A Case Study to Evaluate the Treatment of Shwitra with Ayurveda Modalities

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In Ayurveda all the skin diseases are explained under the term Kushtha. The references of shwitra are found in almost all the Samhitas like Bruhatrayees and Laghutrayees. In shwitra disease the white patch is seen and considering these symptom it can be compared to vitiligo. Vitiligo is characterized clinically by the development of areas of depigmentation. These are often symmetrical and occur mainly on extensor surfaces. This hypopigmentation results due to destruction of melanocytes, which may be unknown in origin or due to autoimmune endocrinopathies selective IgA deficiency. In contemporary science treatment of vitiligo is not very effective. Potent topical steroids and tacrolimus is used which produces harm to skin on continuous use. So the effective medicines are expected from Alternative sciences. To evaluates the role of Ayurveda treatment modalities in shwitra. A female patient, aged 15 year suffering from white patch below the left eye since 3 year was treated with both Shodhan and Shaman Chikitsa for a period to 5 months with follow up at every 15 days in between, Relief from the complaints was assessed by noting the changes in the size of patch. After 5 months of treatment the size of patch was reduced. The present case study revealed the efficacy of Ayurveda therapy both internal and external for duration of 5 months in the management of shwitra.

INTRODUCTION

Vitiligo, a specific type of acquired leukoderma, is an idiopathic, patterned, circumscribed hypomelanosis or dipigmentation of the skin and hair. These are often symmetrical and occur mainly on extensor surfaces. The basis for this destruction is unknown, but immunologically mediated damage is likely and vitiligo sometimes occurs in individuals with autoimmune endocrinopathies, selective IgA deficiency. The incidence of vitiligo is 1 to 8.8%. The age of onset varies widely from infancy to old age, with a peak incidence in the 10 to 30 years age group. The reported female predominance may be spurious, especially in India where vitiligo can be a considerable disfigurement and can affect eligibility for marriage because vitiligo mimics leprosy. The etiology is unknown. There is a positive family history in 30% of patients. An immune process is the most probable mechanism of destruction of
melanocytes, as there are several autoimmune disorders that occur with vitiligo. Clinically the white spots usually gradually appear and remain for life. As per the symptomatology of disease vitiligo, the clinical condition can be compared with disease shwitra (white color patch). In Ayurveda the shwitra is a disease explained in khshudrkushta. It is also called as Kilas, Daruna, Aruna, Shwetakushta (Shukla and Tripathi, 2009b) etc. It explained in almost all the Brihatraye and Laghutraye. In Charak Samhita while explaining the Nidan of shwitra Acharya Charak has explained virudha ahar vihar (unbeneficial foods) and paap karmas (bad deeds) are the main cause of shwitra (Shukla and Tripathi, 2009d). This produces the imbalance of Doshas (body humours) like Vata, Kapha and Pitta specially Bhrajak Pitta which helps in the formation and maintain the color of skin. These Doshas are vitiated along with Rasa, Rakta, Mamsa and Meda Dhatu (Shukla and Tripathi, 2009c) (body tissues).

MATERIAL AND METHODS

Aim
To study the case of Shwitra through Ayurveda

Objective
1. To study the role of Ayurveda in management of Shwitra.
2. To study the disease Shwitra in detail.

Case Report
A 15 Y/F patient came at OPD in our Ayurveda institution Maharashtra with the complaint of White coloured patch (Twak Shwetata) on below the left eye along with general weakness and irregular menses. The patch was white, without dryness and scaling. Her family history was negative in first degree relation. Her father’s education is upto M.Com and currently working in bank, while mother’s education is upto 12th and she is housewife. Socio-economic status was middle. There were no personal history of autoimmune disorders like psoriasis; asthma etc. there was no history of trauma or surgery.

History of present illness
Patient was apparently normal (means she is not aware about the disease) before 5 years. Her mother noticed that she having a white patch over left eye which is gradually increase in size. She visited to dermatologists for the same, where she undergone haematological investigation which showed low hb%, she advised some internal medicines along with topical steroids for white patch. She took treatment for more than 3 years, and then she stopped medicines by herself as improvement was not noticed. So, she approached to Ayurveda consultancy for the same.

Personal History

Aharaja
Taking vegetarian diet and having habit of eating outside food like panipuri, wadapav etc

Viharaj
patient get more exposure to sun for classes as she is student of 10th standard. She has habit of sleeping at evening and study at night. She sleeps 3-4hrs/night and 2hrs/evening.

