

MANAGEMENT OF SHWITRA (VITILIGO) WITH SHASHILEKHA VATI ALONG WITH SWAYAMBHUVA GUGGULU- A CASE STUDY

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INTRODUCTION

Shvitra is one of the diseases in which colour of the skin is changed to *Aruna*, *Tamra* or *Shveta Varna*. The different causes have been given in the science but *Viruddha aahar* is the unique concept of Ayurveda which is attributed as one of the causes responsible for *Shvitra*. *Charaka* and *Sushruta* are of the opinion that disease of recent origin can be cured.

The symptoms of *Shvitra* as described in Ayurveda can be compared to vitiligo, a pigmentation disorder of skin. Vitiligo is an acquired depigmenting skin condition that results from the destruction of melanocytes. It affects 3% of the Indian population.

The disease in India has a special social significance. No single theory is above to satisfactorily explain all the various types of vitiligo leading one to believe. Vitiligo is probably multifactorial in etiology.

AIM

To evaluate the efficacy of Shashilekha Vati along with Swayambhuva Guggulu in the management of Shvitra (Vitiligo)

OBJECTIVE

To Study the effect of Shashilekha Vati along with Swayambhuva Guggulu in the patient of Shvitra(Vitiligo)

MATERIAL AND METHODS

Inclusion Criteria

1. Patient having textual signs and symptoms of *Shvitra* was selected.

Exclusion Criteria

1. Albinism
2. Generalized vitiligo
3. Cicatrix due to burns though of recent origin.
4. Skin lesions manifested by leprotic or syphilitic origin.

Study Setting

OPD of Kayachikitsa Department of Shree Saptashruni Ayurved Mahavidyalaya and Hospital.

Drug and Doses:

1. Shashilekha Vati 125 mg
BD with Honey
2. Swayambhuva Guggulu 500mg
BD with Lukewarm water

Duration: 2 Months

RESULTS AND DISCUSSION

The patient was kept on Shashilekha Vati and Swayambhuva Guggulu (in combination) for 2 months. After

completion of first week patient developed redness and itching on the lesion. After 15 days of treatment the borders of the lesions showed marked irregularity showing that the pigmentation started appearing on the periphery of the lesion. After the end of the month many small pinheads like pigments developed all over the lesion and they started mixing with each other. At the end of the second month majority of the area of the lesion is repopulated with melanin pigments.



CONCLUSION

Shashilekha Vati in combination with Swayambhuva Guggulu was very effective in the management of Shvitra (Vitiligo) in this case. In this study patient followed the Do's and Dont's as stated in ayurvedic classical text.



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