

AYURVEDIC INTERVENTION FOR VITILIGO WITH SPECIAL REFERENCES TO  
SHWITRA -A CASE STUDYDr. Kanchan Rawat\*<sup>1</sup> and Dr. Reena Dixit<sup>2</sup><sup>1</sup>M.D Scholar, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.<sup>2</sup>Professor, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.

\*Corresponding Author: Dr. Kanchan Rawat

M.D Scholar, Department of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.

Article Received on 11/06/2024

Article Revised on 01/07/2024

Article Accepted on 22/07/2024

## ABSTRACT

Skin disorders can affect children's self-esteem, relationships with caregivers and peers, and performance in school and activities. School-aged children with port wine stains, vitiligo and atopic dermatitis report increased bullying, teasing, and social isolation. Vitiligo is the most widely known pigmentation disorder, It is characterized by the absence of pigment in the skin, secondary to the loss of melanocytes. It causes disfigurement and serious disturbances in quality of life. It is harmless but a very serious cosmetic problem which affects the emotional, psychological, and social well-being of the affected person. The skin diseases in Ayurveda come under the category of Kushtha. Ayurveda explains Kilasa/Shwitra (~vitiligo) as a type of Kushtha roga. It is caused by disturbance of all Tridosha along with Rakta, Mamsa, and Meda Dhatu. A drug Which having Raktaprasadaka (improves the quality of blood), Raktashodhana (blood purification), and Tridoshahara (balances three regulatory functional factors of the body), Kushtaghna, was found to be effective in the restoration of skin color. **Aims and objectives:** Key findings reveal the efficacy of Ayurvedic formulations in Vitiligo addressing underlying imbalances in the body's Doshas (biological energies). **Material and Method:** A 5year -old girl presented in OPD of Kaumarbhritya, Rishikul Campus UAU Haridwar Uttarakhand, on 21/06/2024 with complaints of – White Patches above the lips with no itching since 6 month. This condition can be understood as Shwitra. **Result:** It was observed that intervention of ayurvedic formulation shows significant results in Shwitra patient.

**KEYWORDS:** Kilasa/Shwitra, Raktaprasadaka, Kushtaghna, Raktashodhana.

## INTRODUCTION

The skin is the largest organ in the human body and has numerous physiological functions, one of the most important being its role as a protective barrier against external agents. By covering almost completely the structure of the body, skin is target of several diseases. Vitiligo is the most common disorder of depigmentation, and Worldwide prevalence of Vitiligo is 1% among which highest incidence has been recorded in Mexico and India. In India it is estimated between 3-4% although incident is high as 8.8% in dark skinned people.<sup>[1]</sup> It is an auto immune disorder characterised by loss of melanocytes (which produce melanin pigment responsible for skin color). The pathogenesis of vitiligo is unknow. Several environmental factors affect the melanocytes of the patient and initiate the processes of malenocytosis. This leads to melanocytes deficiency and ultimately white coloured patches appears on the body. In modern science, The goal of vitiligo treatment is to prevent the autoimmune damage to melanocytes and stimulate their migration from surrounding skin and adnexal reservoirs. Mainstream treatment of disease is PUVA (Psoralen + Ultra Violet A exposure) therapy and

corticosteroids which have many harmful side effects like skin cancer, photo aging, ultraviolet light burns and nausea.

In Ayurvedic classics, all skin disorders comes under Kushtha Roga and Shwitra is one of them. The word Shwitra has its root in the Sanskrit word Shweta, which means white patch. In Kashyapa Samhita Shwitra means "Shweta Bhava Micchanti Shwitram"<sup>[2]</sup> According to Aacharya Sushruta, it means reflection of white colour. He called this disease as Kilas instead of Shwitra.<sup>[3]</sup> In this impairment of Bhrajaka Pitta and Vata Dosha can cause skin disease like Shwitra. It is caused due to vitiation of Tridosha and Dhatu like, Rasa, Rakta, Mamsa, and Meda.

In Ayurveda line of treatment include purificatory process which eliminates out the toxin and some local application along with oral medication which helps to breaks the Dosha- Dushya Sammurchana.

