

AYURVEDIC MANAGEMENT OF SHWITRA: A CASE STUDY

Falguni Joshi¹, Ravi Sharma¹, Ruhi Zahir³,¹P.G. Scholar, ²HOD & Guide, ³Lecturer and Co-Guide, P.G. Dept. of Kayachikitsa, M.M.M. Govt. Ayurved College Udaipur.Corresponding Author: hinadosi67@gmail.com<https://doi.org/10.46607/iamj14p6062022>

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ABSTRACT

Twaka Vikara has gained special attention from the general public because it affects a patient physically as well as mentally. It has some cosmetic values; the patient feels embarrassed due to the disturbing appearance of the skin. *Shwitra* is one of the skin diseases, which is described as *Shweta Kushtha*. There is a special reference regarding *Shwitra* in *Ayurveda* classics. In *Shwitra*, whitish patches appear on the body due to discoloration of the skin. The main reason behind the disease in *Ayurveda* classics is *Poorvajanma Krita Paap Karma*. In modern science, it can be correlated with Vitiligo. Vitiligo affects the male and female sex equally. Here, in this article a single case study is presented, where a 24-year-old female was suffering from white patches, itching, and blisters, with an effective 3 months of *Ayurveda* treatment, all white patches disappear. The patient got relief from other symptoms as well.

Key words: *Shwitra*, Cosmetics, *Twaka Vikara*, Vitiligo

INTRODUCTION

Shwitra is described under the broad heading of *Kushtha*^[1]. *Kushtha* is a disease in which, the skin is affected. *Kushtha* is classified into two types in *Ayurvedic* classics, *Mahakushtha* and *kshudra Kushtha*. *Shwitra* is not included in the classification of *Kushtha*, because it is not infective. It is a *Tridosajvyadhi* in which *Rakta*, *Mansa*, and *Meda Dhatu* are affect-

ed. Due to the abundance of *Meda Dhatu*, whitish colour appears on the skin. *Blood* is the main causative factor, so treatment opted for pacifying the disease should be based on removing *Rakta* and *Pitta Dushti*. Also, due to Vitiated *Meda Dhatu*, *Medadhatu Pachaka Chikitsa* should be applied. *Shwitra* can be correlated with Vitiligo in modern science. Vit-

iligo is due to the loss of melanocyte cells; skin colour turns white. In modern science, local application of corticosteroids, skin grafting, etc. is the choice of treatment. Here, in this case, a total 3-month *Shamaka*(palliative) treatment was given to the patient, and the improvement after treatment is mentioned here with photographs.

Case Report

A 24-year-old female came to Kayachikitsa OPD of Government Ayurvedic hospital, Motichouhhta, Udaipur on 24-11-21, with the following main symptoms from the past 2 years:

1. White patches over the abdominal region and back region (upper and lower)
2. Severe itching
3. Blisters formation over the lower back

History of present illness: The patient was well 2 years, suddenly she has a white patch on her back, which gradually develops all over the back and ab-

dominal region for that, she had taken allopathy treatment but didn't get satisfactory results.

Past history: No history was present.

Family history: Similar complaints were present in her husband.

Ashtavidha Pariksha:

- ✚ *Nadi:* Kaphaja, 70bpm
- ✚ *Mutra:* Samyak
- ✚ *Mala:* Samyak
- ✚ *Jivha:* Nirama
- ✚ *Shabda:* Gambhira
- ✚ *Sparsha:* Samshitoushna
- ✚ *Drik:* Asamyak
- ✚ *Aakriti:* Samyak

Personal History:

- ✚ Appetite: normal
- ✚ Sleep: normal
- ✚ Bowel: Constipated
- ✚ Bladder: 4-5 times/day
- ✚ Occupation: Student

Menstrual History: Normal menstrual cycle. No other pathology was present.

Treatment protocol:

S.No.	Aushdha	Dose	
1.	<i>Laghu Manjishthadi Kwath</i>	30ml/two times a day	Before meal
2.	<i>Mahatikta Ghrita</i>	20 ml/two times a day	Before meal
3.	<i>Khadira Arishta</i>	20ml/two times a day	After meal
4.	<i>Arogyavardhini Vati</i> <i>Chopchini Churna</i> <i>Giloy Churna</i> <i>Amalaki Churna</i> <i>Gandhak Rasayana</i> <i>Rasamanikya</i>	250mg 1 gm 1 gm 1 gm 250 mg 50 mg	Two times a day Before meal
5.	<i>Go-Mutra Ghan Vati</i>	2 /two times a day	After meal

DISCUSSION

Above mentioned drugs were chosen for the treatment to clear *Rakta Dushti*, here is the discussion behind the selection of drugs:

1. ***Laghu Manjishthadi Kwath*** ^[2]: It clears *Rakta Dushti*, used in *Twaka Vikara*, relieves all types of *Kushtha* (*Sarva Kushtha Vinashayet*)
2. ***Mahatikta Ghrita*** ^[3]: It relieves all types of *Rakta-ja Vikriti*, *Mahavikara nashak*
3. ***Khadira Arishta*** ^[4]: It removes *Rakta Dushti*, *Raktashodhak*, *Twaka-Mansa Dushti*.

4. ***Arogyavardhini Vati*** ^[5]: It relieves Itching, patches, and dryness. Used in *Rakta Dushti*.

5. ***Chopchini Churna*** ^[6]: *Katu Vipaka*, *Ushna Veerya*, *Kushthaghna*,

6. ***Manjishtha Churna*** ^[7]: It is *Raktashodhak*, clears *Rakta-Pitta Dushti*, *Kushthaghna*

7. ***Amalaki Churna*** ^[8]: *Pittashamak*, *Strasana*, *Kushthaghna*

8. ***Gandhak Rasayan*** ^[9]: *Katu Vipaka*, *Ushna Veerya* thus it relives *Kushtha*

9. **Gomutra Ghan Vati** [10]: Gomutra is *Doshanashak, Kushthanashak*

CONCLUSION

Ayurveda medicines give satisfactory results in *Shwitra*. The patient found significant results in the symptoms. White patches got disappeared and the normal colour of the skin is back after 3 months of effective treatment.

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