

## SVITRA [VITILIGO] – A CASE STUDY

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### ABSTRACT

Svitra is a skin disease having similar dosha- dushya as kushtha but devoid of paka, strav, daha or kotha. This is explained as Kilas kushtha in ayurvedic texts. It can be correlated with Vitiligo which is a pigmentary disorder of unknown cause characterized by de-pigmented or hypo-pigmented patches that results from absence or reduction in melanocytes. A diagnosed case of Svitra is discussed here. In this case study, Vaman karma as shodhan chikitsa along with shaman by Kaishor Guggul, Swayambhuv guggul, Gomutra haritaki & sthanik lepan of Bakuchi was given as treatment. This ayurvedic treatment protocol showed highly significant result.

**KEY WORDS** – Svitra, Vitiligo, Kilas kushtha, Hypo-pigmented patches, Vaman Karma

### INTRODUCTION-

Svitra word has been derived from 'shvita- means white in colour'. This disease has been described under Kushtha vyadhi with synonyms like Kilasa & Varun. Tvaka-vaivarnya is only similar symptom between Kushtha & Svitra. Though having similar dosha- dhatu dushti in both diseases; Svitra affects only Twaka whereas Kushtha affects Sapta dhatu. Acharya Sushruta explained Svitra as "Tvakagatameva kilasam." Svitra can be identified as white hypo-pigmented patches without any paka, strav, daha or kotha. This disease has been classified into 3 types namely vataj, pittaj & kaphaj.

According to its symptoms Svitra can be correlated with Vitiligo of modern medicine. This occurs due to auto-immunity causing absence or reduction of melanocytes. About 1-2 % of the general population has vitiligo & it commonly begins in the second to fourth decade of life. This disease can be diagnosed clinically without any investigations. Tropical & systemic steroids along with

PUVA therapy is the allopathic treatment for vitiligo.

If detected early, Svitra [Vitiligo] can be treated effectively with Ayurvedic shodhan & shaman chikitsa.

### CASE REPORT-

A clinically diagnosed 55 year old Hindu married female patient, residing at Chiplun, presented on 7<sup>th</sup> April 2014 with chief complaints of multiple hypo-pigmented patches over right shoulder since 6 months also some patches with irregular margins over left arm & forearm. She was a known case of Amlapitta with complaints of frequent heartburn. All above symptoms were progressive in nature & patient consulted dermatologist but discontinued treatment as her Amlapitta symptoms got aggravated due to those allopathic medicines. On the basis of signs & symptoms, patient was diagnosed as Svitra [Kilasa Kushtha]

**Astavidha pariksha**

- Naadi- Pitta-vataj samyak gati,
- Shabda- Spashta
- Mutra-Samyak pravrutti
- Mala- Samyak pravrutti
- Sparsha-Samashitoshna
- Druk-Shwetabh
- Akrti-Sama
- Jivha- Saam
- Koshtha-Madhyam
- Prakruti – Vaat pradhan Pitta.

### Systemic Examination

- CVS- No abnormality detected
- CNS- Higher mental functions were intact & no abnormality was detected
- RS- Air entry bilaterally equal with no abnormal respiratory sounds,
- P/A- No abnormality detected

### Hetu

After recording detail history, hetu along with its effect on body were found as follows

Hetu	Duration of hetu sewan	Effect of hetu on Dosh
Diwa swaap	Daily	Kapha pitta prakop
Tea	4-5 cups daily	Kapha pitta prakop
Ati-amboo paan	Daily	Kapha prakop
Dadhee sewan	Twice a week	Kapha prakop
Salty Pickles	Thrice a week	Kapha pitta prakop
Lemon water	Four times a week	Kapha pitta prakop

### Srotas parikshan-

Rasavaha-Hypo-pigmented patches over skin

Raktavaha-Hypo-pigmented patches with slight itching occasionally

Annavaaha- Frequent heartburn, occasional abdominal heaviness after food intake

Dushya - Twak

Vyadhi vyavachhed - Kaphaj Svitra / Kaphapittaj Kushtha

Vyadhi Vinishchay - Kaphaj Svitra [as shool/ daha/ paaka/ kotha or such kind of kushtha lakshan were absent.]

### Dosha- dushya vivechan

Dosha pradhanya - Kapha pradhan pitta

### Shodhan Chikitsa-

### Treatment-

Nidan parivarjan – All kapha-pitta prakopak & rakta pradoshaj hetu were stopped at beginning of treatment.

