

**THE EFFICACY OF VAMAN IN SHVITRA VYADHI (VITILIGO) -EXPERIENCED
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ABSTRACT

Vitiligo is a big challenge to the modern medical science in today's era. Vitiligo is a disease in which there is progressive hypomelanosis of skin and hair, often familiar and characterised by total absence of melanocytes, microscopically. There is discoloration of the skin and skin and hair colour changes and becomes white due to depigmentation. In Ayurveda Shvitra has been described in the Kushtharoga Adhikara.(Charak Chikitsa Sthan ch. 7, Suahrut Chikitsa Sthan ch. 9) and it is said to be Kashtasadhya to treat the disease Shvitra. Also the basic principles of the treatment of the disease Kushtha and Shvitra are same. Chakrapani has stated that Shodhan is the foremost treatment of Shvitra and while commenting on different Yogas he stated that involvement of Doshas in Tvacha should be considered. After thorough study it is observed and can be said that Vitiligo may be correlated with Shvitra. According to Ayurveda, Shodhan is the best treatment of Shvitra. Shodhan mainly includes Vaman, Stransan, Lepan. Also Shaman is required followed by Shodhan to cure the disease. After treating the patients of Shvitra with Shodhan in the form of Vaman followed by Shaman treatment it can be said that this treatment is very effective and beneficial for the patients of Shvitra.

KEYWORDS: Shvitra, Panchakarma, Vaman, Vitiligo, Melanocyte.**INTRODUCTION**

Since long ago treatment of vitiligo (Shvitra) is a big challenge to the medical fraternity. Vitiligo is a social stigma in our society. Allopathy has no satisfactory cure for the disease.

As per Ayurveda, it has same causative factors as Kushtha. It is without discharge and vitiated with three Doshas Vaat, Pitta and Kapha. It is associated with rakta, mansa and meda dhatus. Acharya Charak has described some special causes like deeds of Purvajnma. (Charak Chikitsa 7/177). According to modern science it may be inheritery in nature. Unbalanced diet (Viruddhahar) is also an important cause of Vitiligo. There is imbalance of regulating harmones for melanin synthesis. For hormone balancing and detoxifying body Ayurvedic body purification treatment i.e.- Panchakarma is very useful. It is a foremost treatment of vitiligo in Ayurveda. Panchakarma procedures like Vaman, Virechan, Basti, Raktramokshan, Lepan, etc. plays an important role in treatment of shvitra. Vaman is a strongly effective treatment for Shvitra. (C.C. 7/62, S.C.9/6,A.S.C.22/3,A.H.C.22/2,Chk.Com.C.C.7/57).

According to modern pathophysiology, in vitiligo, melanocytes are not found in the affected skin. Melanocytes contain the pigment melanin which plays a protective action against the harmful effect of sunlight. Vaman and Shaman treatment like Lepan plays an important role on the melanin pigmentations.

According to Charaka, treatment mentioned for Kushtha should be applied for the management of Shvitra. Ayurvedic texts has explained the treatment in the form of Shodhan like Vaman, Virechan, Raktamokshan, etc and Shaman like Lepan and internal medication. Vaman has been described by almost all Acharyas in Ayurveda and Shodhan should be given repeatedly. After shodhan shaman is described.

MATERIALS AND METHODS

Thorough study of the literature available in ancient textbooks of Ayurveda and review of the work done on Shvitra Vyadhi and the experience of treating the patients of Shvitra with Shodhan in the form of Vaman and Shaman in the form of Lepan and internal medication by different Yogas mentioned in Ayurvedic textbooks has been used as materials.

Chakrapani pinpointed that the Vaman in the form of Shodhan should be given. Sushrut has illuminated that Tikshna Vaman should be given after a gap of fifteen days. (S. C. 9/43). It has been observed that Vaman plays very important role in the management of Shvitra. After thorough diagnosis of the patient by signs and symptoms available and selecting the patient to whom Vaman can be administered or Vama patient, Vaman had been conducted as described in the texts.

