



Case Study

TO EVALUATE THE EFFECT OF AYURVEDA FORMULATIONS TO MANAGE THE *SWITRA* (VITILIGO)- A CASE REPORT

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ABSTRACT

The beauty and attraction of individual depends upon skin health including physical and psychological health. *Switra* is the common depigmentation disorder described among the varieties of *Kushtha* (Integumentary diseases) in Ayurvedic classics. *Switra* is correlated with Vitiligo to certain extent in contemporary system of medicine. Vitiligo is a common disorder of unknown aetiology even today. It is an acquired condition in which circumscribed de-pigmented patches develops. Hence, the present clinical trial was planned to assess the role of treatment through Ayurveda in the case of *Switra* (Vitiligo). A case of 26 years old male came to CBPACS, Kayachikitsa special OPD with complaint of white patches in body (Scalp, abdomen, face, back region) neither scaling nor itching since 1 year. Examination, investigations and history leads to diagnosis of *Switra*. Patient was treated with internal administration of *Arogyavardhini Vati*, *Mahamanjishthadi Kwath* with *Triphala Churna* and local application of *Jatyadi Taila* mixed with *Bakuchi Churna* along with *Pathyapathya*. The effect of the therapy was assessed by the signs and symptoms before and after the treatment. The treatment modalities done showed marked improvement in the patient signs and symptoms and hence, treatment through Ayurveda has effective results in the management of *Switra* (Vitiligo).

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INTRODUCTION

Switra is a prevalent dermatological finding and one that has been observed since ancient times. The skin has been perceived as the 'organ of expression' and present as the boundary between the outside world and individual, a 'first point of connection' when strangers meet us. *Switra* is a considerable dermatological disease worldwide. It is an obtained condition in which confine de-pigmented patches develops. *Switra* was described along with *Kushtha* (Integumentary diseases) but did not included in 18 types of *Kushtha* (Integumentary diseases)^[1]. *Switra* may correlate to Vitiligo due to their similar clinical presentation. Normal skin colour is dependent on haemoglobin (in both the oxygenated and reduced state), carotenoids and melanin pigment. Worldwide

prevalence of Vitiligo is observed as 1% of the world population^[2]. Highest incident has been recorded in India and Mexico. Based on dermatologic out patient record, it is estimated between 3-4% in India, although an incident as high as 8.8% has also been reported^[3]. Vitiligo is a common disorder of unknown aetiology^[4]. It is an acquired condition in which circumscribed de-pigmented patches develops. It is a non-infectious, non-exudative disease involving mainly *Twaka* (Skin) and not invading deeper *Dhatu* (Tissues) in true sense. It is a chronic autoimmune disease characterized by portions of the skin losing their pigment.

Case report: A male patient aged about 26 years visited OPD of *Kayachikitsa*, Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, presenting with complaints of white patches in body (Scalp, abdomen, face, back region) neither scaling nor itching since, 1 years.

History of present illness: One year before, the patient had a gradual onset of white patches over scalp, after 2 months of these patches he observed same kind of white patches over back region and over multiple sites with negative family history. History of past illness: no H/o DM, HTN, Thyroid disorder or any chronic illness. Treatment history: H/o taken Allopathic treatment including steroids for internal and topical application. Personal history: On Examination of patient, pallor was present, tongue was clear and he is vegetarian in diet style. Pulse rate is 72/min. His appetite was good. Occupation is student. Heart rate is 60/min with 120/80 mmHg. Bowel history is 1- 2times/day and frequency of Bladder is 3-4times/day, 1-2 times at night.

