



Case Study

EFFECTIVENESS OF AYURVEDIC TREATMENTS IN *SHWITRA* OF CHILDREN W.S.R. OF VITILIGO

Saloni Ranawat^{1*}, Ram Kumar², Anukriti Guar³, Neetu Singh Siyag³

¹PG Scholar, ²Professor & Head, ³Lecturer, PG Dept. of Kaumarbhritya, MMM Govt. Ayurvedic College, Udaipur, Rajasthan, India.

Article info

Article History:

Received: 30-07-2025

Accepted: 27-08-2025

Published: 30-09-2025

KEYWORDS:

Vitiligo, *Kustha*, *Switra*, Ayurveda, Children.

ABSTRACT

Vitiligo, also known as *Shwitra* or *Kilasa* in Ayurveda, is the most common pigmentation disorder. It is characterized by an imbalance of the three *Doshas* (*Vata*, *Pitta* and *Kapha*), affecting the *Rakta*, *Mamsa* and *Meda Dhatus*. Although *Shwitra* is harmless, it poses a significant cosmetic issue that can impact the emotional, psychological and social well-being of individuals. In a case involving a 14-year-old male diagnosed with vitiligo (*Shwitra*), the patient experienced increasing depigmented patches on the skin. The management of this condition followed Ayurvedic principles and involved a treatment protocol designed based on the patient's symptoms. The treatment starts with a combination of herbal drugs such as *Mahamanjishtadi Ghanvati*, *Praval Pisti*, *Bakuchi Churna* and *Shuddh Swarna Gairika* taken orally. Additionally, *Somaraji Taila* was applied locally. This protocol was effective in reversing the depigmented patches, leading to re-pigmentation. Future cases may adopt similar protocols, using different combinations of drugs based on Ayurvedic parameters, to achieve even better results.

INTRODUCTION

The skin is the body's most visible organ and plays a major role in physical, social and psychological communication. Every day, paediatricians meet patients with dermatological issues, which make up around 25% of OPD practice. All type of skin problem has been covered beneath the *Kushta*^[1] categories in Ayurveda. The name "*Switra*" comes from the Sanskrit word "*Sweta*," which meaning "white patch". Thus, *Switra* is a condition in which the body develops white spots. As stated in *Kashyapa Samhita Shweta Bhava Michanti Shwitram*^[2].

According to *Charka* three different varieties of *Switra* are referenced in *Dhatus*, depending on the color and *Ashraya*: red when found in *Rakta* (blood), coppery when found in *Mamsa* (muscular tissue) and white when found in *Medas* (fatty tissue)^[3].

Patches of hypopigmentation appear as a result of focal melanocyte loss. It is believed to be the outcome of autoimmune cell-mediated melanocyte destruction. Often symmetrical, generalized vitiligo affects the hands, wrists, feet, knees, neck and areas surrounding bodily orifices^[4].

According to *Vagbhatta Switra* pathogenesis is influenced by vitiated *Tri-Doshas* (*Vata*, *Pitta*, and *Kapha*), particularly *Bhrajaka Pitta*, which impaired *Rasa*, *Rakta*, *Mamsa* and *Medo dhatu*^[5]. Many *Switra* patients who do not benefit from conventional treatment turn into Ayurvedic treatment hope for cure of the disease. In Ayurveda *Shodana*, *Shamana* and *Nidana Parivarjana* are the treatment principles for any disease. *Shamana Chikitsa* is more preferred than *Shodana Chikitsa* in paediatric group, because children have *Mridu* and *Sukumara* body constitution.^[6]

OBJECTIVES

To study the effect of external application and internal use in treating *Switra* in children.

MATERIAL AND METHOD

Case Description

A male patient of 14 years approached the Kaumarbhritya OPD of Madan Mohan Malviya

Access this article online	
Quick Response Code	
	https://doi.org/10.47070/ayushdhara.v12i4.1954
	Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)

Government Ayurveda Collage and Hospital, Udaipur, on 15/11/2024 with complaints of white patches behind the right side of the ear. No positive family history is noted and there was a no history of burn or injury.

