

## MANAGEMENT OF SWITRA (VITILIGO) IN AYURVEDA – A REVIEW

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### ABSTRACT

Switra / Vitiligo is a condition where in there is an alteration in the pigmentation of the skin. Switra means spotted deer is Rigveda version. Vitiligo inspite of its non contagious, harmless nature makes life miserable for it produces intence psychological embracement. A number of Herbal, Mineral and Herbo Mineral Formulations are mentioned in various Ayurvedic Classics for healing vitiligo/Switra. Main aim of this review is to focus light on various drugs mentioned in different Samhitas there by evaluating their efficacy by conducting several Pharmaceutical and Clinical Researches.

**KEYWORDS:** Ayurveda, Switra, Vitiligo, Herbomineral.

### INDRODUCTION

Switra in contemporary science can be co-related with vitiligo. Vitiligo is caused by a loss of pigment i.e melanin. Formation of melanin by melanocytes- melanogenesis is hampered because of defect of Tyrosinase, a copper containing Metallo enzyme. It is an acquired condition of unknown etiology characterized by patches devoid of pigments (depigmentation) of skin. Patches are equal, round and usually symmetrical in distribution affecting skin and patches are formed specially on face, arms and legs. It is a medico social problem. Switra is a burning problem among all skin diseases. Hence there is a need for wide range of Pharmaceutical and Clinical Research there by establishing drugs which are fruitful. Keeping in view, the chronicity of the disease, lack of uniform effective therapy, unpredictable cause

of disease a review of Herbal, Mineral and Herbo Mineral drugs was done to assess the efficacy of formulations in different classics of Ayurveda.

**Table no 1: Plants recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	LATIN NAME	REFERENCE	MONOGRAPH
1	Bakuchi	<i>Psoralea corylifolia</i>	B.P.N <sup>1</sup> , Pp 125.	Ayurvedic Pharmacopeia of India, part-1, Vol-1, Pp-25
2	Ballataka	<i>Semecarpus anacardium</i>	B.P.N.213 sloka, Pp 42.	Ayurvedic Pharmacopeia of India, Part 1, Vol-2, Pp-19
3	Ashwaganda	<i>Withania somnifera</i>	B.P.N.282 sloka, Pp 111.	Ayurvedic Pharmacopeia of India, Part 1, Vol-1, Pp-15
4	Kakanasa	<i>Asclrpias curassavica</i>	B.P.N.253 sloka, Pp 123.	Not Available
5	Bakula	<i>Momusops elengi</i>	B.P.N.29 sloka, Pp 145.	Not Available
6	Kakodumbara	<i>Ficus hispida</i>	B.P.N.20 sloka, Pp 157.	Not Available
7	Simsipa	<i>Dalbergia sissoo</i>	B.P.N.24 sloka, Pp 160.	Ayurvedic Pharmacopeia of India, Part 1, Vol-3, Pp-197.
8	Bijaka	<i>Pterocarpus marsupium</i>	B.P.N.28 sloka, Pp 161.	Not Available
9	Khadira	<i>Acacia catechu</i>	B.P.N.30 sloka, Pp 161. S.S.Chi <sup>2</sup> .9/4, Pp 101. C.S.Chi <sup>3</sup> .7/166, Pp 360.	Ayurvedic Pharmacopeia of India, Part 1, Vol-1, Pp-70
10	Ingudi	<i>Balanites aegyptiaca</i>	B.P.N.42 sloka, Pp 163.	Not available
11	Tinisa	<i>Melastoma Mlabarthricum / Ougeinia Oojeinensis</i>	B.P.N.76 sloka, Pp 171.	Ayurvedic Pharmacopeia of India, Part 1, Vol-5, Pp-172.
12	Aparajitha	<i>Clitoria ternatea</i>	B.B.R <sup>4</sup> , 2 <sup>nd</sup> vol, 1422sloka, Pp 69. B.P <sup>5</sup> . Pp 542.	Ayurvedic Pharmacopeia of India, Part 1, Vol-2, Pp-10.
13.	Devadhali	<i>Luffa echinata</i>	B.B.R, 3 <sup>rd</sup> vol, 3189sloka, Pp102.	Not available

