AYURVEDIC MANAGEMENT OF SHWITRA: A CASE STUDY

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ABSTRACT

Beauty of the person is assessed by the complexion and texture of the skin. Healthy skin is determined by its proper structure, natural color and clear appearance. Skin is considered as Twak in Ayurveda. Twak vikara or disorder are considered under Kushtha Roga in Ayurveda. Shwitra is considered as one of the varieties of Kushtha in Ayurvedic classics. Partial or complete loss of skin pigmentation giving rise to white patch on any part of the body is called as leukoderma or vitiligo. The exact cause is unknown in origin or due to autoimmune endocrinopathies selective IgA deficiency. According to Ayurveda Shwitra is caused due to vitiation of tridoshas and dhatus like Rakta, Mamsa and Meda. A female patient aged 12yr has complaint of white patch behind right ear region since 2 year. Patient was treated with both Shodhan and Shaman chikitsa for period of 3 months with follow up every after 15 days. Patient got relief from the complaint and it is assessed by noting the changes in the size of patch was reduced. Present case study revealed that efficacy of Ayurvedic Chikitsa in Shwitra management.

KEYWORDS: tridoshas and dhatus like Rakta, Mamsa and Meda.

INTRODUCTION

Skin is the largest organ of body by surface area and weight. Total area is about 20 sq.feet. Skin protects us from microbes and the elements, helps regulate body temperature and permits the sensation of touch heat, cold. As skin is exposed to external environment it is more prone to various skin problem. Skin disorder are considered under Kushtha roga in Ayurvedic classics. The word Kushtha is derived from the root 'Kush nishkarsh’ i.e. to tear or to expel with suffix k. It means the disease which definitely despies and disfigures the skin or body is called Kushtha.[1]

Vitiligo is a skin disease with unknown etiology in which skin loses its color in blotches and develops in white patches. Partial or complete loss of skin pigmentation giving rise to white patch on any part of the body is called as leukoderma or vitiligo. The exact cause is unknown but may be due to autoimmune disorder which may destroy melanocytes in skin. Vitiligo can affect people of any age gender.

In Ayurveda vitiligo is corelated with Shwitra. In Charak Samhita Sushruta Samhita Ashtang sangraha we found the description of Shwitra as synonyms etiology types sadhya asadhyatva and chikitsa. In Ayurveda Shwitra is a disease explained in Khshudrakushtha. It is called as Kilas Daruna Dwaita kushtha.[2]

Ayurveda states that causes of Shwitra may be chardivegadharana atisewan of amla-katu-ushna-lavan-madhur aharsewan, virudhahar and atimatra bhojan along with navann sevan and dahi sevan. In Charak Samhita while explaining the Nidana of Shwitra Acharya Charak has explained Virudha aharvihar (unbeneficial food) and Paap karma (bad deeds) are the main cause of Shwitra.[3]

Above etiological factors produces the imbalance of Doshas(bodrumyours) like Vata, Pitta Kaptha specially Bhrajak Pitta which helps in the formation of and maintain the color of skin. These Doshas are vitiated along with Rasa Rakta Mamsa and Meda Dhatu. Satisfying treatment is not available in modern science. Various Panchkarma procedures and Ayurvedic drug have been proved useful for these manifestation.

A CASE STUDY

Case report

A 12 year old female patient comes in an OPD with complaint of white coloured patch behind the right ear since 2 year. Patient underwent several for several allopathy treatment but got not that much satisfactory relief. Then patient come to the Balroga OPD of Government Ayurvedic college, Nanded. Then patient admitted on the same day for further Ayurvedic treatment.
History of present illness
Patient was normal before the 2 years she is not aware of the disease. She noticed that she was having a white patch behind right ear which gradually increase in size. She visited dermatologist for the same. She was advised some internal medicines along with topical steroids for that white patch. She took treatment for more than 2 years but not got satisfactory result so she approached for the Ayurveda consultancy for the same.

History of past illness
No history of DM, bronchial asthma.
No history of previous other skin disease
No any history of major illness

Family history
No any maternal or paternal history of vitiligo

General Examination
Nadi - 74/min
Mala- Baddhamalapravruttii
Mutra – Samyaka
Jivha – Sama

Treatment
First line of treatment- Deepan- Pachana
<table>
<thead>
<tr>
<th>Day</th>
<th>Medication</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Amlaki+Musta+Guduchi churna each 2 gram</td>
<td>Koshna jal (warm water)</td>
</tr>
<tr>
<td>2</td>
<td>Amlaki+Musta+Guduchi Churna each 2 gram</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>3</td>
<td>Amlaki+Musta+Guduchi Churna each 2 gram</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>4</td>
<td>Amlaki + Musta +Guduchi Churna each 2 gram</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>5</td>
<td>Amlaki+Musta+Guduchi Churna each 2 gram</td>
<td>Koshna jal</td>
</tr>
</tbody>
</table>

Second line of treatment- Mrudu Rechan

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erandbhrishta Haritaki churna$^{3}$ for Mrudu Rechan</td>
<td>5 Gram</td>
<td>5 days</td>
<td>Koshna jal</td>
</tr>
</tbody>
</table>

Third line treatment- Shaman Chikitsa

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mahamanjisthadi Kwath$^{4}$</td>
<td>10 ml BD</td>
<td>3 month</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>2</td>
<td>Arogyavardhini vati</td>
<td>1 BD</td>
<td>3 month</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>3</td>
<td>Vidangarishta</td>
<td>10 ml BD</td>
<td>3 month</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>4</td>
<td>Mahatikta gharuta</td>
<td>1tsp BD</td>
<td>3 month</td>
<td>Koshna jal</td>
</tr>
</tbody>
</table>

Local Application
Bakuchi oil$^{51}$ on the white patch in morning and sun exposure for ½ hour for 3 month.
RESULTS

DISCUSSION

Amlaki churna is given for deepan pachan because it has Tridoshaghna properties. Musta having Tikta rasa is good for deepan and pachan. Guduchi also has the Tridoshahar properties. That’s why combination of above drug churna is given for the purpose of Deepan and Pachana. Both Castor Oil and Haritaki churna are appreciated as good laxative. Their unique combination is excellent in treating almost all Apanavaat disorder. Castor oil for deep invading and taking out the wide spread vitiated Vata dosha from various channels. The other ingredient Haritaki is proclaimed for its carminative and anti-flatulent effect. Mhamanjisthadi kwath having the Rakta dhatu prasadak properties which helps to remove impurities from blood. Arogyavardhini vati helps to remove Ama toxin from the body. It has antioxidant, antipruritic nature alleviates itching sensation. Vidangarshita possesses properties of Krumighna (anti helminth). Mhatika ghrisa is tiktarasapradhan Kapilahara and is indicated in Kashta vikara. Bakuchi oil contain psoralea isoposarole, bakuchiol bavchinin and corylin which have antioxidant properties helps in stimulates melanocytes for melanin synthesis immuno-modulatory effect and inhibitory against antigen induced granulation.

CONCLUSION

Shwitra is a disease having high impact on the body and mind. Ayurvedic treatment for this skin disease have given a blissful life by improving the immune system as well as boosting the level of confidence in the individual. The lesion of white patch which was present behind right ear of 12 year old patient was fully recovered after 3 month of treatment. Shodhan therapy helps to remove the root cause of the disease and prevent the disease from its reoccurrence by eliminating aggragated Doshas. This case study on Shwitra conclude that better significant result can be achieved by Shodhan and Shaman chikitsa and also by external application of medicine. Patient found significant result and thus treatment protocol can be used for management of Shwitra.

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