History of Present Illness

The patient was normal before 2 years, later noticed small white patch behind the right side of the ear. At first time the patient neglected it as the patch was not associated with itching and burning sensation, after a gap of 1 year, patient noticed the patch is gradually started spreading and increasing in size. So patient mother took him to nearby allopathic hospital. There they examined patch and diagnosed as vitiligo, thereafter advised with topical steroid application and tablet but no satisfactory improvement seen. hence the patient has come to our hospital for Ayurvedic treatment.

History of Past Illness

No any history of past illness.

MANAGEMENT

General Examination

- Heart rate – 84/min
- Respiratory rate -18/min
- BP- 110/80 mm of Hg
- Pallor – Absent
- Icterus – Absent
- Bowel – Some time constipated
- Bladder – 6-7 time /day
- Lymph Node – Not palpable
- Oedema – Absent

Local examination

- Site of lesion – Behind the right side of ear
- Number of lesion - 4
- Colour of lesion - White
- Distribution – Asymmetrical
- Itching – Absent
- Discharge -Absent
- Hair colour – White

Table 1: Line of Treatment

Day	Internal Medicine	Local Application
1 st day to 60 days	<i>Mahamanjishtadi Ghanvati 250 mg</i> <i>Praval Pisti – 150 mg</i> <i>Bakuchi Churna – 250 mg</i> <i>Shuddh Swarna Gairika -150 mg</i> Combination of medicine 2 divided doses after meal.	<i>Soma Raji Tail</i> over effected area as per quantity associated with sun exposure

Every 15 days follow up should be taken

Table 2: Assessment Grading for Subjective Parameter [7]

Symptoms	Grading		
<i>Twak Rukshata</i>	Grade 0 Grade 1 Grade 2 Grade 3	Normal Mild Moderate Severe	No dryness Dryness on exposure to sunlight or other allergens. Dryness during exposure to cold environment. Always dry
<i>Kandu</i>	Grade 0 Grade 1 Grade 2 Grade 3	Normal Mild Moderate Severe	No itching Itching on exposure to cold, sunlight or allergens Itching on exposure to cold environment Severe itching
<i>Daha</i>	Grade 0 Grade 1 Grade 2 Grade 3	Normal Mild Moderate Severe	No burning sensation Burning sensation on exposure to mid noon sunlight Burning sensation on exposure to morning sunlight or irritants Always burning sensation
<i>Twak Shwetata</i>	Grade 0 Grade 1 Grade 2 Grade 3	Normal Mild Moderate Severe	Normal skin colour Less depigmentation at margins and more on a lesions Depigmentation is more than pigmentation or equal on lesions No pigmentation only white colour
<i>Roma Vivarnata</i>	Grade 0 Grade 1 Grade 2 Grade 3	Normal Mild Moderate Severe	Normal hair colour Less than 20 % of hair on lesions has <i>Vivarnata</i> 25-75% of hair over the lesions has <i>Vivarnata</i> More than 75% of hair over the lesions has <i>Vivarnata</i>

Table 3: Assessment criteria for no. of patches^[8]

Number 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
Whitish	5

Table 5: Observation during treatment (Subjective parameter)

Symptoms	Grading				
	1 st Day	15 th Day	30 th Day	45 th Day	60 th Day
<i>Twak Shwetata</i>	3	3	2	1	1
<i>Twak Rukshata</i>	2	2	1	1	0
<i>Kandu</i>	0	0	0	0	0
<i>Daha</i>	0	0	0	0	0
<i>Roma Vivaranta</i>	2	2	1	1	1

Table 6: Observation during treatment of colour of patches (Objective parameters)

Colour of Patches	Grading				
	1 st Day	15 th Day	30 th Day	45 th Day	60 th Day
Normal skin colour	-	-	-	-	-
Red colour	-	-	-	-	2
White to reddish	-	-	-	3	-
Red to whitish	-	-	4	-	-
White	5	5	-	-	-

