Management of Vitiligo Through Ayurvedic Modalities: A Case Report

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ABSTRACT:

Vitiligo is a skin depigmentation disease. Approximately 1% of the world's population is affected. Vitiligo affects both men and women equally, with no racial differences. The majority of instances occur between the second and third decades of life and are acquired. It is a prevalent autoimmune condition with significant socioeconomic and medical implications. Vitiligo has a significant influence on patients' quality of life; many Vitiligo patients feel stigmatized and unhappy as a result of their condition. It's characterized by white spots on the skin caused by a lack of melanocytes. In *Ayurveda*, it is associated with *Shvitra* or *Sweta Kushta*. Modern medical sciences are still unable to cure this disease with safe, cost-effective, and efficient medication. *Ayurveda* offers a lot of potentials when it comes to treating autoimmune skin problems. Here is an instance of vitiligo that was treated with *Ayurvedic* medicine. We describe a 40-year-old female with vitiligo that has remained stable. In *Ayurveda*, *Panchakarma* and *shaman chikitsa* are used to treat *shvitra kushta*. Present Vitiligo case was treated with *Ayurvedic* medicine, which included oral medications such as *Arogyavardhini Vati*, *Kaishor Guggulu*, *Navayasa Lauha*, *Khadirarishta*, and the local application of *Brihat Marichyadi Tailam*.

Keywords: *Sweta Kushta*, Skin disease, *Ayurveda*, Vitiligo.

INTRODUCTION

Vitiligo is a disorder of skin depigmentation that manifests as white macular patches on the skin¹. It affects about 1% of the global population², with the majority of cases occurring in the second and third decades of life. The loss of melanocytes from the epidermis causes this condition, which shows up as well-defined white areas on the body^{3,4}. There are several hypotheses on how vitiligo develops, but the actual cause is still unknown. It's thought to be

complex, with theories involving heredity, the environment, neurogenic, and autoimmune factors. It has similar signs and symptoms as *Shvitra* in *Ayurveda*. *Shvitra kushta* is not listed among the varieties of *kshudra kushta* in *Ayurvedic* literature. Incompatible foods (*Viruddha-annapana*), excessive liquid consumption (*drava*), oily (*snigdha*), and difficult to digest (*guru padartha*), all types of *vega dharan*, activity after heavy meals, extensive

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exposure to heat or sunlight⁵, are the etiological factor behind. Several environmental (Outer and Inner) factors influence the patient's melanocytes, causing melanin deficiency to develop. This results in a lack of melanocytes, which causes white areas to form on the body. *Shvitra* is not the disease of today's era as there is so much literature available in the texts regarding *Shvitra* but due to changing eating habits, stressful lifestyles, addiction, and sleeping patterns, an increase in the number of skin illnesses occurred nowadays.

Topical drugs, systemic steroids, systemic PUVA, topical PUVA, and surgical grafting⁶ are all used to treat Vitiligo in conventional or medical medicine systems attached with many side effects. A few of the side effects are Hyperpigmentation, squamous cell carcinoma in white skin persons, sun toxicity, solar elastosis, and cataract. UVB phototherapy is a safer and more effective option to PUVA therapy, but it is also more costly. Considering the limitation of the modern medical system, *Ayurveda* provides a holistic approach to vitiligo, therefore an attempt is made to manage vitiligo using traditional medicine⁷.

CASE REPORT

Presently Concern: A 40-year female complaining of hypopigmented, white patches in the left ear pinna region presented in the outpatient department of Kayachikitsa in Ayurvedic and Unani Tibbia college and hospital. The patches were asymmetric, not itching, non scaly, and whitish. The disease was in its active stage, with new spots appearing gradually.

History:

Occupation History: Housewife

Past History: She had no history of diabetes/bronchial asthma/T. B/ hypertension and did not have an endocrine disorder.

Family History: No family history of diabetes/hypertension/Bronchial asthma/T.B.

Addiction History: She had no addiction history of smoking, tobacco, and alcohol.

