

Understanding Clinical Aspect of Shwitra

Dr. Bishnupriya Mohanty*, Dr. Sunanda Mathkar**

*M.D., Ph.D Head; Department Sanskrit, Samhita & Siddhant.

Affiliation- Goa University;

Gomantak Ayurved Mahavidyalaya And Research Centre, Shiroda Goa 403103.

C0-author-

**PG Scholar Gomantak Ayurved Mahavidyalaya And Research Centre, Shiroda Goa 403103.

Submitted: 01-01-2022

Accepted: 10-01-2022

ABSTRACT:

The color of the skin is important biologically, cosmetically and socially. In Ayurveda all skin disorders are included under Kushta, which is further divided into two namely Mahakushta and Kshudra Kushta. The disease in which the skin color is loss, giving patches on skin is known as Shwitra. It can be noted that none of the Acharya has included Shwitra in Kushta. It is caused by vitiation of all three Dosha (Vata, Pitta, Kapha); vitiating Rakta, Mamsa, & Meda Dhatu¹. Shwitra is a harmless but very serious disease. The patient suffering from vitiligo may undergo psychological problems. Based on the clinical feature Shwitra can be correlated with vitiligo. Acharya Charaka has mention Shwitra under Rakta Pradoshaz Vikar.

Keywords: Shwitra, Vitiligo, kushta.

I. INTRODUCTION:

The color of the skin is due to the presence of melanin, carotene & oxy in the blood. With that hemoglobin content also plays important role in giving color to the skin. Melanin protect cell of the epidermis from UV lights. It does it by absorbing the UV lights before it able to damage the sensitive DNA of the skin cell. Vitiligo is a condition where there is total absence of melanocytes. Utpatti of Shwitra is similar to Kushta the only difference is that the patch is white or red colour.² Madhukosha Tika explained that Shwitra can be seen hereditary so with vitiation of Rakta, Mamsa, Meda, the vitiation of Shukra and Artava can be also considered.³

The difference between Kushta and Shwitra is that Kushta is contagious, non- hereditary, it has Sapta-Dhatugatatwa along with Srava (secretions), Kandu(itching), and Pitika (boils) whereas Shwitra is autoimmune most of the time we can find familiar history. It is Rakta, Mamsa, TwakGata and there is no Srava and no Pitika.

According to modern vitiligo is acquired condition

where melanocytes are absent in affected area. The reason for this is unclear. Theories have explained the cause as autoimmune. In this disease melanocytes are present but the production of melanin is abnormal. The patches of these depigmentations are sharply defined and in addition they may be surrounded by light brown hyperpigmentations.

Classification:

According to Vagabhata

a) Agnidagdhaja

b) Anagnidagdhaja

Acharya Bhoja has divided the etiology in two groups

1) Dosha – Atmaja

2) Vranaja – caused by improperly healing of wound

A. In consideration of vitiated Doshas

a) Vataja: reddish white, causes horriification of hairs of the lesions

b) Pittaj: patches are white, smooth and thick

B. According to Bhaluki Mamsadhatuashrita – Varuna Medadhatuashrita – Shwitra Raktadhatuashrita – Daruna

C. According to Bhoja

Doshaja Vranaja

D. According to clinical features

a) Aruna varna – when Vata involves Rakta dhatu

b) Tamra varna – when Pitta involves Mamsa dhatu

c) Sweta varna – when Kapha involves Meda dhatu

II. MATERIALS AND METHODS:

For the detailed content and references are analyzed from available texts. Principle text referred are Charaka, Sushruta, Vagbhata, Madhavanidana and other Samhitas.

Relevant references are taken from modern books.

Hetu:

Charak:

Vachansi Atathyani_Telling lie
Guru Dharshanam-Disobedience to the teachers
Papkriya-Sinful acts
Virodhi cha Annam-Incompitable diet

Causative factors according to modern

- 1) Nutritional-Defects in copper, proteins & vitamins in diet; digestive upsets like amoebiasis, helminthes, chronic diarrhoea, dysentery etc.

- 2) Endocrines-Associations with Thyrotoxicosis & Diabetes

- 3) Autoimmune disorders 4)Infections & Chemicals

- 5)Occupations-Use of rubber gloves containing MBEH.

