Case Study

EVALUATION OF THE TREATMENT OF SHWITRA WITH AYURVEDA MODALITIES: A CASE STUDY

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ABSTRACT

In Ayurveda most of the skin diseases are explained under the term Kushtha. Shwitra is considered as one of the varieties of Kushtha in the Ayurvedic Classics, caused vitiation of Tridoshas and Dhatus like Rakta, Mamsa and Meda. The references of Shwitra are found in almost all the Samhitas like Bruhatrayees and Laghutrayees. Partial or complete loss of skin pigmentation giving rise to white patch on any part of the body is called as leucoderma or vitiligo and in Ayurveda it is called as Shwitra. This depigmentation results due to destruction of melanocytes, which may be unknown in origin or due to autoimmune endocrinopathies selective IgA deficiency. A female patient, aged 20 year suffering from white patches in neck region since 4 year was treated with both Shaman Chikitsa and Sodhan Chikitsa for a period to 4 months with follow up at every 30 days in between, Relief from the complaints was assessed by noting the changes in the size of patch. After 4 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 4 months in the management of Shwitra.

KEYWORDS: Kushtha, Shwitra, Bruhatrayees, Laghutrayees, Sodhan Chikitsa, Saman Chikitsa.

INTRODUCTION

Skin is the largest organ of human body, covers and protects the body against physical, chemical and mechanical injuries. It also acts as the mirror of our body. In Ayurveda all types of skin diseases are explained under the term Kushtha. Shwitra is a type of Kushtha, In this disease white spots or white discoloration takes place on the skin; so it is named as Shwitra. So it is a disease of depigmented condition of the skin. Patients suffering from this disease are disturbed by the body, as well as the mind also. It is a social problem not only in India but all over the world. It has been observed from time immemorial. In this disorder Bhrajaka Pitta of the skin involve. It is a disease caused by deficiency of melanin pigment in the skin. From Vedic period we found the description regarding Shwitra. In Charaka Samhita, Susruta Samhita, Ashtanga Sangraha, Ashtanga Hridaya & other classical texts we found the description of Shwitra as synonyms, etiology, types, Sadhya Asadhyatva and Chikitsayojana elaborate.

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.etc. It has been explained in almost all the Bruhatrayees and Laghutrayees. In Charak Samhita while explaining the Nidan of Shwitra Acharya Charak has explained Virudha aharvihar (unbeneficial foods) and Paap karmas (bad deeds) are the main cause of Shwitra. 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.

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 20 Y/F patient came at OPD in National Institute of Ayurveda Jaipur, with the complaint of White coloured patch (Twak Shwetata). The patch was white, without dryness and scaling. Her family history was negative in first degree relation. Socio-economic status was middle. There were no personal history of autoimmune disorders like psoriasis; asthma etc and there was no history of trauma and surgery.
History of Present Illness

Patient was normal before 4 years she is not aware about the disease. She noticed that she having a white patch in neck region which is gradually increase in size. She visited to dermatologists for the same, where she undergone haematological investigation which showed low Hb%. She was advised some internal medicines along with topical steroids for white patch. She took treatment for more than 2 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 a habit of spicy food.

Viharaj
She has habit of sleeping in day time and study in night time.

Treatment given

| Drug                      | Dose     | Duration | Anupan          |
|---------------------------|----------|----------|-----------------|
| Erandbhrist[4]            | 3gm      | 15 days  | Lukewarm water (LWW) |
| Haritki Churna for Sodhana Chikitsa |          |          |                  |
| Avipattikarchurna 100gm   |          |          | LWW             |
| Gandhak rasayan10gm       |          |          |                  |
| Giloyasatva 20gm          |          |          |                  |
| Tamara bhasma[5]          |          |          |                  |
| Prawal Pisti 10gm         |          |          |                  |
| Khadir[6] Churna+Guduchi Churna+Nimbah Churna | 3gm* before meal In morning | 3 month | LWW |
| Aarogyavardhanivati       | 2 tablet * BD | 3 month | LWW |
| Bakuchioil[7]             | LA * BD  | 3 month  |                  |
| Mahamanjisthadi Kwatha[8] | 10ml *before meal Evening | 3 month | LWW |
| Mahatikta Ghrita[9]       | 1 TSP* BD | 3 month  |                  |

RESULTS

![Before Treatment](image1) ![After 2 Month](image2) ![After 3rd month after 4th month](image3)

**Fig.1- Effect of Ayurveda Treatment on Shwitra disease (before and after treatment)**

RESULT AND DISCUSSION

Both castor oil and Hareetaki are appreciated as good laxatives. Their unique combination is excellent in treating almost all Apanavata disorders. Castor oil helps for deep invading and taking out the wide spread vitiated Vata dosha from various channels. The other ingredient Hareetaki is...
proclaimed for its carminative and anti flatulent effect. *Giloyasatva* helps to improve immunity power and improves *Pitta* disorder. *Aarogyavadhanavati* helps to remove *Ama* toxins from the body. It has antioxidants, antipruritic nature alleviates itching sensation. *Gandhak Rasayan* has properties to act against the skin disease of *Kapha* and *Vata*. *Prawalpisti* balance *Tridosha* and improves skin lusture and complexion. Similarly the action of antiseptic, antifungal and antioxidant helps to treat skin problems. Patient had given these medicines for 4 month. After the treatment of four month she has got significant improvement. [Fig-1]

**CONCLUSION**

The lesions or white patches which was present in neck region of 20 year old female patient was fully recovered after 4 months of treatment by Ayurveda modalities like *Shodhan* and *Shaman Chikitsa*. This case study on *Shwitra* conclude that better significant results can be achieved by *Shodhana* therapy followed by *Shamana* therapy and also with altered preparation of external application made by different medias. Those combine treatments may play major role in the management of *Shwitra* (Vitiligo).

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