Case Study

AYURVEDIC APPROACH FOR SHWITRA- A CASE STUDY

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ABSTRACT

Skin is one of the most important and visible organ of our body. Skin anomalies create physical as well as psychological problems in an individual. Among different variety of Kushta, Shwitra is considered as one of them in the Ayurvedic classics which occur due to vitiation of Tridoshas and Dhatus like Rakta, Mamsa and Meda. Shwitra can be correlated with vitiligo or leucoderma, where it manifest as white patch on the skin due to partial or complete loss of skin pigmentation and causes cosmetic imbalance of the body. Vitiligo is an autoimmune disease and it may be associated with other autoimmune diseases such as pernicious anaemia, addison’s disease and diabetes mellitus results in destruction of melanocytes thus causing depigmentation. A female patient, aged 36 years suffering from white patches in left forehead region for last 2 years and she was treated with both Sodhan and Shaman Chikitsa for a period of 3 months. Result was assessed from the changes in the size of patch and photographs. Proper written consent was taken from the patient prior to the study. Follow up was done at 1 month interval and after 3 months there was marked improvement seen in patch and colour. The present study indicates different prospective of treatment for Shwitra kushta and it provides cost effective as well as safe treatment of the disease. This study shows a new dimension in the treatment for Shwitra and could be carried out for statistical significant study.

INTRODUCTION

Skin is the largest organ of human body. Its size and external location makes more susceptible to wide variety of disorders. In Ayurveda all the skin diseases are described under broad heading of ‘Kushta Roga’, which are further categorized into Maha kushta and Kshudra kushta. Seven materials affected morbidly are the causative source of Kushta such as three Dosha (Vata, Pitta, Kapha) vitiated by etiological factors and four Dusya (Twak, Mamsa, Rakta and Lasika) affected with affection by Dosha.[1] According to Ayurvedic classics each types of Kushta are Tridoshaja occurrence. Shwitra comes under Kshudra kushta though it is different than classical Kushta disease.

In this disease, white discoulour patches found on the skin hence it is called Shwitra which comes from the Sanskrit word Shweta (white).[2] It has been explained in almost all the Brihatrayees and Laghutrayees. It has no such other signs like pain, itching etc other than cosmetic effects which disturb the psychological harmony of the patients. Virudhaahar- vihar and Paap (bad deeds)[3] are the main cause for Shwitra. It involves all three Doshas (Vata, Pitta, Kapha) and involve Rakta, Mamsa, Meda dhatu subsequent are more severe. Shwitra mainly involve Bhrajaka pitta which helps in the maintaining and formation of colour of the skin. Daruna, Caruna and Kilasa are the subtypes of Shwitra kushta.[4] In modern medical sciences, the characteristics of Shwitra are similar to Vitiligo. Vitiligo is a condition, in which the skin colour turns white due to the loss of melanocytes cells that produce pigment melanin responsible for colour of skin. It affects both sexes equally. Worldwide prevalence of Vitiligo is 1% among which highest incidence has been recorded in Mexico and India. In India it is estimated between 3-4% although incident is high as 8.8% in dark skinned people.[5] In modern medical science, Vitiligo is treated...
with tropical creams containing corticosteroids, skin grafting and plastic surgery etc which cost a huge amount of money for the patient. In Ayurveda there is purificatory process which eliminates out the toxin and some local application along with oral medicines which helps to breaks the Dosha- dushya sammurchana.

AIMS AND OBJECTIVES
To study the case of Shwitra through Ayurveda.
To analyze the role of Ayurvedic management in Shwitra.

Case Description
A 36 years female married patient residing in chandauli came at kayachikitsa OPD of Sir Sunderlal Hospital, I.M.S.B.H.U, Varanasi on February 2021 with the complaint of whitish discolored patches over left forehead region just above the eye brow without dryness and scaling.

History of Present Illness
Patient was healthy before 2 years and she is not aware about the disease. Gradually she noticed that she developed small white lesions over left forehead area. Initially she neglected it but with due time size of the patch gets increased sometime associated with itching sensation. For this patient visited to her nearby hospital where she was diagnosed as Vitiligo and given treatment. Patient took treatment for 5 months and didn’t get significant results. Later she discontinued medication for lockdown due to Covid-19 and also for her other health issue. On February 2021 to get permanent solution for the said complaint she visited our OPD with her father for further management.

Past History
No history of above skin complaints before. Had ectopic pregnancy at left fallopian tube and got operated in January 2021 though she had tubal ligation previously.

No history of Diabetes mellitus/Hypertension/Thyroid disorder.

Family History
Her father is having same problem suffering from 3 years and has patches over hand and lips.

Personal History
Bowel – Regular but not clear
Bladder- 4-5 times a day sometime with burning sensation and yellowish urine.
Appetite- Irregular
Sleep- Normal
Occupation- School teacher
Diet- Vegetarian prefers mostly sour, spicy and salty foods.
Habit –

Menstrual history– Menopause after Salpingectomy (bilateral).
Weight and height – 50kg, 148cm height
Psychological history–
The patient was depressed and worried. More stress and sudden mood were observed since she underwent operation.

