

ROLE OF AYURVEDA DRUGS IN TREATMENT OF SHVITRA: A CASE STUDY

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**ABSTRACT**

The term *Kushtha* is used in *Ayurveda* to describe the majority of skin diseases. In the *Ayurvedic Samhita*, *Shvitra* is one of the kinds of *Kushtha* that occurs due to vitiation of *Tridoshas* and *Dushya* such as *Rakta*, *Mamsa*, and *Meda*.¹ *Shvitra* is mentioned in every classic, including the *Bruhatrayees* and *Laghutrayees*. Vitiligo, an acquired pigmentary illness of unknown aetiology, is the most common cause of depigmentation in the globe, with a prevalence of 1%.² Vitiligo is characterized by the appearance of white patches in the skin or hair as a result of the loss of functional melanocytes in the skin or hair, or both known as *Shvitra* in *Ayurveda*. A female patient, aged 19, who had been suffering from white spots on her face for 11 years was treated with *Shaman Chikitsa* over a period of 24 months, with follow-up every 30 days in between. Relief from the complaints was measured by changes in patch size gradually. The patch's size was almost cured after 24 months of treatment. The results of this case study showed that Ayurveda therapy, both internal and external, was effective in the treatment of *Shvitra* over a period of 24 months. The efficacy of *Ayurvedic* therapy was demonstrated in this case study.

Keyword: *Shvitra*, Leukoderma, Bakuchi, *Trivang Bhasm*

INTRODUCTION

Shvitra is a sickness that is mentioned in almost all *Ayurvedic* scriptures. *Daruna*, *Aruna*, and *Kilasa*³ are the names given to it. *Shvitra* is caused by the vitia-

tion of the *Vata*, *Pitta*, and *Kapha Doshas*, according to *Ashtanga Samgraha*. *Shvitra* is produced when vitiated *Tridosha* invades the *Rasa*, *Rakta*, and

Mamsa Dhatus. This disease causes white spots or discolouration on the skin, hence the name *Shvitra*. As a result, it is a depigmentation illness

The largest organ in the human body is the skin which covers and protects the body from physical, chemical, and mechanical harm. It also serves as a mirror for our bodies. Any disruption in skin texture leads to physical as well as mental sickness to the human body. It is a social issue that affects people all across the world, not just in India. It has been noticed since the beginning of time. *Bhrajaka Pitta* is involved in this condition. It's a skin condition caused by a lack of melanin pigment. We discovered a description of *Shvitra* from the Vedic period. We found detailed descriptions of *Shvitra* as synonyms, aetiology, kinds, *SadhyaAsadhyatva*, and *Chikitsayojana* in *Charaka Samhita*, *Susruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, and other classical books. The clinical condition of the disease vitiligo can be compared to disease *Shvitra* in terms of symptomatology (white colour patch). *Shvitra* is described in *Ayurveda* as *Khshudrkushta*. While explaining the *Nidan* of *Shvitra* in the *Charak Samhita*, the main causes of *Shvitra*, according to *Acharya Charak*, are *Virudhaaharvihar* (unhealthy meals) and *Paap karmas* (bad deeds)⁴.

MATERIAL AND METHODS

AIM AND OBJECTIVE

To investigate the case of *Shvitra* using *Ayurveda*.

To investigate the role of *Ayurvedic* medicine in the treatment of *Shvitra*.

CASE REPORT

19 years old unmarried female was presented with a history of *Shvitra*. The disease was in the active stage

and new spots were increasing gradually. The patient visited in the OPD of Skin Care Unit, *Sharir Kriya* department, NIA Jaipur.

CHIEF COMPLAINTS

- White patch on right side of the face (*sweta varnta*)
- No itching
- No pain

History of Present Illness

The patient had white patches on the right side of the face in scattered form for 10 years and gradual increment in the last few months. She took *Ayurvedic* medication from Avadhuta Bhagwan Ram kushtha Seva ashrama, Padav Varanasi in 2018 and after that had Allopathic medication history including corticosteroid, and multivitamins internal and PUVA and external applications. She had found some improvement in starting phase of the treatment, but then there was no progress in that condition for the last 4 years. So, she came to NIA OPD in August 2019 for *Ayurvedic* medication.

History

Family history in the first-degree relation was negative. There was no personal history of autoimmune disorders (like Atopic dermatitis, psoriasis, Asthma, etc). There was no personal history of trauma or surgery, any major psychological disorder, endocrinal disorder (Diabetes).

