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Effect of *Gomutra Bhavita Bakuchi Churna Lepa* on *Shwitra* - A Case Study

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ABSTRACT

Shwitra is considered in *Kushta*. It is not painful and trouble some. In society it is very dreadful and hating state. One percent population is suffering in world. It produces mental discomfort. A 25 year old girl had being suffering from white patches over forehead area. *Gomutra Bhavita Bakuchi Churna Lepa* mixed with *Gomutra*, is advised to apply on the affected area in morning 9am and evening 4pm with exposure to sunlight for one month daily. The assesment criteria were size and colour of the patches. The effect of *Gomutra Bhavita Bakuchi Churna Lepa* is to enhance the proliferation of melanocytes. The content of *Gomutra Bhavita Bakuchi Churna Lepa* along with sunlight is very effective. The colour of the skin of effected area become red and sizes diminishes.

Key words: *Shwitra*, *Kushta*, *Gomutra Bhavita Bakuchi Churna Lepa*, *Melanocytes*.

INTRODUCTION

Ayurveda is a prehistoric health science. It covers health maintenance and disease condition. In Indian society many people are suffering from *Shwitra*, there is no pain, uneasiness and body trouble. In Indian society it is very hateful and dreadful condition. Society is not interested to take part in and keep away unpleasant state. It gives mental discomfort and stress. In world 0.1 to 4% people are affected by this disease.^[1] In which about 25% are suffering before 8 years age.^[2] There are many theories regarding the cause of (leukoderma). The main cause of the

leukoderma is autoimmune, genetic, psychological, endocrine disorder, chemical contact and adverse drug interaction.^{[3],[4]} However in Ayurveda, the causes for the *Shwitra*, are considered untruthfulness, ungratefulness, disrespect for the gods, insult of the preceptors, sinful acts, misdeeds of past lives and intake of mutually contradictory food are the misdeeds of past lives and intake of mutually contradictory food are the causative factor of *Shwitra*.^[5]

CASE REPORT

A 25 year old girl complaining white patch over forehead, multiple and irregular sized varied from 0.2 cm. x 0.2 cm. to 1 inch x 1 inch patches. Initially lesions were small discrete, later progressively increased in their size and spread all over the forehead in 6 months, with negative family history. Associated complaints confined to lesions like itching or burning sensation and also no history of environment, occupation and related to contact with harmful dietary substance.

Examination

General condition of patient was fair, Vitals are normal. Local and systemic reveals that no

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abnormality detected. Bowel are constipated. Micturation is normal and adequate. Appetite is good. White patches are different sized with dispersed area on hand and shoulder.

Evaluation of Symptoms

Evaluation of lesion are based on the following criteria;

1. Size (Diameter) of patches on forehead was around 1 inch.
2. Number of patches, were multiple in number.
3. Colour of patches - white.

Samprapti

Mithya Ahara (vitiated, incompatible diet), *Vihara* (life style), day time sleep, disobey of *Guru* and parents order, misbehaviour, misconduct and *Poorvajanmakrita Karma* leads to vitiating of *Kapha* and logging in *Srotas* leads to blockage and aberrant path of vitiating *Vata* and *Pitta*. It resides in *Rakta Dhatu* then it appears red if resides in *Mansa Dhatu* then its colour become *Tamra* and if resides in *Meda Dhatu* then it appears white.

Samprapti Ghataka

Dosha : *Vata*, *Pitta* and *Kapha*.

Dushya : *Rakta*, *Mansa*, *Meda* and *Ambu*.

Adhsthana : *Bahya Rogamarga* - *Twacha* (Skin)

Srotodushti : *Srotavarodha*.

Medication

After proper analysis in first visit patient had been prescribed to apply *Gomutra Bhavita Bakuchi Churna Lepa* mixed with *Gomutra* on the effected part by covering her eyes with cotton cloth during the exposure of sunlight, in morning 9am and in evening 4pm and be in the sunlight for 15-120 min every day. The patient had been told to followed up after one month.

OBSERVATION AND RESULTS

Regular use of *Gomutra Bhavita Bakuchi Churna Lepa* minimises the size and get shrink, also changes the

colour of patches from white to reddish in first visit follow up after one month.



Fig. 1: Before Treatment



Fig. 2: After Treatment

Chemical components of the drug

Bakuchi (*psoralia corylifolia*) has many compounds like bakuchinol (phenol), psoralen, isopsoralen, psorelidin, isopsoralidin, dehydroisopsoralidin and Corylifolen.^[6]

Pathya

Cow milk and ghee, *moong dal*, parval, rice, spinach, methi and easily digestive diets.

Apathya

Guda, sesamum (*Tila*), curd, prickles, chillies, fish, brinjal, jackfruit, heavy diets, etc.

DISCUSSION

In the following work, *Gomutra Bhavita Bakuchi Churna Lepa* (external use) had been used for the treatment of *Shwitra*, the result of which are found

encouraging. The *Rasa* is *Katu, Tikta, Ruksha Guna, Katu Vipaka*. The *Churna* has strong antioxidant properties.^[7] *Rasa, Guna Vipaka* and *Doshagnata* of the *Bakuchi* then it can be found that in *Bakuchi Katu - Tikta Rasa, Ruksha Guna, Katu Vipaka*, predominate. In the *Shwitra Sroto-Dushti* is removed by the *Katu - Tikta Rasa, Ruksha Guna, Katu Vipaka* of the *Bakuchi* and also increases the blood circulation locally, thus provides nutrition to the cells present there and helps in the adequate formation of *Bhrajak Pitta* in the skin. Three *Bhavana* of *Gomutra* is given to *Bakuchi Churna* for three days and then dried and prepared the fine powder. *Bhavana* is given to enhance the potency of the *Bakuchi Churna*. *Bakuchi* content has increased the rate of synthesis and amount of melanin and hence encouraging skin to recover from a vitiliginous state.^[8] The use of sunlight in early morning and in evening on affected area of skin because it has content of ultraviolet rays and with *Bakuchi* leads to favourable milieu for promoting the growth of melanocyte migration and stimulates proliferation.^[9] It is not enough in proliferation of melanocyte but also prevents the autoimmune activity disease.^[10] The mode of action on skin is depends on the nature of drugs used. The nature of *Ushna* leads to diminution of *Kapha* and *Vata Dosha* and *Laghu, Ruksha Guna* subside the *Kapha Guna*. *Katu Vipaka* helps the *Shodhana* of *Srotas*. Also *Ushna* properties helps the *Agnideepana* and *Pachana*. It has properties like *Kushthaghna, Kaphvatahara* and making promote shining in skin (*Twachya*).

CONCLUSION

The effect of *Gomutra Bhavita Bakuchi Churna Lepa* is very effective in vitiligo without any adverse effect on body on any system or organ. The use of sun light is additive effect to promote the melanocyte formation.

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