



## Case Study

### EVALUATION OF THE TREATMENT OF *SHWITRA* WITH AYURVEDA MODALITIES: A CASE STUDY

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#### ABSTRACT

In Ayurveda most of the skin diseases are explained under the term *Kushtha*. *Shwitra* is considered as one of the varieties of *Kushtha* 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 *Bruhatrayees* and *Laghutrayees*. Partial or complete loss of skin pigmentation giving rise to white patch on any part of the body is called as leucoderma or vitiligo and in Ayurveda it is called as *Shwitra*. This depigmentation results due to destruction of melanocytes, which may be unknown in origin or due to autoimmune endocrinopathies selective IgA deficiency. A female patient, aged 20 year suffering from white patches in neck region since 4 year was treated with both *Shaman Chikitsa* and *Sodhan Chikitsa* for a period to 4 months with follow up at every 30 days in between, Relief from the complaints was assessed by noting the changes in the size of patch. After 4 months of treatment the size of patch was reduced. The present case study revealed the efficacy of Ayurveda therapy both internal and external for duration of 4 months in the management of *Shwitra*.

**KEYWORDS:** *Kushtha*, *Shwitra*, *Bruhatrayees*, *Laghutrayees*, *Sodhan Chikitsa*, *Saman Chikitsa*.

#### INTRODUCTION

Skin is the largest organ of human body, covers and protects the body against physical, chemical and mechanical injuries. It also acts as the mirror of our body. In Ayurveda all types of skin diseases are explained under the term *Kushtha*. *Shwitra* is a type of *Kushtha*, In this disease white spots or white discoloration takes place on the skin; so it is named as *Shwitra*. So it is a disease of depigmented condition of the skin. Patients suffering from this disease are disturbed by the body, as well as the mind also. It is a social problem not only in India but all over the world. It has been observed from time immemorial. In this disorder *Bhrajaka Pitta* of the skin involve. It is a disease caused by deficiency of melanin pigment in the skin. From *Vedic* period we found the description regarding *Shwitra*. In *Charaka Samhita*, *Susruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya* & other classical texts we found the description of *Shwitra* as synonyms, etiology, types, *Sadhya Asadhyatva* and *Chikitsayojana* elaborate.

As per the symptomatology of disease vitiligo, the clinical condition can be compared with disease *shwitra* (white color patch). In Ayurveda the *Shwitra* is a disease explained in *Khshudrukushta*. It is also called as *Kilas*, *Daruna*, *Aruna*, *Shwetakushta*.<sup>[1]</sup> etc. It has been explained in almost all the *Brihatrayees* and

*Laghutrayees*. In *Charak Samhita* while explaining the *Nidan* of *Shwitra* *Acharya Charak* has explained *Virudha aharvihar* (unbeneficial foods) and *Paap karmas* (bad deeds) are the main cause of *Shwitra*.<sup>[2]</sup> This produces the imbalance of *Doshas* (body humours) like *Vata*, *Kapha* and *Pitta* specially *Bhrajak Pitta* which helps in the formation and maintain the color of skin. These *Doshas* are vitiated along with *Rasa*, *Rakta Mamsa* and *Meda Dhatus*.<sup>[3]</sup>

#### MATERIAL AND METHODS

##### AIM

To study the case of *Shwitra* through Ayurveda.

##### OBJECTIVE

1. To study the role of Ayurveda in management of *Shwitra*
2. To study the disease *Shwitra* in detail.

##### Case Report

A 20 Y/F patient came at OPD in National Institute of Ayurveda Jaipur, with the complaint of White coloured patch (*Twak Shwetata*). The patch was white, without dryness and scaling. Her family history was negative in first degree relation. Socio-economic status was middle. There were no personal history of autoimmune disorders like psoriasis; asthma etc and there was no history of trauma and surgery.

### History of Present Illness

Patient was normal before 4 years she is not aware about the disease. She noticed that she having a white patch in neck region which is gradually increase in size. She visited to dermatologists for the same, where she undergone haematological investigation which showed low Hb%. She was advised some internal medicines along with topical steroids for white patch. She took treatment for more than 2 years, and then she stopped medicines by herself as improvement was not noticed. So, she approached to Ayurveda consultancy for the same.