Table 7: Observation during treatment number of patches (objective parameters)

Number of Patch	Grading				
	1 st Day	15 th Day	30 th Day	45 th Day	60 th Day
1	-	-	-	-	-
2	-	-	-	-	2
3	-	-	3	3	-
4	4	4	-	-	-
>4	-	-	-	-	-

Table 8: Symptomatic Relief

Symptom	Percentage
<i>Twak Shwetata</i>	50%
<i>Twak Rukshata</i>	60%
<i>Kandu</i>	-
<i>Daha</i>	-
<i>Roma Vivaranta</i>	50%

Before treatment



After treatment mode of action of medicine

**Mahamanjisthadi Ghan Vati^[10]**

S.No.	Ingredients	Pharmacological Action	
		Ayurveda	Morden
1	<i>Manjishtha (Rubia cordifolia Linn.)</i>	<i>Kusthahar,^[11] Varnya, Raktasodhana^[12]</i>	Anti-acne property, anti-oxidant properties ^[13]
2	<i>Haritaki (Terminalia chebula Retz.)</i>	<i>Kusthaghna,^[14] Rasayana.^[15]</i>	Anti-oxidant properties ^[16]
3	<i>Amalaki (Emblica officinalis)</i>	<i>Kusthaghna, Rasayana^[17]</i>	Anti-aging, antioxidant properties ^[18]
4	<i>Bibhitaki (Terminalia bellerica)</i>	<i>Switraghana ^[19]</i>	Antioxidant activity, anti-inflammatory activity ^[20]
5	<i>Katuki (Picrohriza kurroa)</i>	<i>Kushtaghna ^[21]</i>	Antifungal activity, ^[22] anti-oxidant activity ^[23]
6	<i>Vacha (Acorus calamus Linn.)</i>	<i>Jantughna^[24], Rasayana^[25]</i>	Anti-inflammatory activity ^[26]
7	<i>Daruharidra (Berberis aristate)</i>	<i>Shothanashak^[27], Varnya^[28]</i>	Antimicrobial activity ^[29]
8	<i>Guduchi (Tinospora cordifolia)</i>	<i>Rasayana^[30]</i>	Anti-leprotic activity ^[31]
9.	<i>Nimba (Azadirachta indica)</i>	<i>Twagadoshahar^[32]</i>	Antioxidants and anti-inflammatory properties ^[33]

The combination of *Tikta*, *Katu*, *Ruksha Guna*, *Ushna Veerya* and *Kutu Vipaka*, enables the formula to balance the three *Doshas (Vata, Pitta and Kapha)*, Purify the channels and tissues (*Srotoshodhak*), Enhance complexion and skin health (*Varnya*). Main ingredients in the formula include *Manjistha* is a blood purifier and complexion enhancer with anti-inflammatory properties. *Nimba* have anti-parasitic **Somaraji Taila^[35]**

agent, *Haridra* works as anti-inflammatory and skin health promoter (*Varnya*) and *Vacha* works as *Shtroto Shodhak* (channel purifier) and *Medhya* (cognitive function enhancer). Overall, *Mahamanjisthadi Ghanvati* works to disrupt the disease process (*Samprapti Vighatana*) and restore balance to the body.^[34]

S.No.	Ingredients	Pharmacological Action	
		Ayurveda	Modern
1	<i>Bakuchi</i>	<i>Khusthaghna Rasayana ^[36]</i>	Anti-leprosy properties, Antioxidant properties ^[37]
2	<i>Haridra</i>	<i>Twakdoshashghna^[38]</i>	Antioxidant effects ^[39]
3	<i>Daruharidra</i>	<i>Shothanashak^[27], Varnya^[28]</i>	Antimicrobial activity ^[29]
4	<i>Sarshapa</i>	<i>Khusthaghna^[40]</i>	Antimicrobial activity ^[41]
5	<i>Karanja</i>	<i>Kushtaghna^[42]</i>	Anti-oxidant properties ^[43]
7	<i>Aragwadha</i>	<i>Kushtaghna^[44]</i>	Anti-oxidant activity ^[45]

