



## A Case Study to Evaluate the Treatment of *Shwitra* with Ayurveda Modalities

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### ABSTRACT



In Ayurveda all the skin diseases are explained under the term Kushta. The references of *shwitra* are found in almost all the Samhitas like Bruhatrayees and Laghutrayees. In *shwitra* disease the white patch is seen and considering these symptom it can be compared to vitiligo. Vitiligo is characterized clinically by the development of areas of depigmentation. These are often symmetrical and occur mainly on extensor surfaces. This hypopigmentation results due to destruction of melanocytes, which may be unknown in origin or due to autoimmune endocrinopathies selective IgA deficiency. In contemporary science treatment of vitiligo is not very effective. Potent topical steroids and tacrolimus is used which produces harm to skin on continuous use. So the effective medicines are expected from Alternative sciences. To evaluates the role of Ayurveda treatment modalities in *shwitra*. A female patient, aged 15 year suffering from white patch below the left eye since 3year was treated with both *Shodhan* and *Shaman Chikitsa* for a period to 5 months with follow up at every 15 days in between, Relief from the complaints was assessed by noting the changes in the size of patch. After 5 months of treatment the size of patch was reduced. The present case study revealed the efficacy of Ayurveda therapy both internal and external for duration of 5 months in the management of *shwitra*.

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### INTRODUCTION

Vitiligo, a specific type of acquired leukoderma, is an idiopathic, patterned, circumscribed hypomelanosis or dipigmentation of the skin and hair. These are often symmetrical and occur mainly on extensor surfaces. The basis for this destruction is unknown, but immunologically mediated damage is likely and vitiligo sometimes occurs in individuals with autoimmune endocrinopathies, selective IgA deficiency. The incidence of vitiligo is 1 to 8.8%. The age of onset varies widely from infancy to old age, with a peak incidence in the 10 to 30 years age group. The reported female predominance may be spurious, especially in India where vitiligo can be

a considerable disfigurement and can affect eligibility for marriage because vitiligo mimics leprosy. The etiology is unknown. There is a positive family history in 30% of patients. An immune process is the most probable mechanism of destruction of melanocytes, as there are several autoimmune disorders that occur with vitiligo. Clinically the white spots usually gradually appear and remain for life.

As per the symptomatology of disease vitiligo, the clinical condition can be compared with disease *shwitra* (white color patch). In Ayurveda the *shwitra* is a disease explained in *khshudrkushta*. It is also called as *Kilas*, *Daruna*, *Aruna*, *Shwetakushta* (Shukla and Tripathi, 2009b) etc. it explained in almost all the Brihatrayees and Laghutrayees. In Charak Samhita while explaining the *Nidan* of *shwitra* Acharya Charak has explained *virudha ahar vihar* (unbeneficial foods) and *paap karmas* (bad deeds) are the main cause of *shwitra* (Shukla and Tripathi, 2009d). This produces the imbalance of *Doshas* (body humours) like *Vata*, *Kapha* and *Pitta* specially *Bhrajak Pitta* which helps in the formation and maintain the color of skin. These *Doshas* are vitiated along with *Rasa*, *Rakta*, *Mamsa* and *Meda* Dhatus (Shukla and Tripathi, 2009c) (body tissues).

## MATERIAL AND METHODS

### Aim

To study the case of *Shwitra* through Ayurveda

### Objective

1. To study the role of Ayurveda in management of *Shwitra*.
2. To study the disease *Shwitra* in detail.

### Case Report

A 15 Y/F patient came at OPD in our Ayurveda institution Maharashtra with the complaint of White coloured patch (*Twak Shwetata*) on below the left eye along with general weakness and irregular menses. The patch was white, without dryness and scaling. Her family history was negative in first degree relation. Her father's education is upto M.Com and currently working in bank, while mother's education is upto 12<sup>th</sup> and she is housewife. Socio-economic status was middle. There were no personal history of autoimmune disorders like psoriasis; asthma etc. there was no history of trauma or surgery.

