Ayurvedic Management of Shvitra Kushta (Vitiligo) – A single case study
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ABSTRACT: Vitiligo is a common autoimmune disorder that causes pigmentation over body. It is of great socio-medical importance. Due to melanocytes deficiency, white spots appeared on body. It can be correlated with Shvitra or shweta kushta in Ayurveda. Due to side effects and limitation of the modern contemporary practice, there is need to find some harmless and effective medicines from Alternative medical sciences. Vitiligo have major impact on quality of life of patients, many of Vitiligo patients feel stigmatized and depressed by their condition. Ayurveda has great potential to treat such autoimmune skin diseases. In Ayurveda treatment of shvitra kushta is sharir shodhana i.e. panchkarma and shaman chikitsa. Here a case of 14 yr old female patient of vitiligo treated with Ayurvedic management which include procedures like vamana, virechana etc and oral medication like arogyavardhini vati, vidangarishta etc and local application.

KEYWORDS: Shvitrakushta, Shodhana, Ayurveda, vitiligo

INTRODUCTION: Skin is the largest organ1 of the body interacting with environmental stimuli and being a protective coat to body interface with these causative factors result in spontaneous remissions and relapses. In Ayurveda skin is one of the panchdyanendriya. Any skin disease causes physical, psychological and economical handicapping of the patient, as it is visible. Shvitra kushta though not described as one of the types kshudra kushta in Ayurveda literatures. Incompatible food (Viruddha-annapana), excessive intake of liquid (drava), oily (snigdha) and heavy to digest (guru padarth), all type of vega dharan, exercise after heavy meals, excessive exposure to heat or sunlight etc2.

Now-a-days we see increasing number of skin diseases due to changing dietary habits, stressful lifestyle, addiction and sleeping pattern. According to Ayurveda consistent and long term intake of virrudha aahar-vihara leads to formation of Garavisha. Garavisha can be defined as nothing but the collection of the toxin which is produced due to virrudha aahara-vihara.
over a long duration of time\textsuperscript{3}. This Garavisha, one of the causative factor for multiple skin diseases like shvitra kushta.

Shvitra is just not a disease of today’s era, the word Shvitra has its root in the Sanskrit ‘Shweta’, which white patch. According to Kashyapa Samhita, Shvitra is, ‘Shweta Bhava Michanti Shvitram\textsuperscript{4}, it means reflection of white colour. Susruta called the disease as Kilasa Shvitra\textsuperscript{5}. ‘Twagatm Eva Aparisravi’, means there is only involvement of skin and is exudative. Acharya Charaka has mentioned various causes out of which Virudha aaharsevana important one. Vitiligo is a autoimmune dermatological disorder manifest by melanocytes deficiency characterized by white patches of the skin\textsuperscript{7}, and the hairs from the affected skin may also become white. Vitiligo is hypopigmentation of the skin. It is also called hypo melanosis condition of the skin. This results in the hypo function or destruction of melanocyte. Melanocyte cell of the skin contains the Melanin which is very important for pigmentation of the skin. Melanin synthesis into the melanocyte cell is essential for normal color of the skin. According to modern medicine the cause of the Vitiligo is unknown till date. It may onset during any age but usually in second decade of life. It is Multifactorial disease, hence Genetic susceptibility is important factor in this case. Risk factors include positive family history, inflammatory diseases or autoimmune diseases. Worldwide incidence of Vitiligo is observed in 1% of world population\textsuperscript{6}. Confirmation of diagnosis is possible by tissue or skin biopsy.

Treatment for Vitiligo in conventional medicine includes topical steroids, systemic steroids, systemic PUVA, topical PUVA, surgically grafting also done in some conditions. PUVA therapy have side effects like hyperpigmentation, squamous cell carcinoma in white skin individuals, photo toxicity, solar elastosis, and cataract. UVB phototherapy is a safer and better alternative to PUVA therapy but is relatively expensive. Considering the limitations of contemporary medicine system, Ayurveda has much convincing approach for vitiligo, hence an attempt is made to manage vitiligo through traditional medicine.