Examination
vitals are within normal limit. Systemic examination was normal, prakriti was pittavataj and weight was 37kg with 148cm height.

Ashtavid pariksha
Nadi was Pittavatja, no complaint regarding Mala (once a day with soft consistancy) and Mutra(5-6 time/day),jivha was Niraam, Shabda was Spashta, Sparsha was Unusnasheeta and Drik was normal but conjunctiva was pallor as her haemoglobin was low and Akriti was Madhyam.

Diagnosis- Shwitra

Treatment protocol
Total duration
5 months

Treatment given
Shaman Chikitsa (Shukla and Tripathi, 2009) and Shodhan Chikitsa (Vaman) (Shukla and Tripathi, 2009e) was given.

Shodhan Chikitsa
In second sitting after all examination and investigations ,patient underwent for Shodhan Chikitsa in which Vamana procedure was done (Month of March. 2019) in sequence of Purva Karma, Pradhan Karma and Paschayat Karma.

Paschayat karma
After obtaining Samyaka Vanam Lakshana Dhoomapan was given with stick made of Aguru for 5 minutes by each nostril. Then patient was advised to follow the Sansarjana Karma for five days. Sansarjana Karma was given in the form of Paya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha for 5 days.

Bakuchi is classified under tikta skandha (Shukla and Tripathi, 2009g) in Charaka Samhita, Katuk

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Table 1: Showed internal medication with local ointment in first sitting

| S. No | Name of Medicine     | Dose  | Route     | Anupan     | Time      | Duration |
|-------|----------------------|-------|-----------|------------|-----------|----------|
| 1     | Ampachana vati       | 250mg | Oral      | Lukewarm water | 1 tab.   | Twice/day before meal | 5 days |
| 2     | Krimikuthar rasa     | 250mg | Oral      | Lukewarm water | 1 tab.   | Twice/day after meal  | 5 days |
| 3     | Bakuchighanvati      | 250mg | Oral      | Lukewarm water | 1 tab.   | Twice/day after meal  | 7 days |
| 4     | Lohasava             | 20ml  | Oral      | Lukewarm water | Twice/day after meal | 15 days |
| 5     | Khadhirarishta       | 20ml  | Oral      | Lukewarm water | Twice/day after meal | 15 days |
| 6     | Pigmento ointment    | q.s   | LA        | Twice a day after bath | Twice/day after meal | 1 month |
| 7     | Kumariasava          | 20ml  | Oral      | Lukewarm water | Twice/day after meal | 15 days |

Table 2: Showing Dose, Route, Kala and Anupan of drugs used in Purvakarma of Vaman

| S.No  | Name of Medicine            | Dose | Route     | Anupan     | Time               | Duration          |
|-------|-----------------------------|------|-----------|------------|--------------------|-------------------|
| 1     | Trikatu churna              | 3gm  | Oral      | Lukewarm water | Before meal | 3 days from 21/2/19 to 23/2/2019 |
| 2     | Panchatikttha Griti         | 1 st day - 30 ml | Oral | Lukewarm water | Early morning at 7 am | 24/2/19 to 1/3/19 |
|       |                              | 2 nd day - 60 ml |      |             |                   |                   |
|       |                              | 3 rd day - 90 ml |      |             |                   |                   |
|       |                              | 4 th day - 120 ml |     |             |                   |                   |
|       |                              | 5 th day - 160 ml |     |             |                   |                   |
|       |                              | 6 th day - 180 ml |     |             |                   |                   |
| 3     | Sarvanga Abhyanga with Marichadi tail followed by Sarvanga Swedan | q.s  | External Application | A day before and on the day of Vamana | 2/3/19 to 3/03/2019 |

varga (Sharma, 2004) in Sushruta samhita, Shaka varga in Ashtanga samgraha as Rasayana in Ashtanga hridayam (Murthy, 2006) Kushthaghna (Leprosy destroyer), Jantughna (Insecticidal), Deepana (Appetizer), Pachana (Digestive), Anulomana (Laxative), Krimighna (Germicidal), Yakridotjejaka (Choleretics), Kaphagghna (Expectorant), Swedajanana (Diaphoretics), Pandu (Anaemia), Twakaroja (In Skin Disorders) are the therapeutic properties of Bakuchi (Sharma and Sharma, 2006).