**CASE HISTORY**

**Presenting Complaints:** A 5year- old female patient with her mother brought to the Out Patient Department of Kaumarbhritya, Rishikul Campus Haridwar with complaint of- White Patches above the lips with no itching since 6 month.

**History Of Presenting Complaints**

According to patient's mother, she was asymptomatic before 6 months. Gradually she developed some discoloration above her lip and initially the size of lesion was small. Later after 2- months she started observing that size of lesion gradually started increasing. And also, she noticed white patch above the lips with no itching. She took allopathic medicine for 2 months for the same complaint but got no satisfactory relief. So with these

above complaints, Patient came to Rishikul Campus on 21st June 2023 for further betterment.

**Past Medical & Surgical History:** Not any significant history.

**General Examination**

General Condition: Average  
Build & Nutrition: good  
Pallor: Not present  
Cyanosis: Not present  
Clubbing: Not present  
Lymph Node: Not Enlarged  
Hairs: Dry, thin hairs  
Scalp: Normal  
Nails: Pinkish white in color  
Skin: Dry

**Table no.1.**

<b>Anthropometry</b>	<b>Vitals</b>
Weight: 16.7 kg (Expected Wt. :18 kg)	Temperature: 97.10 F
Height: 103cm (Expected Ht. :107 cm)	Pulse Rate: 86/min
Head Circumference: 52 cm	Respiratory Rate: 22/min
Chest Circumference: 58 cm	SpO2: 98%
Mid upper arm circumference: 18 cm (Rt.), 18cm (lt.)	Blood pressure: 100/70 mm Hg

**Immunization history-** Immunization done up to age.

**History of allergy-** Patient do not have any type of allergy.

**Family History -** There was no relevant family history.

**Dietary History -** Vegetarian diet

Qualitative- Rice, dal, chapati, vegetable, milk, fruits.

Quantitative – Breakfast: - 1 Parantha, 1 glass milk

Lunch: 1½ bowl Dal, with rice

Dinner: 1½ chapati, 1 bowl veg, 1 glass milk at night

**Appetite-** Normal

**Bowel-** Regular (Consistency – semi solid with Frequency 1 time/day).

**Micturition –** Normal (Frequency 5-6 times/day)

**Thirst-** 3-4 glass/day

**Physical Activity –** Normal

**Sleep -** Sound sleep (approx. 7-8 hours a day)

**Addiction -** Habit of eating packed food and junk food daily.

**Asthavidha Pariksha**

Nadi: Kapha pradhan Vata Anubandhi

Mutra: Samanya Pravrti, Peetabh Varn

Mala: Niram

Jivha: Alipta

Shabda: Spastha

Sparsha: Singdha, Samsheetoshana

Drikka: Samanya

Aakriti: Samanya

**Samprapti Ghataka**

Dosha: Tridoshaj

Dushya: Rakta, Mamsa, Medas dhatu

Srotasa: Raktavaha, Mamsavaha, Medovaha Srotas

Srotodushti: Sanga

Rog Marg: Bhaya

Adhithana: Twak

Vyaktisthan: Twak

**Systemic Examination:** No abnormalities were detected in examinations of respiratory, cardiovascular, gastro-intestinal and urogenital systems.

**Skin Examination**

<b>Inspection</b>	<b>Finding</b>
Lesions	Macule
Color	White
Shape and Size	Irregular
Border	Well Demarcated
Edge	Sharp

**Treatment Protocol:** After a thorough interrogation with the patient and his mother regarding the diet, life style and habits of the child and the history of present illness and after a proper evaluation regarding the present condition of the child, the treatment was planned with internal medications and local application.

