

## **A CASE STUDY OF VITILIGO (SHWITRA) WITH INTEGRATED MEDICINE WITH PRACCHAN KARMA TREATMENT**

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### **ABSTRACT:**

Vitiligo (Shwitra) is recognized as one of the most prevalent autoimmune disease caused by inappropriate activation of the cellular immune system. Vitiligo is chronic disorder that causes depigmentation of patches of skin. It occurs when melanocytes, the cells responsible for skin pigmentation die or are unable to function. In Ayurveda all the skin diseases are described under the heading of “Kushtha”, which are further divided into two namely “Mahakushta” and “Ksudra Kushta”. Based upon clinical features of Shwitra it can be correlated with Vitiligo. Acharya Charak has mentioned Shwitra under Rakt Pradoshaj Vikara. In this case study 32 yrs Male patient is taking integrated treatment (Tacroz forte ointment, Vititeo Ointment, Syp Hemifer Syp Lycospel) with Pracchan karma. Patient is responding well to treatment.

**KEY WORDS: VITILIGO, SHVITRA, VITITEO OINTMENT, SYP HEMIFER, SYP LYCOSPEL, PRACCHAN KARMA TACROZ FORTE OINTMENT.**

## **INTRODUCTION**

In Ayurveda, all skin disease are grouped under a broad heading of kushtharog. Based upon clinical features of Shwitra it can be correlated with Vitiligo. Acharya Charak has mentioned Shwitra under Rakt Pradoshaj Vikara. Vitiligo is chronic disorder that causes depigmentation of patches of skin.it occurs when melanocytes, the cells responsible for skin pigmentation die or are unable to function.

## **AIM:**

To study the effect of integrated (Ayurvedic + Allopathic Medicine) with Pracchan Karma in the management of Vitiligo.

## **OBJECTIVES:**

1. Vitiligo Case taken from OPD CARE AND CURE CENTRE KONDHWA, PUNE.
2. To study the effect of Ayurvedic + Allopathic Medicine with Pracchan Karma in Vitiligo Case.

## **REVIEW OF LITERATURE:**

There main 2 types of Vitiligo

- Non-Segmental
- Segmental

Shwitra is a chronic illness. The lesions of shwitra being dry and also non infectious thus differs from the kushtha in genral. It has been described along with kushtha in the classic. It is whitish discolouration of skin starting from child to old, rich to poor, irrespective of sex, religion, status, age. It is common skin disorder, which is correlated with vitiligo to certain extent in contemporary system of medicine. it has unknown etiology even today. its an acquired condition in which circumscribed depigmented patches develops.

Susruta has considered raktamokshan as one of the five shodana procedures Prachana karma is a one type of raktha mokshan ( blood letting therapy )in which koorcha sastra is used to make multiple pricks are made on affected area to ooze out vitiated blood and achieve doshasamyatha (dosa balance ).by this procedure the blood oozes out from the diseased area .thus the vitiated doshas are expelled out and the disease is cured .

### MATERIALS AND METHODS:

This study has been done at CARE AND CURE CENTRE KONDHWA PUNE .A case of Vitiligo which in the form of Non segmental Vitiligo treating with Ayurvedic + Allopathuic treatment with Pracchan Karma. Medicine which has been used in this study are Vititeo ointment, Syp Hemifer, Syp Lycospel, Tacroz Forte Ointment Additionally Pracchan karma has been done .

### PROPERTIES AND MODE OF ACTION OF DUG USED IN THIS CASE.

#### 1. Syp Hemifer:

| Drug Name      | Latin Name              | Ras                     | Veerya | Vipak  | Gun              |
|----------------|-------------------------|-------------------------|--------|--------|------------------|
| Anant Mool     | Hemidusmus<br>Indicus   | Madhur,<br>Tikta        | Sheet  | Madhur | Guru,<br>Snigdha |
| Bhoomi<br>Amla | Phyllunthus<br>Niruri   | Madhur, Tikt,<br>Kashay | Sheet  | Madhur | Laghu,<br>Ruksha |
| Neem           | Azadiracta<br>Indica    | Tikta, Kashay           | Sheet  | Katu   | Laghu,<br>Ruksha |
| Giloy          | Tinospora<br>Cordifolia | Tikt, Kashay            | Ushna  | Madhur | Laghu            |
| Manjishtha     | Rubia                   | Madhua,                 | Ushna  | Katu   | Guru,            |

