

MANAGEMENT OF SWITRA WITH SHAMANA AUSHADIS - A CASE STUDY

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ABSTRACT

As the increasing population is much concerned about beauty, so several cosmetic products are also increasing in the market. *Switra* is not only a pathological but also a very serious sociological problem. It can be compared with vitiligo in contemporary science having a prevalence of 0.25% in India. In Ayurveda, it is explained along with *kustha roga*¹, but it is not explained under *Mahakustha* & *kshudrakustha*. In a conventional system of medicine, there is no perfect aetiology and treatment for vitiligo. But in *Ayurveda*, many lines of treatment are explained like *shodhana* & *shamanaas*. As it may be autoimmune & heredity also takes a long time to treat, so the patient needs more patience for treatment. After 10 months of treatment with proper follow up this case shows up to 90% cure of *switra* through *Ayurveda* that too only with *Shamana Aushadha*.

Keywords- *switra*, a case study on *switra*, *shamanaaushadhis*

INTRODUCTION

In the busy world, people spend more money to maintain the beauty of their skin. Skin is the 1st organ,

which is exposed to the environment physically, chemically & biologically. Any pathology which is

not treated properly will reflect on skin and in children it will be more progressive. Condition like psoriasis, eczema, vitiligo etc. is a psychosomatic disease in which a patient is isolated from society, because of disfigurement of the skin & he or she may undergo depression. Now a day's society is surrounded by skin pathologies. Though, Internet & other Media's advertising number of remedies and without any detailed information of that remedies people are blindly buying the skin disorders unknowingly. Skin disease is explained from the Vedic period. In *Ayurveda*, *Switra* is a disease that affects the person socially because it causes depigmentation over the skin. *Switra* is a skin disease with *lakshans* like *shweta varma mandala*, *alpa kandu* and *aparivra*²(without secretion). There is no successful and significant result for *switra* in the conventional system of medicine. Our acharya's explained various suitable lines of treatment like *shodhana* and *shamana*. But it takes more time as well as patience for a complete cure. Due to differences in lifestyle, the prognosis differs from individual to individual.

A brief history of the patient

11-year female patient, Muslim by religion came with complaints of whitish patch on both the iliac region in the last 6 months, the patient was normal before 6 months but gradually developed itching sensation by using tight clothes with small patch³. Her mother noticed that gradually it becomes whitish with increasing itching. She neglected the symptoms, gradually she noticed that the lesion becoming big .so she consulted a local doctor and took medication (history unavailable) but did not get any satisfactory result. Due to this patient consulted RPK Ayurvedic hospital for further treatment.

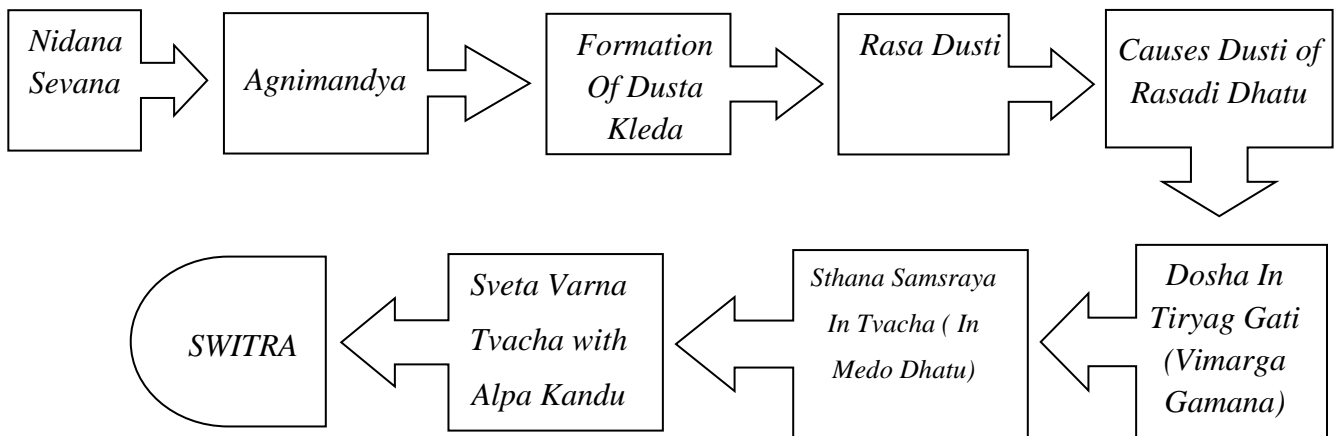
Family history- Nothing significant all are said to be healthy in her family.

Local examination- Lesion on both iliac region and asymmetrically distributed

Lesion:

There are uneven white patches with non-differentiated size and itching sensation, absence of inflammation and discharge.

