



A Case Study of Shwitra (Vitiligo) Under Ayurvedic Management

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ABSTRACT

Skin is the body's biggest organ. According to Ayurveda, one of the five sense organs (Gyanendriya) is Twacha (skin), which is the seat of Bhrajak Pitta. It is normally the charge of Prabha and Kanti. When it becomes contaminated, it produces a large number of Twak Vikar (Kushtha). Kandu is a term that means "itching." This is the most prevalent feature observed in patients suffering from a dermatological disease. Dry skin, systemic illnesses, nerve abnormalities, allergic responses, medicines, psychological issues, and pregnancy can all produce pruritis. A 57-year-old female patient came to our hospital with complaints of Twak kandu (skin itching), discoloration of skin, which was identified as Twak vikruti (skin illness) and treated with full ayurvedic therapy Shaman chikitsa (internal medicine). The combination drugs are effective treatment in skin disease, Dose 2gm bid. Anupan-Luke hot water, kala: Adhobhakt.

Keywords: Shwitra (Vitiligo), Bhrajak Pitta, Shaman chikitsa

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INTRODUCTION

Switra is a form of Kustha roga that has been explained by several Acharyas but is not one of the 18 Kustha varieties. There are two kinds: Kilasa and Daruna. The disagreement over whether to classify Switra as a Kustha type may be the result of vishista nidanas for Switra, such as papa karma, Guru Gharshana, Guru Ninda, etc. Switra could be similar to Vitiligo, an acquired disorder that causes restricted pigmentation patches to appear and affects 1% of all races. Positive family history is present in 30-40% of patients, and a genetic element is also present. It can start at any age, although it is most frequent between the ages of 10 and 30. It is usually related with autoimmune illnesses. Modern science defines it as a condition caused by an imbalance in the dispersion of melanin beneath the skin's surface. Switra is the consequence when rasa and rakta are heavily intertwined.

Paribasha:

Twagatam sa yadsraavi kailasam prakirtitam

Switra has been defined in several ways by Acharyas, yet all versions have the same meaning. Switra is defined as 'Shwetate iti Switram' by Shabdhakalpadruma. Switra is a condition marked by white patches. According to the Kashyapa Samhita, the definition of Switra is as follows: "Shwetabhavamichchanti Switram" turns into a white or whitish tint.

Paryaya:

Switra, Sweta Kustha, Kilasa, Charuna and Daruna

Switra nidana:

Viruddha ahara (taking different foods together which are of opposite properties)

Chardi nigraha (suppression of vomiting; overuse of modern antiemetics should also considered here)

Ati bhojana (Consumption of excess food)

Ati Amla (intake of Sour food)

Lavana (intake of Salty food)

Madhura (Intake of Sweet food)

Katu (Intake of Spicy food)

Nava anna (use of grains within one year after harvesting)

Dadhi (Intake of curd)

Matsya Bhakshana (Intake of fish and other sea food)

Vipra-Guru Gharshana (insulting elders, teachers)

Papakarma (unlawful and sinful activities) [3], etc

Samprapti:

Nidana Sevana > Vitiation of doshas > Agnimandya Formation of Ama > Dushta dosha sanchara in tiryakgata siras Srotosanga > Sthanika Brajaka pitta kshaya > Switra roga Utpatti [4]

Table 1: Samprapti ghataka

Dosha – Pitta pradhana tridosha
Dushya – rasa, rakta, mamsa, meda
Agni – Jataragni
Ama – Jataragni mandya janya
Udbhava Sthana – Amapakvashaya
Sanchara Sthana – Tiryakgata siras
Srotas – Rasavaha, Raktavaha / Mamsavaha Medovahasrotas (sthanika)
Srotodushti prakara – Sanga
Adhishtana – Tamra layer of twacha
Vyakta Sthana – Twak
Rogamarga – Bahya
Vyadhi Swabhava - Chirakari

Chikitsa sutra for Switra:

A congenital disorder characterised by confined depigmented patches that affects 1% of the world's population. Vitiligo is characterised by focal areas of melanocyte loss. There may be a positive family history of diabetes, thyroid and adrenal problems, and pernicious anaemia.⁵

Clinical assessment:

Segmental vitiligo affects only one portion of the body, but generalised vitiligo is generally symmetrical and affects the hands, wrists, knees, neck, and orifices. Some patchy perifollicular pigment may be detected within the depigmented patches after prolonged therapy, which is the initial symptom of repigmentation. It is common to feel sensation in the depigmentation spots.

