

MANAGEMENT OF SWITRA THROUGH AYURVEDA-A CASE STUDY

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ABSTRACT

Skin is the largest organ forming a major interface between man and the environment. Vitiligo is one among the skin disorder presenting with white patches over the skin, which is occurring as a result of lack of coloring pigment Melanin, due to the destruction of pigment forming cells known as Melanocytes. The positive family history of Vitiligo is relatively common in those with other auto immune diseases. Trauma and sun burn may precipitate the appearance of Vitiligo. Vitiligo is an acquired condition effecting 2% of the population worldwide. The prevalence rate of Vitiligo, ranges from 0.6 -2.28% with region of greater / less prevalence. Most of the Study demonstrates that greater prevalence of this condition is seen in female and 50% onset in children. *Sthana* of *Brajaka pitta* is *twak* and should be maintained in proper state, imbalance to this may lead to skin diseases. In Ayurveda the vitiligo can be considered as *Switra* and it is caused by imbalance of *tridoshas*, whereas *Acharya Charaka* while mentioning the types of *Switra*, he says if the *doshas* are located in *Rakta*, it is red colour, if in *mamsa* its coppery colour, and if its located in *medas* it is white in colour. Here am going to present a case of 15 year old girl, who came to our OPD with c/o white Patches around the eye, elbow and Knees. Treatment given was *deepana pachana* with *trikatu choorna*, *Snehapana* followed by *Virechana Karma*.

Keywords: *Switra*, Vitiligo, *Snehapana*, *Virechana karma*.

INTRODUCTION

Vitiligo is an acquired de-pigmentation of the skin which affects 2% of population worldwide. Unlike albinism, Vitiligo involves focal area of melanocyte loss. There may be positive family history of those with generalized Vitiligo, and this type is associated with auto-immune diseases such as Diabetes, thyroid, adrenal disorders and pernicious Anemia. Trauma and Sunburn may precipitate the appearance of Vitiligo.¹

Vitiligo can be correlated with *Switra* in Ayurveda. The word *Switra* has its root in the Sanskrit

Vitiligo is caused by same etiology as *kushta*. *Switra* classified as *Kilasa*, *Aruna* & *Daruna*.² *Acharya Susruta* opines that *Twak gata Switra* is referred to as *kilasa*. *Switra* is characterized by non-discharging skin lesion, may occur in *rakta*, *mamsa* and *meda*.³ According to *Kashyapa Samhita*, *Switra* is, 'Shweta Bhava Micchanti Switram', this means

reflection of white colour.⁴ *Acharya Charaka* has mentioned various causes out of which *Virudhaaharsevan*, *Papkarma* are important one.⁵ The treatment adopted for the condition are *Shodhana Karma* like *Vamana*, *Virechana*, *Rakta mokshana* using leeches are recommended. *Shamana Chikitsa*- done through oral medications and external applications i.e. *lepa* Apart from these Ayurveda has also given importance to *Daivavyapasraya chikitsa* as *kusta* is a sequel of bad deeds, thus *vratha*, *puja*, *dana* to be done and also *Pathya* to be followed.

Table 1:

BP	110/80 mm hg
Pulse	70 beats /minute
Aahara	Mixed non veg once in a week
Vihaara	Divaswapna (occasionally)
Appetite	Good
Bowel	Regular once in a day
Micturition	3-4 times /day ,1 times at night
Sleep	Sound

Table 2: SYSTEMIC EXAMINATION

Respiratory System Examination	No added sounds Trachea Centrally placed
Cardiovascular System Examination	Chest bilaterally symmetrical
Per/Abdomen Examination	Soft, non-tender, no Organomegaly

Table 3: DASHAVIDHA ROGI PAREEKSHA

<i>Prakriti</i>	<i>Vata Kapha</i>
<i>Vikrita</i>	<i>Pitta pradhana tridosha</i>
<i>Dushya</i>	<i>Rasa, Mamsa and Meda</i>
<i>Sara</i>	<i>Madyama</i>
<i>Samhanana</i>	<i>Madyama</i>
<i>Satva</i>	<i>Madyama</i>
<i>Aahara Sakthi</i>	<i>Madyama</i>
<i>Jarana Sakthi</i>	<i>Madyama</i>
<i>Vyayama Sakthi</i>	<i>Madyama</i>
<i>Satmya</i>	<i>Madyama</i>
<i>Vaya</i>	<i>Youvana</i>
<i>Pramana</i>	<i>Madyama</i>

