

EFFECT OF VIRECHAN AND SHAMAN CHIKITSA IN SHWITRA W.S.R. TO VITILIGO

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ABSTRACT

Introduction: In Ayurveda all skin diseases are classified under heading Kushta Roga. Shwitra is one among them. Shwitra is a condition characterized by whitish discoloured patches on the body, it is caused due to involvement of Sapta Dravyas i.e., Vata, Pitta, Kapha, Rasa, Rakta, Mamsa and Meda. The fourth layer of Twacha (Tamra) mainly considered as prime location of Shwitra. It can be correlated to Vitiligo. **Aim:** To evaluate the effect of virechan and shaman chikitsa in shwitra. **Material and Method:** A 28 years old girl came in Kayachikitsa opd of pt. khushilal sharma government college bhopal with complaint of white patches on b/L limbs, back of both ears, abdomen, lips with itching in rainy season a since 25 years with associated complaint of constipation. she had taken 2 times ayurvedic treatment before 15 years ago and got significant relief after that she had taken several times treatment but not got relief. For that virechan had planned for 2 times in a year and after each virechan karma shaman medicines had given. **Observation:** The above treatment had got significant relief in itching, whites patches and VETI score before treatment was 28 and after treatment was found 18. **Result:** On the basis of the results obtained it can be concluded that Virechan karam with shaman chikitsa can be used as effective treatment in the management of Shwitra.

KEYWORDS: Shwitra, Virechan, shaman medicine.

INTRODUCTION

At present time skin problems are increasing day by day. The most probable reason for skin diseases may be radiation, food habits, pollution, physical inactivity etc. The incidence of vitiligo is found about 0.25 - 4% in India.^[1] The skin is the outermost layer of the body that serves as a protective covering for the body.^[2] In Ayurveda all skin diseases are classified under heading Kushta Roga. Shwitra is one among them. Shwitra is a condition characterized by whitish discoloured patches on the body, it is caused due to involvement of Sapta Dravyas i.e., Vata, Pitta, Kapha, Rasa, Rakta, Mamsa and Meda. The fourth layer of Twacha (Tamra) mainly considered as prime location of Shwitra. It can be correlated to Vitiligo. The term 'Shwitra' is derived from its root word Shweta, which means white patch. So, Shwitra is a disorder where the body develops white patches.^[3] Nidana (causative factors) of Shwitra includes bad deeds of the past life, and improper social behaviour like insulting elders.^[4] Other factors of diet are the same as Kushtha. Food that vitiates Pitta and Rakta is responsible for this disease. Shwitra is of three varieties, namely Daruna, Charuna, Kilasa.^[5] In Shwitra, if the Vata is predominantly vitiated the symptoms are Aruna Varna (like morning sun) Mandala (patches), which are Ruksha (rough). If the Pitta is vitiated predominantly the symptoms are Tamra Varna (copper colour) patches resembling the Padmapatra (petals of lotus), with an extreme burning sensation, Paridhvansi (the affected part when rubbed peels off scales of dead skin), and vitiated by Kapha dominantly the affected part (skin) seems Sweta, Snigdha (unctuous), Bahala (thick) with itching sensation.^[6]

If Shwitra is located in Rakta Dhatu, it appears red, and in Mamsa it is Tamra (copper). The Shwitra caused by Meda Dhatu's involvement is Sweta (white), which is a more serious form than the others. Regarding the prognosis of Shwitra, it is said that, if the patches of Shwitra are matted together, if there are several patches, if the small hairs over the patches are red, and if the disease is chronic then this is an incurable form.^[7] The patches which are expanding and overlapping, invading even the soles of the feet, the palms of the hands, and the region around the anus are called incurable. Kilasa, which is the outcome of a burn (cicatrix) should be considered incurable.^[8] If the small hairs over the patches are not red, if the skin is thin and white, if the disease is not chronic, and if the space between two patches is raised, then the disease is curable.^[9]

Samprapti Ghatak

Dosha	Tridosha
Dusya	Rasa (plasma), Rakta (blood), Mamsa (muscles), Meda (fatty tissue) and Lasika (lymph)
Srotas	Rasavaha, Raktavaha
Srotodusti	Sanga (obstruction)
Marga	Bahya (outer)
Swabhava	Chirkari (chronic)
Sadhyashadhya	Asadhya (incurable), Krichhsadhya (difficult to cure)
Adhishtana (location)	Twak (skin)

CASE REPORT

A 28 years old girl come with complaint of white patches on b/L limbs, back of both ears, abdomen, lips with itching in rainy season and during treatment since 25 years.