5. Samprapti



6.Chikitsa

➤ **1st day**

S.N	SHAMANA AUSHADHIS	MATRA
1	Tab Chitrakadi vati	2 BD BF with sukshosha Jala
2	Swayambhu guggulu	2 BD AF
3	Syr. Khadirarista	As ananupana for swayambhu guggulu

➤ **1st follow up**

1	Manibhadra Guda	½ tsf OD BF with <i>sukhoshna Jala</i>
2	Cap white care	2 BD AF with <i>sukhoshna Jala</i>

➤ **2nd follow up**

1	Tab Chandraprabha Vati	2 BD B/F With <i>sukhoshna Jala</i>
2	Lucodna Lepa	L/A After Sit-In Sun Light For 5-10 Mins
3	Tab Pigmento	2BD A/F With <i>sukhoshna Jala</i>
4	Manibhadra Guda	1/2 Tsf B/F With <i>sukhoshna Jala</i>

➤ **3rd follow up**

1	Tab Pigmento	2 BD A/F With <i>sukhoshna Jala</i>
2	Tab Arogyavardini Vati	2 BD B/F With <i>sukhoshna Jala</i>
3	Lucodna Lepa	L/A After Sit In Sun Light For 5-10 Mins

➤ **4th follow up**

1	Cap whit care	1BD A/F With <i>sukhoshna Jala</i>
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➤ **5th follow up**

1	Tab Pigmento	1 BD A/F With <i>sukhoshna Jala</i>
2	Lucodna Lepa	L/A After Sit In Sun Light For 5-10 Mins
3	Manibhadra Guda	1tsf OD With <i>sukhoshna Jala</i>

➤ **6th follow up**

1	Madhusnuhi Rasayana	1tsf OD ES with <i>sukhoshna Jala</i>
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➤ **7th follow up**

1	Tab Pigmento	1BD A/F With <i>sukhoshna Jala</i>
2	ManibhadraGuda	½ tsf B/F With <i>sukhoshna Jala</i>
3	LucodnaLepa	L/A

7. Observation

SN	FOLLOW-UPS	COMPLAINTS		
		VARNA	SRAVA	KANDU
1	1 st day	<i>Shweta</i>	Absent	Present
2	1 st follow-up	<i>Shweta</i>	Absent	Present
3	2 nd follow-up	Spikes of repigmentation started at the right ileac region	Absent	Mildly Reduced
4	3 rd follow-up	Spikes of repigmentation starts	Absent	Mildly Reduced
5	4 th follow-up	Spikes of repigmentation	Absent	Reduced
6	5 th follow-up	Repigmentation of Skin Colour In Right Iliac Region & Spikes of repigmentation	Absent	Absent
7	6 th follow-up	Spikes of hypopigmentation remained	Absent	Absent
8	7 th follow-up	Spikes of hypopigmentation remained	Absent	Absent
9	The patient is still under treatment			

8. Result

SN	COMPLAINTS	BT	AT
1	Varna	Shweta	Spikes Of Hypopigmentation remained
2	Srava	Absent	Absent
3	Kandu	Present	Absent

9. DISCUSSION

Tab Chitrakadi Vati⁹-It act as *agni deepaka*, *pachaka*, *kaphaghna* & *medoghna*. **Swayambhu Guggulu**⁴- It is *vyadhi pratyaneeka* & directly indicated for *switra*. **Khadirarista**⁸- *khadira* is best *kusthagna*, so it is used as *anupana* for *swayambhu guggulu*. It is also containing *kaphaghna* & *medoghna dravyas*.

Manibhadra Guda⁵-As the patient was not willing to take any *shodhana*, so it is given as *nitya virechana* and it is indicated for *switra* also. **Whit Care**-It contains *kakaudumbara*, *bakuchi*, *majistha* etc. which are *switraghna*. **Tab Chandraprabha Vati**⁷-It contains *guggulu* & *shilajatu*, both are *medoghna*, *kaphaghna* and it is indicated for *kustha* also. As in *switra meda* and *kapha* are involved it plays an important *rule* as *dosha pratyanka* and helps for *samprapti vighatana*.

Lucodna Lepa- It is a preparation with ingredients like *kustharakshasa taila*, *aragvadaitaila*, *manashila*, *bakuchi* etc. Which are *kusthagna* and *shwitraghnas*. After applying patient was directed to sit in the sunlight for 5-10 min which helped for activation of melanocytes. **Tab Pigmento**- The contents of this tablet are *tamra bhasma*, *bakuchi*, *shilajatu* which are *kaphagna*, *medoghna* & *switraghna*. So, it acts as *vyadhi pratyanka*.