Procedure of Vaman

Procedure of Vaman should be administered as per mentioned in the textbooks. Vaman should be carried out in three stages

- 1) Purvakarma
- 2) Pradhankarma
- 3) Paschatkarma.

purvakarma

In Purva karma examination of the patient should be done in detail with respect to Shodhan aspect. It should be observed that patient is physically alright for Vaman.

Snehapana should be given to the patient. For that ghreeta mixed with Shunthichurna can be used. It should be given according to the Agni and Koshtha of the patient. And Samyak symptoms of Snehapana should be observed within the span of three to seven days. The dose of Ghreeta was adjusted with respect to Jatharagni of that particular patient till the Samyak symptoms of Snehana are produced. Generally Charak has advised to give Ghreeta for 3 to 7 days. (C. S. 13/51).

After samyak Snehana symptoms patient should be subjected to Bahya-snehan i.e. Sarvanga Abhyanga and

Bashpa Sweda in the morning of the Vaman day. Patient should be advised to take particular diet i.e. Krishara mixed with Ghreeta, curd and jaggary in the night on preceding day of Vaman. So that utklesha Avastha of Kapha takes place. Careful counselling of patient should be done.

Pradhankarma

On the day of Vaman first of all Abhyanga and Bashpa Sweda should be given and then Vaman should be administered. For that first about one litre of milk should be given to the patient for doing utklesha of Doshas. After that Vamakdravya that is decoction of Madanphala along with Madhu and Saindhalavan should be given. about 100ml of madanphala kashaya mixed with 3 to 5 gm of Saindhav and 10 to 20ml of Madhu should be used. As per requirement 4 to 6 litres of Yashtimadhu kashay should be use as Vamanopaga Dravya. (C. S. 4/23). The dose of Vamakdravya and Vamanopaga Dravya should be arranged according to the Bala and Koshtha of that particular patient. It should be arranged in such a quantity that the desired effect of Shodhan may be achieved and may be able to eliminate Dasha from the body but should not produce any symptoms of Atiyoga or Ayoga of Vaman. Pittanta Vaman should be administered and Samyak symptoms of Vaman should be observed. After that Sansarjan Kram should be advised.

Paschatkarma

After completion of Vaman process Dhumapana should be given. After that Sansarjan Krama should be applied to increase the Agni of the patient gradually, which is decreased due to the procedure of Vaman. According to Sharangdhara Matra of Kwath, Kalka, Churna, Avaleha for Vaman process is shown in the following table.

Table 1: Table showing the dose of Vaman Drugs according to Sharangdhar Samhita.

Kalpna	Uttam Matra	Madhyam Matra	Kaniyasi Matra
Kwath	9 prastha	6 prastha	3 prastha
Kalka	3 Pala	2 Pala	1 pala

Table 2: Table showing criteria of effective Vaman (C. S. 1/13-14).

Vamana	Hina Shuddhi	Madhyama Shuddhi	Pravara Shuddhi
Number of bouts	4	6	8
Total quantity	1 prastha	1.5 prastha	2 prastha
Other features	Kapha elevation	Kapha elimination in the end	Kapha+Pitta elimination in the end.

Table 3: Table showing features of Samyak (Adequate) Vaman.

1-Dosha Kala Pravritti	2-elimination of Doshas in order Kapha, Vata, Pitta.
3-self induction	4-Laghava
5-Hridaya Shuddhi	6-Karshya
7-Parshwashuddhi	8-Weakness
9-Murdha Shuddhi	10-Kantha Shuddhi
11-Strotoshuddhi	12-Kapha Sanstrava
13-Indriya Shuddhi	14-Anati Mahati Vyatha

OBSERVATIONS AND DISCUSSION

Shvitra is a discoloration of skin but also a mentally paining disease. It is not only a cosmetic problem but also a social and psychological problem. Patients suffering from vitiligo become social stigma and develop an inferiority complex among them. Many times it is progressive in nature. And occurs in any age group.

In Shvitra all the three Doshas are involved along with Rakta, Mamsa and Meda. (C. C. 7/173,174). Gayadas also have the same opinion. (Gay. com.S.N.5/17). According to Punshi S. K. vitiligo is circumscribed, acquired, idiopathic, progressive hypomelanosis of skin and hairs, often familiar and characterised by total absence of melanocyte from epidermis.