**Table no 2: Mineral drugs recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Spatika /tuvari	B.P.N.141 sloka, Pp230 R.R.S <sup>6</sup> .3/64-66, Pp 32	Not available
2	Kasisa	B.P.N.152 sloka, Pp 233. R.R.S.3/54, Pp 31	Ayurvedic Pharmacopeia of India, Vol-7, Pp-19
3	Saurastri mritika	B.P.N. Pp 233.	Not available
4	Vakadala haritala	R.J.N <sup>7</sup> .2/4, Pp 156. Y.T <sup>8</sup> , Pp 345.	Not available
5	Murchita parade	R.R.S.1/35, Pp 4.	Not available
6	Sweta abrak	R.R.S.2/9, Pp 11.	Ayurvedic Pharmacopeia of India, Vol-7, Pp-1.
7	Sasyaka	R.R.S.2/121-122, Pp 22.	Ayurvedic Pharmacopeia of India, Vol-7, Pp-45
8	Pittala	R.R.S.3/201, Pp 72.	Not available

**Table no 3: Polyherbal drugs recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Bruhath pancha nimba choorna	B.R, 3 <sup>rd</sup> vol, 54/80-88, Pp 52.	Not available
2	Hapusadhi choorna	S.Y <sup>9</sup> , 3 <sup>rd</sup> Chapter, Pp 174.	Not available
3	Mustadi choorna	C.S.Chi.7/34-37, Pp 337.	Not available
4	Bakuchika prayoga	B.B.R, 3 <sup>rd</sup> vol, Pp611,4768sloka.	Not available
5	Pancha nimbha choorna	G.N.D.K <sup>10</sup> .214sloka,Pp800.	Not available
6	Dusara prayoga	Y.T.62 /23, Pp 340.	Not available
7	Somaraji yogam	B.B.R, 5 <sup>th</sup> vol, 7877sloka, Pp 215.	Not available
8	Switra nasaka choorna	R.R.S.20/194, Pp 263.	Not Available
9	Swetakustahara choorna	R.R.S.20/195, Pp 263.	Not available
10	Patoladhi choornam	G.N.P.K. Pp 166,107-108 sloka	Not available
11	Bruhath panchanimba choornam	G.N.P.K. Pp 183,218-229sloka	Not available
12	Brungyadhi choorna	Bas.R <sup>11</sup> , 13 <sup>rd</sup> chapter- Pp 557.	Not available
13	Pasupathi choorna	Bas.R, 13 <sup>rd</sup> chapter- Pp 558.	Not available
14	Bakuchyadhyam choornam	B.B.R, 3 /4740, Pp 602.	Not available
15	Kadhirasaradi choorna	G.N.D.K.36 /68,778page. B.B.R, 5 <sup>th</sup> vol, 9582sloka, Pp798.	Not available
16	Gandhakadhi prayoga	R.R.S.20/210-212, Pp 265.	Not available
17	Talaka bhasma	Y.R.U <sup>12</sup> . sloka-67,Pp 345	Not available
18	Jala gandaja kshara	S.S.Chi.9/21-22, Pp 108.	Not available

**Table no 4: Gutika and Vaties recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MOMOGRAPH
1	Vayasyadhi gutika	B.B.R,4 <sup>th</sup> vol, Pp 687, 6853sloka.	Not available
2	Triphaladhi gutika	B.B.R, 2 <sup>nd</sup> , 2740sloka, Pp 486.	Not available
3	Triphaladya gutika	V.S <sup>13</sup> , Pp 634,139-140sloka.	Not available
4	Kshara gutika	G.N.P.K,61-64 sloka,Pp229 (Sosha roghadikarana)	Not available