### History of present illness

Patient was apparently normal (means she is not aware about the disease) before 5 years. Her mother noticed that she having a white patch over left eye

which is gradually increase in size. She visited to dermatologists for the same, where she undergone haematological investigation which showed low hb%, she advised some internal medicines along with topical steroids for white patch. She took treatment for more than 3 years, and then she stopped medicines by herself as improvement was not noticed. So, she approached to Ayurveda consultancy for the same.

### Personal History

#### Aharaja

Taking vegetarian diet and having habit of eating outside food like panipuri, wadapav etc

#### Viharaj

patient get more exposure to sun for classes as she is student of 10<sup>th</sup> standard. She has habit of sleeping at evening and study at night. She sleeps 3-4hrs/night and 2hrs/evening.

### Examination

vitals are within normal limit. Systemic examination was normal, *prakriti* was *pittavataj* and weight was 37kg with 148cm height.

### Ashtavid pariksha

*Nadi* was *Pittavatja*, no complaint regarding *Mala* (once a day with soft consistency) and *Mutra*(5-6 time/day), *Jivha* was *Niraam*, *Shabda* was *Spashta*, *Sparsha* was *Unushnasheeta* and *Drik* was normal but conjunctiva was pallor as her haemoglobin was low and *Akriti* was *Madhyam*.

### Diagnosis- Shwitra

### Treatment protocol

#### Total duration

5 months

#### Treatment given

Shaman Chikitsa (Shukla and Tripathi, 2009f) and Shodhan Chikitsa (Vaman) (Shukla and Tripathi, 2009e) was given.

### Shodhan Chikitsa

In second sitting after all examination and investigations ,patient underwent for *Shodhan Chikitsa* in which *Vamana* procedure was done (Month of March. 2019) in sequence of *Purva Karma*, *Pradhan Karma* and *Paschayat Karma*.

### Paschayat karma

After obtaining *Samyaka Vamana Lakshana Dhoomapan* was given with stick made of *Aguru* for 5 minutes by each nostril. Then patient was advised to follow the *Sansarjana Karma* for five days. *Sansarjana Karma* was given in the form of

**Table 1: Showed internal medication with local ointment in first sitting**

S. No	Name of Medicine	Dose	Route	Anupan	Time	Duration
1	<i>Ampachana vati</i>	250mg	Oral	Lukewarm water	1 tab. Twice/day before meal	5days
2	<i>Krimikuthar rasa</i>	250mg	Oral	Lukewarm water	1 tab. Twice/day after meal	5days
3	<i>Bakuchighanvati</i>	250mg	Oral	Lukewarm water	1 tab. Twice/day after meal	7days
4	<i>Lohasava</i>	20ml	Oral	Lukewarm water	Twice/day after meal	15days
5	<i>Khadhirarishta</i>	20ml	Oral	Lukewarm water	Twice/day after meal	15days
6	<i>Pigmento ointment</i>	q.s	LA		Twice a day after bath	1month
7	<i>Kumariasava</i>	20ml	Oral	Lukewarm water	Twice/day after meal	15days

**Table 2: Showing Dose, Route, Kala and Anupan of drugs used in *Purvakarma* of *Vaman***

S.No	Name of Medicine	Dose	Route	Anupan	Time	Duration
1	<i>Trikatu churna</i>	3gm	Oral	Lukewarm water	Before meal	3 days from 21/2/19 to 23/2/2019
2	<i>Panchatikta Ghrita</i>	1 <sup>st</sup> day -30 ml 2 <sup>nd</sup> day -60 ml 3 <sup>rd</sup> day -90 ml 4 <sup>th</sup> day -120 ml 5 <sup>th</sup> day -160 ml 6 <sup>th</sup> day -180 ml	Oral	Lukewarm water	Early morning at 7 am	24/2/19 to 1/3/19
3	<i>Sarvanga Abhyanga with Marichadi tail followed by Sarvanga Swedan</i>	q.s	External Application		A day before and on the day of <i>Vamana</i> .	2/3/19 and 3/03/2019

*Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha* for 5 days.