RESULTS AND DISCUSSION

In Ayurveda Shodhan is the method of eliminating the Dosa from body to pacify the disease. This Shodhan when done by unctuous and Tikshna (strong) drugs, it cleanses the body. So in the present study, the patient first treated with the medicines including Dipan, Pachan, and the drugs...
Table 3: Showing ingredients and properties of formulations used in Purvakarma (Deepan, Pachan, Abhyanga & Swedana)

| S.No | Name of medicine | Ingredients | Properties and Use |
|------|-----------------|-------------|--------------------|
| 1    | Panchatikaghrita (Snehapan) | Nimba, Patola, Vyaghri, Guduchi, Vasa, Triphala – Haritaki, Vibhitaki, Amla, Ghrita | Dipana, Pachana, Amapachaka, Strotoshodhaka, Raktuprasadan, Raktashodhaka, Kandughna, Kushthaghna and Varnya. |
| 2    | Marichadi tail (Abhyanga) | Krishna Marich, Haratala, Manshila, Musta, Arkadugdha, Ashwamara, Jatamansi, Nishotha, Gomayarasa, Indrayana, Kusta, Haridra, Daruharidra, Devadaru, Shwetachandan, Gomutra, Sarasptaila. | Raktashodhak, Vranropak, Twachya, useful in skin diseases. Dadru, Shwitra, Kushtha |

Table 4: Showing ingredients and properties of drugs used in Vamana Karma

| S.No | Name of Ingredients | Latin name | Dose | Properties |
|------|---------------------|------------|------|------------|
| 1    | Madanphala Churna   | Randia dumetorum | 3gm | Vamanaopag |
| 2    | Vacha Churna        | Acorus Calamus | 5gm | Vamanaopag |
| 3    | Saindhav Lavan      | Rock Salt   | 5gm | Abhisyandi, Shodhak |
| 4    | Honey               |            | 25 ml | Abhisyandi, Yogavahi |
| 5    | Milk                |            | 2500 ml | Vamanaopag |
| 6    | Yashtimadhu phant   | Glycyrrhiza glabra | 1000 ml | Vamanaopag |

Table 5: After Shodhan of body, Shaman Chikitsa was given as follow

| S. No | Name of Drug | Dose | Anupan | Time          | Duration |
|-------|--------------|------|--------|---------------|----------|
| 1     | Bakuchighanvati | 250mg | Lukewarm water | Twice a day after meal | 2 months |
| 2     | Lukoskin Ointment | Q.S |        | Twice a day after bath | 2 months |
| 3     | Syrup Lukoskin | 2 ml | Lukewarm water | Twice a day after meal | 2 months |
| 4     | Lohasava      | 20ml | Lukewarm water | Twice a day after meal | 15days |
| 5     | Tab. Pigmento  | 250mg | Lukewarm water | Twice a day after meal | 15days |

Table 6: Assessment of Samyaka Vamana

| S.No | Mainiki (measurement) | Antiki (Procedural Inference) | Vegiki (No. of Vega) | Laingiki (Symp-toms) |
|------|-----------------------|-------------------------------|---------------------|----------------------|
| Vamana | 2500 | Pittantak Vamana | 8 | Kaphachadrika present in vom-itus and no bleeding was seen |
Table 7: Showing haematological parameters of patient

| S.No | Haematological parameters | Before treatment (15/1/19) | Before Vaman procedure (8/2/19) | After treatment (4/4/19) |
|------|---------------------------|-----------------------------|--------------------------------|--------------------------|
| 1    | Haemoglobin               | 8.4gm%,                     | 9.1gm%                         | 9.8 gm%                  |
| 2    | MCV                       | 64 cub.micron,              | 62 cub.micron,                 | 66 cub.micron,           |
| 3    | MCH                       | 18.1 pico-gm                | 18.5 pico-gm                   | 19.2 pico-gm             |
| 4    | MCHC                      | 28.2%                       | 28.0%                          | 29.1%                    |
| 5    | RBC                       | 4.65millions/cu.mm          | 4.75millions/cu.mm             | 5.10millions/cu.mm       |
| 6    | WBC                       | 5900/cu.mm                  | 6200/cu.mm                     | 6600/cu.mm               |
| 7    | Platelets                 | 3.83 lacs/cu.mm             | 4.1 lacs/cu.mm                 | 3.63 lacs/cu.mm          |

Table 8: Showing Ingredients of Khadirarishta

| S. No | Ingredients     | Botanical Name           |
|-------|-----------------|--------------------------|
| 1     | Khadira         | Acacia catechu           |
| 2     | Devadaru        | Cedrus deodara           |
| 3     | Bakuchi         | Psoralea corylifolia     |
| 4     | Dārvē           | Berberis aristata        |
| 5     | Triphala (Haritaki, Bhiritaki and Amalaki) | Terminalia chebula, Terminalia bellerica, Emblica officinalis |
| 6     | Makshika        | Honey                    |
| 7     | Sharkara        | Sugar cane               |