**CASE REPORT:**

Patient name – ABC  
Age- 14 years  
Sex – Female  
Occupation- Student  

**Chief complaints** -

A 14 year old female having complaint of hypo pigmented patches around both eyes, nape of neck, and both hands since last one year, came to our kayachikitsa OPD for Ayurvedic treatment. The patches were non itchy and hypo pigmented.

**History**-

History revealed that patient is non hypertensive, no diabetic and did not have any symptoms of endocrinal disorders.  

Family history: Nil  

**Personal History:**

- Aahar: Akal Bhojan, Vishamashan, Virudha aahar, tea 2-3 times /day, Ushna, raksha, atisngdha padhartha sevan.  
Vihara- ratri jagran, diwaswapna intermittently.
Medicinal history – patient was taken allopathic treatment past 8 months but doesn’t get relief, so patient came to our hospital for Ayurvedic treatment.

Past history - Patient had hypopigmentation since 1 year for that she had taken allopathic treatment but got no relief. And the size of the patch gradually increasing, so she came to our hospital for Ayurvedic management.

On examination:
- **Pulse:** 82/min
- **BP:** 110/80 mm of Hg

Systemic examination:
- **CVS:** S1S2 Normal
- **CNS:** Conscious, Oriented
- **RS:** AEEBS, B/L Clear

Local examination:
- **Color:** White
- **Appearance:** Hypo pigmented, whitish Patch
- **Discharge:** Nil

Prakruti: Vata Pitta

Dosha: Vata (++), Kapha (++), Pitta (++)

Dushya: Rasa, Rakta

Strotas: Rasavaha, Raktavaha

Agni: Jathargnimandya, Rasadhatwgnimandya

Satwa: Madyam

Diagnosis: Shvitra (Vitiligo)

Shvitra is of 3 varieties.

1. Daruna
2. Charuna
3. Kilasa

All of them are generally caused by the simultaneous vitiation of all the three Doshas.

If located in Medas (fat) it is white in color.

The subsequent ones are more serious than the previous ones.

**Dosha- Tridoshya**

**Dushya- Tvak, Rakta, Mansa, Ambu**

These taken together, constitute the seven fold pathogenic substance of Kushta. (Kushtha dravya sangraha.

**Treatment Principle:**

As Nidan and Samprapti of Shvitra Roga is similar to Kushta. So the treatment principal of Kushta Chikitsa shall be applied in Shvitra Chikitsa. Depending upon the nature and intensity of vitiated Dosha’s significant therapy should be selected. In addition, Shamana drugs are administered after proper course of Shodhana, as it provides additional relief and thus helps in eradicating the diseases completely. Vitiligo is a disease of Auto immune pathology so both systemic and local treatments are essential. Patients with more vitiated Doshas (Bahudosha) Shodhan will be given for several times with a lot of care (Abyantar Parimarjan). With some stimulatory drugs function of Brajaka Pitta should be reestablished (Bahya Parimarjan).

**Treatment Schedule:**

Deepana and pachana is done for 5 days with

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Matra</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arogyavardhini wati</td>
<td>2 BD</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>Krumikuthar rasa</td>
<td>2 BD</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>Vidangarishta</td>
<td>10 ml BD</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>Mangishta kwatha</td>
<td>10 ml BD</td>
<td>Koshna jal</td>
</tr>
<tr>
<td>Triphala churna</td>
<td>2 gm HS</td>
<td>Koshna jal</td>
</tr>
</tbody>
</table>
After Pachana chikitsa, Shodhana treatment was carried out;

<table>
<thead>
<tr>
<th>Shodhana karma</th>
<th>Snehapana dravya</th>
<th>Kalp used</th>
<th>Vega</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vamana</td>
<td>Tikta ghrita x 4 days</td>
<td>Saindhav lavana, madanphala + vacha + saindhav + madhu</td>
<td>3-4 vega</td>
</tr>
<tr>
<td>Virechana</td>
<td>Tikta ghrita x 4 days</td>
<td>Trivrutta avleha</td>
<td>4-5 vega</td>
</tr>
<tr>
<td>Krumighna basti</td>
<td>Krumighna dravya mentioned in classic text</td>
<td>Raktmokshana x 3 days</td>
<td>Raktmokshana x 3 days</td>
</tr>
<tr>
<td>Raktmokshana</td>
<td>Tikta ghrita x 3 days</td>
<td>Jalaukavacharana</td>
<td>40-60 ml blood</td>
</tr>
</tbody>
</table>