|              |                          |                                      |       |        |                              |
|--------------|--------------------------|--------------------------------------|-------|--------|------------------------------|
|              | Cordifolia               | Tikt, Kashay                         |       |        | Ruksha                       |
| Kanchnar     | Bauhinia<br>Variegata    | Kashay                               | Sheet | Katu   | Laghu,<br>Ruksha             |
| Revand Chini | Rheum<br>Emodi           | Katu, Tikta                          | Ushna | Katu   | Laghu,<br>Ruksha,<br>Tikshna |
| Gorakhmundi  | Spharanthus<br>Indicus   | Tikta, Katu                          | Ushna | Katu   | Laghu,<br>Ruksha             |
| Chopchini    | Smilax China             | Tikta                                | Ushna | Katu   | Laghu,<br>Ruksha             |
| Haritaki     | Terminalia<br>Chebula    | Madur,Amla,<br>Katu, Tikt,<br>Kashya | Ushna | Madhur | Laghu,<br>Ruksha             |
| Bibhitak     | Terminalia<br>Bellerica  | Kashya                               | Ushna | Madhur | Laghu,<br>Ruksha             |
| Amla         | Embellica<br>Officinalis | Pancha Rasa                          | Sheet | Madhur | Guru, Sheet                  |
| Daruharidra  | Barberis<br>Aristata     | Tikta, Kashay                        | Ushna | Katu   | Laghu,<br>Ruksha             |
| Kutki        | Pichrohiza<br>kurroa     | Tikta                                | Sheet | Katu   | Laghu,<br>Ruksha             |
| Khadir       | Acacia<br>Catechu        | Tikta, Kashay                        | Sheet | Katu   | Laghu,<br>Ruksha             |
| Bakuchi      | Psoralea<br>corylifolia  | Tikta, Katu                          | Ushna | Katu   | Laghu,                       |

|          |                    |                          |       |        |                   |
|----------|--------------------|--------------------------|-------|--------|-------------------|
|          |                    |                          |       |        | Ruksha            |
| Gulab    | Rosa Indica        | Madhur,<br>Tikta, Kashay | Sheet | Madhur | Laghu,<br>Snigdha |
| Chirayta | Swertia<br>Chirata | Tikta                    | Sheet | Katu   | Laghu,<br>Ruksha  |

## 2. Syp Lycospel:

Lycopene, Niacinamide, Pyridoxine HCL, Cyanocobalmin, Folic Acid, Selenium(As Sodium Selenate), Zinc(As Zinc Sulphate), Manganese(As Manganese Sulphate), Iodine(As Potassium Iodide), Copper(As Copper Sulphate)

## 3. Vititeo ointment:

| Drug Name | Latin Name            | Ras                         | Veerya | Vipak  | Gun                             |
|-----------|-----------------------|-----------------------------|--------|--------|---------------------------------|
| Chitrak   | Plumbago<br>Zeylanica | Katu                        | Ushna  | Katu   | Laghu,<br>Ruksha,<br>Tikshna    |
| Khadir    | Acacia<br>Catechu     | Tikta,<br>Kashay            | Sheet  | Katu   | Laghu,<br>Ruksha                |
| Neem      | Azadiracta<br>Indica  | Tikta,<br>Kashay            | Sheet  | Katu   | Laghu,<br>Ruksha                |
| Errand    | Riccinus<br>Communis  | Madhur,<br>Katu,<br>Kashaya | Ushna  | Madhur | Snighdh,<br>Sukshma,<br>Tikshna |
| Gairik    | Red Ochre             | Madhur,<br>Kashay           | Sheet  | Madhur | Snighdh                         |

|                    |                         |             |       |      |                              |
|--------------------|-------------------------|-------------|-------|------|------------------------------|
| Shuddh<br>Gahndhak | Sulphur                 | Madhur      | Ushna | Katu | Rasayan                      |
| Bakuchi            | Psoralea<br>corylifolia | Tikta, Katu | Ushna | Katu | Laghu,<br>Ruksha             |
| Tulsi              | Ocimum<br>Sanctum       | Tikta, Katu | Ushna | Katu | Laghu,<br>Ruksha,<br>Tikshna |
| Ritha              | Sapindus<br>trifoliatus | Tikta, Katu | Ushna | Katu | Laghu,<br>Tikshna            |
| Chakramard         | Cassia Tora             | Katu        | Ushna | Katu | Laghu,<br>Ruksha             |

#### 4. Tacroz Forte Ointment:

Tacrolimus (0.1%),

Tacrolimus Ointment is an immunosuppressant. It works by suppressing the activity of certain immune cells

This study has been done at CARE AND CURE CENTRE KONDHWA PUNE.