Personal History

| | |
|----------------------|-------------------|
| Age – 19 | Appetite - normal |
| Sex – female | Sleep - adequate |
| Occupation – student | Bowel - clear |
| B.P – 110/70 mm/Hg | Pulse – 74/ min |

TREATMENT SCHEDULE

| Date | Drug | Dose | Duration |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------|
| 29/6/2019 | <i>Shuddha Gairik</i> - 250 mg <i>Godanti</i> - 250 mg <i>Rasmanikya</i> - 125 mg <i>Bakuchi</i> -4 gram <i>Manjishtha</i> -2 gram | After mixture all 3 gm BD | 24 months |
| | <i>Aarogyavardhini vati</i> | 2 vati BD | 24 months |
| | Tab Pigmento | 2 Tab BD | 24 months |
| | Syp. Leukoskin | 5 MI BD | 24 months |

| | | | |
|------------|------------------------------------------------|-----|--------------|
| | Ointment Leukoskin | L/A | |
| 16/10/2019 | Complete same treatment | | |
| 15/02/2020 | Complete same treatment | | |
| 14/03/2020 | Complete same treatment + <i>Trivang Bhasm</i> | | |
| 12/04/2021 | Complete same treatment | | Continue yet |

BEFORE TREATMENT



AFTER TREATMENT



DISCUSSION

The Pitta (Bhrajaka Pitta) Pradhana Tridosha, which vitiates Tvaka (Rasa dhatu), Rakta, Mamsa, and Lasika (lymph), i.e., Kustha dravya sangraha⁵ is the key causative component in the manifestation of Shvitra Kustha (the sevenfold pathogenic substance of Kustha). Consumption of causative factors of Shvitra, causes Dosha vitiation and Shaithilyata (looseness) in the Dhatus (Tvaka, Rakta, Mamsa, Lasika) simultaneously.

Suddha Gairik has Madhur Rasa and Sheet Veerya⁶ which balances increased Rakta and Pitta in the body.

Rasmanikya has Kushthgan properties. The major ingredients of Rasmanikya are Tamara Bhasma, Hartala and Abhrak Bhasma. Tamara Bhasma helps in red blood cells formation thus restore the complexion and colour of skin. The presence of Tamara Bhasma reduces the chances of disease which can arise due to the vitiation of blood. Hartala offers beneficial effects in skin diseases like, itching, eczema etc. Abhrak Bhasma another component of Rasmanikya boosts immunity thus prevent skin infection⁷, it also imparts strength thus maintain physical compatibility and skin integrity. Godanti has Sheet Guna and also Pittashamak effect on vitiated Pitta. Hence is useful in Shvitra.

Aarogy signifies 'good health' whereas Vardhini stands for improver, i.e., a formulation that completely eradicates diseases and improve or promote good health. Aarogyavardhini Vati is widely mentioned in the ancient texts of Ras Ratna Samucchya for the treatment of Kushtha. Its major component is Kutaki which is highly effective in normalising the Tridosha and has Tikta Rasa. All these properties are good for treating skin diseases and detoxify the body.

Aarogyavardhini Vati does the Shoshan (~assimilation) of different excess Snigdhadravayas (~unctuous substances) present in the body. It also does the Pachan (~digestion) of Drava (~liquid) and Kleda (~clammy) and does the Raktasodhan (~purifies blood). It reduces Dravatva, Snigdhatva in Meda dhatu⁸. Guduchi and Amalaki are Rasayana drugs that help in the rejuvenation process.

In Trivang Bhasm, Vang has Deepan, Varnya, Kaphaghna, Krmighna, Vrnaropan, Srotosodhak⁹ properties and is very useful in chronic skin diseases. Yashad Bhasm has more Sheet Guna and Kashaya Rasa and is effective in treating Rakta and Pitta Vikar.

Tablet Pigmento, Leukoskin syrup and ointment Leukoskin are herbal formulation, and their main ingredient is Bakuchi. Bakuchi (Psoralea corylifolia Linn.) is a renowned herb with many therapeutic properties. It contains psoralens which cause erythematic and residual pigmentation over hypopigmented skin. In Leucoderma melanoblastic cells are not functioning properly and their stimulation by oil leads to form an exude pigment which gradually diffuses into the decolorized areas¹⁰. Manjishtha is mainly a blood purifier. It detoxifies blood and aids to eliminate toxins accumulated in the body. It increases skin glow by purifying blood.

CONCLUSION

The patient suffering from chronic Vitiligo was treated with Ayurvedic management along with Diet restriction. From the above discussion, it is concluded that the Ayurvedic line of management i.e., Shaman Chikitsa and the local application of Leukoskin are successful in the management of Shvitra. As far as the disease chronicity is concerned, for more effective results, the treatment duration should be increased.

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