**Table no 5: Herbomineral Mineral drugs recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MOMOGRAPH
1	Gulmakulantaka ras	S. Y, 9 <sup>th</sup> Chapter, Pp 338.	Not available
2	Rogahara ras	Sa.S.M.K <sup>15</sup> , 12/234-238, Pp 179.	Not available
3	Udayadhithya ras	Sa.S.M.K, 12/184-193, Pp 174. R.R.S.20/151-158, Pp 258.	Not available
4	Medini sara ras	B.B.R, 4 <sup>th</sup> vol, Pp 26,5671sloka.	Not available
5	Vijayeshwer ras	B.B.R, 4 <sup>th</sup> vol, Pp 76,7029sloka.	Not available
6	Pittala rasayana	B.B.R, 3 <sup>rd</sup> vol,4405sloka, Pp490.	Not available
7	Talakeshwer ras	B.B.R, 2 <sup>nd</sup> vol, 2647sloka, Pp 447.	Not available
8	Pittantak ras	B.B.R, 3 <sup>rd</sup> vol, 4407sloka, Pp 491.	Not available
9	Galath kustari ras	B.B.R, 2 <sup>nd</sup> vol, 2561sloka, Pp 106.	Not available
10	Swetari ras	B.R, 3 <sup>rd</sup> volume, 54/90-92,Pp54.	Not available
11	Bruhath sringarabra ras	R.R.S, 2 /Pp100-106,779	Not available
12	Vijayananda ras	R.R.S, 2 /Pp108-112,875	Not available
13	Sasileka vati	Y.R U. Pp 234. B.B.R, 5 <sup>th</sup> vol, 7583sloka, Pp120.	Not available

		R.CHI <sup>16</sup> .9/53 , Pp362	
14	Maha ballataka guda	B.R <sup>17</sup> , 3 <sup>rd</sup> vol, 54 /207-221, Pp 74.	Not available
15	Switra kustari ras	B.B.R, 5 <sup>th</sup> vol, 7700sloka, Pp166	Not available
16	Switrari yog	B.B.R, 5 <sup>th</sup> vol, 7701sloka, Pp166. R.T.S.S.P.S.D.K <sup>17</sup> - Pp 459.	Not Available
17	Switrabasimbo ras	B.B.R, 5 <sup>th</sup> vol, 7704sloka, Pp167	Not available
18	Sweta kustari ras	B.B.R, 5 <sup>th</sup> vol, 7705sloka, Pp 168	Not available
19	swetari ras	B.B.R, 5 <sup>th</sup> vol, 7707sloka, Pp 169	Not available
20	Sasanka ras	B.B.R, 5 <sup>th</sup> vol, 7580sloka, Pp 199	Not available
21	Chandrapraba vati (ras)	R.R.S.20/161-149, Pp 258.	Not available
22	Kilasa nasana vati	R.R.S.20/150, Pp 258.	Not available
23	Switrantaka ras	R.R.S.20/161-164, Pp 259.	Not available
24	Swetari yog	R.R.S.20/165-167. Pp 260.	Not available
25	Bhuta bairava ras	R.CHI.9/93-94, Pp 369.	Not available
26	Veera chandeshwer ras	R.T.S.S.P.S.D.K - Pp 454.	Not available
27	Khageswara ras	B.B.R, 5 <sup>th</sup> vol, 9580sloka, Pp 799. R.R.S.20/81-84, Pp 252.	Not available
28	Switrari ras	B.B.R, 5 <sup>th</sup> vol, 7703sloka, Pp 167. R.R.S.20/146-148, Pp 257.	Not available
29	Kasisa badda ras	R.R.S.20/135-137. Pp 256.	Not available
30	Rasa manikya ras	R.T.S.S.P.S, vol 1, Pp 405-407.	Not Available

**Table no 6: Guggulu preparations recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Triphaladhya guggulu	G.N.P.K., 348-351sloka, Pp270 (Gulma rogadhikarana)	Not available
2	Swayambhuva guggulu	G.N.P.K., 303-306sloka, Pp 264.	Not available
3	Bruhatswayayambhuva guggulu	G.N.P.K. 365-371 sloka, Pp272 (Vatarakta rogadikarana)	Not available