- Patient Name: XYZ
- Age:32Yrs
- Registration number:22/2022
- Date:07/02/2022
- c/o: 1) White pigmentation over bilateral back of hands, fore arm, wrist, ankle
- loss of sensation over white pigmented areas
- H/O Vitiligo since 15 yrs, already taken multiple treatment from outside.
- Diet History: Veg Spicy Foods, curd, junk foods, fermented foods,

**OBSERVATION :**

- Pulse:86/mnt
- BP: 13/80 mmhg
- Weight:75.7kg,
- Aakruti: maddhyam,
- Jivvah:sam,
- Stool: H/o constipation
- Site of lesion on both hands and forearm
- Lesion – Epidermal
- Distribution – Symmetrical
- Character of lesion – Macules
- No of lesions** - Left-32, Right-42, Right Fore Arm -13
- Color** – White
- Arrangement - Non-Segmental.
- Superficial sensation on lesion**
- Pain – Absent
- Swelling – Absent
- Paresthesia - Absent

**ASSESSMENT CRITERIA:**

| Skin Colour          |       |
|----------------------|-------|
| Complaints           | Grade |
| White Skin Colour    | 0     |
| Pinkish Skin Colour  | 1     |
| Brown pigmented dots | 2     |
| Normal Skin Colour   | 3     |

|                    |       |
|--------------------|-------|
| Sensation          |       |
| Complaints         | Grade |
| No Sensation       | 0     |
| Mild Sensation     | 1     |
| Moderate Sensation | 2     |
| Normal Sensation   | 3     |

**Treatment:**

Rx on 07/02/2022

1. Tacroz forte Ointment + Vititeo Ointment Local Applicaton Morninig+ Night.
2. Vititeo Ointment Local Application Afternoon
3. Syp Hemifer 10ml-0-10ml After Meal4.
4. Syp Lycospel 10 ml Hs

| Chief Complaints | First cons              | 1F/U                    | 2F/U                   | 3F/U                  | 4F/U                  |
|------------------|-------------------------|-------------------------|------------------------|-----------------------|-----------------------|
|                  | 07/02/22                | 21/03/22                | 23/05/22               | 03/08/22              | 21/11/22              |
| Skin colour      | 0                       | 1                       | 2                      | 2                     | 3                     |
| Sensation        | 0                       | 1                       | 2                      | 2                     | 3                     |
| No. of Lesions   | R-42, L-32,<br>R.F.A-13 | R-38, L-26,<br>R.F.A-10 | R-32, L-20,<br>R.F.A-8 | R-25,L-14,<br>R.F.A-5 | R-18, L-6,<br>R.F.A-0 |

(R- Right Hand , L- Left Hand, R.F.A- Right Fore Arm)



**First Consulation. 07/02/2022****Follow up 4. 21/11/2022****DISCUSSION:**

It can be observed that medicines which are given to this patient is Integrated approach of treatment with Allopathic and Ayurvedic Medicines. Tacrolimus which is immuno suppressant is necessary to control cells mediated immunity. lycopene which is Antioxidant helps to reduce oxidative level inn body. Ayurvedic treatment in which combination of multiple gunas and Panch Ras leads to develop Auto immune system of body .Local Ayurvedic ointment which is used in this case having sukshma, tikshna gunukt to reach out deep layres of skin and regenerate melanocytes again. Local And Internal medicines have rakshodhak and Shwitraghn property.

Some drug have Rasayan property through which Auto Immune System also develop and maintain to decrease relapse of the symptoms. So Vitiligo can be successfully treated and controllable with this Integrated approach of treatment.

## RESULT

Patient has taking the treatment since 9 months and he is continuing this treatment. His complaints are decreasing and he is satisfied with the treatment. It means the drug which had used on this patient is effective.

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