MANAGEMENT OF SHWITRA (VITILIGO) WITH MITRAPPANCHAKA YOGA AND AVALGUJBEEJADI LEPA AFTER MRIDU KOSHTHA SHUDDHI WITH ERANDA BHRISHTHA HARITAKI-A CASE STUDY

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ABSTRACT

Introduction: Skin is largest organ of our body. Beauty and attraction of individual depends upon it’s health. Shwitra ruins this beauty by causing de-pigmentation over different parts of body. According to modern dermatology, Shwitra can be correlated with Vitiligo. Vitiligo is a progressive disease in which the melanocytes are gradually destroyed causing depigmented or hypopigmented areas over skin. Materials and Method: Main line of treatment of Shwitra is Shodhana, Shamana and local application of drugs. Patient was given Mridu Koshtha Shuddhi with Erand Bhirishtha Haritaki for 3 days at night before sleeping in dose 6 gm before administering lepa locally and Mitrapanchaka Yoga internally. Local application of Avalgujeejadi Lepa on every 3rd day over the de-pigmented skin followed by exposure of sun light. Simultaneously, daily oral administration of Mitrapanchaka Yoga 1155mg (±5mg) BD (with Madhu (3gm)-Sarpi (2gm) in unequal amounts). Patient was kept on light diet throughout the treatment. Total duration of treatment was 60 days and follow up was done for 1 month. Patient followed all Pathyas. After completion of treatment skin color came back to normal (almost) surrounding skin color. Hemoglobin level increased, TLC increased in normal limit, ESR decreased. Subjective complaints like shortness of breath, weakness and constipation were also resolved.

Conclusion- Administration of Mitrapanchaka Yoga internally and local application of Avalgujeejadi Lepa simultaneously after Koshtha Shuddhi is very effective in management of Shwitra.

Keywords: Shwitra, Mitrapanchaka Yoga, Hartala

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The global incidence of Vitiligo is less than 1%\(^1\) with some populations averaging between 2-3% and as high as 16%\(^2\) but management is still unsatisfactory.

Skin is the largest organ of our body covering around 1.73 meter square of area. The beauty and attraction of individual depends upon skin’s health including physical and psychological health. Shwitra is a condition which ruins this health and beauty by causing depigmentation of skin sections. Kushtha is caused by all three Dosha together. Pitta is the major Dosha in any skin condition. Shwitra has been listed to be the worst amongst Kushtha to cause ugly appearance of skin. Acharya Vagbhata has described Shwitra as more dangerous than Kushtha as it becomes Asadhya very quickly like a burning home.\(^3\) According to modern dermatology, Shwitra can be correlated with Vitiligo. Aside from contact with certain chemicals, the cause of vitiligo is unknown.\(^4\) Researchers suggest vitiligo may arise from autoimmune, genetic causes oxidative stress, neural or viral causes. Vitiligo is a progressive disease in which the melanocytes are gradually destroyed causing de-pigmented areas over skin. In Ayurveda, Shodhana and Shamana\(^5\) are indicated for treatment of condition. Shodhana includes the methods of expelling the morbid doshas from the body. Shamana\(^6\) includes the medicaments given after Shodhana for subsiding the remaining dosha.

AIMS & OBJECTIVES
To evaluate the efficacy of Mitrapanchakaa yoga administered with Avalguybeejadi lepa in the management of Shwitra (vitiligo) after Mridu Koshtha Shudhi with Eranda Bhrishtha Haritaki.

MATERIALS & METHODS
SELECTION OF PATIENT- Patient was selected from OPD of Kaya Chikitsa Department, IPGT & RA Jamnagar, Gujarat with typical sign & symptoms of Shwitra.

DIAGNOSTIC CRITERIA\(^7\):
Diagnosis was made on the basis of classical signs and symptoms of Shwitra (Vitiligo) described in Ayurvidic texts & modern medical science-

- MODERN\(^8\)
  - Depigmented macules
  - Trichrome: Three shades:- Central part is depigmented, surrounded by a hypopigmented rim and normal pigmented skin around it.
  - Leucotrichia: Hairs remain same but in older cases they also get hypo pigmented.
  - Koebner’s phenomenon: Hypopigmentation over sight of injury margins.