*Bakuchi* is classified under tikta skandha (Shukla and Tripathi, 2009g) in Charaka Samhita, *Katuk varga* (Sharma, 2004) in Sushruta samhita, *Shaka varga* in Ashtanga samgraha as *Rasayana* in Ash-tanga hridayam (Murthy, 2006) *Kushthaghna* (Lep-rosy destroyer), *Jantughna* (Insecticidal), *Deep-ana* (Appetizer), *Pachana* (Digestive), *Anulomana*

(Laxative), *Krimighna* (Germicidal), *Yakridottejaka* (Choleretics), *Kaphaghna* (Expectorant), *Sweda-janana* (Diaphoretics), *Pandu* (Anaemia), *Twaka roga* (In Skin Disorders) are the therapeutic prop-erties of *Bakuchi* (Sharma and Sharma, 2006).

## RESULTS AND DISCUSSION

In Ayurveda *Shodhan* is the method of eliminat-ing the *Dosha* from body to pacify the disease.

**Table 3: Showing ingredients and properties of formulations used in Purvakarma (Deepan, Pachan, Abhyanga & Swedana)**

S.No	Name of medicine	Ingredients	Properties and Use
1	<i>Panchatiktaghrita (Snehapan)</i>	<i>Nimba, Patola, Vyaghri, Guduchi, Vasa, Triphala – Haritaki, Vibhitaki, Amla, Ghrita</i>	<i>Dipana, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna, Kushthaghna and Varnya.</i>
2	<i>Marichadi tail (Abhyanga)</i>	<i>Krishna Marich, Haratala, Man-shila, Musta, Arkadugdha, Ash-wamara, Jatamansi, Nishotha, Gomayarasa, Indrayana, Kustha, Haridra, Daruharidra, Devadaru, Shwetachandan, Gomutra, Sarshp-taila.</i>	<i>Raktashodhak, Vranropak, Twachya, useful in skin diseases. Dadru, Shwitra, Kushtha</i>

**Table 4: Showing ingredients and properties of drugs used in Vamana Karma**

S.No	Name of Ingredients	Latin name	Dose	Properties
1	<i>Madanphala Churna</i>	<i>Randia dumetorum</i>	3gm	<i>Vamanaopag</i>
2	<i>Vacha Churna</i>	<i>Acorus Calamus</i>	5gm	<i>Vamanaopag</i>
3	<i>Saindhav Lavan</i>	Rock Salt	5gm	<i>Abhishyandi, Shodhak</i>
4	Honey		25 ml	<i>Abhishyandi, Yogavahi</i>
5	Milk		2500 ml	<i>Vamanaopag</i>
6	<i>Yashtimadhu phant</i>	<i>Glycyrrhiza glabra</i>	1000 ml	<i>Vamanaopag</i>

**Table 5: After Shodhan of body, Shaman Chikitsa was given as follow**

S. No	Name of Drug	Dose	Anupan	Time	Duration
1	<i>Bakuchighanvati</i>	250mg	Lukewarm water	Twice a day after meal	2 months
2	<i>Lukoskin Ointment</i>	Q.S		Twice a day after bath	2 months
3	<i>Syrup Lukoskin</i>	2 ml	Lukewarm water	Twice a day after meal	2 months
4	<i>Lohasava</i>	20ml	Lukewarm water	Twice a day after meal	15days
5	<i>Tab. Pigmento</i>	250mg	Lukewarm water	Twice a day after meal	15days

**Table 6: Assessment of Samyaka Vamana**

S.No	Mainiki (measurement Intake & Output)	Antiki (Procedural Inference)	Vegiki (No. of Vega)	Laingiki (Symptoms)
<i>Vamana</i>	2500 3100	<i>Pittantak Vamana</i>	8	<i>Kaphachadrika present in vomitus and no bleeding was seen</i>