General Examination
Pallor– Present
Icterus- Absent
Cyanosis– Absent
Clubbing- Absent
Lymph node- Not palpable
Oedema– Absent
Blood pressure– 110/70mm of Hg
Pulse rate– 72 beats/minute

Ashtavida Pariksha
Nadi – Vatajkapahaja
Mala- Normal consistency but not clear
Mutra- 4-5 times a day
Jivha- Aamyukta
Shabda- Spashta
Sparsha- Shita
Drik- Swabhhabik
Akriti- Madhyham

Diagnosis: Shwitra

Treatment Protocol
Total duration- 3 months

Treatment given
Sodhan was done prior to Shaman Oushadi to eliminate out the toxic material from the body.

Deepan and Pachan was given for 3 days prior to Sneha pan with Chitrakadi vati in a dose of 2 pill twice after food with lukewarm water.

Snehan was done with Mahatkta ghrita for 7 days considering all precautions followed during Sneha pan.

1st day -30ml 2nd day -60ml 3rd day -90ml
4th day - 120ml 5th day -150ml 6th day -180 ml 7th day -210 ml

Rest for 2 days in which Bahya snehan was done by Neem taila followed by Niragni sweda. Pitta Vardhak ahar vihar was advised during 2 days. After completion of Sneha pan and Bahya snehan followed by Swedan, Virechan karma was performed with the help of Trivit avaleha at a dose of 70 gram along with 10-15 Munakka soaked in water and 10ml Arogwadh phala majja.

Patient had 18 Vegas during Virechan karma (Kaphantmar). It was Madhyam suddhi and patient Bala (physical strength) was Madhyam. So Samsarjan karma for 5 days with 2 Anna kal was advised to the patient as per the diet mentioned.
Medicine (Shaman oushadi) given after Virechan karma

| Medicine                      | Dose                                      | Time period |
|-------------------------------|-------------------------------------------|-------------|
| Swayambhu guggulu             | 2 pill twice a day with lukewarm water     | 3 months    |
| Arogyavardhini vati           | 2 pill twice at empty stomach with honey  | 3 months    |
| Putikadi lepa (Leaves with Putika, Arka, Snuhi and Arogvadh and Jati pounded with Gou mutra) | Quantity sufficient followed by 30 minutes exposure to sunlight regularly. | 3 months |

Follow up was taken at every 1 month of interval to examine the patient condition and to see the efficacy of the drugs.

RESULT
It is a single case study, so result is drawn on the basis of before and after photographs.

![Before treatment](image1)
![In between treatment](image2)
![After 3rd month treatment](image3)

**DISCUSSION**

**Chitrakadi vati**[6]- It has Katu and Lavan rasa along with Tiksnaguna which helps in Ama pachan and Agni deepan by stimulating Jathargni.

**Mahatikta ghrita**[7]- Sodhan is essential in the management of Kustha roga because without internal purification, external application may lead to the exacerbation of the disease. It is indicated in Kustha vikar and it is Pitta and Vata shamak as well as Kaaphahara properties. Ghrita helps to improve the digestive power thus improve strength and also regulates bowel movement.

Abhyanga with Neem taila cause elimination of Kapha and Pitta doshas from the lesions and it also has Kusthaghna and Krimihara properties followed by Niragni sweda to open up the pores (Srotas) for elimination of toxic substances from the body through sweat. Virechan was done by Tivrit avaleha, Munakka and Arogwad phala majja which helps to pacify Pitta and Kapha doshas and helps in easy purgation.

**Swayambhu guggulu**[8]- It contains Guggulu which helps to pacify Vata dosha and Bakuchi, Karanja, Neem, Khadir which has Kusthagha properties. It acts on Rakta, Mamsa, Meda and Asthi dhatu and it is indicated for Shwitra roga (Bhavprakash kustha chikitsa).

**Arogyavardhini vati**[9]- It has Deepan, Srotosodhan, Vata-kaphaghna properties, also helps in purgation due to presence of Kutaki. It is indicated under Kustharoga adhikar and it eradicates Twachamamsa asanhatwa and eliminates the Ama (toxin) from the body.

**Putikadi lepa**[10]- It contains Putika (Karanja), Arka, Snuhi, Arogvadh and Jati (jasmine) pounded with Gou mutra. It contains Katu, Tikta, Tikdna and Usna dravyas along with Kusthaghna, Kandughna and Tridosahara properties which helps to break the pathogenis of the disease.[11] Although these drugs are having potent antimicrobial and antioxidant properties which helps to combat pathophysiology changes occurred due to oxidative changes and free radicals in the body. Here Gou mutra itself is Kusthaghn[12] and it was given as adjuvant which acts as immunomodulation and antioxidant.
CONCLUSION

Shwitra can cause high impact on psychological state of the person due to social stigma and low self-esteem issues leading to depression and anxiety. In this present study of female patient of 36 years, the white patches which were present in left forehead region was almost recovered within 3 months of treatment. Here Sodhan was done prior to administration of Shaman oushadi which helps in purification of the body and eliminates the aggravated Doshas to prevent reoccurrence of the disease. These combinations of Sodhan and shaman Oushadi in this case study helps to relieve the number and size of the lesions, bringing back the skin colour to normalcy. So it can be concluded that the treatment protocol along with external application gives significant relief to the patient within 3 months. So this treatment can be used for management of Shwitra and for standard number of patients to get statistical significant results.

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