

EFFECT OF BAKUCHI ON VITILIGO – A CASE STUDY**Gupta Amit Kumar¹, Prasad Mahendra², Meena M S³**¹M D (Ayu) Scholar, P.G. Department of Sharir Kriya, NIA, jaipur, Rajasthan, India²Lecturer, P.G. Department of Sharir Kriya, NIA, jaipur, Rajasthan, India³Director, National Institute of Ayurveda, Jaipur, Rajasthan, India**ABSTRACT**

Shwitra is considered in *Kushta*. It is not painful and troublesome. In society it is very dreadful and hating state. One to four percent population is suffering in world. It produces mental discomfort. A 3½ years old boy had suffering white patches over arm and shoulder. *Bakuchi Churna* 500 mg twice in a day with warm water and *Bakuchi Tailam* apply over affected area in morning sunlight for one year by follow up every month. The assessment criteria were size and color of the patches. The effect of drug is to enhance the proliferation of melanocytes. The content of *Bakuchi* along with sunlight is very effective. The color becomes red and sizes diminish.

Keywords: *Shwitra*, *Bakuchi*, Melanocytes.

INTRODUCTION

Ayurveda is a prehistoric health science. It covers health maintenance and disease condition. In Indian society many people are suffering from *shwitra*. Though there is no painful, uneasiness and body trouble. In Indian society it is very hateful and dreadful condition. Society is not interested to take part in and keep away in unpleasant state. It gives mental discomfort and stress. In world 0.1 to 4% people are affected by this disease¹In which about 25% are suffering before 8 years age². There are many theories regarding the cause of *shwitra* (leukoderma). The main cause of the leukoderma is autoimmune, genetic, psychological, endocrine disorder, chemical contact and adverse drug interaction^{3,4}.

However in *Ayurveda*, the causes for the *Shwitra*, are considered as untruthfulness, ungratefulness, disrespect for the gods, insult of the preceptors, sinful acts,

misdeeds of past lives and intake of mutually contradictory food are the causative factors of *Shwitra*⁵.

CASE REPORT:

A three year old boy complaining white patch over skin of ventral and inner surface of left hand spreading to outside of shoulder multiple irregular sized varied from 0.2x0.2cm to 1 inch x1 inch patches. Initially lesions were small discrete, later progressively increased in their size and then spread to upper arm and shoulder gradually over duration of one and half years with negative family history. There were no associated complaints confined to lesions like itching or burning sensation and also no history of environment, occupation and related to contact with harmful dietary substance. Father told that at the time of birth he has history of fits and was on phenobarbitone for one year.

EXAMINATION: General condition of patient was fair, Vitals are normal. Local and systemic reveals that no abnormality detected. Bowel are constipated. Micturation is normal and adequate. Appetite is good. White patches are different sizes with dispersed area of hand and shoulder.

EVALUATION OF SYMPTOMS: Evaluation of lesion are based on the following criteria-

1. Size (Diameter) of patches on inner size of elbow was around 1 inch.
2. Number of patches-one large patch on left elbow and 8-9 small patches on left upper arm.
3. Colour of patches-white.

SAMPRAPTI:

Mithya Ahar (vitiated, incompatible diet), *Vihar* (life style), day time sleep, disobey of *Guru* and parents order, misbehaviour, misconduct and *Poorvajanmakrita Karma* leads to vitiation of *Kapha* and logging in *Srotas* leads to blockage and abberent path of vitiated *Vata* and *Pitta*. It resides in *Rakta Dhatu* then at appears red if resides in *Mansa Dhatu* then its color become *Tamra* and if resides in *Meda Dhatu* then it appears white.

SAMPRAPTI GHATAKA:

Dosha: Vata, pitta and kapha.

Dushya: Rakta, mans, meda and ambu.

Adhsthan: Bahya rogamarg- Twacha (Skin)

Srotodushti: Srotavarodh.

MEDICATION:

After proper analysis first visit patient had been prescribed *bakuchi churna* 500 mg^{6,7} with warm water twice a day after meal and *bakuchi Tailam* for local application over affected area followed by exposure to early morning sun light⁶. The

patient had been followed up every month for one year.

OBSERVATION: Regular use of *bakuchi* powder and *bakuchi tail* minimises the size and get shrink, also changes the color of patches from white to reddish in first visit follow up.

CONTENT: *Bakuchi* (*psoralia corylifolia*) has many compounds like bakuchinol (phenol), psoralen, isopsoralen, psorelidin, isopsoralidin, dehydroisopsoralidin and corylifolen⁸. In spite of that there is some more compound are present like bakuchicin (colorless needle), corylin (colorless crystal)⁹.

PATHYA: Cow milk and ghee, munga, parval, rice, spinach, methi and easily digestive diets.

APATHYA: Guda, sesamum (Til), curd, prickles, chillies, fish, brinjal, jackfruit, heavy diets, etc

DISCUSSION

In the following work, *bakuchi churna* (internal use) and *bakuchi Tailam* (external use) had been used for the treatment of *Shwittra*, the result of which are found encouraging. The ras is *Katu, Tikta, Ruksha Guna, Katu Vipak*. The powder and extract have strong antioxidant properties (10). *bavachin* and *psoralidin* has inhibitory against antigen induced granulation¹¹.

Rasa, Guna, Vipaka and *Doshagnata* of the *bakuchi* then it can be found that in *bakuchi katu-Tikta Rasa, Ruksha Guna, katu Vipaka*, predominate. In the *Shwittra Sroto-Dushti* is removed by the *katu-Tikta Rasa, Ruksha Guna, katu Vipaka*, of the *bakuchi* and also increases the blood circulation locally, thus provides nutrition to the cells present there and helps in the

adequate formation of *Bhrajak Pitta* in the skin.

Bakuchi content has increase the rate of synthesis and amount of melanin and hence encouraging skin to recover from a vitiliginous state¹². The use of sunlight in early morning on affected area of skin because it has content of ultraviolet rays and with *Bakuchi* leads to favourable milieu for promoting the growth of melanocyte migration and stimulates proliferation¹³. It is not enough in proliferation of melanocyte but also prevents the autoimmune activity disease¹⁴.

The mode of action on skin is depends on the nature of drugs used. The nature of *Ushna* leads to diminution of *Kapha* and *Vata Dosh* and *Laghu*, *Ruksha Guna* subside the *Kapha Guna*. *Katu Vipaka* helps the *Shodhana* of *Srotas*. Also *Ushna* properties helps the *Agnideepan* and *Pachana*. It has properties of like *Kushthaghna*, *Kaphvatahar* and making promote shining in skin (*Twachya*)¹⁵.

CONCLUSION

The effect of bakuchi churna is very effective in pediatric vitiligo without any adverse effect on body on any system or organ. The use of sun light is additive effect to promote the melanocyte formation.

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Before Treatment Photo 1



During Treatment Photo 2



After Treatment Photo 3



After Treatment Photo 4

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