Evaluation of symptoms: Evaluation of lesions are based on the following criteria

1. Size of patches- Small and large various size of patches.
2. Number of patches- Multiple patches over scalp, one large patch on mid of lower back
3. Colour of patches- White

Samprapti (Pathogenesis): *Mithya Aahar* (Incompatible and vitiated diet), *Vihar* (lifestyle), misconduct, day time sleep, disobey of Guru and parents order, misbehaviour and *Poorvajanmakrita Karma* leads to vitiation of *Kapha* and logging in *Srotas* (Channels) leads to blockage and deviant path of vitiated *Vata* and *Pitta*. It resides in *Rakta Dhatu* (Blood tissues) then it appears red, if resides in *Mamsa Dhatu* (Muscle tissues) then its colour become *Tamra* (Copper) and if resides in *Meda Dhatu* (Fat tissues) then it appears white.

Timeline of the events, treatment plan, and observation and result are depicted in Table 1-3.

Figure 1: Improvement in Photo Images

Before treatment



After 15 days



After 1 month



After treatment



DISCUSSION

Switra (Vitiligo) is a common skin problem worldwide. It develops when pigment cells of skin are unable to function properly or die. Loss of pigmentation cells produces white and pink patches on the skin and because of pigmentation cells destroying any part of the body may be affected by Vitiligo skin disorder. It is a *Pitta* predominant *Tridoshajavyadhi* where *Dushyas* are *Rakta* (Blood), *Mansa* (Muscle) and *Medadhātu* (Fat tissues)^[5]. The effective treatment is yet to be found out, as the response rate is very less with the present remedies available. Modern medicines are associated with so many complications and having various side effects and toxicity. Vitiligo cure can be achieved with ancient Ayurvedic herbs which are basically meant

for treating the root cause of the disease. *Pitta* pacification is the primary Ayurvedic *Twak-vaivarnyata* (skin discoloration) treatment via necessary *Pitta* pacification, diet and *Pitta* reducing Ayurvedic medication. Correcting digestion and prescribing a proper diet, avoiding *Virudhahara* (incompatible diet). Eliminating *Ama* (Indigested food particles) if exists also need to be corrected along with, liver tonic, blood purification, *Rasayanas* (Rejuvenation) for boosting level, calcium, increasing the body immune function and to nourish body tissues.

Probable Mode of action of Arogyavardhani Vati^[6]: *Arogyavardhani vati* are indicated for all type of skin disease with *Deepana* (digestive fire stimulating) and *Pachana* (improve digestion) properties^[7]. It improves overall good health by balancing all the three *Dosha*. *Arogyavardhani vati* works basically on the *Medas Dhatu* and the *Dhatwagni* (digestive fire) thus digesting and removing the *Ama Janit Medas Dhatu Vriddhi* (increase in *Medas Ahatu* that is undigested)^[8]. *Guduchi* (*Tinospora cordifolia* Miers) is rich in *Tikta Rasa* (Bitter taste) due to which it supports the digestive fire and digests the *Ama* (Indigested food particles) produced during the pathogenesis. The digestive fire when gets stimulated leads to stimulation of all *Dhatvagni* (Digestive fire) that leads to digestion of *Ahara ansha* (food particles) in their own *Srotas* (channels), finally causing digestion of *Ama*^[9]. Similarly *Medas Agni* also gets stimulated and digests the *Apakva Medas*. *Tikta Rasa* (Bitter taste) due to its *Lekhan* (Scrapping of fat) and *Srotoshodhak Karma* (Channel cleansing) causes *Lekhan* of *Medas* (scrapping of fat) accumulated in *Medovaha Srotas*. In addition to this the *Ruksha* (Dry) and *Khara guna* (Rough) of *Tikta Rasa* (Bitter taste) also supports the digestion of *Kapha*^[10]. Due to wide spectrum of the disease and high prevalence in the society, the current issue was opted for study and its management by means of *Ayurveda* principles

