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A physiological study of *Bhrajaka Pitta* and clinical view of *Shwitra Kusthari Rasa* and *Shashilekha Vati* in *Shwitra Roga*

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ABSTRACT

Background: Ayurveda defines human body as a hospitable homestasis of *Dosha*, *Dhatu* and *Mala*. The equilibrium of *Dhatu* is health. Any disturbance in their equilibrium leads to disease. In the present scenario, people are very much conscious about their health as well as beautiful and clear skin. Thus health and beauty are two faces of single coin. Moreover a person who is physically healthy and is personified by beauty is much more intelligent and confident than a normal being. Discoloration of skin without perceiving pain is exclusive character of *Shwitra* (Vitiligo) *Roga*. **Aim:** To study the treatment principle in management of *Shwitra* (vitiligo) according to Ayurveda. **Methodology:** 60 clinically diagnosed cases of *Shwitra* (Vitiligo) were divided into 2 groups and treated with *Shwitra Kusthari Rasa* 250mg in Group A and *Shashilekha Vati* 250mg in Group B. *Bakuchi Taila* local application on the affected patches was done in both the groups for 90 days. **Discussion:** Therefore it can be concluded that *Shwitra Kusthari Rasa*, *Shashilekha Vati* and *Bakuchi Taila* both are potent and effective for the management of *Shwitra Roga* vis-a-vis Vitiligo.

Key words: *Bhrajaka Pitta*, *Shwitra Kusthari Rasa*, *Shashilekha Vati*, *Bakuchi Taila*

INTRODUCTION

Shwitra (Vitiligo) is one of the most common skin disorder prevalent now a day. Skin is one of most sensitive organ which play a important of in health is as well as beauty. Even a small lesion on superficial skin can cause a lot of anxiety and depression in several people. Vitiligo means loss of pigment with white patches of varied sizes often symmetrically distributed. The skin bordering the affected sites is

usually hyperpigmented and hair in affected areas is usually but not always white.^[1]

A lot of references are available in different Ayurvedic classic which shows that the disease was prevalent at those time.

Hence, it is need of the hour to carry researches of finding efficient, economic, natural and safer formulations to manage *Shwitra Roga*. Keeping this mind the present study was carried out to study basic Ayurvedic principles in its management.

Therefore we decided to study description of this disease and also various formulations for its cure in classical medical literature which is responsible for the normal texture of the skin and check the pathogenesis of *Shwitra Roga* vis-a-vis vitiligo.

OBJECTIVE OF THE STUDY

Clinical evaluation of *Shwitra Kusthari Rasa*, *Shashilekha Vati* and *Bakuchi Taila* (Herbomeneral formula) in the management of *Shwitra Roga* on scientific parameters.

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MATERIALS AND METHODS

Selection of the Patients

The study was conducted on 60 clinically diagnosed and confirmed patients of *Shwitra Roga* (Vitiligo) which were selected from OPD wing of Post Graduates Department of Kriya Sharir, NIA, Jaipur.

Age Group

Patient between the age of 1-60 years were considered for the study

Clinical Evaluation

A proforma prepared on the basis of description of *Shwitra Roga* in classical text as well as modern text. All the symptoms, etiological factors of *Shwitra* (vitiligo) as described in Ayurvedic and modern dermatology were used for the purpose.

Inclusion Criteria

- Those who are suffering from disease (white patches within 10 years not beyond the time limit (10 years).
- The patients with classical signs and symptoms of *Shwitra* and that of Vitiligo were included.
- Patients of both sexes were included.

Exclusive Criteria

- If the patient white patches are the result of burn, chemical burn, psoriasis were excluded.
- Very weak, suffering from psychological as mental disorder were excluded.
- Patient of other Infection, pregnant women, feeding mother and feeding baby were excluded.
- Generalized Vitiligo or whose complete body become white and in albino.
- Patient of vitiligo associated with malignancy of skin were excluded.

Criteria of Assessment

On the basis of recoloration or pigmentation the results were screened during and after the treatment.

1. Subjective improvement

Any change in their clinical manifestation and growing feeling of well being produced if any after the course of the therapy.

2. Clinical assessment

For the clinical assessment the incidence of presenting feature was worked out and the severity of symptoms was rated in each patients.

Following parameters were adopted for statical analysis and preparing the graphical value and data.

- Without improvement or not recoloration
- Repigmentation (0.01-0.025cm of diameter and the patches were upto 5)
- Repigmentation (0.026-0.50 cm of diameter and the patches were 6-10)
- Repigmentation (0.51-0.75 diameter and the patches were 11-15).
- Repigmentation (0.76-100cm diameter and the patches were 16-20).

Clinically features were looked ^[2-6]

3. Iching (kandu)
4. Sweating
5. Pain
6. Secretion
7. Pin point bleeding
8. Colour of skin
9. Surface of affected part
10. Intolerance to heat
11. Hair present or absent
12. Colour of hairs
13. Margins of the lesions

Numbers of lesion

- Before treatment of pigmentation
- After the treatment of the pigmentation

Size of lesions

1. Maximum
2. Minimum

Laboratory Investigations

To exclude other systemic illness the lab investigation were done.

