

To Evaluate the Efficacy of Arkaksheradi Lepa after Prachanna in Shwitra - A Single Case Study

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ABSTRACT

Skin is the largest organ which covers body. Vata and Bhrajaka pitta are responsible for maintaining healthy skin. Shwitra is one among the Kilasa kushta which is characterized by the manifestation of Swetha Mandala & Kandu. It can be correlated to Vitiligo in certain extent which is characterized by white patches. In Rasendrasarasangraha, Arkaksheeradi lepa after Prachanna is advised in Shwitra. Here an attempt is made to evaluate the efficacy of Arkaksheeradi lepa after Prachanna in the management of Shwitra Kushta.

KEYWORDS: Shwitra, Vitiligo, Arkaksheradi lepa, Prachanna

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INTRODUCTION

Skin is the largest organ in the body. Beauty and attraction of an individual depends upon the healthy skin. According to Ayurveda Vata & Bhrajakapitta¹ resides in skin. As skin covers all over the body, Bhrajakapitta should be maintained in proper state & it needs continuous care.

Any imbalance in Vata & Bhrajakapitta may cause skin diseases. Shwitra²⁻⁴ is a common skin disease described in varieties of Kilasa Kushta and it is one among the Rasa Pradoshaja Vikaras⁵. It is characterized by the Swetha Mandala & Kandu. It can be correlated to Vitiligo in certain extent. Worldwide incidence of vitiligo - 1% & Incidence⁶ of Vitiligo is 3% to 4% in India. The Prevalence of Vitiligo is high in India, varying in the range of 0.46% to 8.8% & the Female-to-Male ratio in our study was 2.1:1.

Vitiligo^{7,8} is a condition caused by improper distribution of the melanin (melanocyte) beneath the skin surface which is characterized by white patches. It is a cosmetic problem for all the age group which creates negative impression in society and psychological disturbance in individual. Lepa,

Shodhana, Rakthamokshana, Rukshana and Sakthubhakshana are the treatments⁹ explained for Switra in Ayurveda.

According to Rasendrasarasangraha, Arkaksheeradi lepa¹⁰ after Prachanna^{11,12} is advised in Switra. This yoga is cost effective and can be prepared & applied easily. Hence, here an attempt is made to evaluate the efficacy of Arkaksheeradi lepa after Prachanna in the management of Shwitra Kushta.

Case report:

A 44years old female patient reported to OPD of Taranath Government Ayurvedic Medical College & Hospital, Ballari(Karnataka) in the month of May 2019 with the complaints of whitish patches over right arm since 6 months.

History of present illness:

Patient was apparently normal before 6 months, one day she noticed slight discoloration over the right arm. Initially she neglected the condition but later when the patches became whitish as well as she developed 3 more whitish

patches thus she came to our hospital for the management. No history of itching, discharge from the patches.

Personal history:

- Appetite: Good
- Bowel: Once daily, often hard stools.
- Micturition: 4-6 times per day.
- Sleep: Disturbed.
- Diet: Mixed diet.
- Habits: No habits of Smoking, Alcohol

General examination:

- Built - Moderate
- Pallor- Absent
- Icterus- Absent
- Clubbing- Absent
- Cyanosis- Absent
- Lymphadenopathy- NIL
- Edema- Absent



Systemic Examination:

CVS- S1,S2 heard, no Murmur and added sounds.
RS- Chest B/L symmetrical. NVBS heard.
CNS- Conscious, oriented.
P/A- Soft, non tender, no palpable mass.

Vitals:

BP- 130/80mmg
Pulse- 76 bpm
Heart rate- 76 /min.
Temperature- Afebrile.
Respiratory rate- 18 cycles per min

Local examination:

Inspection:

- 4 White macules over lateral side of the Right arm 4cm above the elbow joint
- No Discharge

Palpation:

- 1st lesion measuring about 2cm x 1cm
- 2nd lesion is about 2cm x 1.5cm.
- 3rd lesion is 0.5cm x 0.6cm and 4th lesion is about 0.4cmx0.3cm in length
- No Tenderness
- No raised Temperature.

Laboratory Investigations:

- RBC - 100mg/dl
- Hb% - 12.4gm%
- Clotting Time - 2 min/sec
- Bleeding Time - 3min/sec

Diagnosis: Shwitra

Treatment Plan:

| | |
|--------------------|---------------------------------|
| Prachanna | Weekly once for one month |
| Arkaksheeradi lepa | Daily application for one month |

Arkaksheeradi lepa:

| Ingredient | Botanical name | quantity |
|-------------|---------------------|----------|
| Arkaksheera | Calatropis gigantia | Equal |
| Saindhava | Rock salt | Equal |

Procedure:

POORVAKARMA:

- Nature of the study was explained to the patient and consent was taken.
- Patient is advised to sit on the chair.
- The site of prachanna is cleaned with normal saline

PRADHANA KARMA:

- Using surgical blade no 12 superficial multiple incisions are given over the lesion.
- Number of incision depends on the site of lesion.
- After prachanna the site was cleaned with cotton swab.
- Lepa of thickness 0.5cm is applied over the site of prachanna.
- Then the patient was made to expose the part to the sun rays for 30 minutes.

