



AYURVEDIC MANAGEMENT OF SHWITRA (VITILIGO) - A CASE STUDY

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ABSTRACT

Introduction: In Ayurveda all skin diseases are classified under heading Kushta Roga. Shwitra is one among them. Shwitra is a condition characterized by whitish discolored patches on the body, it is caused due to involvement of Sapta Dravyas i.e., Vata, Pitta, Kapha, Rasa, Rakta, Mamsa and Meda. The fourth layer of Twacha (Tamra) mainly considered as prime location of Shwitra. It can be correlated to Vitiligo. Vitiligo which is the most common acquired depigmenting disorder and affects approximately 0.5-1% of the world's population. It carries a high degree of social stigma but a near-orphan status in terms of medical care and research. The natural course of vitiligo may include flares, remission, and spontaneous repigmentation. **Methodology:** The present case report is of 60 years old female, came with complaints of whitish discolored patches over her upper back and upper arms region bilaterally with mild itching and no burning sensation; was effectively treated with Shamana Aushadis. **Result:** Patient showed encouraging result with the application of only Shamana Aushadis, where subjective criteria evaluated using scoring method & objective criteria evaluated using VETI scoring method. **Discussion:** Patient was treated with Shamana Aushadis, where white discolored patches firstly turned to pinkish, later the patches show normal skin color of the patient, where subject was observed with 45% improvement in subjective criteria & VETI scoring improved from 18 to 10 in three months. Hence, the present case study highlights the importance of efficacy of Ayurvedic treatment in Shwitra, as mentioned in classics.

KEYWORDS : Shwitra, Ayurveda, Vitiligo.**INTRODUCTION**

Vitiligo or Leucoderma is one of the common stigmatizing dermatosis found with a worldwide preponderance. It is a commonly acquired, idiopathic, heritable, de-pigmentation disorder of the skin and or mucous membrane. It does not affect physical health but it can be stressful. It can lead to serious psychological, social and emotional difficulties and significantly impacting quality of life. It is neither infectious nor contagious disease. However, the condition is not life threatening and the life expectancy is unaffected.

Skin is the largest organ of our body covering around 1.73 meter square of area. The beauty and attraction of individual depends upon skin's health including physical and psychological health. Shwitra is a condition which ruins this health and beauty by causing depigmentation of skin sections. Kushtha is caused by all three Dosha together. Pitta is the major Dosha in any skin condition. Shwitra has been listed to be the worst amongst Kushtha to cause ugly appearance of skin. Acharya Vagbhata has described Shwitra as more dangerous than Kushtha as it becomes Asadhya very quickly like a burning home. According to modern dermatology, Shwitra can be correlated with Vitiligo. Aside from contact with certain chemicals, the cause of vitiligo is unknown. Researchers suggest vitiligo may arise from autoimmune, genetic causes oxidative stress, neural or viral causes. Vitiligo is a progressive disease in which the melanocytes are gradually destroyed causing de-pigmented areas over skin. In Ayurveda, Shodhana and Shamana are indicated for treatment of condition. Shodhana includes the methods of expelling the morbid doshas from the body. Shamana includes the medicaments given after Shodhana for subsiding the remaining dosha.[1]

OBJECTIVE OF THE STUDY

To determine the efficacy of Ayurvedic treatment in Shwitra, as mentioned in classical Ayurvedic treatises.

Brief history of patient

The present case report is of 60 years old female, with known case of HTN but does not have DM/Other systemic illness, came with complaints of whitish discolored patches over her upper back region and bilateral arms, associated with mild Itching, with no burning sensation since 6 months. All these symptoms said to have aggravated in the past 2 month i.e., in the month of July 2023. Subject initially neglected these symptoms and did not take any medicines. As patches started spreading gradually over the whole of her upper back region

and upper arms bilaterally, she comes to State ayurvedic college Lucknow.

Past History

1. No history of above skin complaints before 6 months or trauma.
2. No DM/Thyroid/other systemic disorder.
3. She have HTN since 6 years.

