

AYURVEDIC MANAGEMENT OF SWITRA ROGA: A CASE STUDY

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ABSTRACT

Skin is the largest organ of human body. Skin complaints affect people of all ages from the neonate to the elderly and cause harm in a number of ways such as discomfort, disfigurement, disability and even death rarely. Vitiligo is the condition presenting with whitish discoloration of the skin. It is an acquired condition in which circumscribed de-pigmented patches can be seen. The destruction of melanocytes, pigment forming cells, causes lack of melanin, coloring pigment which leads to this condition. It affects 1-2% of the population worldwide. Onset is usually in the childhood and females are mostly affected. In Ayurveda, the science of life, the disease called “*switra*” can be correlated to vitiligo. Aim of the present study is to evaluate the action of Ayurvedic medications on *switra roga*. Here, am presenting a case of 5 years old girl who came to OPD with c/o white patches over left side of the face. A notable improvement in the condition has been observed in this case.

Keywords: *Switra roga*, Vitiligo, *twak vikara*.

INTRODUCTION

Vitiligo is one of the skin diseases which is commonly seen in the OPD. It is an acquired condition in which de-pigmented patches develop, affecting 1-2% of population of the world. Vitiligo involves focal areas of

melanocyte loss. A positive family history of the disorder may be present in those with generalized vitiligo. The generalized vitiligo is often symmetrical and frequently involves the hands, wrists, knees, neck and

areas around the body orifices. This type is associated with autoimmune disease such as diabetes, thyroid and adrenal disorders, and pernicious anemia. Satisfactory explanation is not available for pathogenesis. Usually accepted theory is that melanocytes are the target of a cell-mediated autoimmune attack. Segmental vitiligo is restricted to one part of the body. Trauma and sunburn may precipitate the appearance of vitiligo.^[1] The term leukoderma is used to explain the depigmented patches of known causes like burn, etc.^[2]

Switra roga, in Ayurveda, can be correlated to vitiligo as per the modern medicine. It is caused, usually, by the simultaneous vitiation of all the three *doshas*. It is of 3 varieties – *daruna*, *caruna* and *kilasa* as per Acarya Caraka. If located in *rakta* (blood), it is red in colour, while in *mamsa* (muscle tissue), it is of coppery colour and when located in *medo dhatu* (fat), it is white in colour. The severity increases subsequently.^[3] Acarya Caraka has mentioned the *nidana* (causative factors) – untruthfulness, ungratefulness, disrespecting gods, insulting preceptors, sinful acts, misdeeds of previous life (*papakriya*) and intake of incompatible food (*viruddhahara*).^[4] *Switra* is considered as *asadhya* (incurable), if the patches are matted together, if there are several patches, if the small hairs over the patches are red in colour and if the patient is suffering for many years.

It is *sadhya* if the small hairs over the patches are not red, if the skin is thin and white, if it is of recent onset and if the space between patches is elevated.^[4] The treatment of *switra* includes *vamana*, *virecana*, *rakta moksha*, etc. *Samana cikitsa*, both internally and externally are also advised. Ayurveda also give importance to *daivavyapasraya cikitsa*.^[5] *Pathya-apathya* should also be given priority here.

MATERIALS AND METHODS:

The study was carried out in accordance with the ethical principles and also obtained the consent from the patient.

CASE PRESENTATION

A female Hindu patient named Priya Kumari, aged 5 years, from Kidwaipuri, reported to Kayachikitsa OPD (OPD R.No: 2095; Hospital R.No:A05632), in GACH, Patna on 22/02/2020 with c/o white patches over left side of the face for 7 months. On taking history, patient was normal 7 months back, she noticed mild discoloration on the left cheek with itching, as it was a small lesion, she ignored it and gradually the size increased. For this complaint she took Allopathic treatment from a nearby doctor, but there was no improvement. Thus, she came here for an alternate management. There is no relevant family or medical history.

Table 1: Personal History

Diet	: Veg and non-veg
Appetite	: Good
Bowel	: Irregular
Micturition	: 4-5 times/day
Sleep	: Sound
Allergy	: Nil
Addiction	: Nil

Table 2: General Examination

Vital data-	Pulse rate	: 74 beats/min
	Respiratory rate	: 16/min
	B.P	: -
	Temperature	: 98.4°F
General appearance		: healthy
Height		: 108cm
Weight		: 20kg
Nutrition		: average

Pallor	: moderate
Icterus	: absent
Cyanosis	: absent
Lymphadenopathy	: absent
Edema	: absent

Systemic Examination

Cardio-vascular system: Normal heart sounds, no added sounds.

Respiratory system: Bilaterally symmetrical chest, centrally placed trachea, normal vesicular sounds.

GI system (Per/abdomen): soft, non-tender, no palpable mass.

