

CONCEPTUAL STUDY OF KILASA (VITILIGO)

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ABSTRACT

Vitiligo is one of the common stigmatizing dermatosis in the Indian society. It is mostly an asymptomatic ailment but may be a painful condition to live with because of the associated stigmas. The Vitiligo patients have to face significant psychological hurt and social neglect. People with this ailment are handicapped in society because of cosmetic disfigurement only. In *Ayurveda*, *Kilasa* (Vitiligo) has been mentioned along with *Kushta* but not included in the types of *Kushta*. *Svithra* is one of the common diseases found all over the world with the higher incidence rate.

Keywords: *Kilasa*, *Svithra*, Vitiligo, *Rasavaha srotas*, *Bhrajaka Pitta*, Leukoderma.

INTRODUCTION

Vitiligo is a common, autoimmune acquired disorder of the skin, which causes milky white depigmented macules on various parts of the body. These macules are commonly aesthetically disfiguring, especially in dark colored individuals. Vitiligo downbeats affected person's thinking, emotions and daily activities. Severity of this negative impact is related to the knowledge and attitude of the society regarding that disease along with the patient's personal characters and individual life situations. Common people's misconceptions and undue apprehension associated with vitiligo are the result of inadequate knowledge about

this otherwise benign and harmless condition. *Kilasa* is also known as one type of *Kushta*¹. Although termed as *Kushta*, it is different than classical *Kushta* disorders. In this disorder, white macules take place on the skin and involving *Brajaka Pitta* of the skin³, it creates many physiological as well as social problems for the patient. *Shwitra* differs from other skin disorders by the normal functioning of all but the skin tissue (*twak*) resulting in discoloration of the skin (*Twak Vaivarnyata*), without discharge (*Aparisravi*).^{4,5}

Nidana (Causative Factors)⁶:

- Food (*Virya Viruddha Ahara* or opposite potency food) that vitiates *Pitta* and *Rakta Dhatu* is responsible for this disorder like eating fish with milk and sour fruits with milk for long time.
- Suppression of natural urges like vomiting and other.
- Bad deals of the fast life⁷.
- Improper social behaviour like insulting teacher and saints.
- Physical exercise in excessive heat and after taking heavy meal.
- Use of cold water immediately after exposure to scorching sun heat, exertion or exposure to frightening situation.
- Improper administration of *Panchakarma* therapies.
- Performance of sexual act while suffering with indigestion.
- Handling toxic colours and dyes.
- Sleep during day time.

Samprapti (Pathogenesis):

Due to the above causative factors the three bodily humoral factors (mainly *Bhrajaka Pitta*) are aggravated and vitiate the structural entity of the body like *Tvak* (skin), *Mamsa* (muscle tissue), *Rakta* (blood tissue) and *Ambu* (lymph or plasma part of the blood tissue) in *Rasavaha Srotas* and produce white macules all over external surface of the skin.

Classification:

Kilasa is mainly two types⁸;

1. *Doshaja* – due to vitiation of *Doshas*.
2. *Vranaja* – white scar tissue produced after any traumatic injury.

Signs and symptoms:

- In *Vataja* type of *Kilasa*, light red colour maculae are localised in the *Rakta Dhatu* and difficult to cure.
- In *Pittaja* type of *Kilasa*, copper like or lotus petal like maculae are localised in *Mamsa Dhatu* (muscle tissue) and it's more difficult to cure.
- In *Kaphaja* type of *Kilasa*, white coloured maculae localised in the *Medho Dhatu* and even it's most difficult to cure.

Sadhya – Asadhyata:

- Newly formed and in which the colour of hairs has not changed is easily curable.
- The one which is chronic and which is on the genitals, on the margin of nails and fingers, on the lips is not easily curable.

Chikitsa Siddhanta:

A. General management:

- First remove the aggravated *Doshas* by proper purificatory procedures.
- Use *Rakta Mokshana* frequently and then give decoction of *Khadira* with food consisting of *Sakthu*.
- Then give decoction of *Bakuchi* with Jaggery.
- Paste of herbs like *Bakuchi*, *Manjishta*, *Sariva* and *neem* are indicated and then advised to the patient to expose the affected skin to the early morning sunrays for few minutes.
- And also apply the *Bakuchi* oil and *Svitrahara* varthi on the white spots and expose to sun light (UV rays)⁹ for few minutes.

B. Specific Management:

Lepa(Pastes):

- Mix *Apamarga* juice and *Gandhaka*, then triturate in mustard oil and apply over the affected parts.
- Mix *Gandhaka* and *YavaKshara*, then add mustard oil and apply.

Tailas (medicated oils) for external application:

- *Aragvadhadi Taila*.
- *Somaraji Taila* (also called *Bakuchi Taila*).
- *Panchanana Taila*.

Kashaya (decoction):

- *Mahamanjistadi kwatha* 20 ml BD.
- *Khadirarista* 20 ml BD.

Compound medicine:

- *Arogyavardhini vati* 250 mg TDS
- *Ashwagandha Vati* 250 mg TDS
- *Shvetari rasa* 125 mg BD with honey.

Mineral compounds (Rasa Aushadi):

Formulations containing processed minerals and metallic salts (*Rasousadha*). These are;

- *Chandraprabha Vati*,
- *Khageswara Rasa*,
- *Kustebhakesari Rasa*,
- *Medani Sara Rasa*,
- *Pittala Rasayana*,
- *Tarakeswara Rasa*, and
- *Vijayeswara Rasa*¹⁰

Raktamokshana:

- If the Leukoderma, present in a very restricted area, leech therapy is very helpful; application of leeches on that spot helps to regenerate the normal skin with melanin pigment, this should be done once a week for 3 to 4 weeks.
- For preventing of recurrence, use of *Vardhamana Bakuchi Kalpa*, start with 5 *Bakuchi* seeds in the morning and gradually in-

crease ne seed daily till the quantity of 21 seeds, then gradually decrease one seed daily till the quantity of 5 seeds. If adverse effect likes itching, burning sensation present stop the treatment.

- *Sahilekha Vati* 250 mg BD with honey.

Pathya and Apathya:

- Avoid salty, pungent, spicy and too much fried substances.
- Do not take incompatible foods.
- Avoid using alkaline soap.
- Drink water kept in copper vessel.
- Use neutral soap.

CONCLUSION

Vitiligo(*Kilasa*) is not physically as painful as other systemic disease but it creates great psychological and social disturbances in the society, therefore one should take necessary treatment as early as possible.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Gugulothu Ramesh Et Al: Conceptual Study Of Kilasa (Vitiligo). International Ayurvedic Medical Journal {online} 2017 {cited October, 2017} Available from:

http://www.iamj.in/posts/images/upload/3863_3866.pdf