

CASE STUDY

Switra and Its Management through Ayurvedic Treatment w.s.r. To Vitiligo

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ABSTRACT

In Ayurveda all concepts of disease, Dosh, Dushya, Nidan, Chikitsa is very Specific. In skin disease Ayurveda has its own concept of treatment which is very beneficial and results are seems to be wonderful. Skin is a protective layer of the body work as covering. Any impairment of body can reflect over the skin. In Ayurveda Prabha of skin is due to Bhrajak Pitta. All skin disease comes under Kushta Roga and Switra is one of them. Switra is mention in Kushta Roga Chikitsa where white patches appear on the whole body or a local region. In modern medical science it comes under vitiligo. Vitiligo comes under a cosmetic disfigurement of skin and 1% of total world population affected by it. Here is an attempt to establish the concept treatment of Switra through Ayurveda.

Keywords: Switra, Kushta Roga, vitiligo.

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INTRODUCTION

Shwitra (vitiligo) is a type of skin disease which cause is unknown characterized by hypopigmented or depigmented patches. It not cause any type of pain, skin erosion or discomfort. Shwitra can be correlated with Vitiligo on the basis of symptom. Vitiligo is a pigmentary disorder. The effective treatment is not found yet. Allopathic medicines is associated with many complications and side effects and toxicity. Shwitra cure and treatment can be gotten by ancient Ayurvedic medicine which are basically meant for treating the root cause of the disease.[1]

It is a psycho-emotional disease reflected in the skin as pigmentation problem. In todays in world everyone is beauty conscious .White patches that appear on the skin exhibit beauty mainly in females. It degrades the moral of a person with regards to beauty and also leads to lack in confidence. The following case was treated for two months with external medication and excellent results are evidenced by inspection and photographs. The results of this clinical trial will shed more light on the effects of Ayurvedic medicine on leukoderma.[2,3]

CASE DESCRIPTION

On 23/07/2024, a female patient aged 15 years, OPD reg. no. 24017769, visited OPD of kaumarbhritya, parul ayurved hospital, with pale discoloration over right thigh for 1.5 years, minor itching, burning sensation, and dryness, presented to OPD of kaumarbhritya, Parul Ayurved Hospital.

HISTORY OF PRESENT ILLNESS

Before 3 years, the patient was in good health. She gradually acquired some white discoloration over her right thigh region , first with minor irritation and a very little lesion. The patient was unconcerned about it and ignored it, but later she saw more white patches after a month. With presented with severe itching, burning sensation, dryness, and the color of the patches were white. After that patient's parents took her nearby hospital. There she was diagnosed with vitiligo and given suitable medicine her. The patient took

6 months of treatment but she did not get relief. To get a suitable solution they visited our hospital Parul Ayurved hospital for further management.

ASSOCIATED SYMPTOMS

Constipation was present from 1 year.

➤ PAST HISTORY

No history of above skin complaints from past 1.5 year.

No any history of thyroid disorder or any metabolic disorder.

➤ FAMILY HISTORY

Her grandfather was suffering with same skin affecting disease. he expired 5 years ago.

➤ IMMUNIZATION STATUS

Scheduled as per age .

➤ PERSONAL HISTORY

Bowel: - Constipation

Urine: - 5-6 Times /Day

Sleep: - Sound

Krida: -Outdoor

➤ SOCIAL HISTORY

Residential Area:- Rural

Personal Hygiene: - Poor

Sanitation: - Poor

Drinking Water: - Tubewell

Family:- Joint

➤ DEVELOPMENTAL STATUS

Gross Motor: - Achieved

Fine Motor: - Achieved

Personal and Social: - Achieved

Language: _ Achieved

Toilet Training: - Achieved

➤ DIETETIC HISTORY

So much use of Lavana, Amla Dravya, mixed dietary habits, excessive tea intake, curd, oily and spicy food, Viruddha Ahara .

CLINICAL ASSESSMENT

General examination

Heart Rate: - 88/min

Temperature: - 98.8 F

Respiratory Rate: _ 20/min

➤ Systemic Examination

Respiratory System:-AEBE Normal

Cardiovascular System: - S1S2 Normal, No additional sound heard

GIT System: - P/A Soft and Non Tender, Spleen ,Liver nonpalpable

Central Nervous System: - Conscious and well Oriented

➤ LOCAL EXAMINATION

Site of Lesion: - Skin

Distribution: - Irregular

Character of Lesions: - Present

Itching: - Present

Dryness: - Present

Roma Vivaranta: - Present

MATERIAL AND METHODS

Centre of Study

This study was carried out in Kaumarbhritya department of Parul Ayurved hospital, Limda, Vadodara.