Family History Nothing significant all other family members are said to be healthy.

Personal history

- Occupation – Housewife
- Marital status - Married
- Religion – Hindu
- Diet - vegetarian
- Appetite - Normal
- Bowel -constipated with hard stool
- Micturition - 3 to 4 times/day, 1time/night
- Sleep - Disturbed, 6 to 7hrs with day sleep of 1 to 2 hours.
- Allergies to any medications/food – No
- Addictions – No

Nidana

1)Aharaja –

*Viruddha Ahara – amla ras with milk(achar paratha with tea)

* Vishamashana - Intake of water after exposure to sun. Intake of paneer, Kulattha, Takra and Mulika more frequently.

*Adhyashana - intake of food before digestion of previous meal.

2)Viharaja -Diwaswapna Exposure to Sun for long hours. Sheeta-Vata Sevana (Exposure to cold) .

3)Manasika -Chinta

Clinical findings*** Integumentary system O/E of Skin**

- Site of lesion – upper back and upper arms right and left both
- Lesion - Epidermal
- Distribution – Symmetrical
- Character of lesion - Macules
- No of lesions – Left 4, Right-3
- Color - White; Arrangement - Non-Segmental.

- Itching - Mild present
- Discharge - Absent

***Superficial sensation on lesion**

- Pain – Absent
- Swelling – Absent
- Paresthesia - Absent

***Aggravating factors** - Rainy season

SAMPRAPTI-

The specific and the detailed *Samprapti* of *Shwitra* has been described by *Harit Samhita* only.[2]

“पित्तचैवगदंभूत्वावातेनैवसमीरितम्/

सरक्तञ्चप्रकुपितंकुरुतेपाण्डुरच्छविम्/”

Pitta situated in the skin provoked by *Vata* when involves *Rakta* and causes *Pandu Varna* in skin then it is termed as *Shwitra*.

Samprapti Ghatakas

Dosha - Tridosha

Dushya - Rasa, Rakta, Mamsa, Meda

Ama - Jatargni Janya Ama

Agni - Jatargnimandhya, Dhatwagnimandhya.

Srotas - Rasavaha, Raktavaha, Mamsavaha & Medovaha Srotodusti

Prakara - Sanga

Rogamarga - Bahya

Udbhava Sthana – Amashaya

Vyakta Sthana - Twacha

Roga swabhava - Chirakari

Sadhyasadyata – Yapya

Samprapti



MATERIALAND METHODS

Assessment Criteria

1) Subjective Criteria

Patient was observed for improvement in Hypopigmented patches, itching and improvement in general condition.

2) Objective Criteria

Improvement calculated on basis of VETI scoring method. Grading assessment for subjective criteria

SCORE	0	1	2	3
Number of patches depending on% of area involved	Absent	1-29%	30-69%	70-100%
Colour	Normal tensity	>50%filling with normal tensity	<50%filling with pinkish discoloration	White patches
Itching	Absent	Mild	Moderate	Severe
Hypopigmentation on patches	Absent	Solitary	Segmental	Generalized

Treatment Plan

The patient was given with combinations of medicine for internal use and external use.

- Internal use combination named Khadiradhi kasaya contains khadir and amla in equal proportion . This was given with prakhshepa of bakuchi churna.
- Other internal use medicines that were given are Arogyavardhini Vati, Khadiradhi Vati, Prabhakar vati (for HTN management), Arjunaarishta(for HTN management).
- Combination of Satwa giloy, Tamra Bhasma, Kamdhudha ras, Mandur Bhasma, Ashwagandha rasayan.
- External use combination named Shwitra lepa contains kathgular, chitrak and bakuchi in equal proportion bhavita with goomutra and applied with plain water only.
- All the medicines were given for 3 months.

