

Management of Shwitra with Ayurvedic Drugs :A Case Study**Vd. Pushpa D. Gawale**

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Abstract:

As described in Charak Samhita , Switra is a skin disease in which discoloration of skin occurs . Shweta means white. White patches are found on any part of body. After some duration these small patches unites with each other and form a large patch .If the treatment is not taken the whole body becomes discoloured. Due to this condition the person's social life is badly affected.

Shwitra can corelate with Vitiligo or Leucoderma described in modern medicine. In which skin loses its colour due to stoppage of functioning or dying off of Melanocytes.

In present case a female patient diagnosed as Shwitra was given ayurvedic treatment which includes, Sariva (*Hemidesmus indicus*), Manjishtha (*Rubia cordifolia*), Guduchi (*Tinospora cordifolia*), Arogyawardhini vati and some other drugs .During the course of treatment we got very positive results. Some patches totally disappear and some became small in size. New patch did not found .The given treatment is very safe and effective.

Keywords: Shwitra, Vitiligo, Sariva, Manjishtha ,Guduchi.

Introduction:

Shwitra is a type of skin disease in which discoloration of skin occurs. In modern medicine this condition is named as Vitiligo or Leucoderma. At the beginning small colourless(white) patches are found on skin. After some duration these patches unite with each other and form a big patch. If not treated earlier whole body becomes colourless (white) .This happens due to dying off or stoppage of functioning of Melanocytes . Melanocytes produces a pigment known as Melanin which gives colour to skin.

In Ayurveda Shwitra is described as Kushtha. This is not a infectious disease .It is caused due to Mitthya Aahar ,Vihara.Sometimes by Kulaj hetu and Papaj hetu also described in Samhitas. In this disease Vikruti is found in Twacha .Doshgat i is Tiryak so nature of disease is Kashtasadhya.

A Female patient of age Thirty years diagnosed as Shwitra was treated by Ayurvedic drugs. Pathya- Apatya was also adviced to her .Follow up was taken after every month and result seen was very effective. Some patches totally disappeared and remaining patches were reduced marginally in size.

AIM: The aim of the study is to find the result of Ayurvedic drugs on Shwitra.

Case Report:

A female patient of age 30 years old r/o Degloor came in O.P.D of Kayachikitsa at Dhanwantari Ayurved Medical College and Hospital,Udgir with following complaints

- White patches on both upper eyelids -since 10 years
- White patch on neck region - since 5 years
- White discoloration at inner side of lips - since 5years
- Constipation
- Weakness

Past History

For above complaints, patient had taken Allopathic treatment for two year .But she did not get relief. Her patches remained as it is .So she came for Ayurvedic treatment.

No history of any other major illness

Place of study:

Dhanwantari Ayurved Medical college and Hospital ,Udgir dist.Latur

Examination:

On local examination -----

*Sensation is present

*Hairs are white in color at patch site

- No swelling ,Itching, Tenderness found
- No discharge found from patches.
- Systemic examination -----
- B.P—100/60 mm of Hg
- Body weight---39 kg
- General condition is good.
- Blood Investigations -----
- H .b---9.6gm%
- B.S.L(R)----110mg/dl
- Urine routine and microscopic is normal

Material And Methods

After proper examination and investigation of patient ,we decided to give a line of treatment with Shodhana and Shaman. Also Pathya –Apathya plays very important role in Twakvikara. Considering all these factors following treatment was given to her.

Shodhana:

Vamana and Tivra Virechna was avoided due to her low body weight(39 kg).

Shamana:

1. Mrudu virechana (Anulomana)was given with 2gm Gandharva Haritaki with kosha jala at Nishikala on alternate day.
2. Orally 30ml quatha made by combination of Churna of Manjishtha, Sariva, Guduchi each 2gm was given twice a day.
3. Kanchar Guggul 500mg twice a day.

Apathya:

1.Aahar—Abhishandi bhojana like Dahi(curd), udad dal, rice, Milk and milk product’s consumption was avoided .Amalras was strictly restricted .Madhur ras was advised to reduce .

2. Vihar—Divaswap and Akal Bhojana was not allowed.

Follow up:

After every month, follow up was taken. Changes in signs were observed during follow up. Some changes in drugs were done as per need. After one month Arogyawardini wati 250mg/twice a day was added with break of seven days for 15 days. Bakuchi lep goli with Gomutra was given for external application. After two month Arogyawardhini wati was stopped.

During follow up, some observations were found. The size of patches was going to reduce slowly. In the beginning the patches became red then from edges the size of white patches started to reduce.

Discussion

As described in Charaka Samhita, When Prakupit Dosh are present in Skin, Disease takes time to cure. There is a need to bring these Dosh in Koshtha and remove them by nearest route. In this case Gandharva Haritaki used for Pittavirechana. Manjishtha and Sariva acts on Raktavaha strotasa as raktashodhaka. Guduchi is Rasayana. Kanchar Guggulu is used for abhantar Lekhan karma. Arogyawardhini wati works on Yakruta and improves Ranjak Pitta. Bakuchi lep with Gomutra and sitting in sunlight makes irritation at white patches and stimulates Bhrajak pitta (helps to produce Mellanin). In this patient all these above drugs did very well and helped to reduce the size of patch.

After external application of Lepa at eyelids, there was redness and itching. Redness and itching is expected after application of lepa. Due to delicacy of eyes patient was advised to stop application of lepa on eyelids for some days. After cure of redness and itching lepa application was started again. Beside this there was no any major adverse effect was found.

Result:

The quatha of Manjishtha, Sariva and along with Kanchar guggulu and Arogyawardhini wati and Gandharva Haritaki churna found effective in Shwitra.

Conclusion

Switra is such type of disease which affects more on social health than physical health of Patient . This disease create many social issues about marriage, Child issue and cosmetic value of patient.

Above Ayurvedic drugs are found effective in management of Switra. This treatment was found to be cost effective and safe for application. This study gives an window of opportunity for further study on Shwitra patient.

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