**Table 7: Showing haematological parameters of patient**

S.No	Haematological parameters	Before treatment (15/1/19)	Before Vaman procedure (8/2/19)	After treatment (4/4/19)
1	Haemoglobin	8.4gm%,	9.1gm%,	9.8 gm%,
2	MCV	64 cub.micron,	62 cub.micron,	66 cub.micron,
3	MCH	18.1 pico-gm	18.5 pico-gm	19.2 pico-gm
4	MCHC	28.2%,	28.0%,	29.1%,
5	RBC	4.65millions/cu.mm	4.75millions/cu.mm	5.10millions/cu.mm
6	WBC	5900/cu.mm	6200/cu.mm	6600/cu.mm
7	Platelets	3.83 lacs/cu.mm	4.1 lacs/cu.mm	3.63 lacs/cu.mm

**Table 8: Showing Ingredients of *Khadirarishta***

S. No	Ingredients	Botnical Name
1	<i>Khadira</i>	Acacia catechu
2	<i>Devadaru</i>	Cedrus deodara
3	<i>Bakuchi</i>	Psoralea corylifolia
4	<i>Djrvç</i>	Berberis aristata
5	<i>Triphala (Haritaki, Bhibitaki and Amalaki)</i>	Terminalia chebula, Terminalia belerica, Emblica officinalis
6	<i>Makshika</i>	Honey
7	<i>Sharkara</i>	Sugar cane

**Table 9: Ingredients of *Lohasava***

S.No	Ingredients	Botnical Name
1	<i>Loha</i>	Iron dust
2	<i>Trikatu (sunthi, maricha, pipali)</i>	Zingiber officinale , Piper nigrum , Piper longum
3	<i>Triphala (Haritaki, Bhibitaki and Amalaki)</i>	Terminalia chebula, Terminalia belerica, Emblica officinalis
4	<i>Makshika</i>	Honey
5	<i>Vidanga</i>	Embelia ribes
6	<i>Musta</i>	Cyperus rotundus Rz.
7	<i>Chitrak</i>	Ricinus communis
8	<i>Dhatki</i>	Woodfordia fruticosa
9	<i>Guda</i>	Jaggery

This *Shodhan* when done by unctuous and *Tikshna* (strong) drugs, it cleanses the body. So in the present study, the patient first treated with the medicines including *Dipan*, *Pachan*, and the drugs which increase the haemoglobin as well as improves the function of uterus was given (Table 1). Then after that *Dipan*, *Pachan* and *Abhyanga* should be done as *Purvakarma* (Table 2) of *Shodhan* (purification) procedure. In *Shodhan*, *Vaman* (Shukla and Tripathi, 2009h) (expelling the impurities o.e vitiated dosha through the upper channel) procedure was done followed by *Samsarjan Krma* and then

*Shaman Chikitsa* was given for 2 months with the follow up at every 15<sup>th</sup> day in between.

*Agni* is said to be the accountable for *Varna* (complexion) and *Sukhayu* (healthy life). *Mandagni* (loss of function of *Agni*) is considered as root cause of all the diseases (Murthy, 2007). *Mandagni* cannot form enough *Rasa Dhatu* (nutrition) which provides nutrition for further *Dhatus* and the person gets easily diseased. In Ayurveda some medicines found which helps in maintaining the normal state of *Agni* like *Ampachan Vati* (Chetan et al., 2018) which contains *Katu* drugs like *Chitraka*, *Pipalim-*