Treatment Schedule

COURSE	AUSHAD	OBSERVATION
28/07/2023	• Khadiradhi kasaya(with prakhshepa of bakuchi churna 2gm)-40ml	White patches

14/08/2023	• Khadiradhi kasaya(with prakhshepa of bakuchi churna 2gm)-40ml • Arogyavardini vati-2BD • Prabhakar vati-2BD • Khadiradhi vati -2BD • Satwa giloy-500mg • Kamdhudha ras-125mg • Mandur Bhasma-200mg • Tamra Bhasma-50mg • Ashwagandha rasayan-2gm 1 BD • Shwitra Lepa for local application only in morning for 2 minutes then exposure to early morning sunlight for 2 to 5 minutes.	Patches turned Pinkish from white with appearance of normal skin colour spots on the white lesion.
1/09/2023	• Khadiradhi kasaya(with prakhshepa of bakuchi churna 2gm)-40ml • Arogyavardini vati-2BD • Prabhakar vati-2BD • Khadiradhi vati -2BD • Satwa giloy-500mg • Kamdhudha ras-125mg • Mandur Bhasma-200mg • Tamra Bhasma-50mg • Ashwagandha rasayan-2gm 1 BD • Shwitra Lepa for local application only in morning for 2 minutes then exposure to early morning sunlight for 2 to 5 minutes.	Patches turned Pinkish from white with appearance of normal skin colour spots on the white lesion
18/09/2023	• Khadiradhi kasaya(with prakhshepa of bakuchi churna 2gm)-40ml • Arogyavardini vati-2BD • Prabhakar vati-2BD • Khadiradhi vati -2BD • Satwa giloy-500mg • Kamdhudha ras-125mg • Mandur Bhasma-200mg • Tamra Bhasma-50mg • Ashwagandha rasayan-2gm 1 BD • Shwitra Lepa for local application only in morning for 2 minutes then exposure to early morning sunlight for 2 to 5 minutes.	Dark patches over skin present on the depigmented areas depigmented patches clearing out c/o occasional itching over affected area.
6/10/2023	• Khadiradhi kasaya(with prakhshepa of bakuchi churna 2gm)-40ml • Arogyavardini vati-2BD • Prabhakar vati-2BD • Khadiradhi vati -2BD • Satwa giloy-500mg • Kamdhudha ras-125mg • Mandur Bhasma-200mg • Tamra Bhasma-50mg • Ashwagandha rasayan-2gm 1 BD • Shwitra Lepa for local application only in morning for 2 minutes then exposure to early morning sunlight for 2 to 5 minutes.	Dark patches over skin present on the depigmented areas depigmented patches clearing out c/o occasional itching over affected area
20/10/2023	• Khadiradhi kasaya(with prakhshepa of bakuchi churna 2gm)-40ml • Arogyavardini vati-2BD • Prabhakar vati-2BD • Khadiradhi vati -2BD • Satwa giloy-500mg • Kamdhudha ras-125mg • Mandur Bhasma-200mg • Tamra Bhasma-50mg	Dark pigmentation over prior whitish patches observed

	- Ashwagandha rasayan-2gm 1 BD - Shwitra Lepa for local application only in morning for 2 minutes then exposure to early morning sunlight for 2 to 5 minutes	Dark pigmentation over prior whitish patches observed
7/11/2023	- Khadiradhi kasaya(with prakshepa of bakuchi churna 2gm)-40ml - Arogyavardini vati-2BD - Prabhakar vati-2BD - Khadiradhi vati -2BD - Satwa giloy-500mg - Kamdudha ras-125mg - Mandur Bhasma-200mg - Tamra Bhasma-50mg - Ashwagandha rasayan-2gm 1 BD - Shwitra Lepa for local application only in morning for 2 minutes then exposure to early morning sunlight for 2 to 5 minutes	Dark pigmentation over prior whitish patches observed

RESULTS

Results: VETI score calculation done as below[3]

VETI score formula: (Percentage of head involvement x grade of tensity) + (Percentage of trunk involvement x grade of tensity) 4+ (Percentage of upper limbs involvement x grade of tensity) 2+ (Percentage of lower limbs involvement x grade of tensity) 4+ (Percentage of genitalia involvement x grade of tensity) 0.1.

