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 Susrutha 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

¹Switra is a skin condition in Ayurveda, with principles similar to vitiligo.
²Switra is classified into different categories based on its location.
³Switra is a condition where the skin loses its color.
reflection of white colour. Acharya Charaka has mentioned various causes out of which Virudhaaharsevan, Papkarma are important one. 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:

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

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 2: SYSTEMIC EXAMINATION

<table>
<thead>
<tr>
<th>Respiratory System Examination</th>
<th>No added sounds Trachea Centrally placed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular System Examination</td>
<td>Chest bilaterally symmetrical</td>
</tr>
<tr>
<td>Per/Abdomen Examination</td>
<td>Soft, non-tender, no Organomegaly</td>
</tr>
</tbody>
</table>

Table 3: DASHAVIDHA ROGI PAREEKSHA

<table>
<thead>
<tr>
<th>Prakriti</th>
<th>Vata Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vikrita</td>
<td>Pitta pradhan tridosha</td>
</tr>
<tr>
<td>Dushya</td>
<td>Rasa, Mamsa and Meda</td>
</tr>
<tr>
<td>Sara</td>
<td>Madyama</td>
</tr>
<tr>
<td>Samhanana</td>
<td>Madyama</td>
</tr>
<tr>
<td>Satva</td>
<td>Madyama</td>
</tr>
<tr>
<td>Aahara Sakthi</td>
<td>Madyama</td>
</tr>
<tr>
<td>Jaraana Sakthi</td>
<td>Madyama</td>
</tr>
<tr>
<td>Vyayama Sakthi</td>
<td>Madyama</td>
</tr>
<tr>
<td>Satmya</td>
<td>Madyama</td>
</tr>
<tr>
<td>Vaya</td>
<td>Youvana</td>
</tr>
<tr>
<td>Pramana</td>
<td>Madyama</td>
</tr>
</tbody>
</table>
Table 4: ASTASTHANA PAREEKSHA-

- Nadi
- Mala
- Mootra
- Jihva
- Shabda
- Sparsha
- Drik
- Aakruti

70 beats/min
- Once in a day
- Regular (3-4 times/day)
- Aliptata
- Prakrita
- Anushna Sheetha
- Prakrita
- Madyama

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
- Snehapan with Pancha tikta ghrita 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

<table>
<thead>
<tr>
<th>DATE</th>
<th>LAKSHANA</th>
<th>CHIKITSA</th>
<th>RESULT &amp; OBSERVATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>28/4/18</td>
<td>white patches on face, neck, elbows, knee</td>
<td>Deepana pachana With trikatu choorna</td>
<td></td>
</tr>
<tr>
<td>29/4/18  - 1/5/18</td>
<td>white patches on the face, around eyes elbow and knee with itching sensation</td>
<td>Snehapan with Pancha tikta ghrita for 3 days</td>
<td>On 3 day of snehapan pt attained samyak lakshana, snigdhavarcha, vatanulmana, deeptagni</td>
</tr>
<tr>
<td>2/5/18 - 4/5/18</td>
<td>white patches on the face, around eyes elbow and knee with itching sensation</td>
<td>Vishrama kala for 3 days Sarvanga abhyaanga f/b Bashpa sweda</td>
<td></td>
</tr>
<tr>
<td>5/5/18</td>
<td>Itching sensation over the area reduced mildly</td>
<td>Sarvanga abhyaanga f/b Bashpa sweda with Manjistadi taila, Virechana karma aushashi - Trivrit Lehya 60 gm</td>
<td>Trivrit lehya given at 9.00 am Oberved vega till 5.30 Total vega = 12</td>
</tr>
<tr>
<td>5-5-18 to 10-5-18</td>
<td>Itching reduced</td>
<td>Samsarjana krama for 5 days</td>
<td>-</td>
</tr>
<tr>
<td>11/5/18</td>
<td>Itching over the area got reduced completely</td>
<td>Avalgjad lepam given for E/A along with Lemon juice</td>
<td>Improvement in condition noted</td>
</tr>
<tr>
<td>26/5/18</td>
<td>Itching sensation over the area reduced com-</td>
<td>Avalgjad lepam given for E/A along with Lemon</td>
<td>Pt had good improvement white patches on face knee and elbows getting reduced</td>
</tr>
</tbody>
</table>
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) *Pradhanaa 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 Twaksnigdhata* etc Patient advised *Sarvanga Abhyanga* with *Manjistad 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 *Manjistad 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 vega.

**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 Raktha8. 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 successFully 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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