, the characteristics of *Shwitra* are similar to *Vitiligo*. *Vitiligo* is a condition, in which the skin colour turn white due to loss of melanocytes cells that produce pigment melanin responsible for colour of the skin or it can be said as hypopigmentation of the skin. It affects both sexes equally. *Vitiligo* comes under a cosmetic disfigurement of skin and 1% of total world population affected by it. Due to lack of scientific appraisal and confusion of *Vitiligo* with Leprosy all make it a social embarrassment. Basic treatment of *Vitiligo* in modern medical science is tropical creams contain corticosteroids, some type of radiations, skin grafting and medical tattooing etc. which is economic burden to the patient. The following case was treated with *Shodhana karma* and *ShamanaAushadhi* over a period of 4 months with sound improvement which is evident from inspection and photographs. The outcome of this clinical study will

reveal further regarding the effect of Ayurvedic medicine in *Vitiligo*.

Case Report :

Patient name – ABC, Age – 23 yrs, Sex – Female, Occupation – Student

Chief Complaints :

A 23 yrs old female having complaint of hypo-pigmented small patch around the upper back side since last one year, came to our kayachikitsa OPD for Ayurvedic treatment. The patches were non itchy and hypo-pigmented.

History –

History revealed that patient is non hypertensive, no diabetic and did not have any symptoms of endocrinal disorders.

Family history – Nil

Personal history –

Ahar :Akal bhojan, Vishmashan, Viruddhaaharsevan

Vihar :Ratrijagran and Diwaswap

Medical history – Patient was taken allopathic treatment before 6 months ago but doesn't get any relief, so she came to our hospital for Ayurvedic treatment.

Past history – Patient had hypopigmentation since 1 year for that she had taken Allopathic treatment but didn't get any relief. And the size of the patch gradually increases, so she came to our hospital for Ayurvedic treatment.

On examination:

- Pulse – 74/min
- BP – 110/70 mmHg
- S/E –
- CVS – S₁ & S₂ Normal
- CNS – Conscious and Oriented
- RS – AEBE clear
- L/E –
- Colour – White
- Appearance – Hypopigmented, whitish patch
- Discharge – Nil
- Prakruti – Vata & Pitta
- Dosha – Vata ++ Kapha ++ Pitta ++
- Dushya – Rasa, Rakta

- Strotas – Rasavaha, Raktavaha
- Agni – Jatharagnimandya, Rasadhatwagnimandya
- Satwa – Madhyam

Diagnosis :

Shwitra is of 3 varieties

1. Daruna
2. Charuna
3. Kilasa

Treatment Protocol

Treatment given –

1. Shaman chikitsa

Drug	Dose	Anupana
Arogyavardhinivati	3-3-3	With koshnajala
GomutraHaritakiVati	2-2-2	With koshnajala
BakuchiGhanVati	2----2	With koshnajala
Aragwadhadikashay	2----2 tsf	With koshnajala
ShwitraraharLepa	For L.A.	
BakuchiTaila	For L.A.	

2. Shodhanchikitsa

In first follow up this type of krumighnabasti is recommended,

Day	Basti	Matra
1 st Day	Churnodakabasti	60 ml
2 nd Day	Churnodakabasti	60 ml
3 rd Day	Vidangachurna + Shikekaichurna (Niruhabasti)	120 ml
4 th Day	Vidangachurna + Shikekaichurna (Niruhabasti)	120 ml
5 th Day	Vidangachurna +	120 ml

	<i>Shikekaichurna (Niruhabasti)</i>	
6 th Day	<i>Churnodaka + TilaTaila</i>	90 ml
7 th Day	<i>Churnodaka + TilaTaila</i>	90 ml

2nd follow up

Day	<i>Basti</i>	<i>Matra</i>
1 st Day	<i>ChinchalavanaTaila</i>	70 ml
2 nd Day	<i>ChinchalavanTaila</i>	70 ml
3 rd Day	<i>Vidangachurna+</i> <i>Shikekaichurna (Niruhabasti)</i>	120 ml
4 th Day	<i>Vidangachurna +</i> <i>Shikekaichurna (Niruhabasti)</i>	120 ml
5 th Day	<i>Vidangachurna +</i> <i>Shikekaichurna (Niruhabasti)</i>	120 ml
6 th Day	<i>Churnodaka</i> <i>+ChinchalavanaTaila</i>	90 ml
7 th Day	<i>Churnodaka +</i> <i>ChinchalavanaTaila</i>	90 ml