According to Charak: lack of Bhrajak Pitta is the cause of pigment disorders⁴ Ch. Su. 26/102-103
Excessive intake of Kapha Karaka dravyas⁵ A.H.Sha.1/48

Faulty Diets of the mother or insufficient fulfillment of the pregnant mother⁶ A.S.su.22/1-3

Poorvarupa:

Sr. no.	Poorvarupa	charak	Sushruta	Astang Hradaya	Madhavnidan
1	Sparsha-agytvam	+			
2	Sweda asweda	+	+	+	+
3	Lomharsha	+	+	+	+
4	Daha	+		+	+
5	Ruksha				+
6	Vaivarnya	+	+	+	+
7	Koth				+

Roopa:

Sr. no.	Roopa	Charak	Sushruta	Astang Hradaya	Madhavnidan
1	Parisravi				
2	Sakandu	+	+	+	+
3	Sadanam	+	+	+	+
4	Ruksha		+	+	

Sadhyasadhyatva:

If the patches hair has become white, if the two patches overlap each other, if the patch is due to trauma, than it is asadhya.⁷

If the patches are over genitals, internal of hands & sole then it is asadhya.

Samprapti:

Due to faulty eating habits tridosha prakop take place, which causes twacha, rakta, mamsa dushti,

leading to kled uttpati, which inturn gets skin discolour leading to diases Shwitra.

Treatment:

According to modern:

- 1) Control of etiological factors
- 2) Copper Chloride orally 3)Local-Psoralia coryfolia oil locally.
- 3) 4)PUVA

Stages of Vitiligo Healing:

Active V1 New lesions developing lesions increase in size border ill defined
Active V2 No new lesions Lesions stationary border well defined
Active V3 lesions decrease in size no new lesions
signs of spontaneous repigmentation

According to Ayurveda:

Both Charakacharya and Vagbhatacharya have given stress on samshodhan therapy followed by shamshaman.

1) Vaman 2) virechan 3) Raktamokshan 4) Alepan 5) Sunrays Therapy

Charak has mentioned 10 dravyas which are kushtagn these are, Khadir, Haritaki, Amlaki, Haridra, Bhalatak, Saptaparna, Aragvedha, Kanher, Vidang jati.

Practically Krumipatan Chikitsa & krumivighataj chikitsa is very useful in this disease. Siravedha is also useful.

Finally the lepa chikitsa is must, the application of Bakuchi lepa & exposure to sunrays is useful regimen.

III. DISCUSSION:

Due to the limitations in other pathy there is a wide scope for Ayurvedic medicine in the treatment of Shwitra.

Raktamokshan helps in activating & stimulating the reactions of the body system by which brain stimulates the pituitary gland which is responsible for secretion of melanocyte stimulating hormone responsible for melanin formation.

Bakuchi oil has been used traditionally in the treatment of Shwitra mentioned in the Ayurvedic text. Bakuchi oil mainly act on skin colour. It has an irritant effect on skin, mucous membrane and powerful effect against bacteria of skin.

Virechan karma is indicated in kushta it has detoxification, antimicrobial function. Arogyavardini has anti-pruritic activity, it improves digestion & Metabolism.

IV. CONCLUSION:

The healthy skin reflects the beauty of healthy individual. Colour of the skin plays an important role in the society. It is important to recognise and deal with physical and psychological factors of the disease.

REFERENCES:

- [1]. Astang Hridayam Brahmanand Tripathi Nidan 14/37.
- [2]. Astang Hridayam Brahmanand Tripathi Nidan 14/39.
- [3]. Madhavnidan Dr. Brahmanand Tripathi Chaukhamba Sanskrit Pratishtan Ma Ni Kushta 29/30.
- [4]. Charak Samhita Vaidya Vijay Kale, Chaukhamba Sanskrit pratishtan. Cha. Su.26/102.
- [5]. Astang Hridayam Brahmanand Tripathi Sharir 1/48.
- [6]. Astang Sangraha Brahmanand Tripathi Sutra 22/1-3.
- [7]. Astang Sangraha Brahmanand Tripathi Ni 14/42-43.
- [8]. Davidson Principle & practice of Medicine Sydney Toronto 2006.
- [9]. P N Behl Seventh edition.