

Role of Vamana in the Management of Switra with Special Reference to Vitiligo - Case Study

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ABSTRACT

Introduction:

The skin is the largest, visible and very essential sense organ of the human body. skin is the site for bhrajaka pitta and responsible for reflection of chhaya of skin in Sanskrit. The word Switra stands for Sweta which means white patch. So Switra is a disease where white patches appear over the body. the characteristics of shwitra are similar to vitiligo. Vitiligo is autoimmune skin disease, in which skin colour turn to white due to loss of melanocytes which produce pigment melanin responsible for the colour of the skin.

and vamana is a major panchakarma therapy, vamana refers to therapeutic vomiting which is done through medicated emesis. This is done to reduce aggravated kapha and associated with pitta vata. A case report of 23 year old Female who complained of whitish discoloration over the lowback since 5-6 years.

Aims and objectives: To know the role of Vamana karma in Switra with respect to vitiligo.

Materials and Methods: The subject who approached Panchakarma OPD of Taranath Government Ayurvedic Medical College, Ballari was systematically reviewed and Switra line of treatment was planned.

Results: The lesions of Switra condition was improved remarkably within 15 days of treatment as shown in photographs.

INTRODUCTION

The word Shwitra has its root in the Sanskrit word Shweta, which means white patch¹. So Shwitra is a disease where white patches appear on the body. In Ayurveda all skin disease comes under Kushta Roga^{2,3} and Shwitra is one of them. Shwitra is mentioned in Kushta Roga Chikitsa where white patches appear on the whole body or a local region. Kushta is included in Ashta Maha Gada in Ayurveda⁴. Skin covers all over the body as covering, Bhrajaka Pitta is placed in skin which is responsible for Chhaya and Prabha of skin. Any impairment of Bhrajaka Pitta and Vata Dosha can cause skin disease like Shwitra. Just like Kushta It is caused due to Vitiating of Tridosha and Dhatus like, Rasa, Rakta, Mamsa and Meda. The main cause for the disease is believed to be Purva Janma Krita Paapa^{Phala}^{5,6}. In modern medical science, the characteristics of Shwitra are similar to vitiligo. Vitiligo is a condition, in which the skin colour turn white due to the loss of melanocytes cells that produce

pigment melanin responsible for colour of skin or it can be said as hypopigmentation of skin. It affects both sexes equally. In OPD we observe mainly female preponderance due to greater cosmetic awareness. Vitiligo comes under a cosmetic disfigurement of skin and 1% of total world population affected by it⁷. Due to lack of scientific appraisal and confusion of Vitiligo with Leprosy all make it a social embarrassment. Basic treatment of vitiligo in modern medical science is tropical creams contain corticosteroids, some type of radiations, skin grafting and medical tattooing etc. which is economic burden to the patient.

The following case was treated with Shodhana karma with sound improvement which is evident from inspection and photographs. The outcome of this clinical study will reveal further regarding the effect of vamana in vitiligo

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KEYWORDS: Switra, Kushta, vitiligo, Vamanakarma

OBJECTIVES

- To study the effect of vamana in the management of switra

MATERIALS AND METHODS:

This study was carried out in Taranath government ayurvedic hospital,ballari

Case report:

Basic information of the subject:

Age: 23 yrs
Cpd-13869
Sex: Female Religion: hindu
Occupation: Student
Socioeconomic status: middleclass

Chief Complaints:

A female pt of 20 yrs old visited panchakarma opd, TGAMC & H, Ballari presented with whitish patches over low back since 7 years.

Associated complaints: itching over white patches.

History of present Illness

A patient was said to be apparently healthy before 7yrs and then she gradually developed white patches over low back associated with itching initially the size of the patches were small and pt neglected it. Later after 4 yrs pt started observing that the size of the patches were gradually started increasing and approached dermatologist and diagnosed as vitiligo and given medications but dint get a satisfactory results so pt approached our hospital for further management.

Personal history

Appetite – good. Bowel- Irregular. Sleep- disturbed. addiction – no	Ahara - Lavana, Amla Dravya, mixeddietary habits, excessive tea intake, curd, oily and spicy food, Viruddha Ahara Vihara: ratri jagarana, diwaswapna
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Psychological history

The patient was depressed psychologically. Patient has more stress since 6 months as she was rejected by marriage proposals and complained of insomnia.