PASCHAT KARMA :

- Lepa was removed before it is dried completely.
- Part is cleaned with normal saline.



Observations:

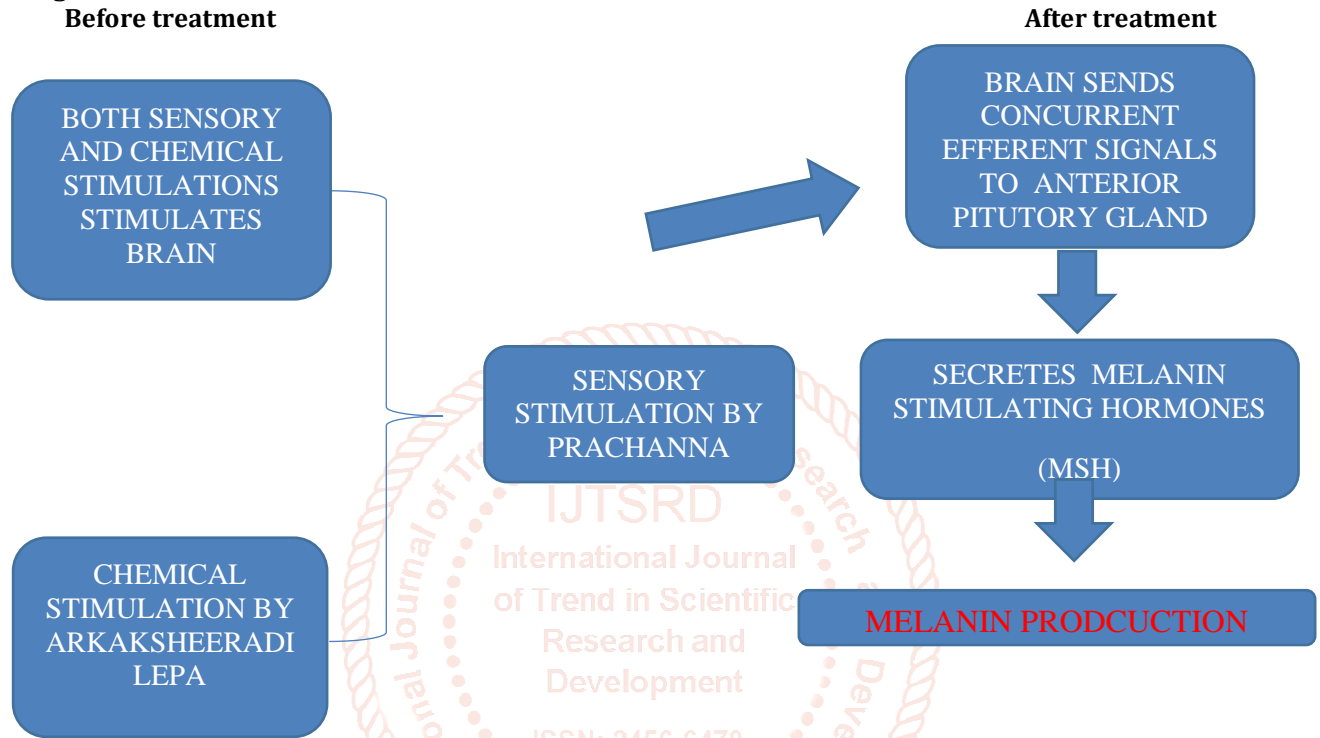


Discussion:

Shwitra is one among the trividha Kilasa Kushta where in Kapha dosha and Medha dhatu are intensively involved. In Shwitra, there will be involvement of Dushta Rakta, Thus Prachanna is a type of Raktamokshana which is specially indicated in localized lesion is done.

Mode of action according to Ayurveda:

Pachanna expelles localized vitiated rakta and also it stimulates the accumulation of Mast cells at the site & helps in improvement of circulation. Katu & Tikta rasa of Arka and Lavana rasa of Saindhava removes the Srotoavarodha. Arka is specially being the Lekhana dravya helps in Scraping the superficial layer of the epidermis leading to production of new skin layer, further ushna veerya of the drug and Exposure to Sun light accelerate the pigmentation process. Snigdha guna of Saindhava lavana helps in stimulation of localized Bhrajaka Pitta.

According to Modern:**Conclusion:**

- Lepa, Shodhana, Raktha mokshana, Rukshana and Sakthu bhakshana are the treatments explained for Switra in Ayurveda
- Arkaksheeradi lepa after prachanna is explained in Kushta chikitsa by Rasendra Sara Sangraha.
- This yoga is Cost effective, Can be Prepared easily and Can be Applied easily.
- Since it is the pilot study, it is not possible to draw the firm conclusion; Hence further study on enlarged subjects is required to draw the concrete conclusions.

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