### Personal History

#### Aharaja

Taking vegetarian diet and having a habit of spicy food.

#### Viharaj

She has habit of sleeping in day time and study in night time.

### Treatment given

Drug	Dose	Duration	Anupan
<i>Erandbhris</i> <sup>[4]</sup> <i>Haritki Churna for Sodhana Chikitsa</i>	3gm	15 days	Lukewarm water (LWW)
<i>Avipattikarchurna</i> 100gm <i>Gandhak rasayan</i> 10gm <i>Giloyasatva</i> 20gm <i>Tamara bhasma</i> <sup>[5]</sup> <i>Prawal Pisti</i> 10gm	After proper Mixture - 3gm *BD	3 month	LWW
<i>Khadir</i> <sup>[6]</sup> Churna+ <i>Guduchi Churna</i> + <i>Nimbah Churna</i>	3gm* before meal In morning	3 month	LWW
<i>Aarogyavardhanivati</i>	2 tablet * BD	3 month	LWW
<i>Bakuchioil</i> <sup>[7]</sup>	LA * BD	3 month	
<i>Mahamanjsthadi Kwatha</i> <sup>[8]</sup>	10ml *before meal Evening	3 month	LWW
<i>Mahatikta Ghrta</i> <sup>[9]</sup>	1 TSP* BD	3 month	LWW

### RESULTS



Before Treatment After 2 Month

After 3<sup>rd</sup> month after 4<sup>th</sup> month

Fig.1- Effect of Ayurveda Treatment on *Shwitra* disease (before and after treatment)

### RESULT AND DISCUSSION

Both castor oil and *Hareetaki* are appreciated as good laxatives. Their unique combination is excellent in treating almost all *Apanavata* disorders.

Castor oil helps for deep invading and taking out the wide spread vitiated *Vata dosha* from various channels. The other ingredient *Hareetaki* is

She sleeps 3-4 hour/day in day time and 2 hours in night time.

### Examination

Vitals are within normal limit. Systemic examination was normal, *Prakriti* was *Pittavataj* and weight was 48 kg with 150 cm height.

### Ashtavidpariksha

*Nadi*- *Pittavatja*

*Mala, Mutra*- Once a day with soft consistency

*Jivha*- *Niraam*

*Shabda*- *Spashta*

*Sparsha*- *Sheeta*

*Drik* -Normal

*Akriti*- *Madhyam*

**Diagnosis**- *Shwitra*

**Treatment protocol**

**Total duration:** 4 months

proclaimed for its carminative and anti flatulent effect. *Giloyasatva* helps to improve immunity power and improves *Pitta* disorder. *Aarogyavadhanavati* helps to remove *Ama* toxins from the body. It has antioxidants, antipruritic nature alleviates itching sensation. *Gandhak Rasayan* has properties to act against the skin disease of *Kapha* and *Vata*. *Prawalpisti* balance *Tridosha* and improves skin lusture and complexion. Similarly the action of antiseptic, antifungal and antioxidant helps to treat skin problems. Patient had given these medicines for 4 month. After the treatment of four month she has got significant improvement. [Fig-1]

## CONCLUSION

The lesions or white patches which was present in neck region of 20 year old female patient was fully recovered after 4 months of treatment by Ayurveda modalities like *Shodhan* and *Shaman Chikitsa*. This case study on *Shwitra* conclude that better significant results can be achieved by *Shodhana* therapy followed by *Shamana* therapy and also with altered preparation of external application made by different medias. Those combine treatments may play major role in the management of *Shwitra* (Vitiligo).

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### Cite this article as:

Verma Priyanka, Lahange M. Sandeep, Jain Saurabh, Sharma Dushyant. Evaluation of the Treatment of Shwitra with Ayurveda Modalities: A Case Study. International Journal of Ayurveda and Pharma Research. 2021;9(1):8-10.

**Source of support: Nil, Conflict of interest: None Declared**

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