- AYURVEDA
  1. Tvak varna
     - Rakta, Tamra, Shweta\(^9\)
  2. Roma
     - Shukla roma
     - Raktaroma

Chief complaints: De-pigmented patches around neck and chest on anterior and posterior aspect since 2 years associated with occasional itching.

Associated symptoms: weakness, shortness of breath, constipation, dryness of skin.

INVESTIGATIONS
1. Blood –Hb %, TLC, DLC, E.S.R., R.B.S. etc.
2. Urine – Routine & Microscopic examination.
3. Stool macro and microscopic investigation to ascertain the presence of Krimi if any.
All tests were performed before and after treatment.

**Drug Profile**

**Mitrapanchakaa Yoga**\(^{10}\) (internal)

**Table 1:** *Mitrapanchaka Yoga* ingredients

<table>
<thead>
<tr>
<th>Drug</th>
<th>Latin/English Name</th>
<th>Parts used</th>
<th>Dose (BD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hartala</td>
<td>Yellow Orpiment (As(_2)S(_3))</td>
<td>Whole</td>
<td>30mg</td>
</tr>
<tr>
<td>Shodhita Gandhaka</td>
<td>Sulphur (S)</td>
<td>Whole</td>
<td>125mg</td>
</tr>
<tr>
<td>Bakuchi</td>
<td>Psoralea corilifolia (Linn.)</td>
<td>Seeds</td>
<td>1000mg</td>
</tr>
</tbody>
</table>

**Table 2:** *Avalgujbeejadi Lepa*\(^{11}\) ingredients

<table>
<thead>
<tr>
<th>Hindi Names</th>
<th>Latin Name / English Name</th>
<th>Parts Used</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avalguja</td>
<td>Psoralea corilifolia (Linn.)</td>
<td>Seeds</td>
<td>1</td>
</tr>
<tr>
<td>Shudh Hartala</td>
<td>Yellow Orpiment (As(_2)S(_3))</td>
<td>Whole</td>
<td>¼ part</td>
</tr>
<tr>
<td>Gomutra</td>
<td>Cow’s Urine</td>
<td>Q.S.</td>
<td></td>
</tr>
</tbody>
</table>

(Local application followed by sun exposure)

**DURATION:** Each 3\(^{rd}\) day for 60 days. Drugs were prepared in pharmacy, Gujarat Ayurveda University.

**ADMINISTRATION METHOD:**

Mridu Samshodhana with Eranda Bhrishtha Haritaki\(^{12}\) 6gm HS for 3 days. After this oral administration of *Mitrapanchakaa Yoga*\(^{13}\) as a *Shamana Yoga* along with *Avalgujbeejadi Lepa*\(^{14}\) for local application.

**RESULTS:**

Skin color came back to almost normal after 2 months of therapy and problems like shortness of breath, constipation, weakness also improved. This way *QOL* is also improved.

**DISCUSSION**

Haritaki is given place in *Kushthaghna (helpful in skin diseases)* Mahakashaya. It works on disease directly and also causes *Koshtha Shuddhi (Virechana)* with *Eranda* by Vata-nulomana (bringing Vatadosha in its place) effect which allow better absorption of medicines and also removes *Dosha* (predominantly *Pitta* and *Kapha*). It also resolves the complaint of constipation. *Rasadi Panchaka* of *Avalgujbeejadi Lepa* has dominancy of *Tikta, Kashaya* and *Madhura Rasa*, which alleviate *Pitta*, main culprit in skin diseases and *Katu Vipaka, Ushna Veerya* alleviate *Vata* and *Kapha Dosha*. Most of the contentsin *Mitrapanchaka Yoga* and *Lepa* are *Kushthaghna, Krimighna, Deepana, Pachana*.
Gandhaka and Hartala are having rejuvenating properties hence useful in new melanocytes formation.\textsuperscript{15} Hartala is one of the ingredients of Mallasindoora, Talakeshwara Rasa, which are widely used in disorders like psoriasis, bronchial asthma etc. in which the etiopathogenesis is deranged immunity.\textsuperscript{16} Vitiligo is also having strong autoimmune association\textsuperscript{17} so works in Vitiligo. Though Haratala is described as poison, but presence of Sulphur in Haratala diminishes it’s toxic effects as it lessens its sharpness.\textsuperscript{18} Bakuchi contains psoralens, which on exposure to the sun light brings out melanin in the depigmented lesions. Psoralen has been found to intercalate into DNA, where they form mono- and di-adducts in the presence of long wavelength UV light and thus are used for the treatment of hypo-pigmented lesions of the skin.\textsuperscript{19} Madhu works on Kapha and Pitta Dosha where as Sarpi works on Pitta and Vata dosha. These two also work as anupana for Rasamanikyaratna which is also indicated in Kushtha and having Hartala as main ingredient. Gomutra is good media for applying medicines over skin. It is also having Kushthaghna properties. All Kushtha are Tridosha in origin and combination of above drugs work on Tridosha and relieve the symptoms of Shwitra.

