

MANAGEMENT OF VITILIGO (SHVITRA) THROUGH AYURVEDIC MEDICATION – A CASE STUDY

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ABSTRACT

Vitiligo is a pigmentary disorder, in which circumscribed depigmented patches develop. It is an acquired condition, sometimes familial condition, an autoimmune disease in majority. It affects 1% of population worldwide. In Ayurveda, vitiligo can be correlated with Shvitra. In modern medicine, many steroids, corticosteroids, and skin grafting are used for the treatment of vitiligo, but they have sometimes no effective result and many side effects. Ayurveda has an effective result in vitiligo without any side effects. Here is a chronic vitiligo case treated with ayurvedic medicines which is recorded.

Keywords: Vitiligo, Shvitra, Ayurvedic medication.

INTRODUCTION

Skin is the largest organ of the body which provides a protective cover to the internal organs [1]. The major pigment of the skin is called melanin [1]. It is produced by melanocytes which are located in skin outermost layer epidermis [2]. Vitiligo is an acquired disease [2], in which the melanocyte stops producing melanin, clinically, it manifests as macular areas of depigmentation. The extent of involvement may vary from a single small macule to the involvement of almost the entire skin and mucous membrane [1]. The progression of disease is variable. In some cases, it spreads so fast that it covers large area of body within few months from its onset. Vitiligo is associated with other autoimmune diseases such as thyroid disease, diabetes mellitus, Addison’s disease, and pernicious anemia [3]. In Ayurveda, vitiligo is correlated with Shvitra. Acharya Charak has told Shvitra is caused by viruddha ahara sevana and papakarma [4]. Shvitra is caused by vitiation all the three doshas. Shvitra is raktapradoshaja vikara and tvakagata roga. In the case of Shvitra, bhrajaka pitta gets imbalanced and causes depigmentation of skin. Ayurvedic medicine is the best option for balancing of bhrajaka pitta and samavastha of all three doshas without any side effect.

CASE REPORT

A 13-year-old patient complains white discoloration all over the body past 5 years. The patient complains before 5 years the white patch size was too small around 2 cm after 15 days white patch spreads all over the body. There is no associated complaint confined to lesions such as itching or burning sensation. His father and mother both had a history of Shvitra. He had allopathic medication history for 2 years. He had found not any improvement of the treatment. Hence, he had come to the OPD of Kayachikitsa Department of Government Dhanvantari Ayurveda Hospital in Ujjain for ayurvedic medication.

Prescribed medicine

Oral medicine	Dose	Anupana
1.Cap. leudem Cap. Rakt cure Talkeshwar rasa	Combination of three medicine powder 125 mg 3 times/day	Lukewarm water in empty stomach
2.Tab. Shvitra nashak	1 TDS with lukewarm water empty stomach	Lukewarm water in empty stomach

Follow-up
Ten days.

For external application

Psora lotion 30 ml, Lukoskin ointment ½ g, and white petroleum jelly 50 g after local application of these medicines exposure of lesion to sunlight for 15 min.

Pathya and apathya

- Pathya – light and wholesome food, old cereals, mudga, paltola, and leafy vegetables
- Apathy – heavy food, sour food, milk, curd, jiggery, and tila.

RESULTS AND OBSERVATION

Medicines are shown a beneficial effect in white discoloration. After using of ayurvedic medication white discoloration slowly started to reduce and normal skin tone was developed in 1 month and medicines continued for 3 months.

DISCUSSION

Bakuchi oil present in Lukoskin ointment. Bakuchi seed increases pitta, cures leprosy, mitigates Kapha and Vata, cures worms, and removes constipation [5]. Secondary metabolite found in Bakuchi is the psoralen. Psoralen promotes repigmentation through sensitizing the skin to ultraviolet light. Bakuchi oil will make blister so we use as an antidote white petroleum jelly and psora lotion, after using of these lotions expose the lesion to sunlight. In the presence of sunlight, secretion of melanin occurs rapidly. In Shvitra, vitiated doshas attack the skin of body and produce white discoloration. Oral medication works as raktashodhak and they control vitiated doshas and activate metabolic process.

CONCLUSION

In the present era, people take many viruddha ahara vihara like milk with sour food elements, especially fruit and sedentary lifestyle that cause many diseases like Shvitra. Shvitra is kricchasadhya vyadhi so it is difficult to cure. We can control that type of disease through pathya apathy sevana. In this way, we manage Shvitra through ayurvedic medicine.

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