Somaraji Taila also have *Lekhana* (blistering) property to remove dead skin, *Ropana* (healing) property to promote wound healing, *Varnya* (pigmentation-enhancing) property to stimulate melanogenesis. *Gomutra* in *Somaraji Taila* stimulates *Bhrajaka Pitta*, promoting proper melanin formation. The main ingredient, *Somaraji (Bakuchi)*, has a profound effect on skin melanoblast cells. According to modern medicine *Somaraji* contains *Psorallin*, which stimulates melanocytes to produce melanin and enables skin cells to absorb long-wave UV radiation, providing photoprotection. As a result, *Somaraji Taila Lepa* effectively disrupts the disease pathway (*Samprapti Vighatana*) of vitiligo (*Switra*), promoting skin health and melanin production^[46].

As described in the *Bhaishaja Ratnavali*, *Somaraji Taila* is a traditional blend of herbs and oils, including *Bakuchi*, *Haridra*, *Daruharidra*, *Sarshapa*, *Kusta*, *Karanjabeeja*, *Edagabeeja*, *Aragwadha Patra*, *Sarshapa Taila*, *Gomutra*. All the drugs are having *Katu*, *Tiktha Rasa*, *Ushna Virya*, *Katu Vipaka* and *Rasayana* (Rejuvenating and antioxidant properties properties) and also they are *Kapha Medhohara* property and acts as *Kustagna*, *Switragna* and *Kandugna* (anti-leprosy, anti-vitiligo, and anti-itching properties).

Bakuchi Churna

Bakuchi churna comprises *Katu*, *Tikta*, *Rasa*, *Usna*, *Ruksha*, *Gunas*, *Usna*, *Virya*, *Katu*, *Vipaka*, and *Rasayana* properties, and possesses the *Kapha Medohara* property. It functions as *Kustagna*, *Shvitragna* and *Kandugna*. *Bakuchi* contains psoralen, when applied to hypopigmented skin, induces erythema and residual pigmentation due to its photosensitizing action^[47].

Praval Pishti

Praval Pishti predominantly exhibits *Madhura*, *Amla* and *Kashaya Rasa*. It is characterized by its *Laghu* quality, *Sheetavirya* (cooling effect) and *Madhura Vipaka*. It effectively balances the *Kapha* and *Pitta Doshas*. *Praval Pishti* also positively influences various bodily tissues, including *Rasa*, *Rakta*, *Mamsa*, *Ashti*, *Sukra*^[48]. It also balances all the three *Dosha*, *Kantikara*, *Mangalkara* and best for *Pittaja Vikaras* and also indicated in *Kasa*, *Raktapradara*, *Rakta pitta*, *Amlapitta*^[49].

DISCUSSION

Switra is a disease where *Vata* and *Pitta* is obstructed by *Kapha*, so in this condition *Vata* is in *Moodavastha* and *Pitta* is in *Kshaya Avastha*. In that condition when we give *Katu*, *Tikta Rasa*, *Katu Vipaka*, *Ushna Virya Pradana* medicine, in this case all of the medicine are *Tikta*, *Katu*, *Ruksha Guna*, *Ushna Veerya* and *Kutu Vipaka*. it stimulates the *Agni* and also help to break the *Avarana* of *Kapha*. As *Agni* is stimulated and

starts properly functioning in *Raktavaha Srotas* patient will be improve in pigmentation of skin.

CONCLUSION

By observing the above treated case and pharmacological properties, the combined action of external application of *Somraji Tail* and internal use of combination of *Mahamanjistha Ghanvati*, *Bakuchi Churna*, *Shudhha Swarna Garika* and *Praval Pishti* have proved to be effective in treating *Switra*.