Table 3: Dasavidha Rogi-Pareeksha

Prakriti	: vata-kaphaja
Vikriti	: pitta pradhana 3 dosha
Sara	: madhyama
Samhanana	: madhyama
Pramana	: madhyama
Satmya	: madhyama
Satwa	: madhyama
Aharasakti	: madhyama
Vyayamasakti	: madhyama
Vaya	: balya

Table 4: Ashtha-Sthana Pareeksha

Nadi	: vata-kaphaja
Mutra	: 4-5 times/day
Mala	: irregular
Jihwa	: aliptata
Sabda	: vyakta
Sparsa	: anushna-seeta
Drik	: vyakta
Akriti	: madhyama

Table 5: Local Examination

Site of lesion	: face- left cheek
Distribution	: asymmetrical
Itching	: mild
Color	: white
Inflammation	: absent
Discharge	: absent

DIAGNOSIS: Based on the clinical features (*lakshanas*) and examination (*pareekshas*), the case has been diagnosed as *switra roga* (vitiligo).

Treatment Given:

DATE	MEDICINE WITH DOSE	ANUPANA
22/02/2020-07/03/2020	Arogyavardhini vati ½ *bd Krimipaatan churna ½ tsf*hs Vidangarishta 5ml *bd Tolenorm ointment l/a	Luke-warm water Honey Luke-warm water -
09/03/2020-23/03/2020	Mahamanjishthadi kwath 5ml *bd Tab. Pigmento 1*bd Arogyavardhini vati 1*hs Tab. Immunocin 1*bd Tolenorm ointment l/a Avipattikara churna 1gm*hs	Luke-warm water
24/03/2020-07/04/2020	Mahamanjishthadi kwath 5ml *bd Tab. Pigmento 1*bd Tab. Immunocin 1*bd Syp. Apricort ½ tsf*bd Pigmento cream l/a Avipattikara churna 1gm*hs	Luke-warm water
08/04/2020-22/04/2020	Arogyavardhini vati ½ *bd Tab. Pigmento 1*bd Tab. Immunocin 1*bd Syp. Neemoright ½ tsf*bd Triphala churna 1gm*hs	Luke-warm water
23/04/2020-08/05/2020	Tab. Pigmento 1*tds Syp. Immunocin ½ tsf*2 Arogyavardhini vati 1*bd Pigmento cream l/a	Luke-warm water
09/05/2020-23/05/2020	Tab. Pigmento 1*tds Arogyavardhini vati 1*bd Pigmento cream l/a	Luke-warm water

RESULT

Changes were observed after taking the medications by following *pathya-apathya* strictly during the course of treatment.

DISCUSSION

In Ayurveda, skin diseases are explained under the heading *Kushtha roga*. *Switra* is also a skin disease which is mostly correlated to Vitiligo. *Kushtha* is considered as *Raktapradoshaja vyadhi*, that is, disease arising due to vitiation of *rakta*. It comes under the diseases

affecting the *bahya rogamarga*. *Virechana* is the best treatment for *pitta vikaras*, *pitta* is considered as the *mala* of *rakta dhatu*. As the patient is of 5 years, she has been advised to take *Avipattikara churna* daily so as to provide the action of laxative in the form of *nitya virechana*. *Koshthasudhi* is of greater importance before treating any disease. Proper digestion and proper bowel evacuation itself help in the expulsion of the unwanted and toxic substances from the body. The medications given in this case were aimed at improvement of patient's digestion, hunger, immunity, etc. so that the action of the drugs would be much better. *Krimipaatan*

churna was given which has de-worming action that helps in removal of toxic substances from the body. Pigmento tablet which possess anti-pyretic, anti-inflammatory and analgesic activity was also administered to the patient. It helps in protecting the biological membrane from oxidative stress, inhibit the bacterial growth and thereby stimulate the immune mechanisms.^[6] *Arogyavardhini vati* helps to improve digestion and metabolism in the body. In the treatment of *kushtha roga* all the acharyas accepted the role of *sodhana*. Acharya Cakrapani advices *vamana* should be done in every 15 days, while *virechana* in 30 days, *rakta-moksha* in every 6 months and *avapidaka nasya* in every 3 days. The main ingredients of the medicines used are *bakuchi*, *aswagandha*, *triphala*, *nimba*, *tulasi*, *vidanga*, etc. *Bakuchi* (*Psoralea corylifolia*) is considered as *agrya dravya* for the treatment of *switra roga*. Pimento cream contains *bakuchi*, *nimba*, *chakramarda*, *khadira*, etc. It stimulates melanocytes to synthesis melanin pigment. It has anti-inflammatory, anti-fungal properties, etc.^[7] Tolenorm ointment contains *bakuchi*, *sweta kutaja*, *neelini*, etc.^[8]

CONCLUSION

Switra roga is considered as a disease which is difficult to cure, as it is of auto-immune nature. Through *sodhana* therapies followed by *samana* therapies can manage the condition and reduce the prognosis, which can promise the patient a better livelihood in the society. For this, proper medicines should be selected considering the *roga-rogi bala*, *dosha* involvement, *dushya*, *prakriti*, *ahara-vihara*, etc. Treatment selected should include both internal and external medications. *Sodhana* procedures help to remove the disease from its root causes. It is important to treat both physically and mentally as the diseases of skin has greater impact on psychological level of the individual. The colour of the skin plays important role in the society and *switra* is a major skin disease which affects the quality of life of the patient. Even though this is a single case study, it can give us an idea for the special line of treatment that is to be selected in such cases.

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