**Table no 7: Tailas (oils) recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Visha tailam	Y.R U, 1-4 sloka, . Pp 233 V.S, 139-140 sloka, Pp 634. C.D <sup>19</sup> , 50/146-149, Pp 407.	Not available
2	Jyothishmati tailam	Y.R U. Pp 234. V.S, Pp 649,314 sloka, B.B.R, 2 <sup>nd</sup> vol, 2062sloka, Pp 267.	Not available
3	Marichadi tailam	Sa.S.M.K.9/149-152, Pp 130.	Not available
4	Kandarparasara tailam	B.R, 3 <sup>rd</sup> vol, 54/348-362, Pp 98.	Not available
5	Brihath truna tailam	V.S, 226-230 sloka, Pp 642.	Not available
6	Maha marthanda tailam	R.R.S.20/183-186, Pp 262.	Not available
7	Switrari tailam	R.R.S.20/177, Pp 262.	Not available
8	Visarpa nasaka tailam	R.R.S.20/2,2 Pp 43. (visarpa chikitsa)	Not available
9	Ankola tailam	R.R.S.20/160, Pp 259.	Not available
10	Laghu marichadi tailam	B.B.R, 4 <sup>th</sup> vol, 5286sloka, Pp 97. Y.R U. Pp 225.	Not available

		B.R, 3 <sup>rd</sup> vol, 54/301-302, Pp 91. C.D, 50/136, Pp 406.	
11	Maha vajra tailam	A.S.CHI <sup>20</sup> .22/101-102, Pp 507 A.H.Chi <sup>21</sup> .20/81, Pp 485 G.N.P.K.319sloka, 116page	Not available
12	Aragwadhya tailam	C.D, 50/124, Pp 404. B.B.R, 1 <sup>st</sup> vol, 424 sloka, Pp 149.	Not available
13	Marichadi tailam	B.B.R, 4 <sup>th</sup> vol, 5284sloka, 9 Pp 7.	Not Available
14	Panchanana tailam	B.R, 3 <sup>rd</sup> vol, 54/272-274, Pp 84.	Not available
15	Kusta rakshasam tailam	B.B.R, 1 <sup>st</sup> vol, Pp 267. B.R, 3 <sup>rd</sup> vol, 54/294-298, Pp 90.	Not available
16	Citraka tailam	B.B.R, 1 <sup>st</sup> vol, 1802sloka, Pp 180.	Not available
17	Kustakalanala tailam	B.B.R, 5 <sup>th</sup> vol, Pp 729.	Not available
18	Switrahara tailam	B.B.R, 5 <sup>th</sup> vol, 7432sloka, Pp 70.	Not available
19	Switra gajasimha taila	B.B.R, 5 <sup>th</sup> vol, 7431sloka, Pp 69.	Not available
20	Snuyadhi tailam	R.R.S.20/170-171, Pp 260.	Not available
21	Kustavidraavana taila	R.R.S.20/175-176, Pp 261.	Not available

**Table no 8: Gritas (Ghee preparations) recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Maha nila gritam	S.S.Chi.14/34-38, Pp 110. V.S, 305-313sloka, Pp 648., B.B.R, 4 <sup>th</sup> vol, 5240slo, Pp 78.	Not available
2	Maha vajra gritam	A.S.Chi.22/68-69, Pp 503. A.H.Chi.19/19, Pp 475. G.N.P.K.156sloka, Pp 26.	Not available
3	Tiktaka gritam	A.H.Chi.19/2-7, Pp 472. S.Y, 2 <sup>nd</sup> Chapter, Pp 58.	Ayurvedic Formulary of India, Vol-1, Pp-105
4	Maha tiktaka gritam	A.H.Chi.19/8-10, Pp 473. S.Y, 2 <sup>nd</sup> Chapter, Pp 59. G.N.P.K.169-175sloka, Pp 28.	Not available
5	Somaraji gritam	V.S Pp, 648, 300 sloka. B.R, 3 <sup>rd</sup> vol, 250sloka, Pp 81 B.P.U.K.53-34 sloka, Pp 542.	Not available
6	Talisadhi gritam	S.Y, 2 <sup>nd</sup> Chapter, Pp 90.	Not available
7	Nili gritam	G.N.P.K.77-85sloka, Pp 15.	Not available
8	Avarthaki gritam	G.N.D.K.74sloka, Pp 773.	Not available
9	Dantyadi gritam	B.B.R, 3 <sup>rd</sup> vol, 3036sloka, Pp 52.	Not available
10	Maha khadira gritam	V.M/S.Y <sup>22</sup> , Part-2, 51/146, Pp 658.	Not available
11	Nilini gritam	G.N.P.K.72-76, Pp 14.	Not available
12	Nili gritam	V.S, 226-301sloka, Pp 647.	Not available
13	Maha markava gritam	B.B.R, 4 <sup>th</sup> vol, 5245sloka, Pp 81.	Not available