Table 9: Ingredients of Lohasava

| S.No | Ingredients     | Botanical Name           |
|------|-----------------|--------------------------|
| 1    | Loha            | Iron dust                |
| 2    | Trikatu (sunthi, maricha, pipali) | Zingiber officinale, Piper nigrum, Piper longum |
| 3    | Triphala (Haritaki, Bhiritaki and Amalaki) | Terminalia chebula, Terminalia bellerica, Emblica officinalis |
| 4    | Makshika        | Honey                    |
| 5    | Vidanga         | Embelia ribes            |
| 6    | Musta           | Cyperus rotundus Rz.     |
| 7    | Chitrak         | Ricinus communis         |
| 8    | Dhatki          | Woodfordia fruticosa     |
| 9    | Guda            | Jaggery                  |

which increase the haemoglobin as well as improves the function of uterus was given (Table 1). Then after that Dipan, Pachan and Abhyanga should be done as Purvakarma (Table 2) of Shodhan (purification) procedure. In Shodhan, Vaman (Shukla and Tripathi, 2009h) (expelling the impurities o.e vitiated dosha through the upper channel) procedure was done followed by Samsarjan Krma and then Shaman Chikitsa was given for 2 months with the follow up at every 15th day in between.

Agni is said to be the accountable for Varna (complexion) and Sukhayu (healthy life). Mandagni (loss of function of Agni) is considered as root cause of all the diseases (Murthy, 2007). Mandagni cannot form enough Rasa Dhatu (nutrition) which provides nutrition for further Dhatus and the person gets easily diseased. In Ayurveda some medicines found which helps in maintaining the normal state of Agni like Ampachan Vati (Chetan et al., 2018) which contains Katu drugs like Chitraka, Pipalimula, Ajvian, Shudh Javakhar, Sunth, Chavya, Sajikhar, Shudh Nosager,Kalimirch, Pipali, Samudra Namak, Hing, Saindhav in which Bhavana was given by Nimbu Swaras which is the best drugs for Dipan
### Table 10: Showing Ingredients of Kumariasava

| S.No | Ingredients         | Botanical Name          |
|------|---------------------|-------------------------|
| 1    | Kumari Rasa         | Aloe barbadensis        |
| 2    | Madhu               | Honey                   |
| 3    | Jatipatra           | Myristica fragrans      |
| 4    | Karkatshringi       | Pistacia integerrima    |
| 5    | Pushkarmooola       | Inula racemosa          |
| 6    | Lavanga             | Syzygium aromaticum     |
| 7    | Dhatki              | Woodfordia fructicosa   |
| 8    | Bhibitaki           | Terminalia bellerica    |
| 9    | Kankola             | Piper cubeba            |
| 10   | Jatamasi            | Nardostachys jatamansi  |
| 11   | Tamra bhasma and Tamra Loha | Calcined Tamra and Calcined Lauha |
| 12   | Kababaka            | Piper cubeba            |
| 13   | Chitrak             | Ricinus communis        |
| 14   | Cavya               | Piper retrofractum      |

### Table 11: Showing Ingredients of Tab Pigmento

| S. No | Ingredients                  | Botanical Name          |
|-------|------------------------------|-------------------------|
| 1     | Abrak Bhasma                 | Mica calx               |
| 2     | Loha bhasma                  | Iron calx               |
| 3     | Tamra bhasma                 | Copper calx              |
| 4     | Hingula                      | Cinnabar                |
| 5     | Shilajatu                    | Asphaltum               |
| 6     | Kajjali                      | -                        |
| 7     | Triphala (Haritaki, Bhibitaki and Amalaki) | Terminalia chebula, Terminalia bellerica, Emblica officinalis |
| 8     | Chitrak                      | Plumbago zeylancia       |
| 9     | Latakaranja                  | Caesalpinia bonduc      |
| 10    | Ritha                        | Sapindus mukorossis     |
| 11    | Kasmanda                     | Cassia occidentails     |
| 12    | Yavakshara                   | Hordeum valgare          |
| 13    | Yashada bhasma               | Zinc calx               |
| 14    | Trayamana                    | Gentian kurroo          |