**Table 10: Showing Ingredients of Kumariasava**

S.No	Ingredients	Botnical Name
1	<i>Kumari Rasa</i>	Aloe barbadensis
2	<i>Madhu</i>	Honey
3	<i>Jatipatra</i>	Myristica fragrans
4	<i>Karkatshringi</i>	Pistacia integerrima
5	<i>Pushkarmoola</i>	Inula racemosa
6	<i>Lavanga</i>	Syzygium aromaticum
7	<i>Dhatki</i>	Woodfordia fruticosa
8	<i>Bhibitaki</i>	Terminalia belerica
9	<i>Kankola</i>	Piper cubeba
10	<i>Jatamasi</i>	Nardostachys jatamansi
11	<i>Tamra bhasma and Tamra Loha</i>	Calcined Tamra and Calcined Lauha
12	<i>Kababaka</i>	Piper cubeba
13	<i>Chitrak</i>	Ricinus communis
14	<i>Cavya</i>	Piper retrofractum

**Table 11: Showing Ingredients of Tab Pimento**

S. No	Ingredients	Botnical Name
1	<i>Abrak Bhasma</i>	Mica calx
2	<i>Loha bhasma</i>	Iron calx
3	<i>Tamra bhasma</i>	Copper calx
4	<i>Hingula</i>	Cinnabar
5	<i>Shilajatu</i>	Asphaltum
6	<i>Kajjali</i>	-
7	<i>Triphala (Haritaki, Bhibitaki and Amalaki)</i>	Terminalia chebula, Terminalia belerica, Emblica officinalis
8	<i>Chitrak</i>	Plumbago zeylancia
9	<i>Latakaranja</i>	Caesalpinia bonduc
10	<i>Ritha</i>	Sapindus mukorossis
11	<i>Kasmarda</i>	Cassia occidentails
12	<i>Yavakshara</i>	Hordeum valgare
13	<i>Yashada bhasma</i>	Zinc calx
14	<i>Trayamana</i>	Gentian kurroo

**Table 12: Showing Ingredients of Syrup Lukoskin**

S. No	Ingredients	Botnical Name
1	<i>Vatsanabha</i>	<i>Aconitum Ferox</i>
2	<i>Bakuchi</i>	<i>Psoralya Corifolia</i>
3	<i>Kaunch</i>	<i>Mucuna Preurinis</i>
4	<i>Mandukparni</i>	<i>Cantilla Aciatica</i>
5	<i>Krishn Tulsi</i>	<i>Ocimum Americanum</i>

**Table 13: Showing Ingredients of Lukoskin ointment**

S. No	Ingredients	Botnical Name
1	<i>Bala Mool</i>	<i>Sida cordifolia</i>
2	<i>Bakuchi</i>	<i>Psoralya corifolia</i>
3	<i>Vatsanabha</i>	<i>Aconitum ferox</i>
4	<i>Ark</i>	<i>Calotropis gigantean</i>
5	<i>Kumari</i>	<i>Aloe vera</i>
6	<i>Chameli Tail</i>	<i>Jasminum officinale olie</i>
7	<i>Til Tail</i>	<i>Sesamum indicum olie</i>
8	<i>Petroleum Jelly/ Cream Base</i>	q.s
9	<i>Babchi Ash</i>	<i>Psoralya corifolia</i>
10	<i>Vish Naag Ash</i>	<i>Aconitum ferox</i>

**Table 14: Showing Ingredients of Pigmento ointment**

S. No	Ingredients	Botnical Name
1	<i>Aritha Beej</i>	<i>Sapindus muKorossi</i>
2	<i>Bavchi Beej</i>	<i>Psoralya corifolia</i>
3	<i>Tulsi Beej</i>	<i>Ossimum scantum</i>
4	<i>Kale Jeerak</i>	<i>Cuminum cyminum</i>
5	<i>Chitrak Mool</i>	<i>Plumbago zeylancia</i>
6	<i>Khair Chhal</i>	<i>Ascasia catecu</i>
7	<i>Neem Beej</i>	<i>Azadirachta indica</i>
8	<i>Erand Beej</i>	<i>Castor seed</i>
9	<i>Sonageru</i>	-
10	<i>Gandhak Shuddha</i>	<i>Purified sulphar</i>
11	<i>Chakra Marda</i>	<i>Cassia torra linn</i>
12	<i>Bavchi Tel</i>	-
13	<i>Butylated Hydroxy Toluene Ip</i>	-
14	<i>Kaolin Light Ip</i>	-