Breathlessness might be a consequence of decreased RBC count after treatment increase in Hb level improved this complaint.

Dryness was still there because application of Avalgujbeejadi Lepa caused irritation and inflammation locally. Dead skin at the site of application might cause this itching.

**CONCLUSION**

Administration of Mitrapanchaka Yoga internally and local application of Avalgujbeejadi Lepa simultaneously after Koshtha Shuddhi is very effective in management of Shwitra and associated complaints.

**FOLLOW UP STUDY:**

A follow up study was done for 30 days after completion of treatment. There was no recurrence.

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Table 4: Criteria for Assessment

<table>
<thead>
<tr>
<th>Extent of pigmentation</th>
<th>Clinical Observation</th>
<th>Scoring Given</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>depigmented area</td>
<td>0</td>
</tr>
<tr>
<td>10%</td>
<td>Specks of repigmentation or concavity of margins</td>
<td>1</td>
</tr>
<tr>
<td>25%</td>
<td>Area of repigmentation less than the residual depigmented area</td>
<td>2</td>
</tr>
<tr>
<td>50%</td>
<td>Area of repigmentation almost equal to that of residual depigmentation</td>
<td>3</td>
</tr>
<tr>
<td>75%</td>
<td>Area of repigmentation more than the residual depigmented area</td>
<td>4</td>
</tr>
<tr>
<td>90%</td>
<td>Some Specks of depigmentation left</td>
<td>5</td>
</tr>
<tr>
<td>100%</td>
<td>Complete repigmentation</td>
<td>6</td>
</tr>
</tbody>
</table>

- Final Score= Total Score of left side+Total Score of right side
- pigmentation scoring for present Study:
Table 5: Assessment before treatment (BT) and after treatment (AT)

<table>
<thead>
<tr>
<th>Extent of repigmentation</th>
<th>No of patches</th>
<th>Scoring Given</th>
<th>Total Score</th>
<th>Extent of repigmentation</th>
<th>No of patches</th>
<th>Scoring Given</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BT</td>
<td>AT</td>
<td>BT</td>
<td>AT</td>
<td>BT</td>
<td>AT</td>
<td>BT</td>
</tr>
<tr>
<td>0%</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10%</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>25%</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>25%</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>50%</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>50%</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>75%</td>
<td>1</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>75%</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>90%</td>
<td>1</td>
<td>1</td>
<td>5</td>
<td>5</td>
<td>90%</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>100%</td>
<td>1</td>
<td>1</td>
<td>6</td>
<td>6</td>
<td>100%</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Total Score of each side</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>12</td>
<td>Total Score of each side</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

According to the table total score percentage before starting the treatment was

\[(2\times10)+(2\times25)+(2\times25)=120\%\]

Total score percentage before starting the treatment was

\[(3\times50)+(4\times75)+(5\times90)+(5\times90)=1350\%\]

Also if we see the difference in scoring done for patches before and after treatment it is 6 and 17 respectively which also shows marked improvement.

REFERENCES


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6. शोधनकोशमध्यविपत्ति सार्वसाहित्य विश्वविद्यालय (A.H.Su.1/25)


14. Anubhuta


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