Snehapana was given in ascending order As 30 ml on 1\textsuperscript{st} day, 60 ml on 2\textsuperscript{nd} day, 90 ml on 3\textsuperscript{rd} day and 120 ml on 4\textsuperscript{th} day for Vamana and Virechana. And for Raktanokshana snehapana was done in shaman matra i.e. 30 ml on each day.

This was done in course of 1 month, later shaman treatment was given for next 15 days.

Shaman chikitsa:
1) Arogyavardhini wati 2 BD
2) Sarivadyasav 10 ml BD
3) Mahamangishtadi kwath 10 ml BD
4) Drakshgandha 10 ml BD
5) Rasmanikya rasa 125mg + Bawchi churna 500 mg + Sariva churna 1gm BD with Goghrita

Local application – Bawchi tail 2-3 times and Shvitranashak Malhara at bed time.

Shvitranashak Malahara content-

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<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bawchi</td>
<td>1 part</td>
</tr>
<tr>
<td>Gomutra</td>
<td>5 part</td>
</tr>
<tr>
<td>Wax</td>
<td>1, 5 part</td>
</tr>
<tr>
<td>Til taila</td>
<td>5 part</td>
</tr>
</tbody>
</table>

On follow-up, Patient had significant relief from above treatment modality, Patches were becoming normal, Hypopigmentation reduced to an extent.

Observations:

Before Treatment

After Treatment
After Deepan, Pachan, Shodhan, Shaman Chikitsa and local application of Bakuchi taila and Shvitra nashak malahara. Shodhana includes Vamana, virechana, Krumighna basti and Raktamokshan. Patient noticed marked decrease in above all the symptoms like hypo pigmented patches around both eyes, nape of neck, and both hands.

It is observed that, the Deepan, Pachan, Shodhan, Shaman Chikitsa and local application of Bawachi taila and Shvitra nashak malahara is effective in the Shvitra.

Discussion:

Shvitra is a pitta pradhana tridoshaja Vyadhi. Progression of this disease is rapid, so the management should be taken in proper time to arrest the pathogenesis. Firstly we gave Deenapa and Pachana along with below medicines;

Arogyavardhini wati⁸, Krumikuthar rasa⁹ and Vidangarishita¹⁰ causes Apatarpan, which helps in opening the blockage of strotasa, and also plays an important role with Kushthgna properties.

Mangishta kwatha¹¹ acts as a Raktaprasadan Draya.

Triphala churna plays important role as a deepana and pachana drugs.

After the deepana and pachana, Shodhana chikitsa is takes place which includes Vamana, Virechana, Krumighna Basti and Raktmokshan. As shodhana is mentioned in classical texts as a major treatment regarding twacha roga (Kushtha).

Then shaman chikitsa is given after the shodhana, which includes Arogyavardhini wati, Sarivadyasav, Mahamangishtadi kwath both act as Raktashuddhikar and varnprasadan, Drakshgandha and Rasmanikya rasa 125 mg + Bawchi churna 500 mg + Sariva churna 1 gm with Goghrita which is effective in treatment of Shvitra.

For local application Bawachi taila and Shvitra nashak Malahara is used. In this the Bawachi (Bakuchi) is the main ingredient. It is a renowned herb with many therapeutic properties. In Ayurvedic system of medicine, Bakuchi seeds are used for the treatment of Vitiligo. It contains Psoralen which on exposure to the sun results in re-pigmentation of patches by melanin synthesis. Psoralen is an active component which is used topically as well as systemically in the treatment of vitiligo.

Conclusion:

From the above discussion, we have concluded that Ayurvedic line of management i.e. Deepan, Pachan, Shodhan, Shaman Chikitsa and local application of Bawachi taila and Shvitra nashak malahara is successful in the management of Shvitra. As far As the disease chronicity is concerned, for more effective results the treatment duration should be lengthened.

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