Chikitsopakrama	Chikitsa dravya avum matra	Chikitsa kalavadhi
Deepan	Shankha Vati 250 mg TDS	5 days
Paachan	Rakta paachak churna 500 mg TDS	7 days

Krumighna	Aragwadh Kapila Vati 500mg 3 tab.HS	7 days
Snehapaan	Goghрут 30 ml- 180 ml in Vardhaman Matra	5 days
Abhyang	Teel tail	2 days
Swedan	Sarvang Swedan Nimba Kwatha	2 days
Shodhan	Vaman Chikitsa [6 vega pittant vaman madhyam shuddhi]	on 8/6/2014

### Shaman Chikitsa-

Chikitsopakrama	Chikitsa dravya avum matra	Chikitsa kalavadhi
Abhyantar	Swayambhuv Guggul 500 mg TDS	9 months
	Kaishor Guggul 500 mg TDS	9 months
	Gomutra Haritaki 500mg TDS	5 months
Bahya	Bakuchi Lepa	9 months

### Apunarbhava Chikitsa –

Bakuchi churna 3 grams BD with water for 3 months

### **OBSERVATIONS –**

- Within 4 weeks of treatment initiation, irregular margins of skin patches were converted into sharply demarked patches.
- After 8 weeks of treatment, patches became pink, itchy and slightly elevated.
- Pigmentation started after about 4 months of treatment.

- Size of patches reduced due to gradual increasing pigmentation.

### **RESULT –**

- Reduction in size & shape of hypo-pigmented patches
- Pigmentation seen in all patches, whereas small patches reduced to normal skin colour.
- No new hypo-pigmented patches seen after Shodhan chikitsa



Before Treatment



After treatment



Before Treatment



After treatment

#### DISCUSSION –

As shool, daha, paka, kotha, strav or such kind of kushtha lakshan were absent, this disease was diagnosed as Svitra [Kilasa Kushtha].

सर्वं त्रिदोषजं कुष्ठं दोषाणां तु बलाबलम् ।

यथास्वैर्लक्षणेर्बुद्ध्वा कुष्ठानां क्रयते

क्रया ॥ च. च. ७-३१

As per above reference & shweta varnata, gradual but progressive onset along with hetu were pointing towards Kapha pradhan Svitra.

वातोत्तरेषु स पर्वमनं श्लेष्मोत्तरेषु कुष्ठेषु ।

पत्तोत्तरेषु मोक्षो रक्तस्य वरेचनं चाग्रे ॥

च. च. ७-३९

According to above chikitsa siddhant, Vamana Karma was planned. Before actual vaman, deepan- paachan & krumighna chikitsa has been given. After getting samyak snehan lakshan, Vaman was given with Madanphal kwatha, yashtimadhoo fanta.

After completion of sansarjan kram, shaman chikitsa was given for shesha dosha prashaman. Swayambhuv Guggul, Kaishor Guggul, Gomutra Haritaki were selected for shaman considering their kaphapitta shaman, raktaprasadan, & svitraghna properties.

ये लेपाः कुष्ठानां युज्यन्ते  
निर्द्दुतास्रदोषाणाम् ।

संशो धताषायनाम् सदयः सद् धर्भवेत्तेषाम्  
॥ च. च. ७-५३

श्वित्राणाम्.....अवल्गुजलेपः पष्टो गवां  
मूत्रे । च. च. ७-१६९

For faster recovery & early pigmentation, Bakuchi lepan with gomutra was given as sthanik chikitsa.

Criteria for selection of medicine

- As kapha is predominant in Svitra, Vaman karma was selected for shodhan.

- Shankha vati & Rakta pachak churna were selected as deepan-paachan medicine before starting snehapan, considering kapha pradhanya & rakta dushti.

- Acharya Sushrut stated in Nidan sthan adhyay 5

“सर्वा ण कुष्ठानि सवातानि सश्लेष्मा ण  
स क्र म ण च उपदिश्यन्ते ।”

Hence Aragwadh Kapila Vati was selected as krumighna medicine.

- Swayambhuv Guggul is indicated in switra [भावप्रकाश कुष्ठ च कत्सा

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which is having properties like kapha-pittaghna, kushthaghna, krumighna, rasayan.

- Kaishor Guggul is indicated in kushtha [भावप्रकाश कुष्ठ च कत्सा ५४७३]

“वातरक्ता धकारोक्तः पुरः

कैशोरका भधः । कुष्ठानां वातरक्तानां  
नाशनं परमौषधम् ॥”

which is having properties like tridoshaghna, kushthaghna.

- Gomutra Haritaki was selected considering its following properties mentioned in Bhavaprakasha Nighantu Gomutra- kaphaghna, kilas-kushtha hara, krumighna

Haritaki – tridoshghna, kushthagha, krumighna & rasayan.

- Bakuchi was selected for abhyantar, bahya & apunarbhava chikitsa as it has kaphaghna, kushthagha, krumighna & rasayan properties.

### CONCLUSION –

Svitra cases are very difficult to treat if it is having involvement of *gambhira dhatu like mamsa & meda*, also

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having duration exceeding one year & multiple coalitions to form a large patch. If these *asadhya lakshanas* are absent then we can expect effective outcomes of the treatment. Multi-disciplinary treatment protocol considering *dosha-dushya-srotasas* is essential for the treatment.

In this case, *Shodhan, Shaman & sthanik Lapan chikitsa* which was planned as per *chikitsa siddhanta* mentioned in *Samhitas*, was given in early stage proved to be very effective.





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