Case Presentation:

A 15 year old patient, Female, Hindu by religion reported to *PanchaKarma* OPD, in SKAMCH and RC Bengaluru, on 28/04/2018 with complaint of white patches behind the ear, around the eyes, knees and elbow since 2 years. On history taking Patient was said to be apparently normal 2 years back, one day she noticed a small white patches behind her ear with mild itching sensation, as its seem to be small she neglected, later she noticed that its getting increased and spreading to other area. And gradually white patches started appearing around the eyes, around the knee and Elbow joint, for the complaint she took treatment from nearby allopathic hospital, but there was no improvement in the condition and thus came to our hospital for a better treatment. In her family her Grandfather had the same complaint of white patches all over the body .On history taking patient is K/C/O Hypothyroidism and under medication.

Table 4: ASTASTHANA PAREEKSHA-

▪ <i>Nadi</i>	70beats/min
▪ <i>Mala</i>	Once in a day
▪ <i>Mootra</i>	Regular(3-4 times/day)
▪ <i>Jihva</i>	<i>Aliptata</i>
▪ <i>Shabda</i>	<i>Prakrita</i>
▪ <i>Sparsha</i>	<i>Anushna Sheetha</i>
▪ <i>Drik</i>	<i>Prakrita</i>
▪ <i>Aakruti</i>	<i>Madyama</i>

LOCAL EXAMINATION

1. Site of lesion - Elbow joints, Knee joints, around the eyes, behind the ear
2. Distribution - Asymmetrical
3. Color - white
4. Itching - Present; Severity: mild
5. Inflammation - Absent
6. Discharge - Absent
7. Superficial Sensation on lesion - Pain: absent; swelling: absent

Based on the clinical features and examination Case is diagnosed as *Switra* (vitiligo).

TREATMENT GIVEN

- *Deepana* and *pachana* with *trikatu choorna*
- Patient posted for *Virechana karma*
- *Snehapana* with *Pancha tikta ghrta* for 3 days
- *Vishrama kala -Abyanga* with *Manjistadi taila* for 3 days
- *Virechana* with *Trivrit lehyam* 60 gm given
- *Avalgujadi lepa* for E/A
- *Manjistadi kwatha* internally
- White care ointment for L/A

DIAGNOSIS:

Table no.5 –Treatment given and Observations

DATE	LAKSHANA	CHIKITSA	RESULT & OBSERVATION
28/4/18	white patches on face, neck, elbows, knee	<i>Deepana pachana</i> With <i>trikatu choorna</i>	
29/4/18 – 1/5/18	white patches on the face, around eyes elbow and knee with itching sensation	<i>Snehapana</i> with <i>Pancha tikta ghrta</i> for 3 days	On 3 rd day of <i>snehapana</i> pt attained <i>samyak lakshana, snigdhavarcha, vatanulmana, deeptagni</i>
2/5/18 - 4/5/18	white patches on the face, around eyes elbow and knee with itching sensation	<i>Vishrama kala</i> for 3 days <i>Sarvanga abyanga f/b Bashpa sweda</i>	
5/5/18	Itching sensation over the area reduced mildly	<i>Sarvanga abyanga f/b Bashpa sweda</i> with <i>Manjistadi taila, Virechana karma aushashi - Trivrit Lehya</i> 60 gm	<i>Trivrit lehya</i> given at 9.00 am Observed vega till 5.30 Total vegas = 12
5-5-18 to 10-5-18	Itching reduced	<i>Samsarjana krama</i> for 5 days	-
11/5/18	Itching over the area got reduced completely	<i>Avalgujadi lepam</i> given for E/A along with Lemon juice	Improvement in condition noted
26/5/18	Itching sensation over the area reduced com-	➤ <i>Avalgujadi lepam</i> given for E/A along with Lemon	Pt had good improvement white patches on face knee and elbows getting reduced

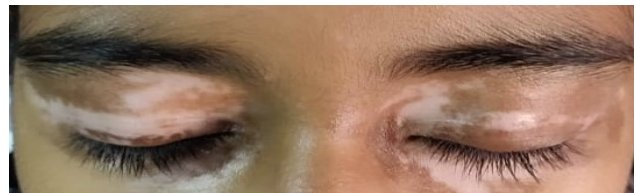
	pletely	juice ➤ <i>Manjistadi Kashayam</i> 2tsp-0-2tsp	
8/7/18	Patches over the area reduced	➤ <i>Avalgujadi lepam</i> given for E/A along with Lemon juice ➤ <i>Manjistadi Kashayam</i> 2tsp-0-2tsp ➤ White care ointment given	White patches over the areas reduced 50%