REFERENCES

1. Charaka Samhita. Edited with Vaidyamanorama Hindi Commentary, 2nd volume, Chaukhamba Sanskrit Pratishthan, Varanasi,
2. Tewari PV. Kashyapa Samhita, chikitsastana 9th chapter, shloka 2, Chaukhamba Visvabharati, Varanasi, page no-198
3. Charaka Samhita. Edited with Vaidyamanorama Hindi Commentary, 2nd volume, Chaukhamba Sanskrit Pratishthan, Varanasi,
4. Stuart H. Ralston, Ian D. Penman, Mark W. J. Strachan, Richard P. Hobson, Davidson's Principles & Practice of Medicine, 23rd edition, 2018, page no-1257.
5. Vagbhat Acharya, Asthanga Hridaya, Sarvangasundara tika by Aruna Datta and Ayurveda Ra-sayana tika by Hemadri, edited by Bhisagacharya Hari shastri Paradakara Vaidya, Chaukhambha Orientalia, reprint 2019, P 713
6. Charaka Samhita. Edited with Vaidyamanorama Hindi Commentary, 2nd volume, Chaukhamba Sanskrit Pratishthan, Varanasi,
7. Kumar, Mahesh & Raju, Mahesh. (2019). Comparative clinical study on Bakuchi churna and Somaraji tail in the management of Swithra w.s.r. to vitiligo.
8. Sharma and Raskar; A Case Study on Ayurveda Management of Shwitra JPRI, 33(37B): 90-97, 2021; Article no. JPRI.71412
9. Sharma and Raskar; A Case Study on Ayurveda Management of Shwitra JPRI, 33(37B): 90-97, 2021; Article no. JPRI.71412
10. Srikantha Murthy KR, Sharangdhara Samhita (English Translation), Madhyama Khanda Chp.2/136, Chaukhambha Orientalia, Varanasi, 2012:237.
11. The Ayurvedic Pharmacopoeia of India. Ministry of health and family welfare, Department of ISM&H, Govt. of India, New Delhi. 2001; Part-I &Vol-III: p.114.
12. Materia medica of Ayurveda, based on Ayurveda saukhyam of Toderananda by Vaidya Bhagwan dash, edition first 1980.
13. Chaudhary, Anand & Meena, Vandana. (2015).

