

**Effect of Switrahara Churna on Switra (Vitiligo) – A Case study.****P. Monu Rao<sup>\*1</sup>, Ch. Sridurga<sup>2</sup>, K. Sathyaprabha<sup>3</sup>**

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**Abstract:**

*Switra* can be compared with Vitiligo of contemporary science. *Switra* is a pigmentary disorder of great socio-medical importance and defined as, acquired, idiopathic, hypo melanosis of skin and hair. A seven years old girl was suffering with white patches over knee, elbow and scalp region. *Switrahara Churna* was applied over affected area in morning and exposed to sunlight (10minutes) for two months. Follow up was done every 15<sup>th</sup> day. The assessment criteria were *TwakSwetata*, *TwakRukshata*, *Kandu* and *Daha*. The effect of drug is to enhance the proliferation of melanocytes. *SwitraharaChurna* when applied with warm water was very effective in present case study.

**Keywords:** *Switra*, *Switrahara Churna*, Melanocytes.

**Introduction:**

Skin is the largest complex organ which plays a vital role in the body. Approximately 12.4% of the total patients approaching general

practitioners mainly complain of Skin related ailments. *Ayurveda* classified all the skin diseases under a single heading called *Kushta*. *Kushta* was added as one among the eight dreadful diseases in virtue of its influence on human body and psychology. *Switra*— a soul harrowing disease is one among the various skin diseases. It is very distressing disease both for the patients and also for the physician. It is a major problem for the patients, because of its ugly appearance and presentation of the body which may disturb the patients personal, familial and social life as well as due to long term treatment; while for a physician *Switra* is troublesome because there is lack of particular remedy for radical cure and its poor prognosis.

All the skin diseases in *Ayurveda* have been described under the heading *Kushta*. *Switra* is one of the skin disorders which is generally caused by the vitiation of *tridosha*. According to modern Dermatology, based on the clinical manifestations *Switra* can be correlated with Vitiligo. Vitiligo is a common

disorder of unknown aetiology even today. It is along-term dermatological disorder characterized by patches of the skin losing their pigment. The patches of the affected skin become white and usually have sharp margins. The hairs of the affected skin may also become white.

Vitiligo is a non-infectious chronic skin disorder, both sexes are equally affected with this disease and incidence of Vitiligo was observed as 1% of world population. Highest incidence has been recorded in India and Mexico. Based on dermatological outpatient record, it is estimated to be 3-4% in India, although an incidence as high as 8.8% are also reported, irrespective of the races. In today's scenario there is a rising incidence that appears to be associated with increased Urbanization.

In modern medicine, there are no safe and effective remedy for skin diseases and the Medicines like Corticosteroids, Methotrexate and PUVA therapy have their own side effects. So there is a need of exploring a safe and effective medicine.

To fulfil the expectations in *Ayurved* Acharya have mentioned many formulations for the management of *Switra*. Among them *Rasa aushadhi* which contain both herbal and mineral drugs are more effective. *Switrahara Churna* one of the such herbo-mineral formulation contained *ShuddhaKasisa*, *ShuddhaGairika* and *BakuchiChurna* mentioned in *Rasa Tarangini*<sup>21</sup> *Taranga Upa-Dhatuvigyan* *Adhyaya* (Sloka No.253)<sup>1</sup>

#### Aim and Objectives:

1. To study the effect of *Switrahara Churna* on *Switra*.

#### Case-Presentation:

A 7year old female patient belonging to Tirupati attended P.G (Rasa Shastra) OPD, in S.V Ayurvedic Hospital T.T.D Tirupati with complaint of white patches over the elbow, legs and scalp region since 2 years. Patient's guardian said that she was apparently normal 2 year back. One day they noticed a small white patch on knee region with mild itching sensation. As it seemed to be small they neglected it. Later they noticed that it increased and started spreading to other areas. Gradually white patches started in both knees, elbow and scalp. She took treatment from nearby allopathic hospital, but there was no improvement in the condition so she came to our hospital for a better treatment.

**Table 1:**

BP	110/70 mm of Hg
Pulse	74 beats per minute
Aahara	Mixed diet
Vihara	Divaswapana (occasionally)
Appetite	Good
Bowel	Regular once in a day
Bladder	Normal
Sleep	Normal

**Table 2: DASHAVIDHA ROGI PAREEKSHA**

Prakriti	VataKapha
Vikriti	Pitta Pradhanatridosha
Sara	Madhyama
Samhanan	Madhyama
Satmaya	Madhyama
Satva	Madhyama
Ahara Sakti	Madhyama
Vyayama Sakti	Madhyama
Vaya	Baalya

**Table No 3: Ashtasthana Pareeksha:**

<i>Nadi</i>	70 beats per minute
<i>Mala</i>	Once in a day
<i>Mutra</i>	Normal (regular)
<i>Jihva</i>	<i>Aliptata</i>
<i>Sabdha</i>	Normal
<i>Sparsha</i>	<i>AnushnaSheetha</i> (Normal)
<i>Drik</i>	<i>Prakrita</i>
<i>Aakruti</i>	<i>Madyama</i>