TREATMENT:

Procedure adopted:

Karma	Aushadha	Dose	Duration
Deepana pachana	Trikatu churna	½ tsp TID	3 Days
Snehapana	Mahatiktaka grutha	Aarohana karma 1 st day – 30ml 2 nd day – 65ml 3 rd day – 100ml 4 th day 135ml 5 th day – 170ml	5 days
Vishrama kaala			1 Day

Past history - No significant history.

Family history – Nothing significant.

GENERAL EXAMINATION

Pallor - Present Icterus - Absent Cyanosis - Absent
Clubbing - Absent

Lymph node - Not palpable Oedema - Absent

BP- 130/80 mm of hg Pulse -78/min

SYSTEMIC EXAMINATION

CNS – The patient was conscious & oriented to time, place & person.

CVS – S₁ S₂ heard, no added sounds

RS - normal vesicular breath sounds heard

P/A - soft, normal bowel sounds; no organomegaly

LOCAL EXAMINATION

Whitish patches over the lower back.

Discharge – absent

Inspection

Description of skin lesion/patch:

1. Primary morphology:

Flat/raised - Flat

Size – around 15cm x 7cm

Symmetry – Centrally symmetry

2. Secondary morphology:

Color – Whitish

Shape – Hexagonal

Margins - Irregular

Texture - Smooth

Location – Lower back

Palpation

No any palpable lesions Tenderness – absent Warmth – absent

INVESTIGATIONS

Haematological reports reveal HB - 12 gm%,
ESR – 6 mm after 1 hr

Sarvanga abhyanga Bhaspa sweda	Yashtimadhu taila Dashamoola kwatha	6 th day and 7 th day morning	2 days
Vamana karma	Madanakalpa + ashwagandha churna	Antarnakhamushti 5 gms	1 day
	Akanthapana with Yashtimadhu Phanta. Vamana – Assessment criteria Vaigiki – 7 , Antiki – pittanta,		
Samsarjana karma	Peyadi		5 days

RESULTS

Before Treatment



After Vamana



After Samsarjana



DISCUSSION:

Discussion on procedure

Vamana Karma help to expel out noxious materials present in the Rasadi Dhatu from Koshtha then purified Koshtha leads formation of Prakruta Rasadi Dhatu. Vamana Karma not only purifies all Dushya of Shwitra but also control pathological progression of disease. Vamana eliminate Sanga in the Rasavaha, Mamsavaha, Raktavaha, Swedavaha and Udakavaha Srotasa thus all paths gets cleared, which offer nourishment to the body. Vamana Karma cleared Bahyaroga Marga and Khavaigunya present in the Twacha thus gets removed. Vamana Karma increase Indriya Bala of Twacha this improves resistance power towards the disease and possibility of recurrence of Shwitra decreases.

Discussion on drugs

- Deepana-Pachana - ingredients of Trikatu possess Kushthaghna, Deepana, Amapachana, Kaphagna and Krimighna properties.
- Mahatiktaka grutha ingredients offer Kandughna, Kushthaghna, Kaphaghna, Krimighna and Raktadoshahara properties. Therefore these drugs may helps in Samprapti Vighatana.
- Madanaphaladi Vamana Yoga acts as the emetic and help to eliminate Kapha Dosha which is responsible for pathogenesis of Shwitra. The

Vamana drugs (Madanaphala and Yashtimadhu) possess Kushthaghna, Kandughna, Krimighna, Varnya and Raktshodhaka properties and ashwagandha churna used in vamaka yoga having properties of shwitrahara and vamaka effect. which offer relief in disease symptoms.

CONCLUSION:

Vamana shown significant result in Shwitra as shown in the photographs. It is important to recognize and deal with the physical and psychological factors of the disease to improve their healthy life and quality of it. Though a single case study is not be sufficient enough to prove significance of any treatment but it gives us an idea for the line of treatment to be adopted in such cases and helps to formulate protocol for large studies.

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