**Table 15: Showingthe Ingredients of Marichyadi Tail used for Bahya Snehana**

S.No	Name of Drug	Latin Name
1	<i>Marich</i>	<i>Piper nigrum</i>
2	<i>Nagarmotha</i>	<i>Cyperus rotundus</i>
3	<i>Arkadugdha</i>	<i>Calotrpis procera</i>
4	<i>Kanera Mula Twak</i>	<i>Nerium indicum</i>
5	<i>Nishoth</i>	<i>Operculina turpethum</i>
6	<i>Indrayanamula</i>	<i>Citrullus colocynthis</i>
7	<i>Kushtha</i>	<i>Saussurea lappa</i>
8	<i>Haridra</i>	<i>Curcuma longa</i>
9	<i>Daruharidra</i>	<i>Berberisaristata</i>
10	<i>Devdaru</i>	<i>Cedrus deodara</i>
11	<i>Raktachandana</i>	<i>Pterocarpus santalinus</i>
12	<i>Vatsanabha</i>	<i>Aconitum ferox</i>
13	<i>Sarshaptail</i>	<i>Brassica alba</i>



ula, Ajvian, Shudh Javakhar, Sunth, Chavya, Sajikhar, Shudh Nosager, Kalimirch, Pipali, Samudra Namak, Hing, Saindhav in which Bhavana was given by Nimbu Swaras which is the best drugs for Dipan and Pachan. As Krumi is one of the cause of Raktadushti and produce disease like Pandu and Kushta, here Krimikuthar Rasa (Neha et al., 2017) was given which contains Karpoor, Kutaj, Trayamana, Alameda, Vidang, Shuddhga Hingul, Shudder Vatsanabha, Nagkeshar, Palashbeej in which Bhavana was given by Bhrungaraj Swarasa, Akhuparni Swarasa, Brahmi Swarasa which helps to rid out of disease. So, first Amapachana Vati and Krimikuthar rasa was given.

Then Bakuchighan Vati (Rajput et al., 2014) and Khadirarishta was advised which is most popular formulation for Kushta which contains a single drug Bakuchi belongs to Fabaceae family and Khadira, Devdaru, Triphala etc respectively are depicted in Table 8, (Ayurvedic Pharmacopoeia of India, 2003a). These are the main herbs in traditional Indian herbal medicine for the treatment of skin disorders. It has Tikta and Madhura Rasa which mitigates the Pitta Dosh and Ushna Virya alleviates the Kapha and Vata Dosh. Along with the above drugs poly herbal ointment (ointment Pigmento) was advised which having the main drugs Arishtak (Sharma and Vijnana, 2013) and Bakuchi along with Chitrak, Gandhak, Eranda (Table 14). These drugs having the properties of Kushtaghna, Krimighna, Kapha-Vata Hara and Pandurog Hara.

After routine investigation when we came to know about the low hb% which is one of the causes of irregular menses, the formulation like Lohasava (Tripathi, 2004) was advised which contain Loha and other ingredients which are depicted in Table 9. (Ayurvedic Pharmacopoeia of India, 2003b) and Kumariasava (Ayurvedic Pharmacopoeia of India, 2003c) contains Kumari as the main drug, the detail of herbal constitution of Kumariasava has been presented in Table 10 in addition with this drugs having Appetizer, Digestive and Carminative properties. The drugs like Amalaki and Pipali acts as a Rasayan and also having Panduroghara properties. Amalaki possess antioxidant activity and contain vitamin C which helps for the proper absorption of iron from the gut. Also the Lohasava is directly indicated in the treatment to Panduroga, Agnimandya, Krimi and Kushta. Likewise the Kumariasava is indicated in Agnimandya and bleeding disorders. This formulation showed excellent result in patient's haematological parameters (Table 7).