Percentage of Area effected

Percentage of involvement =	Area Score
0	0%
1	1-9%
2	10-29%
3	30-49%
4	50-69%
5	70-89%
6	90-100%

Tensity

Stage 0	Normal Skin
Stage 1	Hypopigmentation (including trichrome & homogeneous lighter pigmentation)
Stage 2	Complete depigmentation with black hair and with perifollicular pigmentation
Stage 3	Complete depigmentation with black hair and without perifollicular pigmentation
Stage 4	Complete depigmentation with compound of white and black hair with/without perifollicular pigmentation
Stage 5	Complete depigmentation plus significant hair whitening

VETI score before treatment

VETI: (Ph x Th) + (Pt x Tt) 4+ (Pu x Tu) 2+ (Pl x Tl) 4+ (Pg x Tg) 0.1 = (0 x 2) + (2 x 2) 4+ (1 x 2) 2+ (0 x 2) 4+ (0 x 2) 0.1 = 20

VETI score After treatment

VETI: (Ph x Th) + (Pt x Tt) 4+ (Pu x Tu) 2+ (Pl x Tl) 4+ (Pg x Tg) 0.1 = (0 x 1) + (1 x 1) 4+ (1 x 1) 2+ (0 x 1) 4+ (0 x 1) 0.1 = 6

As per VETI scoring for vitiligo patient was observed with significant improvement of VETI scoring 20 before treatment to VETI scoring of 6 after treatment. The improvement was observed in subjective criteria with 80-85% filling of hypopigmented patches with normal skin tensity on overall lesion present on the body.



(Before Treatment)

(After Treatment)

DISCUSSION

Switra (Vitiligo) is a common skin problem worldwide. It develops when pigment cells of skin are unable to function properly or die. Loss of pigmentation cells produces white and pink patches on the skin and because of pigmentation cells destroying any part of the body may be affected by Vitiligo skin disorder. It is a Pitta predominant Tridoshajavyadhi where Dushyas are Rakta (Blood), Mansa (Muscle) and Medadhatu (Fat tissues)[5]. The effective treatment is yet to be found out, as the response rate is very less with the present remedies available.

Switra can be managed very well in Ayurveda by Shamana Aushadis, if treatment can be initiated in early stages, we can observe satisfactory results. The total improvement is evaluated as per VETI score in the above discussed case.

In khadiradhi Kashaya and khadiradhi vati the main content is khadir which has Khadira extract which is an immune-modulatory, purify blood, bacterial refrigerant and antiphlogistic.

Bakuchi Churna contain psoralen, isopsoralen, bakuchiol, bavchinin & corylin which have antioxidant properties, stimulates melanocytes for Melanin synthesis and has immuno-modulatory effect.

Arogyavardini vati are indicated for all type of skin disease with Deepana (digestive fire stimulating) and Pachana (improve digestion) properties. It improves overall good health by balancing all the three Dosha. Arogyavardhini vati works basically on the Medas Dhatu and the Dhatwagni (digestive fire) thus digesting and removing the Ama Janit Medas Dhatu Vruddhi (increase in Medas dhatu that is undigested).

Tamra Bhasma and mandur Bhasma activates the melanocytes cells which helps in the formation of melanin pigment thus reducing hypopigment and vitiligo.

CONCLUSION

The incidence of vitiligo is increasing due to faulty life style, so identifying and eliminating multifactorial agents associated with the disease based on Ayurvedic principles is essential. Regaining of pigmentation can be achieved in most of patients by following Ayurvedic treatment protocol as mentioned in Shwitra Chikitsa. Switra is a disease having high impact on body and mind due to cosmetic disfigurement.

From the present study, it can be concluded that the above shaman protocol is effective in the management of Switra. No side effects were reported during the treatment.

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