Images of Patient:

Before Treatment



after Treatment



The patient was administered *Virechana karma* after *deepana pachana* followed by *Shodhananga snehapana*. The details of the procedures are described below:

VIRECHANA KARMA

The Whole *Virechana karma* consist of 3 stages

- a) *Purva Karma*
- b) *Pradhana Karma*
- c) *Pashchat Karma*

PURVA KARMA:

Patient was administered with *Deepana pachana* with *trikatu choorna* for 1 day.Days.Then on next day patient was posted for *Shodhanannga Snehapana* with *Pancha tikta ghrita* for 3 consecutive days After obtaining of *Samyak Snigdha Lakshana* Symptoms like *vatanulomana,snigdha varchas ,agnidipti Twaksnigdhatata* etc Patient advised *Sarvanga Abhyanga* with *Manjistadi taila* followed by *Sarvanga baspa Sweda* for next 3 days. During 3 days *Vishrama kala* patient was administered with *Pitta Utkleshakara Ahara* advised to alleviate *Pitta Dosha*, and on the next day i.e. on 4th day *virechana karma done*

PRADHANA KARMA

As *pradhana karma Sarvanga Abyanga* with *Manjistadi taila* followed by *Bashpa sweda* done. Before administering *virechana aushadhi* –Blood pressure, Body Temperature and Pulse is noted. As per classics *Virechana Karma, Aushadha* is administered at 9.30 am, i.e. after *kapha kala* In empty stomach with *Trivrut Lehya* 60 gm. Patient was given hot water repeatedly in little quantities. BP is recorded hourly. Vega after administration of *Virechana* drug was noted till *Samyak Virechana Lakshanas* Seen i.e. till *Kaphanta*. Patient had 12 vegas.

PASHCHAT KARMA

Patient had 12 Vegas thus attained *Madyama Vegiki Shuddhi*. Thus patient was advised to follow *Samsarjana karma* for 5 days

RESULT:

Notable changes seen after *snehapana* followed by *virechanakarma*, after application of *lepa*, intake of *manjistadi kashaya*.

DISCUSSION

MODE OF ACTION OF VIRECHANA

The mode of action in this case can be understood as: it Causes downward movement of *doshas* from *koshta* and i.e. the *Virechana* drug having the property like *Ushna*, *tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* due to these property *Aushadha* reaches the *Hrudaya* and circulate through the vessel. Due to the *Ushna* property present in *aushadhi* they liquify the *doshas* located in the channel of entire body, thus *doshas* flow towards GIT, morbid *doshas* reaches the stomach carried by *Udana vayu*, due to the predominance of *prithvi* and *jala mahabhuta* in *virechana dravya* Causes downward movement of *doshas* from *koshta* and leads to expulsion of unwanted toxin in the body

MODE OF ACTION OF AVALGUJADI LEPA

Avalgujadi lepa contains *tikta pradhana dravya* these causes *Ama pachana* and pacify *Pitta dosha*. All the drugs present in this *Lepa* has *Vata -kapha nashaka* property, as these drugs has anti-inflammatory and immune modulating property application of *lepa* followed by *atapa sevana* helps in stimulating melanocyte formation. Thus, *avalgujadi lepa* given for external application.⁶

In Ayurveda skin diseases are described under *kusta*. It is named as *Raktha pradoshaja vyadhi*, because *Raktha* vitiation is considered as common pathology in this condition⁷. The main line of treatment described for *kusta* is *Puna: puna: Shodhana.Virechana karma* is the best treatment for treating *Rakthaja vyadhi*, as *pitta* is the *mala* of *Raktha*⁸. Thus *Virechana* is the specific treatment for vitiation of *pitta*.

CONCLUSION

Though *Switra* is an auto immune disease *Shodhana* followed *shamana* therapy is useful. The Curable *kusta* do not recur if pathological factors are expelled out by *Shodhana*, *Shamana* and external application in time. As *Switra roga* is difficult to treat in other System of medicine, it can be managed suc-

cessfully with knowledge of our system of medicine by adopting *Shodhana*, *Shamana* by considering *roga bala*, *dosha*, *dushya*, *prakriti* etc thus *Shodhana karma like Virechana*, application of *Lepa* will gave good result.

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