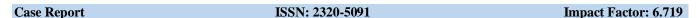


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AYURVEDIC MANAGEMENT OF SHWITRA: A CASE STUDY

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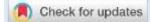
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ABSTRACT

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 corelated 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 corelated 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, Motichouhtta, 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.	Laghu Manjishthadi Kwath	30ml/two times a day	Before meal
2.	Mahatikta Ghrita	20 ml/two times a day	Before meal
3.	Khadira Arishta	20ml/two times a day	After meal
4.	Arogyavardhini Vati Chopchini Churna Giloy Churna Amalaki Churna Gandhak Rasayana Rasamanikya	250mg 1 gm 1 gm 1 gm 250 mg 50 mg	Before meal
5.	Go-Mutra Ghan Vati	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 Arishtha** ^[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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