



Case Study

AYURVEDIC APPROACH FOR SHWITRA- A CASE STUDY

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ABSTRACT

Skin is one of the most important and visible organ of our body. Skin anomalies create physical as well as psychological problems in an individual. Among different variety of *Kustha*, *Shwitra* is considered as one of them in the Ayurvedic classics which occur due to vitiation of *Tridoshas* and *Dhatus* like *Rakta*, *Mamsa* and *Meda*. *Shwitra* can be correlated with vitiligo or leucoderma, where it manifest as white patch on the skin due to partial or complete loss of skin pigmentation and causes cosmetic imbalance of the body. Vitiligo is an autoimmune disease and it may be associated with other autoimmune diseases such as pernicious anaemia, addison's disease and diabetes mellitus results in destruction of melanocytes thus causing depigmentation. A female patient, aged 36 years suffering from white patches in left forehead region for last 2 years and she was treated with both *Sodhan* and *Shaman Chikitsa* for a period of 3 months. Result was assessed from the changes in the size of patch and photographs. Proper written consent was taken from the patient prior to the study. Follow up was done at 1 month interval and after 3 months there was marked improvement seen in patch and colour. The present study indicates different prospective of treatment for *Shwitra kustha* and it provides cost effective as well as safe treatment of the disease. This study shows a new dimension in the treatment for *Shwitra* and could be carried out for statistical significant study.

INTRODUCTION

Skin is the largest organ of human body. Its size and external location makes more susceptible to wide variety of disorders. In Ayurveda all the skin diseases are described under broad heading of '*Kustha Roga*', which are further categorized into *Maha kustha* and *Kshudra kustha*. Seven materials affected morbidly are the causative source of *Kustha* such as three *Dosha* (*Vata*, *Pitta*, *Kapha*) vitiated by etiological factors and four *Dusya* (*Twak*, *Mamsa*, *Rakta* and *Lasika*) affected with affliction by *Dosha*.^[1] According to Ayurvedic classics each types of *Kustha* are *Tridoshaja* occurrence. *Shwitra* comes under *Kshudra kustha* though it is different than classical *Kustha* disease.

In this disease, white discolour patches found on the skin hence it is called *Shwitra* which comes from the Sanskrit word *Shweta* (white).^[2] It has been explained in almost all the *Brihatrayees* and *Laghutrayees*. It has no such other signs like pain, itching etc other than cosmetic effects which disturb the psychological harmony of the patients. *Virudhaahar-vihar* and *Paap* (bad deeds)^[3] are the main cause for *Shwitra*. It involves all three *Doshas* (*Vata*, *Pitta*, *Kapha*) and involve *Rakta*, *Mamsa*, *Meda dhatu* subsequent are more severe. *Shwitra* mainly involve *Bhrajaka pitta* which helps in the maintaining and formation of colour of the skin. *Daruna*, *Caruna* and *Kilasa* are the subtypes of *Shwitra kustha*.^[4] In modern medical sciences, the characteristics of *Shwitra* are similar to Vitiligo. Vitiligo is a condition, in which the skin colour turns white due to the loss of melanocytes cells that produce pigment melanin responsible for colour of skin. It affects both sexes equally. 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.^[5] In modern medical science, Vitiligo is treated

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with tropical creams containing corticosteroids, skin grafting and plastic surgery etc which cost a huge amount of money for the patient. In Ayurveda there is purificatory process which eliminates out the toxin and some local application along with oral medicines which helps to breaks the *Dosha- dushya sammurchana*.

AIMS AND OBJECTIVES

To study the case of *Shwitra* through Ayurveda.

To analyze the role of Ayurvedic management in *Shwitra*.

Case Description

A 36 years female married patient residing in chandauli came at Kayachikitsa OPD of Sir Sunderlal Hospital, I.M.S.B.H.U, Varanasi on February 2021 with the complaint of whitish discolored patches over left forehead region just above the eye brow without dryness and scaling.

History of Present Illness

Patient was healthy before 2 years and she is not aware about the disease. Gradually she noticed that she developed small white lesions over left forehead area. Initially she neglected it but with due time size of the patch gets increased sometime associated with itching sensation. For this patient visited to her nearby hospital where she was diagnosed as Vitiligo and given treatment. Patient took treatment for 5 months and didn't get significant results. Later she discontinued medication for lockdown due to Covid-19 and also for her other health issue. On February 2021 to get permanent solution for the said complaint she visited our OPD with her father for further management.

Past History

No history of above skin complaints before. Had ectopic pregnancy at left fallopian tube and got operated in January 2021 though she had tubal ligation previously.

No history of Diabetes mellitus/Hypertension/Thyroid disorder.

Family History

Her father is having same problem suffering from 3 years and has patches over hand and lips.

Personal History

Bowel – Regular but not clear

Bladder- 4-5 times a day sometime with burning sensation and yellowish urine.

Appetite- Irregular

Sleep- Normal

Occupation– School teacher

Diet- Vegetarian prefers mostly sour, spicy and salty foods.

Habit –

Menstrual history– Menopause after Salpingectomy (bilateral).

Weight and height – 50kg, 148cm height

Psychological history–

The patient was depressed and worried. More stress and sudden mood were observed since she underwent operation.

General Examination

Pallor– Present

Icterus- Absent

Cyanosis– Absent

Clubbing- Absent

Lymph node- Not palpable

Oedema– Absent

Blood pressure– 110/70mm of Hg

Pulse rate– 72 beats/minute

Ashtavida Pariksha

Nadi – *Vatajkaphaja*

Mala- Normal consistency but not clear

Mutra- 4-5 times a day

Jivha- *Aamyukta*

Shabda- *Spashta*

Sparsha- *Shita*

Drik- *Swabhabik*

Akriti- *Madhyam*

Diagnosis: Shwitra

Treatment Protocol

Total duration– 3 months

Treatment given

Sodhan was done prior to *Shaman Oushadi* to eliminate out the toxic material from the body.