**Local Examination:**

1. Site of lesion - Knee joints, Elbow joints, Scalp region
2. Distribution - Asymmetrical
3. Colour - White
4. Itching - Present (mild)
5. Inflammation - Absent
6. Discharge - Absent
7. Superficial sensation on lesion - Normal (no pain and swelling)

**Treatment Given:**

- *Nidana Parivarjana* (Abstain from causative factors like *Ahara-Vihara*)
- Application of *Switrahara Churna* (*Shudda Kasisa, Shudda Gairika* and *Bakuchi Churna*) as *Lepa* in morning time (7-8 am) and exposed to sunlight for 15 to 20 minutes

**Images of Patient:****1<sup>st</sup> day****1<sup>st</sup> Follow up****2<sup>nd</sup> Follow up****3<sup>rd</sup> Follow up**



1st day



1st Follow up



2nd Follow up



3rd Follow up



1st day



1st Follow-up



2nd Follow-up





**Before Treatment**



### After 2 months

#### Result:

The colour of patches present in right elbow joint and both knee joints became normal (like that of the surrounding skin), but notable changes were observed in the patches present on scalp region after the use of *Switrahara Churna* for 2 months.

#### Discussion:

#### Mode of Action of *Switrahara Churna*:

**Table No.4 Showing *Rasa Panchaka* of *Switrahara Churna*:**

Ingredients	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Kasisa</i> <sup>2</sup>	<i>Kashaya</i>	<i>Grahi</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i> <i>Ranjaka</i> , <i>Kushtaghna</i> , <i>Switraghna</i>
<i>Gairika</i> <sup>3</sup>	<i>Madhura</i> , <i>Kashaya</i>	<i>Snigdha</i> , <i>Vishada</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kandughna</i> , <i>Vranaropana</i> , <i>Vishapaha</i>
<i>Bakuchi</i> <sup>4</sup>	<i>Tikta</i> , <i>Madhura</i>	<i>Sara</i> , <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Grahi</i> <sup>4</sup> , <i>Varnapaha</i> <sup>4</sup> , <i>Twachya</i> <sup>5</sup>

Based on this, the Probable *Rasa panchaka* for *Switrahara Churna* is

- *Rasa* : *Kashaya*, *Madhura*
- *Guna* : *Grahi*, *Snigdha*
- *Virya* : *Sheeta*
- *Vipaka*: *Katu*, *Madhura*
- *Karma*: *Vata-Kaphahara*,  
*Varnyaka*, *Ranjaka*, *Kushtaghna*,  
*Kandughna*, *Switraghna*

***Hetuprathyanikatva*** i.e. – by the specific *Vata-Kaphahara* properties of ingredients the drug might be acting against the *hetu* of the *Switra* (*Pitta pradhana Tridosha* *Vyadhi*).

***Vyadhipratyanikatva*** i.e. – by the *Switraghna*, *Kushtaghna*, *Kanduhara*, *Twachya*, *Varnyaka*, *Ranjaka* properties of

the ingredients, it may be acting against the *Switra*.

#### Probable mode of action :

*Lepa* therapy is included under *Bahir Parimarjanachikitsa* and is especially meant for the *Twakgatavikara*.

- The *lepachikitsa* also facilitates expulsion of the *dosha* locally.
- The ingredients of *Switrahara Churna* are *ShuddhaKasisa*, *ShuddhaGairika* and *Bakuchichurna*.
- *Kasisa* has *Ranjana* and *Switraghnaguna* and because of its *grahiguna* the active ingredients of the drug penetrates into the skin and aids in melanogenesis.
- *Bakuchi* is a renowned herb and is a rich source of naturally occurring psoralens. On exposure of sunlight in early morning on affected area it helps in absorption of ultraviolet rays leading to favourable milieu for promoting the growth of melanocyte migration and stimulates its proliferation.
- *Gairika* has *Kashaya rasa* and *Vranahara* property which helps in healing the blisters caused due to the irritant action of *Bakuchi*.
- When this *lepa* is applied over the surface of a skin opposite to the direction of hairs on it through a proper base (i.e., *usnaja*) the active

principles of this *lepa* are released into the base, enters the *romakupa* and further gets absorbed through the *svedavahisrotas* and *siramukha*.

- Thereafter, it is subjected for *pachana* by *bhrajaka pitta* i.e., aided by exposure of sunrays. In due course of the above transformation, these drugs show synergetic action which pacifies the provoked *dosha* locally and thus breaks the pathogenesis cycle leading to the alleviation in the symptoms

#### CONCLUSION:

From the present study, it can be concluded that *Switrahara Churna* is effective in the management of *Switra*. No side effects were reported during the treatment.

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