Arogyavardini Vati- It contains *katuki* which is *bhedaka*. As in *switra* doshas are deeply seated so it helps for removing *alpa dosha* repeatedly. It also contains *tamra bhasma*, which is *switraghna*. According to contemporary science decreasing serum copper level leads to vitiligo¹⁰. **Madhusnuhi Rasayana**⁶- As after *shodhana*, *rasayana* is advised, so after *nitya shodhana* patient is advised to take *Madhusnuhi Rasayana* which is specifically indicated for *kustha* and *switra*.

10. CONCLUSION

Overall, by *shaman aushadis* & *rasayana therapy* with proper follow-up patient got 90% relief but still spikes of hypopigmentation remained in both the lesion with a complete decrease of itching sensation. Still, the patient is under the treatment. *Bakuchi* is the enemy of *switra*, and it is the main content in all most all formulations which are used in this case.

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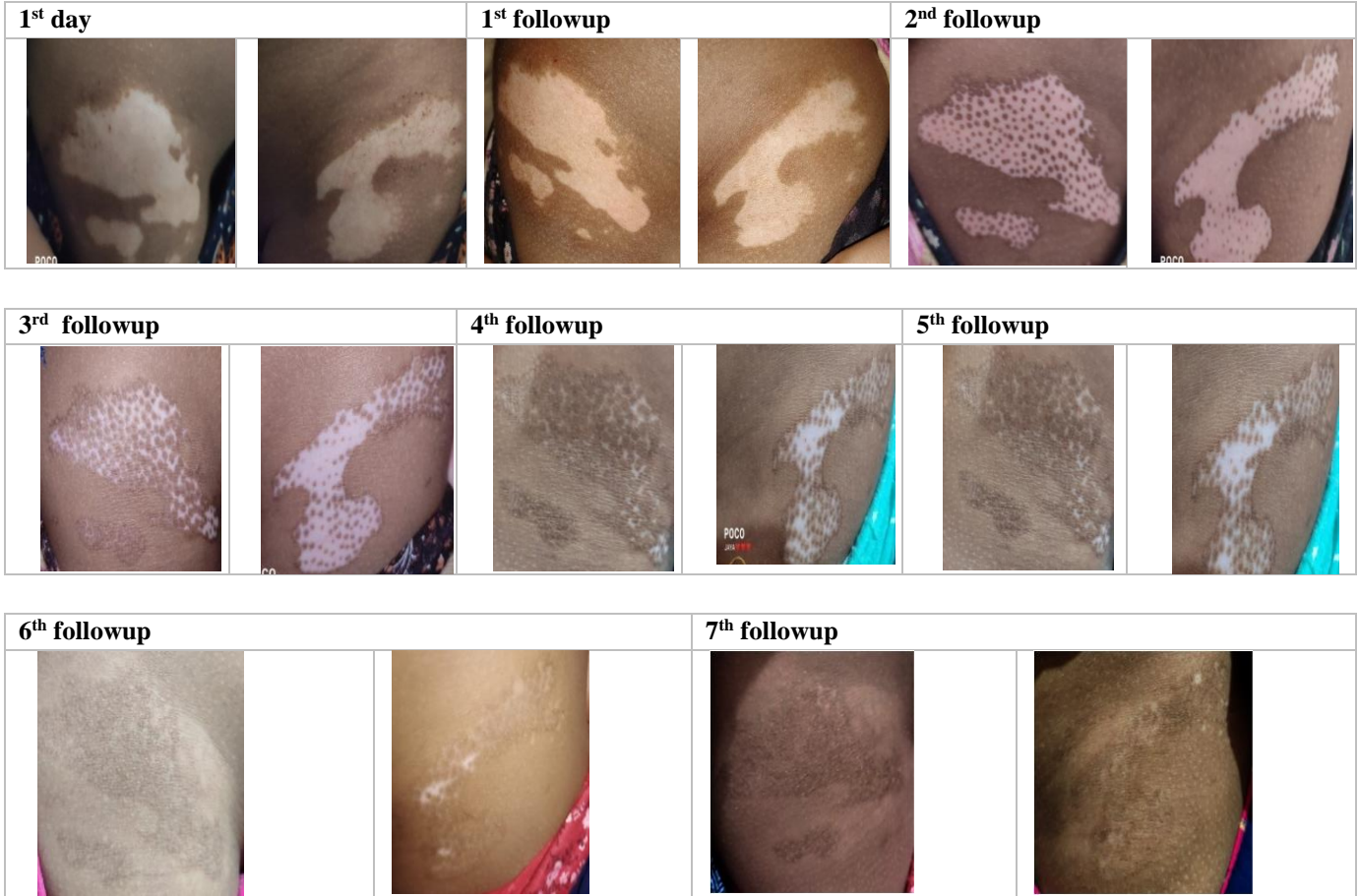
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ANNEXURE



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