**Treatment Duration:** 6 months

**Period of assessment:** The patient was assessed at each interval of 15 days.

Table no. 2

OPD visit	Medication	Duration	Advice
First visit	1.Aarogyavardhani vati-65mg Brahmi Vati-65mg Manjistaadi Churna- 250 mg Praval Bhasm- 65mg 1*2 with honey 2. Syrup Lukoskin-2 tsf BID 3.Tolenorm Oint for L.A BID 4.Mahamanjsthadi Kwath -2 tsf with same amount of water	15 days	Avoid packed and junk food. Avoid taking of salt and sweet together. Avoid oily, spicy food.
Second visit	1.Aarogyavardhani vati-65mg Brahmi Vati-65mg Manjistaadi Churna- 250 mg Praval Bhasm- 65mg 1*2 with honey 2. Syrup Lukoskin-2 tsf BID 3.Verdura Ointment for L.A BID 4.Mahamanjsthadi Kwath -2 tsf with same amount of water	15days	Avoid packed and junk food. Avoid taking of salt and sweet together. Avoid oily, spicy food
Third visit	1.Aarogyavardhani vati-65mg Brahmi Vati-65mg Manjistaadi Churna- 250 mg Praval Bhasm- 65mg 1*2 with honey 2. Syrup Lukoskin-2 tsf BID 3.Verdura Ointment for L.A BID 4.Mahamanjsthadi Kwath -2 tsf with same amount of water.	15 days	Avoid packed and junk food. Avoid taking of salt and sweet together. Avoid oily, spicy food
Fourth visit	1.Aarogyavardhani vati-65mg Brahmi Vati-65mg Manjsthadi Churna- 250 mg Praval Bhasm- 65mg 1*2 with honey 2. Syrup Lukoskin-2 tsf BID 3.Verdura Ointment for L.A BID	15 days	Avoid packed and junk food. Avoid taking of salt and sweet together. Avoid oily, spicy food.

**DISCUSSION**

Skin disorders can affect children's self-esteem, relationships with caregivers and peers, and performance

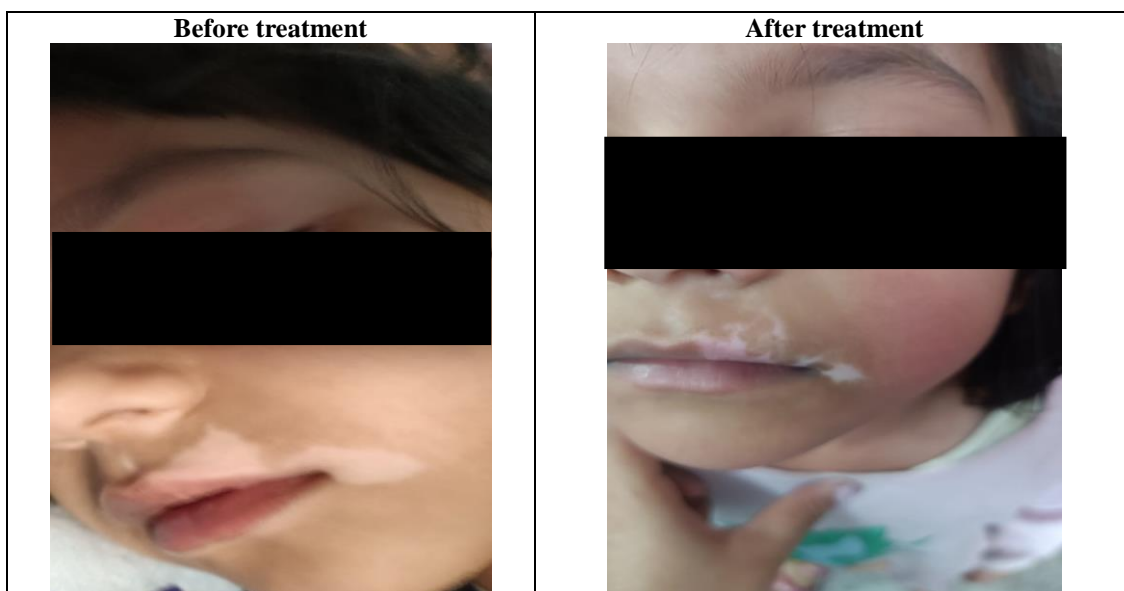
in school and activities. Counselling along with drug therapy can effectively treat Shwitra and enhance self-esteem.

