

## Management of Shwitra - A Case Study

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### ABSTRACT

Vitiligo is a common autoimmune skin disorder that causes Hypopigmentation over body<sup>1</sup>. It is of great socio- medical importance. Due to melanocytes deficiency, white spots appear on body. It can be correlated with Shwitra or Shwetha kushta in Ayurveda<sup>2</sup>. Vitiligo has major impact on quality of life of patients. Many of Vitiligo patients feel stigmatized and depressed by their condition. Ayurveda has great potential to treat such autoimmune skin disorder with Shodhana and Shamana chikitsa<sup>3</sup>.

### I. INTRODUCTION

In Ayurveda the skin diseases are explained under the term Kushtha. Shwitra is considered as one among them, caused by the vitiation of Tridoshas, Rakta, Mamsa and Meda Dhatus<sup>4</sup>. In contemporary medicine Shwitra can be correlated to Vitiligo. Partial or complete loss of skin pigmentation giving rise to whitish discolored patch on any part of the body is called as Vitiligo and in Ayurveda it is called as Shwitra. This hypopigmentation results due to destruction of melanocytes, which may be unknown in origin or due to autoimmune system with selective IgA deficiency<sup>5</sup>.

A 12 years female patient approached OPD with complaints of whitish discolored patch over right side of the cheek with mild itching since one year. Based on the Signs, Symptoms, and chronicity, patient was diagnosed as Shwitra and treated accordingly.

### II. MATERIALS AND METHODS

A 12ys old female patient, presented with complaints of whitish discolored patch over right side of the cheek measuring 3.5 cm in length and 1.5 cm in width with mild itching since one year. She took contemporary medicines and several topical applications for the above said complaints, but didn't get relieved. Patient's grandfather had Vitiligo since his childhood and he was not cured even after administration of several medication.

**Examination findings:** CVS, CNS, RS, P/A were normal. Affected site was right side of the cheek just below the right mandibular region with size of 3.5cm in length and 1.5 cm in width. Discolored patch was hypopigmented, irregular in shape. Sensation was present, bleeding, discharge, growth of hair was absent and surrounding skin was normal and pigmented. Special investigations like Thyroid profile and other routine investigations were within normal limits.

### DETAILS OF TREATMENT GIVEN TO SUBJECT

SL NO	PROCEDURE	DATE	INTERVENTION
01.	Deepana and Pachana with Chitrakadivati 125 mg 1BD	04-04-2020 To 08-04-2020.	05 days.
02.	Nithya Virechanawith Avipathikarachurna 1 tsp with luke warm water.	09-04-2020 To 24-04-2020.	15 days.

03.	Mayura piccha (20- 25 feathers of peacock) was taken and kept in a plain white paper and was burnt. The ash was taken and was filtered through thin cotton cloth. Prepared Mayura picchabhasma was taken and was mixed with Shwithragnataila. Gharshana (rubbing) was done at affected site with Sephalikapatra until the skin got scratched. After Gharshana, prepared Mayurapicchabhasma mixed with Shwithragnataila was smeared over the affected part.	26-04-2020 To 12-05-2020.	15 days.
04.	This process was continued up to 15 days. After the procedure 2 days gap was given for healing of the wound.	13-05-2020 To 15-05-2020.	2 days.
05.	Same procedure was continued for next 15 days.	16-05-2020 To 31-05-2020.	15 days.
06.	IndukanthaGritha 5ml BD was given for the next 3 months as Shamana.	01-06-2020 To 01-08-2020.	3 months.

### III. OBSERVATION AND RESULTS

Before the commencement of treatment



**After 15 days of treatment**



At the midpoint of treatment, the patient had marked relief from itching over the discolored patch. Growth of hairs at the affected site was also observed.

**After 30 days of treatment**



**After 4 months of treatment**



**RESULTS:**

Sl.No.	Symptoms	Before treatment	After treatment
01	Size of discolored patch	3.5*1.5 cm	Reduced to 0.2*0.2 cm
02	Color	Hypopigmented	Normal pigmentation
03	Growth of hair	Absent	Present
04	Itching at affected site	Mild	Absent

#### IV. DISCUSSION

Patient was initially treated with Chitrakadivati internally 5 days for Agni deepana and Amapachanartha. After deepanapachana, repeated course of Nitya Virechana with Itisp of Avipattikarachurna was given internally for Kosta shodhanartha<sup>6</sup>. Externally on the discolored patch, Gharshanawas done with Sephalikapatra as it contains small thorns on the surface of the leaves which does mild scratch<sup>7</sup>, followed by regular application of Lepa with Mayura pichhabhasma mixed with Shwithragnataila.

The Mayurapiccha (peacock feather) bhasma is rich in Copper, Iron, Zinc, Sodium, Potassium, Calcium, Magnesium and Manganese which increases melanocyte content in the body<sup>8</sup>. ShwithragnatailawhichcontainsBakuchi and Manjistadravyas. Bakuchi has the property of LaghugunaKatutiktara rasa UshnaveeryaKatuvipaka act as Kustagna and Rasayana. Manjista having the property of Guru rukshagunaTiktakashayamadhura rasa Ushnaveeryakatuvipakaact as kapha pitta shamakaand Raktashodhaka, whichhelps in blood purification and also having anticancer activity<sup>9</sup>.

IndukanthaGhritha was given internally which acts as a Rasyana, Balavardaka and helps by improving the immune system& correcting autoimmunity at cellular level. It also boosts the general condition of the body<sup>10</sup>. This treatment pattern showed highly significant result in subject and upto 95% of relief from the discolored patch.

#### V. CONCLUSION

Vitiligo is a disease having high impact on body and mind due to cosmetic disfigurement. Ayurveda has great potential to treat such autoimmune skin diseases. Regaining of pigmentation can be achieved in most of patients by following Ayurvedic treatment protocol as mentioned in ShwitraChikitsa. In present case study, changes were observed in parameters such as occurrence of normal pigmentation at affected site, marked relief in itching, and also regrowth of hairs at affected site. Deepana pachana, Kosta shodhana, MayurapichhabhasmaLepaalong with oral medication IndukanthaGritha as ShamanaChikitsa helps in the elimination of root cause of the disease and prevents the recurrence, resulting in overall improvement of size of the lesion and regaining of normal skin pigmentation.

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