Associated complaint- Constipation.

Past history – She has taken 2 times ayurvedic treatment before 15 years ago and got significant relief after that she has taken several times treatment but not get relief.

On examination of Skin

Site of lesion - On both legs, on both hands, abdomen Lesion - Epidermal

Distribution - Symmetrical Character of lesion - Macules

No of lesions - Left-10, Right-13;

Color - White; Arrangement - Non-Segmental. Itching - moderate present

Discharge - Absent

Superficial sensation on lesion

Pain – Absent

Swelling - Absent Paresthesia – Absent

Date	Shodhan	Shaman
17/04/2023		1) Vidang churna 5gm BD 2) Lahsunadi vati -2 BD
15/05/2023		1) Arogyavardhani vati- 2BD 2) Mahamanjisthadi kwath – 10 ml BD 3) Ointment of combination of Kapikacchu, Aloe vera, Jasmine, Bakuchi, Chameli 4) Oral liquid of combination of vish naag, bakuchi, krishna tulsi, Mandook parni, Kaunch
26/05/2023- 1/06/2023	Ghritpaan –panchtikta ghrita Than 2 days abnyang swedan	
4/06/2023	Virechan vega -10 Than 3 days sansarjan	
9/06/2023		1) Above shaman drugs plus 2) Panchakar churna 5gm HS
19/07/2023		Same as above
5/09/2023		Same as above + Combination of kutaj oil and coconut oil
7/11/2023		Same as above + Kesore guggulu 2 BD
18/12/2023		Kesore guggulu 2BD Ointment of combination of Kapikacchu, Aloe vera, Jasmine, Bakuchi, Chameli
27/03/2024		Panchsakar churna 5 gm HS Arogyavardhani vati -1BD
10/04/2024		Lahsunadi vati 1 BD Shivashar pachan churna 3gm BD
5/05/2024- 15/05/2024	Ghrita paan- panchtikta ghrita Than 2 days abhayng swedan	
14/05/2024	Virechan 18 vega Than 5 days sansarjan karma	

RESULT

Score	Before Treatment	After Treatment
Number of patches	1	1
Colour	2	1
Itching	2	1
Hypopigmentation patches	3	3
VETI score	28	18



DISCUSSION

- 1) **Vidang churna**- it has krimghana property and laxative property.
- 2) **Lahsunadi vati**^[10]- It has anti inflammatory property, anti microbial property, it improves the appetite and stimulates the secretion of digestive enzymes this improving digestion.
- 3) **Panchtikta Ghrita**^[11] - It contains Nimba chal, Patol patra, Panchag of vasa, Giloy. Panchang of Kateri. It detoxifies the blood and flushes out impurities. By its singdha guna also work as Vatashamak.
- 4) **Virechan kwath**- Kwath of Aragwadh, Haritaki, Tivart, Kutki, Draksha with Erand oil given to patient.^[12] Virechana medications bring out the therapeutic purgation due to its Prabhava (potency). The supplied medication's active ingredients will activate the mucosal membrane and momentarily alter the normal permeability of the mucosal lining, causing morbid pollutants that were transported from the cellular to the gut levels via Snehana and Swedana Karma to exclude through the anal pathway.^[13]
- 5) **Ointment**^[14] - It helps in healing the affected areas by activating melanin synthesis.
- 6) **Oral preparation**^[15] - It restore the immune system and manage white patches, depigmentation and lesions.
- 7) **Arogyavardhani vati**^[16] - It manage the digestive problems due to its deepan and pachan properties.
- 8) **Mahamanjsthadi kwath**^[17] - It work as a blood purifier and an anti-infective kwath.
- 9) **Panchshakar churna**^[18] - It has laxative property.
- 10) **Punarnavadi guggulu**^[19] - It hinders fluid retention in the body that may occur due to the inflammation.

CONCLUSION

Shwitra is a condition that has a significant effect on both the body and the mind. By strengthening the immune system and increasing self-confidence, Ayurvedic treatment for this skin condition has provided a happy existence. Shodhana therapy helps to eliminate the disease's underlying cause and stops it from recurring by removing aggravated Doshas from the body, which reduces the number and size of lesions and restores normal skin color. Orally prescribed medications also significantly reduced symptoms and boosted immunity. Since the patient had substantial alleviation, Shwitra can be managed with this treatment plan.

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