### Table 12: Showing Ingredients of Syrup Lukoskin

| S. No | Ingredients     | Botanical Name          |
|-------|-----------------|-------------------------|
| 1     | Vatsanabha      | Aconitum Ferox          |
| 2     | Bakuchi         | Psoralya Corifolia      |
| 3     | Kaunch          | Mucuna Preurinis        |
| 4     | Mandukparni     | Cantilla Aciatica       |
| 5     | Krishn Tulsi    | Ocimum Americanum       |
### Table 13: Showing Ingredients of Lukoskin ointment

| S. No | Ingredients       | Botanical Name         |
|-------|-------------------|------------------------|
| 1     | Bala Mool         | Sida cordifolia        |
| 2     | Bakuchi           | Psoralya corifolia     |
| 3     | Vatsanabha        | Aconitum ferox         |
| 4     | Ark               | Calotropis gigantean   |
| 5     | Kumari            | Aloe vera              |
| 6     | Chameli Tail      | Jasminum officinale olie|
| 7     | Til Tail          | Sesamum indicum olie   |
| 8     | Petroleum Jelly/ Cream Base | q.s |
| 9     | Babchi Ash        | Psoralya corifolia     |
| 10    | Vish Naag Ash     | Aconitum ferox         |

### Table 14: Showing Ingredients of Pigmento ointment

| S. No | Ingredients       | Botanical Name         |
|-------|-------------------|------------------------|
| 1     | Aritha Beej       | Sapindus mukorossi     |
| 2     | Bavchi Beej       | Psoralya corifolia     |
| 3     | Tulsi Beej        | Ossimum scantium       |
| 4     | Kale Jeerak       | Cuminum cyminum        |
| 5     | Chitrak Mool      | Plumbago zeylanica     |
| 6     | Khair Chhal       | Ascasia catecu         |
| 7     | Neem Beej         | Azadirachta indica     |
| 8     | Erand Beej        | Castor seed            |
| 9     | Sonageru          | -                      |
| 10    | Gandhak Shuddha   | Purified sulphar       |
| 11    | Chakra Marda      | Cassia torra linn      |
| 12    | Bavchi Tel        | -                      |
| 13    | Butylated Hydroxy Toluene Ip | - |
| 14    | Kaolin Light Ip   | -                      |

### Table 15: Showing the Ingredients of Marichyadi Tail used for Bahya Snehana

| S.No  | Name of Drug         | Latin Name                  |
|-------|----------------------|-----------------------------|
| 1     | Marich               | Piper nigrum                |
| 2     | Nagarmotha           | Cyperus rotundus            |
| 3     | Arkadugdha           | Calotropis procera          |
| 4     | Kanera Mula Twak     | Nerium indicum              |
| 5     | Nishoth              | Operculina turpethum        |
| 6     | Indrayanamula        | Citrullus colocynthis       |
| 7     | Kashtha              | Saussurea lappa             |
| 8     | Haridra              | Curcuma longa               |
| 9     | Daruharidra          | Berberisaristata            |
| 10    | Devdaru              | Cedrus deodara              |
| 11    | Raktachandana        | Pterocarpus santalinus      |
| 12    | Vatsanabha           | Aconitum ferox              |
| 13    | Sarshaptail          | Brassica alba               |
and Pachan. As Krumi is one of the cause of Raktadushti and produce disease like Pandu and Kushtha, here Krimikuthar Rasa (Neha et al., 2017) was given which contains Karpoor, Kutaj, Traya-
mana, Alameda, Vidang, Shuddha Hingul, Shudder Vatsanabha, Nagkeshar, Palashbeej in which Bha-
vana was given by Bhrungaraj Swarasara, Akhuparni Swarasara, Brahmi Swarasara which helps to rid out of disease. So, first Amapachana Vati and Krimikuthar rasa was given.

Then Bakuchighan Vati (Rajput et al., 2014) and Khadirarishta was advised which is most popular formulation for Kushtha which contains a single drug Bakuchi belongs to Fabaceae family and Khadira, Devdaru, Triphala etc respectively are depicted in Table 8. (Ayurvedic Pharmacopoeia of India, 2003a). These are the main herbs in traditional Indian herbal medicine for the treatment of skin disorders. It has Tikta and Madhura Rasa which mitigates the Pitta Doshha and Ushna Virya alleviates the Kapha and Vata Doshha. Along with the above drugs poly herbal ointment (ointment Pigimento) was advised which having the main drugs Arish-tak ( Sharma and Vijnana, 2013) and Bakuchi along with Chitrak, Gandhak, Eranda (Table 14). These drugs having the properties of Kushtaghna, Krighnna, Kapha – Vata Hara and Pandurug Hara.