<b>Arogyavardhini Vati-</b>	Contents- Shuddha Parada, Shuddha Gandhak, Loha Bhasma, Abhraka Bhasma, Tamra Bhasma, Shilajatu, Guggulu, Chitramool, Neemba, Katuki, Haritaki, Bibhitaki, Amalki. The formulation is a magical remedy for treating various skin infections. The abundance of triphala in this formulation is very effective in removing the AMA toxins from the body. The anti-inflammatory and potent analgesic properties of this vati is extremely beneficial in treating acne and eczema. Being loaded with antioxidants, Arogyavardhini vati scavenges free radicals from the body and its antipruritic nature alleviates itching sensation caused due to allergic conditions.
<b>Manjisthadi Churna-</b>	Manjistha plays a vital role in balancing the Pitta dosha. It is a potent Detoxification and Purification agent in Ayurveda. In vitiligo, Manjistha helps restore the skin to its natural color and prevents the progression of the skin condition, promoting a healthier complexion. Manjistha's antioxidant properties also help combat oxidative stress, which may play a role in vitiligo progression.
<b>Parval Bhasma-</b>	It have Rasa- Madhura, Vipaka Madhura, Veerya Sheeta, It balances Tridosha especially Kapha and Vata Dosha. It act as Kanthikara (Improves skin complexion and lusture)
<b>Syrup Lukoskin</b>	Contents- Krishn Tulsi, Mandookparni, Kaunch, Bakuchi, -This syrup may

	help restore normal skin pigmentation by improving melanin synthesis. Soothes skin irritation and blisters.
<b>Tolenorm ointment-</b>	Contents-Kutaj, Bakucchi, It has special adhesion power on vertiginous skin which is very smooth and discolored. One of its content is Bakuchi. It contains psoralens, which on exposure to the sun rays brings out melanin in the depigmented lesions.
<b>Verdura Ointment</b>	It contain Bakuchi, It contain psoralen, isopsorale, bakuchiol bavchinin and corylin which have antioxidant properties helps in stimulates melanocytes for melanin synthesis immuno-modulatory effect and inhibitory against antigen induced granulation.
<b>Mahamanjisthaadi Kwath-</b>	Contents- Manjistha, Triphala, Tikta, Vacha, Nisa. This supplement helps balance vitiation in the Doshas. Kwath having the Rakta dhatu prasadak properties which helps to remove impurities from blood, and helps to reduce toxins from the blood.

Shwitra is a painless condition for body but it is painful for mind. It requires a proper treatment and therapy. The present study here, focuses not only on disease management but also on prevention and continued wellness. Drugs having Pitta pacification, Ama pachana (~removal of undigested toxins), Rakta shodhana (~blood purification) properties, proper diet

plan, and Nidana parivarjana (~avoidance of etiological factors) were planned in the patient where significant outcomes were observed. Drugs used in this treatment are potent antiseptory, anti-ulcerogenic, antioxidant, Rakta-shodhaka, and increase blood supply in that area.



## CONCLUSION

Considering pathology of the Shwitra, It is caused due to vitiation of Tridosha and Dhatu like, Rasa, Rakta, Mamsa, and Meda. Ayurveda suggest purificatory process which eliminates out the toxin and some herbal local application along with oral medication which helps in restoration of skin color. Due to cosmetic disfigurement the disease has high impact on body and mind also, so counselling for children is crucial for building and maintaining healthy self-esteem. Patient found significant relief and thus this treatment protocol can be used for management of Shwitra.

## REFERENCES

1. Vende, Madhubala Ashok et.al., A Literary review of Shwitra and its management according to Ayurveda, European Journal of Pharmaceutical and Medical Research, 2019; 6(11): 132-138.
2. Tewari PV Kashyapa Samhita, Chikitsasthana 9/2 Chaukhambha Viswabharati Prakashan, Varanasi page no. 198.
3. Sushrut Samhita edited with Ayurved Tattva-Sandipika Hindi Commentary by Kaviraj Dr. Ambikadattashaatri Vol 1, Chaukhambha Sanskrit Sansthan, Varanasi.
4. Sharma P Sushruta Samhita, Nidana Sthana; Kushtha Nidana. 2002 7th Varanasi Chaukhambha Oriental: 286-7 ch.5.