Treatment

Medication has given to the patient for 60 days with 4 follow from 0th day to 60 Balivellyadi ointment given to the patient for external application.

RESULTS

Regular external use of Balivellyadi ointment was observed. Which help in minimize the size of the shwitra patches and colour of the patches.

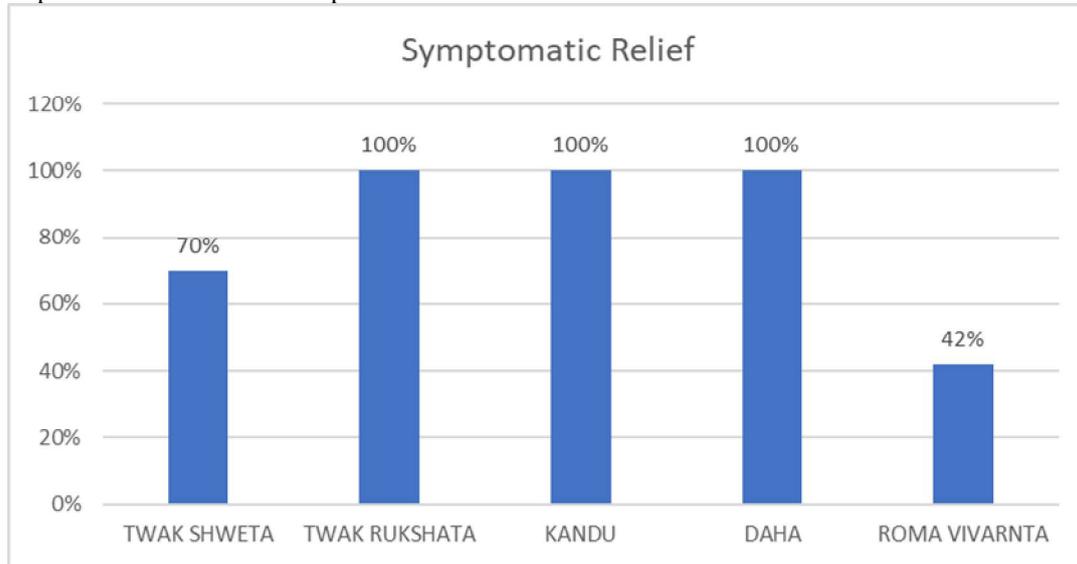


Fig.1. Graphical presentation of symptomatic Relief

Table 1.Line of treatment [4-5]

Day	Balivellyadi Ointment
15 th Day	Over Effected area Quantity Sufficient
30 th Day	Over Effected area Quantity Sufficient
45 th Day	Over Effected area Quantity Sufficient
60 th Day	Over Effected area Quantity Sufficient

Table 2. Assessment Grading for Subjective Parameter [6,7]

Symptom	Grade	Severity	Clinical Description
Twakrukshata	Grade 0	Normal	No dryness
	Grade 1	Mild	Dryness on exposure to sunlight or other allergens
	Grade 2	Moderate	Dryness during exposure to cold environment
	Grade 3	Severe	Skin always dry
Kandu	Grade 0	Normal	No itching
	Grade 1	Mild	Itching on exposure to cold, sunlight, or allergens
	Grade 2	Moderate	Itching on exposure to cold environment
	Grade 3	Severe	Severe itching
Daha	Grade 0	Normal	No burning sensation
	Grade 1	Mild	Burning sensation on exposure to mid-day sunlight
	Grade 2	Moderate	Burning sensation on exposure to morning sunlight or irritants
	Grade 3	Severe	Persistent burning sensation
Twakshwetata	Grade 0	Normal	Normal skin colour
	Grade 1	Mild	Less depigmentation at margins and more on lesions
	Grade 2	Moderate	Depigmentation equal to or more than pigmentation on lesions
	Grade 3	Severe	Complete depigmentation; only white colour present
Roma Vivarnata	Grade 0	Normal	Normal hair colour
	Grade 1	Mild	<20% of hair over lesions shows discoloration
	Grade 2	Moderate	25-75% of hair over lesions shows discoloration
	Grade 3	Severe	>75% of hair over lesions shows discoloration

Table 3. Assessment Criteria for no of Patches [8]

Numbers of patches	Score
1	1
2	2
3	3
4	4
>4	5

Table 4. Assessment Criteria for Colour of Patches [9]

Colour of patches	Score
Normal skin colour	1
Red colour	2
White to Reddish	3
Red to Whitish	4
White	5