Probable Mode of action of Mahamanjishtadi Kwatha^[11]: It is used as the additional intervention, was possessing drugs i.e., *Manjishtha* (*Rubia cordifolia* Linn.), *Amrita* (*Tinospora cordifolia* Miers), *Haridra* (*Curcuma longa* L.), *Daruharidra* (*Berberis aristata* DC.), *Arishta* (*Azadirachta indica* A. Juss.), *Patolamula* (*Trichosanthes cucumerina* Linn.), *Katuka* (*Neopicrorhiza scrophulariiflora* Royle ex Benth.), *Bhringa* (*Eclipta prostrata* L.), *Magadha Piper*, *Trayanti* (*Gentiana kurroo* Royle), *Patha* (*Cyclea peltata* LAM.), *Asana* (*Pterocarpus marsupium* ROXB.), *Aragvadha* (*Cassia fistula* L.) etc. All these drugs are having properties like *Varnya*, *Kapha Pittashamak*, *Shothahar* (Oedema reducing), *Kushtaghna* (Curing skin diseases), *Vranropak* (Wound healer). Most of the drugs are *Tridoshaghna* (Pacify aggravated *Dosha*) or *Kapha Pittahara* property by virtue of *Tikta* (Bitter), *Katu* (Pungent), *Kashaya Rasa* (Astringent), *Laghu* (Light), *Ruksha Guna* (Rough property), and *Ushna Veerya* (Hot potency); *Katu Vipaka* (Pungent post-digestive effect). *Manjishtha* is *Varnya* and *Rakta prasadana* (Blood purifying), *Nimba* is *Kandughna*, *Haridra* is *Kusthaghna* (Reduce itching), *Vacha* is

Sroto Shodhana (Channel cleanser). All these drugs perform the therapeutic pharmacological action on the basis of innate qualities i.e. *Rasa* (Taste), *Guna* (Properties), *Veerya* (Potency), *Vipaka* (Final transformation) and *Prabhava* (Specific potency) altogether and follow the *Samprapti Vighatana Chikitsa Siddhanta* (Breaking of etiopathogenesis as a principle of treatment).

Probable mode of action of Triphala powder: *Triphala*, a well-recognized and highly efficacious polyherbal Ayurvedic medicine consisting of fruits of the plant species *Amalaki* (*Emblica officinalis* Gaertn.), *Bibhitaki* (*Terminalia bellerica* (Gaetn.) Roxb.), and *Haritaki* (*Terminalia chebula* Retz.), is a cornerstone of gastrointestinal and rejuvenative treatment. It is one of the most popular herbal remedies which cleanses by promoting bowel movement. It is having *Deepana* (Digestive fire stimulating) and *Pachana* (Improve digestion), *Vatanulomaka* (Correcting movement of *Vata*) and *Srotoshodhaka* (Channel cleanser) properties. Research on *Triphala* has commence that it is potentially effective for several clinical uses like appetite stimulation, reduction of hyperacidity, antibacterial, antimutagenic, adaptogenic, hypoglycemic, antioxidant, anti-inflammatory, immuno-modulating, antineoplastic, chemo-protective, and radio protective effects, and prevention of dental caries. Polyphenols present in *Triphala* modulate the human gut microbiome and thereby promote the expansion of beneficial Bifidobacteria and Lactobacillus while inhibiting the expansion of undesirable gut microbes. The bioactivity of *Triphala* is elicited by gut microbiota to come up with a range of anti-inflammatory compounds.^[12]

Probable mode of action of Bakuchi churna (containing psoralin substance)^[13]- In *Switra*, *Srotodushti* (Contamination of body channels) is removed by the *Katu Tikta Rasa* (Bitter-Pungent taste), *Ruksha Guna* (Dry property) and *Katu Vipaka* (Pungent post-digestive effect) of the *Bakuchi* (*Psoralea corylifolia* Linn.). It increases the rate of synthesis and amount of melanin and hence encouraging skin to recover from a vitiliginous state^[14]. *Bakuchi* (*Psoralea corylifolia* Linn.) contain rich source of copper and highest amount of furocaumarin. The mode of action on skin is depends on the nature of drugs used. The nature of *Ushna* (Hot) leads to diminution of *Kapha* and *Vata Dosha*. *Laghu* (Light) and *Ruksha* (Dry) *Guna* subsides the *Kapha Guna*. *Katu Vipaka* (Pungent post-digestive effect) helps the *Shodhana* of *Srotas* (Channel cleanser). Also *Ushna* (Hot) properties help the *Agnideepana* (Digestive fire stimulating) &