Almost all the acharyas from ayurvedic texts have mentioned Shvitra in the chapter of Kushtha Vyadhi. And Vamana has been explained as foremost treatment among Shodhan Chikitsa. Dosh, Dushya, Samprapti are same as that of Kushtha. (A. S. N. 14/39). Hetu of Shvitra are also same as that of Kushtha. (A. H. N. 14/37), A. S. N. 14/39). Commentators such as Gayadasa, Shrikanthdatta and Indu have also quoted the involvement of Tvacha in Shvitra. (Gay. Come. S. N. 5/17, S.K.D.Com.M.N.49/37). Arun Varna of Shvitra is because of Vata, Rakta or Tamra Varna is because of Pitta and Shveta or Pandu Varna is because of Kapha. Udan Vayu is responsible for Varna according to Vagbhat. Bhrajak Pitta has the function of Brajan of Tvacha. (A. H. S. 12/14). Shveta Varna in Shvitra may be due to Avalambak Kapha.

After conceptual study it is clear that Shodhan has been described by almost all stalwarts of Ayurvedacharyas. But research study on Vaman is conducted by very few. However Vaman as a part of treatment is described in it's treatment. Considering all these views in mind, study of literature from all the ancient Ayurvedic texts and experience based study of Vaman in the patients of Shvitra this article is being stated here and observations and opinion is mentioned.

After completion of Vaman it is observed that Kandu and Daha lakshana reduce to 50% to 60%. Ramavidhvanshi lakshan, Guru and Ghana lakshan of patch of discoloration of skin reduce to near about 20% to 30%. Shveta Varna reduced upto 50% just after Vamankarma. the skin colour of the lesion changes immediately after Vaman Vega. Also there is reduction in Doshdushti also. Kaphadosha dusti is reduced by Vaman. Dhatudushti and Strotasdushti also reduces by Vaman.

In this regard it can be said that all the Vaman drugs are Panchabhautika in their constitution, but Agni and Vayu Mahabhuta are dominant in their constitution. (C. K. 1/5). All the Vaman drugs have five properties or Guna. These are -Vyavayi, Vikashi, Sukhma, Ushna and Tikshna. (C. K. 1/5). Saratva Guna is explained by Sushrua. (S. C. 33/33). They act by these Gunas. Prabhav

is also mentioned. Due to Vyavayi Guna it gets absorbed immediately without Pachan and starts its action on the body. Due to Vikashi Guna Shaithilya is produced in Dosh -Dushya Sammurchana and due to Anu-pravan Bhava of Sukshma Guna, it reaches to every part of the body or Strotas Ushna and Tikshna Guna produces Chedan, Dahan, Sweden and breaks down the Dosh Sanghata. Due to Anu Pravan Bhava, it is brought in to the Koshtha from which Doshas are removed from the body by Prabhav of Vaman. Thus the vitiated Doshas are removed from the body by the process of Vaman. (C. K. 1/5). In most of the patients Pittantak Vaman is observed. The colour of the patch of Shvitra becomes reddish just after the Vaman is being administered. It may be possible that the task of colouration of skin as allotted to Bhrajak Pitta might be improving after Vaman. This improvised condition after Vaman is going to be augmented by Shaman Chikitsa such as local application of drugs and internal medication. So Vaman should be administered repeatedly to get more fruitful results.

After Vamankarma shaman Chikitsa should be given and it is observed that area of the patch reduces more fast after administration of Shamanchikitsa followed by Vaman and repigmentation happens faster which is important for the normal colour of skin.

CONCLUSION

Shvitra is one of the disease which disfigures the personality of the patient and patient becomes social stigma. It is very clear from a thorough view through the ancient textbooks of Ayurveda and based on experience of administration of Vaman in the patients of Shvitra it is observed that Vaman has a definite role on Shvitra. Abnormal colour of the lesion of the skin immediately changes after Vaman process. We may say that Bhrajak Pitta might be improving after Vaman. There is a definite role of Vaman in melanocyte repigmentation of skin which is most important part of the treatment of Shvitra. So we can administer Vaman repeatedly for better results in the patient of Shvitra. And more study should be conducted to understand the action on melanin formation.

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