After routine investigation when we came to know about the low hb% which is one of the causes of irregular menses, the formulation like Lohasava (Tripathi, 2004) was advised which contain Loha and other ingredients which are depicted in Table 9. (Ayurvedic Pharmacopoeia of India, 2003b) and Kumariyasava ( Ayurvedic Pharmacopoeia of India, 2003) contains Kumari as the main drug, the detail of herbal constitution of Kumariyasava has been presented in Table 10 in addition with this drugs having Appetizer, Digestive and Carminative properties. The drugs like Amalaki and Pipali acts as a Rasayan and also having Panduroghara properties. Amalaki possess antioxidant activity and contain vitamin C which helps for the proper absorption of iron from the gut. Also the Lohasava is directly indicated in the treatment to Panduruga, Agnimandya, Krimi and Kushtha. Likewise the Kumariyasava is indicated in Agnimandya and bleeding disorders. This formulation showed excellent result in patient’s haematological parameters (Table 7).

After that, for Shodhan of body Snehanpan was given by Panchatikta Ghrita contains (Table 3) Panchtik-
tagana dravays like Patol (Luffa acutangula), Neem (Azadirachta indica), Guduchi (Tinospora cordifo-
lia), Vasa (Adhatoda vasica), Vyaghari (Solanum xanthocarpum) and ghee. All contents are hav-
ing Tikta Rasa, Ruksha and Laghu Guna. It mainly acts on Kleda, Meda, Lasika, Rakta, Pitta and Shleshma which help in balancing and correcting vitiated Doshas and Dhatus. It has Dipana, Pachana, Strotro Shodhaka, Rakta Prasadan, Rakta Shodhaka, Kandughna, Kushtaghna and Varnya properties (Shukla and Tripathi, 2009a). Ghrita used in formulation has lipophilic action which helps in carrying drugs to a target organ. This lipophilic nature of Ghrita facilitates entry of drugs into the cell and its delivery to mitochondria and nuclear membrane; it also helps in restoring the normal texture of skin (Shukla and Tripathi, 2009).

Marichyadi Tail (Misra, 2006) is used for external application which contains the drugs (Table 15) having Katu, Tikta, Kashay Rasa and Ushna Virya causes Kaphavata shaman. It has Raktashodhaka, and Kushtaghna properties.

Then Vamana procedure was done by Madanphala, Vacha, Saindhav etc. (Table 4) helps in eliminating aggravated Dosh mainly Kapha and Pitta from the Amashaya. The drugs used for Vamana possess Ushna, Tikshna, Sukshma, Vyavayi and Vikas properties which help to enhance their absorption and reach to the Hriday. From Hriday they move through Dhmani to all Sthula (macro) and Sukhma (micro) Srotas (channels). Vamanaopag Dravyas acts on microcellular level and helps in eliminating the toxins from the body. It strengthens the immune system and helps in preventing relapse. Ushna property of Vamak Dravyas results in liquefaction of accumulated Doshas, Teekshna Gunas causes separation of adherent Doshas from Sthula and Sukshma Srotas and brings these doshas to Aamashaya. Vamak drugs have predominance of Agni and Vayu Mahabhuta hence they have Urdhavbhaghara Prabhava which ultimately leads to migration of Doshas in upward direction and eliminated through mouth, an upper part of the body. This detoxification was assessed by Samyaka Vamana Lakshana (Table 6) which results in elimination of root cause of disease.

Shodhan procedure was followed by Samsarjan Karma and Shaman Chikitsa (Table 5) with continuation of some previous given medicines along with some poly herbal syrup (syrup Lukoskin) and polyherbal ointment (lukoskin ointment) which contains Vatsanabha as main drug having properties like Dipan, Pachan, Strotoshadhona, Rakta Shodhaka, Krimighna and Tridoshahara, being Laghu, Ushna and Tikta, Katu in Rasit specially act as a Kapha-Vataghana. Along with Vatsabhabh, Bakuchi, Kumari etc (Tables 12 and 13) and the drugs of Tablet pig-
mento which contains Abrak Bhasma, Loha Bhasma
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Figure 1: Effect of Ayurveda modalities on disease Shwitra (Before and after treatment)

Table 1

CONCLUSIONS

The lesion or white patch which was present below the left eye of 15 year old female patient was fully recovered after 5 months of treatment and also her menses becomes regular and the hb% was increased by 1.4 gm% by Ayurveda modalities like Shodhan and Shaman Chikitsa.

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