Pachana (Improve digestion). It has properties like *Kushthaghna*, *Kaphavatahara* and making promote shining of skin^[15]. *Bakuchi Churna* (*Psoralea corylifolia* Linn. Powder) have strong antioxidant properties. *Bakuchi* increases the locally circulation of blood, thus provide nutrition to the cells present there and boost in the proper and adequate formation of *Bhrajaka Pitta* in the skin. Application of *Lepa* (Paste) followed by exposure to sunlight which helps in stimulating melanocytes formation^[16], a photo-reactive substance, which is used in the Vitiligo.

Probable mode of action of *Jatyadi Tail*^[17]: *Jatyadi taila* is a Polyherbo-mineral Ayurvedic preparation which is used for topical application on the burns and scalds. In Ayurveda *Jatyadi taila* is a particularly useful as wound healer because it possesses antimicrobial activity. It is also useful in various skin afflictions. This formulation chiefly contains the plants *Curcuma longa*, *Azadirachta indica*, *Symplocos racemosa*, *Jasminum auriculatum*, *Sesame indicum*, Copper which individually have been successfully shown antimicrobial activity scientifically. This review explains the antimicrobial

potential of every ingredient present during this polyherbo-mineral Ayurvedic formulation and wishes a scientific exploration so on document its therapeutic effectiveness.^[18]

CONCLUSION

Now a day's disease *Switra* effect is observed more on human mentality and social relations than on human body. This is a disorder involving '*Bhrajaka Pitta*' of the skin. It is a disease caused by deficiency of melanin pigment in the skin. In Ayurvedic classics, our *Acharya's* have mentioned so many formulations in one disorder as per the *Roga* (Disease) and *Rogi* (Patient) *Bala* (Strength) which can be given either as single formulation or in the combined form. Keeping in mind the principles of Ayurveda, herbal formulations have been given for the management of *Switra*. With the knowledge of ancient system of medicine by using *Shodhana* (Purification) and *Shamana chikitsa* (Palliative and conservative treatment) can be managed successfully. Hence the Ayurvedic treatment modalities are often prescribed as a worth full procedure considering the potent, effective and safe regimen for *Switra* (Vitiligo).

Table 1: Timeline of events

Duration	Particular and interventions
Sept 2018	White patches over scalp
Nov 2018	White patches over back region and over multiple sites
Aug 2019	Visited to OPD of Kayachikitsa, Ch. Brahm Prakash Ayurveda Charak Sansthan
25 Aug 2019	Investigation done and medicine started
10 Sept 2019	First follow up
11 Oct 2019	Second follow up
12 Nov 2019	Third follow up

Table 2: Treatment plan

No	Drug used	Dosage	Mode of administered
1.	<i>Mahamanjishthadii Kwath</i>	40ml	Orally given empty stomach morning and evening
2.	<i>Arogyavardhini Vati</i>	500mg	Orall given after meal with luke warm water
3.	<i>Triphala churna</i>	4gm	Orall given at night with luke warm water
4.	<i>Bakuchi churna</i> mixed with <i>Jatyadi tail</i>	As per require	Local application with <i>Gomutra</i> (cow urine)

Patient is asked to avoid *Virrudha Ahar* (incompatible diet), stop non vegetarian food and take fresh normal diet.

OBSERVATION AND RESULT

Table 3: Observations

S.NO.		Before treatment	After treatment		
			15 days	1 months	2 months
1.	No. of patches	18-20	10-15	2-5	0
2.	Size of patches	0.5-4 cm	0.5-3	0.5-2	0

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