After that, for Shodhan of body Snehapan was given

by Panchatikta Ghrita contains (Table 3) Panchtiktagana dravays like Patol (*Luffa acutangula*), Neem (*Azadirachta indica*), Guduchi (*Tinospora cordifolia*), Vasa (*Adhatoda vasica*), Vyaghari (*Solanum xanthocarpum*) and ghee. All contents are having Tikta Rasa, Ruksha and Laghu Guna. It mainly acts on Kleda, Meda, Lasika, Rakta, Pitta and Shleshma which help in balancing and correcting vitiated Doshas and Dhatus. It has Dipana, Pachana, Stroto Shodhaka, Rakta Prasadana, Rakta Shodhaka, Kandughna, Kushthaghna and Varnya properties (Shukla and Tripathi, 2009a). Ghrita used in formulation has lipophilic action which helps in carrying drugs to a target organ. This lipophilic nature of Ghrita facilitates entry of drugs into the cell and its delivery to mitochondria and nuclear membrane; it also helps in restoring the normal texture of skin (Shukla and Tripathi, 2009i).

Marichyadi Tail (Mishra, 2006) is used for external application which contains the drugs (Table 15) having Katu, Tikta, Kashay Rasa and Ushna Virya causes Kaphavata shaman. It has Raktashodhaka, and Kushthaghna properties.

Then Vamana procedure was done by Madanphala, Vacha, Saindhav etc. (Table 4) helps in eliminating aggravated Dosh mainly Kapha and Pitta from the Amashaya. The drugs used for Vamana possess Ushna, Tikshna, Sukshma, Vyavayi and Vikasi properties which help to enhance their absorption and reach to the Hriday. From Hriday they move through Dhamani to all Sthula (macro) and Sukhma (micro) Srotas (channels). Vamanaopag Dravyas acts on microcellular level and helps in eliminating the toxins from the body. It strengthens the immune system and helps in preventing relapse. Ushna property of Vamak Dravyas results in liquefaction of accumulated Doshas, Teekshna Guna causes separation of adherent Doshas from Sthula and Sukshma Strotasa and brings these doshas to Amashaya. Vamak drugs have predominance of Agni and Vayu Mahabhuta hence they have Urdhavbhaghara Prabhava which ultimately leads to migration of Doshas in upward direction and eliminated through mouth, an upper part of the body. This detoxification was assessed by Samyaka Vamana Lakshana (Table 6) which results in elimination of root cause of disease.

Shodhan procedure was followed by Samsarjan Karma and Shaman Chikitsa (Table 5) with continuation of some previous given medicines along with some poly herbal syrup (syrup Lukoskin) and polyherbal ointment (lukoskin ointment) which contains Vatsanabha as main drug having properties like Dipan, Pachan, Strotoshodhana, Raktashodhaka, Krimighna and Tridosahara, being Laghu, Ushna





**Figure 1: Effect of Ayurveda modalities on disease Shwitra (Before and after treatment)**

and *Tikta, Katu* in *Rasa* it specially act as a *Kapha-Vataghana*. Along with *Vatsabhabh, Bakuchi, Kumari* etc (Tables 12 and 13) and the drugs of Tablet pigmento which contains *Abrak Bhasma, Loha Bhasma, Chitrak, Triphala* etc ingredients are depicted in Table 11 (selfgrowth.com t/t of lecoderma) all the drugs of this poly herbal products having the properties like *Depan, Pachan, Anulomana* which improves the function of GIT system, also the drugs having special property of *Kushtaghna* and *Krimighna* which were helps to reduce the symptoms of disease like *Shwitra* as shown in Figure 1.

### CONCLUSIONS

The lesion or white patch which was present below the left eye of 15 year old female patient was fully recovered after 5 months of treatment and also her menses becomes regular and the hb% was increased by 1.4 gm% by Ayurveda modalities like *Shodhan* and *Shaman Chikitsa*.

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Both authors declared no conflict of interest.

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