- Hb%, TLC, DLC, ESR.
- Urine test routine and microscopic examination
- Thyroid function test
- Serum copper examination
- Other serological test SGOT, SGPT as per requirements of patient.

Photographic change

Coloured photograph of the lesions were taken before and after the treatment of the patients.

Posology

Group A: 30 clinically diagnosed cases of *Shwitra* (Vitiligo) were registered in OPD and advised 250mg tablet *Shwitra Kusthari Rasa* and local application of *Bakuchi Taila*.

Group B: 30 clinically diagnosed cases of *Shwitra* (Vitiligo) were registered in OPD and advised, *Shashilekha Vati* 250mg tablet and local application of *Bakuchi Taila*.

Dosage

Tab *Shashilekha Vati* 250mg and *Shwitra Kusthari Roga* 250mg in adult patient twice a day before breakfast with *Bakuchi Taila* 2 drops and half teaspoon of honey. *Bakuchi Taila* for local application on the affected patches.

Duration of Clinical Trial

90 days

Selection of Drug**1. *Shwitra Kusthari Rasa* (tablet)^[7]**

Name of text book – *Rasa Ratna Samuchaya* (Kustha Rogadikar)

Table 1: Different constituents of *Shwitra Kusthari Rasa* (tablet)

SN	Name of Drug	Botanical/English Name	Qty.
1.	<i>Sudha Parad</i>	Pure mercury	1 part
2.	<i>Sudha Gandhak</i>	Pure sulphur	1 part
3.	<i>Tamra Bhasma</i>	Copper ash	1 part
4.	<i>Tutha Bhasma</i>	Blue vitriol CuSO ₄ 5H ₂ O ash	1 part
5.	<i>Bakuchi Seeds</i>	Psoralea corylifolia	Decoction as per requirements

2. *Shashilekha Vati*^[8]

Name of text book – *Yoga Ratnakar*

Table 2: Different constituents of *Shashilekha Vati*

SN	Name of Drug	Botanical/English Name	Qty.
1.	<i>Sudha Parad</i>	Pure mercury	1 part
2.	<i>Sudha Gandhak</i>	Pure sulphur	1 part
3.	<i>Tamra Bhasma</i>	Copper ash	1 part
4.	<i>Bakuchi seeds</i>	Psoralea corylifolia	Decoction as per requirements

OBSERVATIONS AND RESULTS

Overall relief / Improvement in 60 patient of *Shwitra Roga* (Vitiligo) in all two group after the therapy.

Group - A

S N	Analysis of affected area	Mean		Dif	% of change	SD	SE	t	P
		BT	AT						
1	Pigmentation	16.07	8.13	7.93	49.38	4.62	0.84	9.40	<0.001
2	Oldest Vitiligo lesions	45.0	26.27	18.73	41.63	9.16	1.67	11.20	<0.001

3	Newest Vitiligo lesions	13.23	4.40	8.83	66.75	3.03	0.55	15.07	<0.001
4	Maximum Vitiligo lesions	53.13	27.70	25.43	47.87	11.73	2.14	11.88	<0.001
5	Minimum Vitiligo lesions	5.20	1.33	3.87	74.36	1.50	0.27	14.10	<0.001
N = 30									

Group - B

S N	Analysis of affected area	Mean		Dif	% of change	SD	SE	t	P
		BT	AT						
1	Pigmentation	13.63	6.60	7.03	51.59	4.14	0.76	9.31	<0.001
2	Oldest Vitiligo lesions	56.73	25.50	31.23	55.05	15.70	2.87	10.88	<0.001
3	Newest Vitiligo lesions	13.07	4.00	9.07	69.39	3.59	0.66	13.83	<0.001
4	Maximum Vitiligo lesions	73.60	34.97	38.63	52.49	20.52	3.75	10.31	<0.001
5	Minimum Vitiligo lesions	7.53	2.20	5.33	70.80	2.92	0.53	10.02	<0.001
N = 30									

CONCLUSION

Bhrajaka Pitta is causative factor for the normal and variations of the complexion of the skin. The deficiency of *Bharajaka Pitta* is one of the causative factor of the pathological conditions. On the basis of other clinical symptoms *Shwitra Roga* can be correlated with the vitiligo disease. *Shwitra Kusthari Rasa* and *Shashilekha Vati* both, medicine may

activate the process of Pigmentation in the presence of sunlight. Repigmentation was usually seen in peripheral region first and covering towards the centre from all directions. *Taila* are absorbed to be digested and utilized by body with the help of heat energy that is present in *twacha* as *Bharajaka pitta*. The heat energy present in the skin *Bhrijaka Pitta Agni* as per *Ayurveda*. At the same time according to modern science if excess heat from outside penetrates in the skin it lead to increase the melanocytic activity causing pigmentation and reduce elasticity of skin therefore skin is a good conductor of heat. Therefore it can be concluded that *Shwitra Kusthari Rasa*, *Shashilekha Vati* and *Bakuchi Taila* both are potent and effective for the management of *Shwitra Roga* vis-a-vis Vitiligo.

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