



## ROLE OF JALAPIPPALI KSHARA EXTERNAL APPLICATION IN SHWITRA: A CASE STUDY

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Article Received on 21/10/2020

Article Revised on 11/11/2020

Article Accepted on 01/12/2020

### ABSTRACT

Vitiligo is a common disorder, affecting between 0.5 percent and 1 percent of the population worldwide.<sup>[1]</sup> It is characterized clinically by the development of areas of depigmentation. These are often symmetrical and occur mainly on extensor surfaces. This hypopigmentation results due to destruction of melanocytes, which may be unknown in origin or due to autoimmune endocrinopathies selective IgA deficiency. In contemporary science treatment of vitiligo is not very effective. Potent topical steroids used which produces harm to skin on continuous use. So the effective medicines are expected from allied sciences. In Ayurveda all the skin diseases are explained under the term Kushtha. The references of shwitra are found in almost all the Samhitas in detail. One of the treatment modality is external application of Kshara on the affected area and one of those is Jalapippali Kshara.<sup>[2]</sup> In this study shwitra vikara and the effect of jalapippali kshara on the disease is assessed in detail.

**KEYWORDS:** jalapippali kshara, shwitruk, vitiligo.

### INTRODUCTION

Vitiligo is a common disorder, affecting between 0.5 percent and 1 percent of the population worldwide. Females are very prone to the diseases due to hypersensitivity of the skin. It is a long-term skin condition characterized by patches of the skin losing their pigment. The exact cause of vitiligo is unknown. It is believed to be due to genetic susceptibility that is triggered by an environmental factor such that an autoimmune diseases, this results in the destruction of skin pigment cells. Risk factors include a family history of the condition or other autoimmune diseases, such as hyperthyroidism, alopecia areata, and pernicious anemia. It is not contagious. In Ayurveda it can be correlated to the shwitra. Shwitra is a type of skin disorder. It is described as a type of Kushtha. Main sign of this disease is whitish discolouration of the skin.<sup>[3]</sup> In Shwitra all the three doshas are involved. According to the site disease manifests symptoms i.e. patches are reddish, coppery and white in color. In Charak Samhita it is mentioned that if it gives reddish color the doshas are located in rakta.<sup>[4]</sup> I fit gives coppery colors the doshas are located in mamsa dhatu. White colour will be produced if the doshas are situated in the medo dhatu. Involvement of doshas and dhatus is the main difference in Shivtra and Kushta. Tvakdhatu involvement is the main in Shvitra and in Kushta all dhatus are involved. In kusta chikitsa lepa of jalapippali Kshara is explained by Acharya sushruta.<sup>[5]</sup>

**Medical history:** A female patient of aged 25 year suffering from white patches on forearm and wrist since 2 years visited to OPD of Shalya tantra, S.D.M.I.A.H, Bangalore. No associated complaints like discharges, itching, blisters or trauma at the lesions. Not K/C/O any systemic illnesses and no significant family history. on external application of steroids or oral intake significant reduction and reoccurrence after withdrawal of steroids.

**Examination:** the examination was carried out using Ayurvedic clinical methods including vital signs, BP, pulse, HR, PR, weight and systemic examinations and no abnormalities detected. The skin lesions were assessed in detail.

**Diagnosis & assessment:** switra / vitiligo.

### Aims

1. To prevent long term use of steroids and prevent the extension of lesions.
2. Asses the role of jalapippali ksara lepa in switra

### Therapeutic focus

Jalapippali ksara lepa Gutika contains Jalapippali, Kshara, Bakuchi, Gaja Mutra added with gomutra sufficient quantity to prepare lepa and apply on affected area. Thickness according to the standard lepa application.<sup>[6]</sup>

**Time of application**

Every day at the time of sunrise 10 minutes, later wash with lemon juice, this procedure is repeated every day till blisters are formed. Once blisters appear application of lepa is stopped and lesion is allowed to heal itself. In this duration the new melanocyte pigmentations are noticed.

**Outcome**

Patient was examined for 4 consecutive visit and result assessed based on size of the lesion & colour of the lesion.

**DISCUSSION**

Switra is a pitta pradhana tridoshaja Vyadhi. Progression of this disease is rapid, so the management should be taken in proper time to arrest the pathogenesis. In switra roga, All three types of treatment i.e. Nidana Parivarjana, Apakarshana and Prakruti Vighatana are to be followed while treating. Kshara is Alkaline in nature obtained from the Ashes of Jalapippali Plant, 1/10 th parts of Bakuchi (Avalguja Beeja) churna and made small Gutikas. Kshara is corrosive in nature and it does lekhana effect and shodhana of the lesion. The drug Bakuchi has anti-inflammatory property and it enhances the growth of the melanocytes in the affected area. The external application the drug overall helps in the growth of the melanocytes and the lesion color changes to normal skin texture.

**CONCLUSION**

Beauty and attraction of individual depends upon skins health including physical and psychological health. The colour of skin plays very important role in the society. Vitiligo is an important skin disease having major impact on quality of life of patients. Ayurvedic management give a blissful life by improving the immune system of the individual by doing repeated application of Shodana karma along with shamanaoushadhi. Following pathya sevana is important preventive measure by improving immunity. Early intervention should adopt for better results. Jalapippali Kshara external application gives significant result in cases of shwitra.

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