Personal History: Having habits of *Diwaswapana* (Day sleep) and *Ratri Jagarana* (Night awakening) intermittently. Taking *ruksha*, *atisnigdha* food (fast, fried and oily). Following *Vishamasana* and *Virudhahara* mostly.

Medicinal History – The patient had been receiving allopathic treatment for the past 11 months but had not seen substantial improvement, therefore she came to our facility

for Ayurvedic treatment.

On examination:

Pulse: 68/min

BP: 114/70 mm of Hg

Systemic examination:

CVS: S1S2 Normal

CNS: Conscious, Oriented

RS: B/L Clear

Local examination:

Color: White

Appearance: Hypo pigmented, whitish Patch

Discharge: Nil

Itching: Nil

Scaling: Nil

Ayurvedic Examination:

Prakruti: *Pitta Kapha*

Dushya: *Rasa, Rakta*

Strotas: *Rasavaha, Raktavaha*

Agni: *Jatharagnimandya*,

Diagnosis: *Shvitra* (Vitiligo)

Treatment Principle of *Shvitra*: *Nidana* and *Samprapti* of *Shvitra* are the same as *Kushta*. As a result, the treatment principle of *Kushta* will be applied to *Shvitra Chikitsa*. The type of Modality should be chosen depending on the nature and severity of vitiated *Dosha*. Furthermore, *Shaman* medications are given after a proper course of *Shodhana* because they provide further relief and so aid in the complete eradication of ailments. *Shodhana* will be offered to patients with more vitiated *Doshas* multiple times with great care. The function of *Bhrajaka Pitta* should be restored with the use of various stimulant medicines. The proper formation of *Rasa, Rakta* and *Mansa Dhatu* is essential for proper anatomical and physiological consideration of skin (*Twacha*) so drugs having property of *Srotoshodaka, Rakta Dushti Hara* and *Kledana Hara* will be used.

Treatment Given:

The imbalance of all three *doshas* (*Vata, Pitta*, and *Kapha*) causes *Rakta, Mamsa*, and *Medhas Dhatu*s to become vitiated and cause vitiligo. *Shvitra* is a depigmentation disorder of skin described in *ayurveda*. The management of the disease should be taken with Various Ayurvedic modalities including *panchakarma* and *shaman chikitsa*. The medication is given in Table 1.

Diet: -Black sprouted gram intake for 6 months with pure vegetarian diet.

Table 01: Treatment advised to the patient.

Yoga and *Pranayam* were recommended after proper psychiatric counselling. Dietary restrictions and lifestyle changes are all recommended. The above said treatment was given for one month. The patient obtained great alleviation from the aforesaid treatment at follow-up, Patches were returning to normal, and hypopigmentation had decreased to some amount.

Before and After Treatment Observations(Fig-1)

Following *Shaman Chikitsa*, and the application of *Brihat Marichyadi Tailam* locally, the patient saw a significant reduction in symptoms such as hypopigmented patches near the left ear pinna region. *Shaman Chikitsa*, and the local application of *Brihat Marichyadi Tailam* are found to be useful in the *Shvitra*. Regular use of medications along with topical application of *Brihat marichyadi tailam* reduces the size of vitiligo patches and transforms their colour from white to reddish, then back to normal.

Table 2 Shows Overall effect of treatment of assessment score⁸ of vitiligo.

DISCUSSION

having *rakta dushti hara* and *kushtaghna* effect along with *srotoshodaka* and *varnprasadan* properties are very useful in the treatment of *shvitra* or vitiligo.

Arogya vardhini vati^{9,10} :According to Ayurvedic beliefs, the body's balance of three vital forces, *Vata*, *Pitta*, and *Kapha*, is essential for maintaining health. Any ailment in the body is caused by an imbalance of these three elements, and *arogya vardhini vati*, as its name suggests, maintains the equilibrium of these *doshas* or *arogya*. Some of the constituents of *vati* are *Haritaki*, *Bibhitaki*, *Amalaki*, *Guggulu* and *Chitra*. They act as a laxative, powerful anthelmintic, antibacterial, carminative, hypoglycaemic, stomachic, hypotensive, and astringent. Another key component (*Picrorrhiza kurroa*) is a potent liver-healing agent, *pitta* pacifier, and blood purifier. By boosting the digestive system, improves digestive fire, clears bodily channels for nutrients to reach the tissues, balances fats in the body, and removes toxins.