Table 5. Observations during treatment (Subjective parameter)

Symptoms	0th Day	15th Day	30th Day	45th Day	60th Day
Twak Shwetata	2	2	2	1	1
Twak Rukshata	2	2	1	0	0
Kandu	2	1	1	1	0
Daha	2	2	1	0	0
Roma Vivarnata	2	2	2	1	1

Table 6. Observations during treatment colour of patches (Objective parameters)

Colour of Patches	0th Day	15th Day	30th Day	45th Day	60th Day
Normal Skin Colour	-	-	-	-	-
Red Colour	-	-	-	-	-
White to Reddish	-	-	-	3	3
Red to Whitish	-	-	4	-	-
White	5	5	-	-	-

Table 7. Observations during treatment number of patches (Objective parameters)

Number of Patches	0th Day	15th Day	30th Day	45th Day	60th Day
1	-	-	-	-	-
2	-	-	-	-	-
3	-	-	-	3	3
4	-	-	4	-	-
>4	5	5	-	-	-

Table 8. Observations during treatment VASI score [10]

Parameter	Value
VASI Score Before Treatment (BT)	114 cm ²
VASI Score After Treatment (AT)	78 cm ²
Percentage Relief	68.42%

Table 9. Symptomatic Relief corrected

Symptoms	Percentage Relief
Twak Shwetata	70%
Twak Rukshata	100%
Kandu	100%
Daha	100%
Roma Vivarnata	42%

Plate 1: Photos of case study – Before treatment patches over right thigh more white after treatment becomes improved



Before Treatment

After Treatment

DISCUSSION

Balivellyadi Ointment

Danti (*Baliospermum montanum*) is used in some formulations for treating vitiligo, primarily due to its potential to stimulate melanocyte function and promote skin pigmentation. Danti is believed to help detoxify the body, improve liver function, and purify the blood, which are all considered beneficial in managing vitiligo.[11,12,13]

Gandhak (Sulphur) is an ingredient in the formulation which is used to treat various skin conditions, including vitiligo (Shvitra). It is believed to help by activating fibroblasts, modulating proteins involved in tissue remodeling, and reducing symptoms like skin discoloration (Tvak-Vaivarnyata) and itching. It is also considered to have anti-inflammatory and analgesic properties.[14,15,16,17]

Vidanga has an energetic concept i.e. estrogenic factor. Which accelerates the tyrosinase activity of human melanocytes, and promotes the formation of melanin. It also contains emblin which plays an effective role in skin disorders. The vidanga fruit has a sharp, spicy, and bitter flavour. It is an excellent pre-meal digestive, antihelmintic, antioxidant, aesthetic, healing, and antifungal agent that aids in the treatment of the shwitra.. [18,19,20]

Neem possesses several anti-oxidant properties which will not only reduce the symptoms of vitiligo but shall also prevent the melanocytes from getting damaged. An important property found in Neem extracts is their ability to work as anti-inflammatory agents. Main bioactive compound found in Neem is limonoid. Limonoid is a furanone lactone known for its inhibitory properties in the production of inflammatory mediators. [21,22,23]

Bhilawa contains psoralens, compounds that, when exposed to UV light, which help stimulate melanocytes (cells that produce melanin) to produce more pigment, which leads to repigmentation of the white patches. Vitiligo is often linked to autoimmune responses, where the body's immune system attacks melanocytes. Bhilawa has immunomodulatory properties, helping to regulate the immune system and potentially protect melanocytes from damage. Bhilawa focuses on detoxifying the body (detoxification process improves liver function and blood purification), balancing doshas (bodily energies), and promoting melanocyte activity to restore skin pigmentation. [24,25,26]

Amaltas is used in the treatment of Shwitra, primarily for its blood-purifying and detoxifying properties. It is believed to help in the management of vitiligo by stimulating melanocyte function and promoting the

restoration of skin pigmentation. Amaltas plants contains many flavonoids. Some flavonoids have been shown to affect melanin production in skin cell.[27,28,29]

Mustard seed has phytotoxins which act as antibacterial and anti-fungal activity, which help to prevent the spread of patches of shwitra. It also has anti-inflammatory mechanism which help in wound healing and burning sensation.[30]

CONCLUSION

Shwitra (leukoderma) is one of the skin ailments producing psychosomatic trauma to individual and it is of more concern especially in children. Ayurveda remedies have highest potential to control the Shwitra. In this study encouraging results was obtained in Shwitra. There is significant reduction in the patches with the use of Balivellyadi Ointment and is found to be safe and effective.

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