- Manjistha (*Rubia Cordifolia*)- A helping herb in cure of acne. *Journal of Ayurveda & Holistic Medicine*. III. 11-17.
14. Agnivesha Charaka Samhita Edited by Dr Brahmananad Tripathi, Vol. I, Sutrasthana.4-11/13, Chaukhamba Subharati Prakashana: Varanasi, 2006; p.82
 15. Acharya Shodhala, "Shodhala Nighantu", Commentated by Prof. (Dr.) Gyanendra Pandey et al., Guduchyadi Varga, Shloka-No. 215-221, Chowkhamba Krishnadas Academy: Varanasi, 1st ed, 2009; p.219
 16. Sharma, Shalu & Singh, Bhavna & Kumar, Hement. (2023). A Critical Review of Pharmacological Actions of Haritaki (*Terminalia chebula* Retz) In Classical Texts. 258.
 17. Sharma, P. V. (1995). *Dravya Guna Vigyana* (Vol. Vol. 2). Varanasi: Chaukhamba Bharati Academy.
 18. Jaiswal, Vishal & Jaiswal, Rakesh. (2022). A Drug Review of Amalaki (*Embllica Officinalis*): A Traditional Indian Drug with Contemporary Applications. *Journal of Pharmaceutical Negative Results*. 13. 4833-4845. 10.47750/pnr.2022.13.S10.586.
 19. Bhavamishra. (Reprint 2020). Bhavaprakasha Nighantu In K. C. Chunekar (Ed.), Commentary by Dr. G. S. Pandey (6th ed.). Varanasi: Chaukhamba Bharati Academy. Haritakiyadi Varga. sholak no 243.
 20. Sharma, Panshul & Verma, Kumar & Raj, Hans & Thakur, Nutan. (2021). A review on ethnobotany, phytochemistry and pharmacology on *Terminalia bellerica* (*Bibhitaki*). *Journal of Drug Delivery and Therapeutics*. 11. 173-181. 10.22270/jddt.v11i1-s.4739.
 21. Bhavamishra. (Reprint 2020). Bhavaprakasha Nighantu In K. C. Chunekar (Ed.), Commentary by Dr. G. S. Pandey (6th ed.). Varanasi: Chaukhamba Bharati Academy. Haritakiyadi Varga. sholk no 151-152.
 22. Shubha K.S., Sumana K., Lakshmidevi L. Antifungal Activity of *Solanum Xantocarpum* Sch and Wend and *Picrorhiza Kurroa* Royle Ex Benth against Some Clinical Dermatophytes. *Int. J. Curr. Microbiol. Appl. Sci.* 2016; 5: 236-244. doi: 10.20546/ijcmas.2016.502.026
 23. Rajkumar V., Guha G., Ashok Kumar R. Antioxidant and Anti-Neoplastic Activities of *Picrorhiza Kurroa* Extracts. *Food Chem. Toxicol.* 2011; 49: 363-369. doi: 10.1016/j.fct.2010.11.009
 24. Chakradatta, Edited and Translated by Prof. Priyavrata Sharma, Varanasi: Chaukhamba Publishers, Print: 2002; p. 179
 25. Sushruta Samhita, Translated by Prof. K.R. Srikantha Murthy, Vol. 2, Varanasi: Chaukhambha Orientalia, Print: 2004. P.265
 26. Sharma, Vineet & Sharma, Rohit & Gautam, Dev Nath & Kuca, Kamil & Nepovimova, Eugenie & Cruz-Martins, Natália. (2020). Role of Vacha (*Acorus calamus* Linn.) in Neurological and Metabolic Disorders: Evidence from Ethnopharmacology, Phytochemistry, Pharmacology and Clinical Study. *Journal of Clinical Medicine*. 9. 10.3390/jcm9041176.
 27. Vaidya Ramprasad Pandit, Madanpal Nighantu, Krishnadas Prakashan, Mumbai, pg 42.
 28. Sharma P.V., Kaiyadev Nighantu, Chowkhambha Orientalia, Varanasi, 1979, pg 206.
 29. Patel, Raj & Priyadarshi, Sushant & Kushwaha, Ashwini Kumar. (2023). Daruharidra (*Berberis aristata* Dc.) An Important Ayurvedic Medicinal Plant- A Review. *World Journal of Current Medical and Pharmaceutical Research*. 219-223. 10.37022/wjcmpr.v5i5.296.
 30. Acharya VY, editor. Charaka Samhita of Agnivesha, Sutra Sthana, Ch.4, Ver. 18, 5th ed. Varanasi: Choukhamba Orientalia, 2001; 34.
 31. Upadhyay AK, Kumar K, Kumar A, Mishra HS. *Tinospora cordifolia* (Willd.) Hook. f. and Thoms. (Guduchi)- validation of the Ayurvedic pharmacology through experimental and clinical studies. *Int J Ayurveda Res.* 2010 Apr; 1(2): 112-21. doi: 10.4103/0974-7788.64405. PMID: 20814526; PMCID: PMC2924974.
 32. Bhavamishra. (Reprint 2020). Bhavaprakasha Nighantu (Guduchyadi Varga). In K.C.Chunekar (Ed.), Commentary by Dr.G.S.Pandey (6th ed.). Varanasi: Chaukhambha Bharati Academy.
 33. Topical application of Nimba leaves prevents wrinkles formation in UVB-exposed hairless mice Article in *Journal of photochemistry and photobiology. B, Biology* 169, April 2017 with 695 Reads, DOI: 10.1016/j.jphotobiol.2017.03.010
 34. Ravina yadav, Ashish Mehta, *journal of Emerging Technologies and Innovative Research*. JETIR May 2023, Volume 10, Issue 5 f416
 35. Shastry A. Bhaishajya Ratnavali. 14th ed. Varanasi. Chaukhambha Sanskrit Sansthan; 2001; p. 1285
 36. Patel K, Kumar V., Verma A., Rahman M., Patel D.; Current Bioactive Compounds; Health Benefits of Furanocoumarins 'Psoralidin' An Active Phytochemical of *Psoralea corylifolia*: The Present, Past and Future Scenario; Volume 15, Issue 4, 2019
 37. Acharya MJ1, Singh TR2, Patgiri BJ; *International Journal of Ayurvedic Medicine, Anti-microbial*