Kaishor Guggulu: *Kushtaghna*, *Vataraktha nashaka* are properties of *Kaishor Guggulu*.^{11,12} Antiallergic, antimicrobial, and blood cleansing characteristics are the most common uses for *Kaishor guggulu*. *Kaishor guggulu* is useful in joint disorders especially gouty arthritis, skin disease of all types. It works as an anti-aging

skin health promoter, a natural blood cleanser, and a supportive dietary herbal supplement for a variety of health issues like diabetes and skin illnesses.¹³

Navayasa Lauha: Many studies reveal that oral supplements, such as vitamins, minerals, and botanicals, are increasingly being used as adjuncts to conventional medical treatment due to their antioxidant and immunomodulatory activities.¹⁴ Iron is an essential component of the body's growth and development. Hemoglobin the essential component which transport oxygen throughout the body need iron for its production. Both oxidative stress and photo-induced skin damage have iron as a crucial component.¹⁵ Apart from *Lauha bhasma*, *Navayasa Lauha* comprises nine ingredients. It is used to treat jaundice, anemia, heart and skin disorders when combined with honey and ghee.

Khadirarishta: *Khadirarishta* main ingredient is *Khadira* extract (*Acacia Catechu*). *Khadira* extract is utilised for immunological modulation, blood purification, astringency, anti-allergy, and bactericidal purposes.^{16,17} It's an ayurvedic polyherbal formulation. It is a rich source of potent anti-oxidants that destroy free radicals and drain toxic waste from the body and is utilised in the treatment of numerous skin diseases. *Shothahara*, *Krimighana*, and *Shodhana* qualities in *Khadirarishta* assist purify the blood and alleviating numerous skin disorders. It has also been discovered to be useful in the treatment of vitiligo without having any negative effects on the body's systems or organs. It is one of the best *arishta* that is highly effective in the treatment of skin problems, as described in *kusha roga*.¹⁸

Brihat Marichyadi tailam: *Brihat marichyadi taila*, which was utilized for topical treatment, comprises medications that primarily alleviate *vatakapsha doshaja* problems such as *kushta* (skin disorders), *vrana* (wound), and *vicharchika*, among others.¹⁹

CONCLUSION

The patient with Vitiligo was treated with *shaman*, an Ayurvedic modality that did not require *panchakarma*. Dietary and lifestyle changes, as well as psychological counselling, were all required as part of the treatment. This case study can become the concept behind of large-scale study to determine the efficacy of the treatment.

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Fig-1- Pics of before and after treatment

Before Treatment

After Treatment

Table 1 Shows Drug Formulations

S.No.	Formulation	Dose	Anupana
For Oral Administration			
01.	<i>Arogya Vardhini Vati</i>	01 Tab BD (4 month)	Luke warm water
02.	<i>Kaishor Guggulu</i>	02 Tab BD (6 month)	Luke warm water
03.	<i>Navayasa Lauha</i>	02 Tab BD (3 month)	Luke warm water
04.	<i>Khadirarishta</i>	15 ml BD (6 month)	Luke warm water
For Local Application			
05.	<i>Brihat Marichyadi Tailam</i>	BD (6 month)	For Local Application

Table 02: Overall effect of treatment of assessment score of vitiligo.

<i>Parameter</i>	<i>Score before treatment</i>	<i>Score after treatment</i>
Type	Progressive	Disappear
Site of lesion	Acral	Disappear
Number of patches	Segmentary	Absent
Hair in patch	Mild black	Black
Margin of patch	Inflamed	Normal
Color of patch	Milky white	Normal skin color
Regimentation	No pigmentation	Fully pigmented