Management:

- Using clothing or sunscreen to shield the patches from excessive sun exposure may be helpful in minimising the occurrence of burning and the development of skin cancer.
- Topical corticosteroids with high potency may be beneficial.
- Phototherapy with PUVA.

Prognosis

The absence of whiteness of the hairs in the Vitiligo area is a favourable predictive factor.

Brief history about patient

A Female patient name ABC suffering from switra since 3 years.

Chief complaint

Swetavarna twacha over upper hand, and kandu since- 3years

Examination findings:

CVS - S1 S2 heard, no murmurs

R.S - Normal vesicular breath sounds heard

Per abdomen - Soft, No tenderness and No Organomegaly

Rest other system found to normal

On examination of Skin

Head - no lesions found

Face - no lesions found

Upper and lower Extremities- discoloration found in upper hand

Abdomen and trunk: no lesions found

Symptoms

Severe Itching

White skin pathes over hand.

MATERIAL AND METHODS

Treatment schedule

1. Chitrakadi vati

2. Yastimadhu churna
3. Khadiraristha
4. Bakuchi oil- external application

Duration – 60 days

Follow up - 30 days

Pathya and Apathya

Pathya(Wholesome food)-Shali rice,Yavagu,Kora, Priyangu, Mudga, Masura, Tuvari,Godhuma Tiktashakha, Triphala, Patola, Khadira, Nimba, Bhallataka, Bakuchiyukta anna pana.Janghalamamsa

Apathya(unwholesome food)-Katu ,amla, lavan rasatmak ahar, Ksheera, Dadi, Guda, Anupa desha mamsa, Tila, Masha sidda ahara.

Table 5: Observations and Results

Criteria	Before treatment	After treatment
Shweta mandalas of twacha	Upper both hand	Complete improvement
Size of the mandalas	4-5 cm	Reduced
Number of mandalas	Multiple	Reduced

DISCUSSION

The treatment procedure begins with the Shodhana chikitsa, this patient's avara bala and vata necessitated the use of Amapachana and Vata anulomana chikitsa as initial treatments. Deepan pachan with chitrakadi vati . Chitrak having katu vipaka its stimulate agni,due to laghu ruksha and ushna virya its trisoshahara. Yastimadhu churna pacifies vata and kapha vitiated skin disease.khadiraristha which comprises of kashaya, tikta pradhana rasa dravyas has kusthahara property and does Rakta Shodhaka. Khadir usefull in kandu.The primary component of Bakuchi possesses anti-inflammatory properties against histamines, antiulcer properties, and activates cell-mediated mechanisms. Bakuchi oil acceleratesl in melanin synthesis.Bakuchi oil has long been used in the treatment of Switra, which is referenced in Ayurvedic texts.primarily affect skin tone. It is irritating to the skin and mucous membranes and has a strong antibacterial action on the skin.

CONCLUSION

Despite being challaenging to treat with conventional treatment , Switra can be successfully controlled with an understanding of Ayurveda . Through saman chikitsa , improvement in the patient was discovered. Shodhana chikitsa was not perfotmed because the patient had avara bala , vriddha avastha and ama pachana was completed prior to the initiation of samana chikitsa.Better benefits will be obtained if these medications are taken in conjunction with correct pathya. In this single case study , we are attempting to provide a notion for Switra treatment plan from an Ayurvedic perspective.

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