- activity of different dosage forms of Bakuchi (*Psoralea corylifolia* Linn.) taila, An Ayurvedic formulation; 2015, 6(3), 232-236
38. Nripamadanapala, Pt Harihar Prashad Tripathi, Madanapala Nighantu, Oshodi Varga, Chaukhamba Krishnadas Academy, Varanasi, 2009
 39. Hour T.C., Chen J., Huang C.Y., Curcumin enhances cytotoxicity of chemotherapeutic agents in pros-tate cancer cells by inducing p21 (WAF1/CIP1) and C/EBPbeta expressions and suppressing NF- kappa activation. Prostate, 2002; 51: 21 -218.
 40. Kaiyadeva. (Reprint 2020). Kaiyadeva Nighantu (Pathyapathyavibodhaka). In P. V. Sharma (Ed.), Commentary by Dr. Gyanendra Pandey (1st ed.). Varanasi: Chaukhambha Orientalia
 41. Isabel Clemente, Margarita Aznar, Filomena Silva, Cristina Nerín, Antimicrobial properties and mode of action of mustard and cinnamon essential oils and their combination against foodborne bacteria, Innovative Food Science & Emerging Technologies, Volume 36, 2016
 42. Sharma, P. V. (1956). Dravyaguna Vigyan (Vols. 2 & 3). Chowkhamba Vidya Bhavan. Retrieved October 16, 2025,
 43. Patil P, Prakash T, Shivakumar H, Pal S. Anti-ulcer and anti-secretory properties of the Butea monosperma (Lam) bark extract with relation to anti-oxidant studies. Iran J Pharmacol Ther 2009; 8: 1-6.
 44. Brahmanad tripathi, editor, charaka samhita of agnivesha, vol 1, Sutra sthana, chapter 4, verse no.14, re-print ed., Varanasi, chaukhamba surbharati prakashana, 2007, p. 82
 45. Manonmani G, et al., Antioxidant activity of Cassia fistula (Linn.) flowers in alloxan induced diabetic rats, J Ethnopharmacol. 2005 Feb 10, 97(1), 39-42. Epub 2004 Dec 19, PubMed, PMID: 15652272
 46. Mahima S. B., Prashanth A.S. To Evaluate the role of Somaraji Taila Lepa in Switra Kusta - A Pilot Study. J Ayurveda Integr Med Sci 2016; 4: 52-56.
 47. Mahesh Kumar et al: Comparative Clinical Study on Bakuchi Churna And Somaraji Taila in the Management of Swithra w.s.r. to Vitiligo. International Ayurvedic Medical Journal {online} 2019
 48. Krishnan (2013). Rasatantrasara evam Siddha prayogasangraha part- 1. (22nd ed.). Ajmer, Rajasthan: Krishna Gopal Ayurveda Bhavana.
 49. Ayurveda Sara Sangraha, Shodhana marana prakarana p:119, AFI Vol. 1.

Cite this article as:

Saloni Ranawat, Ram Kumar, Anukriti Guar, Neetu Singh Siyag. Effectiveness of Ayurvedic Treatments in Shiwtra of Children w.s.r. of Vitiligo. AYUSHDHARA, 2025;12(4):147-153.

<https://doi.org/10.47070/ayushdhara.v12i4.1954>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Saloni Ranawat

PG Scholar,

PG Dept. of Kaumarbhritya

MMM Govt. Ayurvedic College,

Udaipur, Rajasthan.

Email: saloniranawat18@gmail.com

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.