



A SYSTEMIC REVIEW ON AYURVEDIC MANAGEMENT OF SHWITRA (VITILIGO)

Dr. Juhi Srivastava¹, Dr. Deepika Singh², Dr. Roshni R. Krishnan³

1. Final Year PG Scholar, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.
2. Guide, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.
3. Co -Guide, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

Corresponding Author - Dr. Juhi Srivastava, Final Year PG Scholar, Department of Shalya Tantra, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh

ABSTRACT

White patches of skin appear as a result of the long-lasting and chronic condition known as vitiligo. Patches of skin lose color due to the common autoimmune pigmentary condition known as vitiligo. Due to a melanocyte shortage, the skin develops white areas. In Ayurveda, vitiligo is compared to Shwitra. There is a lot of promise for Ayurveda to treat autoimmune skin conditions. Restoring balance and enhancing natural immunity are the main goals of the Ayurvedic approach to treating autoimmune diseases. Additionally, a personalized panchakarma regimen based on Prakriti, combinations of different possible components, nutrition advice, and lifestyle suggestions all contribute to the overall management of illness. Due to the fact that Twaka Vikara has an impact on a patient's physical and emotional health, it has drawn particular interest from the general public. It provides some aesthetic benefits, but the patient is embarrassed by the skin's unsettling look. One of the skin conditions known as Shweta Kushtha is Shwitra. A specific mention is made to Shwitra in traditional Ayurvedic texts. Due to skin discoloration in Shwitra, white spots develop on the body. The According to ancient Ayurvedic texts, Poorvajanna Krita Paap Karma is the primary cause of sickness.

KEYWORDS - Shweta Kushtha, Shwitra, vitiligo

INTRODUCTION

The most prevalent depigmenting skin ailment, vitiligo, also known as leukoderma, affects between 0.5 and 25% of people worldwide, including both adults and children. It is characterized by a selective loss of melanocytes in the

skin's affected regions, which leads to dilution of the color. The usual lesions are white, non-scaly, completely amelanotic patches with clear borders. This ailment is called as Shwitra in Ayurveda. It is classified as an autoimmune condition brought on by a combination of genetic and environmental factors, abnormalities in metabolism, oxidative stress, and cell detachment. According to Ayurveda, the vitiation of tridoshas as well as dhatus like rasa, rakta, mamsa, and meda causes shwitra, a type of kustharoga. Any impairment of the bhrajaka Pitta, Vata, and Kapha dosha might result in skin conditions like shwitra. The characteristic signs of vitiligo were used to make the diagnosis. On the hands and legs, there was clear hypopigmentation with a defined border. Since the doshas were initially in their dominant phase, the shodhana chikitsa was performed to remove the strotas for greater drug effectiveness. The following patient received shodhan karma and shaman therapy over a period of three months, with positive effects as shown by images. The outcomes of these case studies would surely provide vitiligo patients receiving Ayurvedic treatment the greatest level of comfort. The cases of female patients with persistent vitiligo who received Ayurvedic treatment, sun exposure, a healthy diet, and counseling are presented below.

DISCUSSION

Gandhaka Sulfur, the primary component of Gandhaka-Rasayana, has a number of potential applications for skin health. It is Twachya, Raktashodhaka, and kushtaghna (good for the skin). Jaloukavacharana It activates and accelerates the body's reaction to the injured area of skin and the pituitary gland, which secretes melanocyte stimulating hormone. This increases the release of melanin and controls the skin's natural color. Khadiraristha It has been thought to possess detoxifying properties. It helps the body rid itself of built-up toxins, which improves liver function, purifies the blood and triggers the production of melanocytes by the melanin pigments.

Mahamanjsthadikashaya By cleansing the blood and promoting the proper creation of Bhrajak pitta, it normalizes the function of the skin and makes it healthy. Avalgujadilepavati Avalgujabeeja (psoralecoryfolia), Hartala (arsenic trisulphide), and Gomutra are the three primary components that make up this alkaline composition. In the Gomutra, the Vati is triturated before being administered for 30 minutes to the troubled areas. By promoting melanocyte activity, it aids in eradicating white spots and restoring the color of the skin. Bakuchitaila It is applied on white spots and left in the morning sun for 10 to 15 minutes. It accelerates the pigmentation process and aids in restoring the skin's normal pigmentation. Aragvadhakapilavati It helps with constipation and worm infection.

CONCLUSION

Because of several nutritional and behavioral factors, vitiligo incidences have increased recently. Shwitra is a condition that significantly affects a person's physical and mental well-being. Chronic illnesses have shown to respond best to ayurvedic treatment since it eliminates the disease at its source, eliminating any potential of recurrence. Ayurvedic therapy for this Skin problem has produced a joyful existence by boosting the immune system and promoting quality of life. By eliminating aggravated Doshas from the body, shodhana treatment aids in eradicating the disease's underlying cause and preventing recurrence. By minimizing the number of lesions, their

size, and returning the skin's natural color, the Shamanaushadhis also played a significant role in alleviating the symptoms. Due to the patient's significant relief, an Ayurvedic Shodhan-Shaman combination method can be used to permanently manage Shwitra in less time than conventional medications.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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