Deepan and *Pachan* was given for 3 days prior to *Sneha pan* with *Chitrakadi vati* in a dose of 2 pill twice after food with lukewarm water.

Snehapan was done with *Mahatikta ghrita* for 7 days considering all precautions followed during *Sneha pan*.

1st day -30ml → 2nd day -60ml → 3rd day -90ml
→ 4th day - 120ml → 5th day -150ml → 6th day -
180 ml → 7th day -210 ml

Rest for 2 days in which *Bahya snehan* was done by *Neem taila* followed by *Niragni sweda*. *Pitta Vardhak ahar vihar* was advised during 2 days. After completion of *Sneha pan* and *Bahya snehan* followed by *Swedan*, *Virechan karma* was performed with the help of *Trivit avaleha* at a dose of 70 gram along with 10-15 *Munakka* soaked in water and 10ml *Arogwad phala majja*.

Patient had 18 *Vegas* during *Virechan karma* (*Kaphantar*). It was *Madhyam suddhi* and patient *Bala* (physical strength) was *Madhyam*. So *Samsarjan karma* for 5 days with 2 *Annakal* was advised to the patient as per the diet mentioned.

Medicine (Shaman oushadi) given after Virechan karma

Medicine	Dose	Time period
<i>Swayambhu guggulu</i>	2 pill twice a day with lukewarm water	3 months
<i>Arogyavardhini vati</i>	2 pill twice at empty stomach with honey	3 months
<i>Putikadi lepa</i> (Leaves with <i>Putika</i> , <i>Arka</i> , <i>Snuhi</i> and <i>Arogvadha</i> and <i>Jati</i> pounded with <i>Gou mutra</i>)	Quantity sufficient followed by 30 minutes exposure to sunlight regularly.	3 months

*Follow up was taken at every 1month of interval to examine the patient condition and to see the efficacy of the drugs.

RESULT

It is a single case study, so result is drawn on the basis of before and after photographs.



a) Before treatment

b) In between treatment

c) After 3rd month treatment

Figure 1: Effect of Ayurvedic treatment on *Shwitra kusta* (before and after treatment)

DISCUSSION

Chitrakadi vati^[6]- It has *Katu* and *Lavan* rasa along with *Tiksna guna* which helps in *Ama pachan* and *Agni deepan* by stimulating *Jathargni*.

Mahatika ghrita^[7]- *Sodhan* is essential in the management of *Kusta roga* because without internal purification, external application may lead to the exacerbation of the disease. It is indicated in *Kusta vikar* and it is *Pitta* and *Vata shamak* as well as *Kaphahara* properties. *Ghrita* helps to improve the digestive power thus improve strength and also regulates bowel movement.

Abhyanga with *Neem taila* cause elimination of *Kapha* and *Pitta doshas* from the lesions and it also has *Kusthaghna* and *Krimihara* properties followed by *Niragni sweda* to open up the pores (*Srotas*) for elimination of toxic substances from the body through sweat. *Virechan* was done by *Tivrit avaleha*, *Munakka* and *Arogvadh phala majja* which helps to pacify *Pitta* and *Kapha doshas* and helps in easy purgation.

Swayambhu guggulu^[8]- It contains *Guggulu* which helps to pacify *Vata dosha* and *Bakuchi*, *Karanja*, *Neem*, *Khadir* which has *Kusthaghna* properties. It acts on *Rakta*, *Mamsa*, *Meda* and *Asthi dhatu* and it is

indicated for *Shwitra roga* (*Bhavprakash kusta chikitsa*).

Arogyavardhini vati^[9]- It has *Deepan*, *Srotosodhan*, *Vata-kaphaghna* properties, also helps in purgation due to presence of *Kutaki*. It is indicated under *Kustharoga adhikar* and it eradicates *Twacha- mamsa asanhatwa* and eliminates the *Ama* (toxin) from the body.

Putikadi lepa^[10]- It contains *Putika* (*Karanja*), *Arka*, *Snuhi*, *Arogvadha* and *Jati* (*jasmine*) pounded with *Gou mutra*. It contains *Katu*, *Tikta*, *Tiksna* and *Usna dravyas* along with *Kusthaghna*, *Kandughna* and *Tridosahara* properties which helps to break the pathogenesis of the disease.^[11] Although these drugs are having potent antimicrobial and antioxidant properties which helps to combat pathophysiology changes occurred due to oxidative changes and free radicals in the body. Here *Gou mutra* itself is *Kusthaghna*^[12] and it was given as adjuvant which acts as immunomodulation and antioxidant.

CONCLUSION

Shwitra can cause high impact on psychological state of the person due to social stigma and low self-esteem issues leading to depression and anxiety. In this present study of female patient of 36years, the white patches which were present in left forehead region was almost recovered within 3 months of treatment. Here *Sodhan* was done prior to administration of *Shaman Oushadi* which helps in purification of the body and eliminates the aggravated *Doshas* to prevent reoccurrence of the disease. These combinations of *Sodhan* and *shaman Oushadi* in this case study helps to relieve the number and size of the lesions, bringing back the skin colour to normalcy. So it can be concluded that the treatment protocol along with external application gives significant relief to the patient within 3 months. So this treatment can be used for management of *Shwitra* and for standard number of patients to get statistical significant results.

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