

MANAGEMENT OF VITILIGO WITH VISTRAVAN KARMA - A CASE STUDY

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ABSTRACT

Needling has been mentioned in *Ayurveda* by the name of *vistravan karma*. In present era needling is used in the treatment of vitiligo, where it is evident to give successful results in respective diseases. So, here case report is presented of a patient diagnosed as vitiligo having symptoms of depigmented macule without leucotrichia, sensation of touch, pain and temperature are normal. Vitiligo can be treated as *shvitra*, though there is no exact correlation mentioned in *ayurvedic samhita*. According to *Ayurveda* vitiated *tridosha* plays important role in development of *shvitra*. Owing to above fact *vistravan karma* is found effective in treatment of vitiligo. So three sittings of needling were done on given patient with interval of 15 days and follow up taken after 15 days. It is observed that patient recovered faster.

Keywords: *shvitra*, *vistravan karma*, *tridosha*, needling, vitiligo

INTRODUCTION

Skin is important sense organ of the human body. Because of high technology life style the possibility of developing various diseases has also increased. Skin color depends mainly on pigments present in the skin, apart from pigments, blood flow in skin also determine its color¹. vitiligo is characterized by completely depigmented macules and patches of varying sizes and shapes. Beside loss of color, there is no other structural change². *Vistravan karma* is one of the surgical techniques used to treat *shvitra* in ancient time with *kurcha shastra*³. According to *yuga-anurupa sandhrbha*⁴ this *vistravan karma* for *shvitra* can be considered as needling. Needling is a

procedure in which a needle is inserted into normally pigmented skin on the rim of a vitiligo patch and then is pushed into the center of the patch, theoretically moving healthy pigment skin cells into the vitiligo patch.

AIMS AND OBJECTIVES:-

Aim:-To evaluate the effect of *VISTRAVAN KARMA* in VITILIGO.

Objectives:-

1. To evaluate the effect of *vistravan karma* in vitiligo.

2. To evaluate *Ayurvedic* principles.
3. To evaluate efficacy of *vistravan karma* in *shvitra*.
4. To provide better and effective treatment for *shvitra*.
5. To establish new remedy in vitiligo.

MATERIALS:-

Vistravan karma

Urah Pradesh (trunk region)

Duration- 45 days (3 sittings at the interval of 15 days)

CRITERIA OF ASSESSMENT: The study will be based on VETI (Vitiligo extent tensity index) score.

Table 1:

Stage	Effect on Skin
0	Normal skin
1	Hypopigmentation (including trichrome and homogenous lighter pigmentation)
2	Complete depigmentation with black hair and with perifollicular pigmentation
3	Complete depigmentation with black hair and without perifollicular pigmentation
4	Complete depigmentation with compound of white and black hair with/ without perifollicular pigmentation
5	Complete depigmentation plus significant hair whitening

VETI SCORE: (Percentage of head involvement * grade of tensity) +(percentage of trunk involvement *grade of tensity) 4 + (percentage of upper limb in-

vovement*grade of tensity)2 +(percentage of lower limb involvement* grade of tensity) 4 +(percentage of genitalia involvement * grade of tensity) 0.1

Table 2: (Case 1)

Patient's name	Age	sex	Adress	occupation
XY	16	Female	Kangra(H.P.)	Student

C/O- White spots over chest (since 2 years)
 H/O- No h/o hypothyroidism and hyperthyroidism, diabetes mellitus, atopic dermatitis. Or any major illness
 Family history- NAD

On Local examination of the lesion-

Stage 3- Complete depigmentation with black hair and without perifollicular pigmentation
 VETI SCORE- (0*0)+(0.25*3)4+(0*0)2+(0*0)4+(0*0)0.1=3

Investigations:

All parameters are within normal limits

Treatment:-

Vistravan karma

UrahPradesh (trunk region)

Duration - 45 days (3 sittings at the interval of 15 days)

Observation:-

Day 45 Stage 2 (complete depigmentation with black hair and with perifollicular pigmentation)
 VETI SCORE- (0*0)+(0.25*2)4+(0*0)2+(0*0)4+(0*0)0.1=2

DISCUSSION

The ultimate emphasis of any clinical study would be the discussion where in all the actual facts are presented in a combine format. The present case study was aimed to evaluate the management of vitiligo with *vistravan karma*.

Selection of problem:

Though there is not exact correlation between Vitiligo and *Shvitra*, I chose needling for study because melanin from normal pigmented skin is pushed into depigmented patch naturally. No steroids were given.

Disease Review:

Vitiligo is an acquired idiopathic hypomelanotic disorder which present as localized or widespread areas of depigmentation. Patient present with milky or chalky white amelanotic macules usually with well demarcated margins. On examination five clinical types of vitiligo focal, segmental, acrofacial, generalized and universal vitiligo may be recognized. Treatment of vitiligo is oral steroids, topical PUVA therapy.⁵

According to *Shusruta* in *shvitra/ kilaas* there is no exudation and it is limited to the skin only⁶. According to *charaka* when doshas reached upto meda dhatu then shvitra turned into white color⁷. It is very much similar to vitiligo which is characterized by depigmented macule on skin.

Effect of therapy-

1. With the 1st sitting no specific change in the depigmented macule was seen.
2. With the second 2nd sitting, size of the lesion has decreased along with mild perifollicular pigmentation in the depigmented patch.
3. With the 3rd sitting, size of the lesion was same as per in 2nd sitting along with moderate perifollicular pigmentation in the depigmented patch.

CONCLUSION

The condition referred to as Vitiligo in modern science has no definite comparison in *Ayurvedic* classical texts. Diagnosis was made on the basis of signs and symptoms as per the Literature.

Total effect of therapy:-

Vistravan karma is found effective in the treatment of Vitiligo.

Scope for further study

Present case report showed that *Vistravan karma* is effective in the management of vitiligo. However, as the sample size was small, the obtained result can't be generalized. It is hoped that further study is required to evaluate with the reverse pharmacology and recent advances with modern medical science.

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