3rd follow up

1. Tiktasheer Basti

Day	<i>Basti</i>	<i>Matra</i>
1 st Day	<i>TilTaila</i>	70ml
2 nd Day	<i>Guduchichurna+Nimbachurna+PatolChurna+VasaChurna</i> <i>+KantkariChurna+ Ksheer+ PanchtiktaGhrita</i>	150 ml
3 rd Day	<i>Guduchichurna+Nimbachurna+PatolChurna+VasaChurna</i> <i>+KantkariChurna+ Ksheer+ PanchtiktaGhrita</i>	150 ml
4 th Day	<i>Guduchichurna+Nimbachurna+PatolChurna+VasaChurna</i> <i>+KantkariChurna+ Ksheer+ PanchtiktaGhrita</i>	150 ml
5 th Day	<i>Guduchichurna+Nimbachurna+PatolChurna+VasaChurna</i> <i>+KantkariChurna+ Ksheer+ PanchtiktaGhrita</i>	150 ml
6 th Day	<i>Guduchichurna+Nimbachurna+PatolChurna+VasaChurna</i> <i>+KantkariChurna+ Ksheer+ PanchtiktaGhrita</i>	150 ml
7 th Day	<i>TilaTaila</i>	70 1

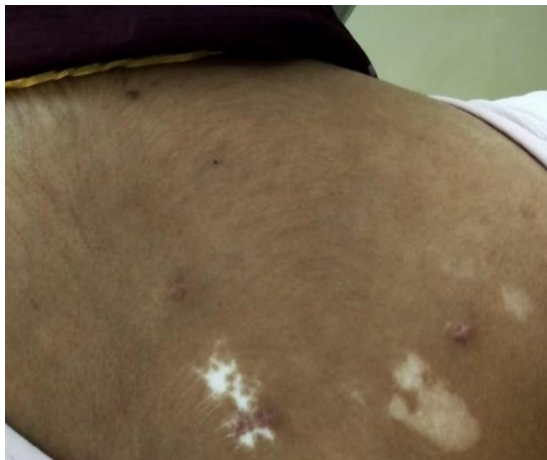
2. *Raktamokshan*by *Jalaukavacharan*: 4 setting at a gap of 15 days

On follow up, patient had significant relief from above treatment modality, patches were becoming normal, Hypo-pigmentation reduced to an extent.

Observations :

Before Treatment

Date - 02/02/2021



After Treatment

Date - 02/03/21



Date – 11/05/21



Date – 01/06/21



After *Shaman*, *ShodhanChikitsa* and local application of *Shwitraharlepa* and *Bakuchi* oil. *Shodhana* includes *Krimighna Basti*, *Tiktasheer Basti* and *Raktamokshan*. Patient notice marked decrease in above all the symptoms like hypo-pigmented patches.

It is observed that, the *Shaman*, *ShodhanChikitsa* and local application of *Bakuchitaila* and *Shwitraharalepa* is effective in the *Shwitra*.

Discussion:

Shvitra is a *pitta Pradhanatridoshajvyadhi*. Progression of this disease is rapid, so the management should be taken in proper time to arrest the pathogenesis. Firstly we gave shaman chikitsa along with below medicines:

Arogyavardhinivati

:causes *Apatarpana*, which helps in opening the blockage of *strotasa*, and also plays an important role with *Kushtaghna* properties.

Gomutra Haritaki: *Gomutra* and *Haritaki* both having *kapha* and *medoghn* properties due to *agni* and *vayu* *Mahabhuta* dominance in them.

Bakuchi Ghanvati: *Bakuchi* controls *Vitiligo* spot because it helps in shrinking the white patches, the darker area slowly covers all white skin area, which leads to visible skin changes due to its *Kushthaghna* and *Rasayan* properties.

Aragwadhadi Kashay: It has anti-fungal, anti-microbial, anti-inflammatory, roots acts as a diuretic and used in Leprosy and Skin diseases.

After *Shaman chikitsa* is taken place which includes *Krumighna Basti*, *Tiktasheer Basti* and *Jalaukavacharan*. As *shodhan* is mentioned in classical texts as a major treatment regarding *twacharoga (kushtha)*.

For local application *Bakuchitaila* and *Shwitraharlepa* is used. In this the *Bakuchi* is the main ingredient. It is a renowned herb with many therapeutic properties. In Ayurveda *Bakuchi* seeds are used for the treatment of *Vitiligo*. The active ingredient in *Bakuchi* is “Psoralens” which on exposure to sun forms melanin in depigmented skin. It is used topically as well as systematically in the treatment of *Vitiligo*.

Conclusion:

From the above discussion, we have concluded that Ayurvedic line of treatment i.e. *Shaman chikitsa*, *shodhan chikitsa* and local applications of *Bakuchitaila* and *Shwitraharalepa* 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.

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