**Table no 9: Kashayas (Syrups) recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Citrakadi kashayam	A.S.Chi.22/17, Pp 514. S.S.Chi.9/39, Pp 111.	Not available
2	Datryadhi kashayam	B.B.R, 3 <sup>rd</sup> vol, 3250sloka, Pp 124	Not available
3	Bhakuchika prayoga	B.B.R, 3 <sup>rd</sup> vol, 4560sloka, Pp553	Not available
4	Bakuchika beeja yoga	B.B.R, 3 <sup>rd</sup> vol, 4561sloka, Pp 553	Not available
5	Manjistadi kashayam	V.S, 226-92sloka, Pp 629.	Not available
6	Vibhitaki kwath	B.R, 3 <sup>rd</sup> vol, 75sloka, Pp 51.	Not available
7	Kadhiradi kashayam	Y.R U. 2 <sup>nd</sup> sloka, Pp 233.	Not available
8.	Laghu manjistadi kashayam	V.M/S.Y, Part-2, 51/205, Pp 647.	Not available
9	Nimbhadi maha kashayam	V.M/S.Y, Part-2, 51/221, Pp 649.	Not available
10	Atula maha kashayam	V.M/S.Y, Part-2, 51/233, Pp 651.	Not available

**Table no 10: Asava & Aristas recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Madvasava	C.S.Chi.7/73-75, Pp 339 B.B.R, 4 <sup>th</sup> vol, 5331sloka, Pp 125.	Not available
2	Lavangasavam	G.N.P.K.110-114 sloka, Pp 367. (Pliha rogadhikarana prokta)	Not available
3	Lodrasavam	R.T.S.S.P.S.P.K - Pp 764.	Not available
4	Punarnavasavam	G.N.P.K.146-150sloka, Pp 372. (Sopha rogadhikarana prokta)	Ayurvedic Formulary of India, Vol-1, Pp-55
5	Abhayarista	G.N.P.K.75-80sloka, 362. (Arso rogadhikarana prokta)	Ayurvedic Formulary of India, Vol-1, Pp-2
6	Kanakabindwarista	C.S.Chi.7/76-80, Pp 340. V.S, 270-273sloka, Pp 645.	Not available

**Table no 11: Avlehyas recommended for switrahara activity.**

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Ballataka avaleha	B.B.R, 3 <sup>rd</sup> vol, 4862sloka, Pp 638. Y.R U.1-12 sloka, Pp 222.	Not available
2	Maha ballataka avaleha	B.P.U.K.84 sloka, Pp 536	Not available
3	Pancha nimbaka avaleha	B.P.U.K.54-63 sloka, Pp 534	Not available
4	Manibadra guda	S.Y, 7 <sup>th</sup> Chapter, Pp 256. A.H.Chi.19/31, Pp 477.	Not available
5	Brihath madhusnuhi rasayanam	S.Y, 7 <sup>th</sup> Cha, Pp 292.	Not available
6	Vidangadi leha	B.B.R, 4 <sup>th</sup> vol, 6712sloka, Pp 628.	Not available



Table no 12: External applications recommended for switrahara activity.

S.NO	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Vara lepa	A.S.Chi.22/16, Pp 514.	Not available
2	Switrahara lepa	R.S.S. 2 chapter, Pp 460.	Not available
3	Vayasyadi lepa	C.D, 50/67, Pp 399.	Not available
4	Putikadi lepa	B.B.R, 3 <sup>rd</sup> vol4201sloka, pp393. C.D, 50/68, Pp399.	Not available
5	Dhatryadi lepa	C.D,50/71, Pp399.	Not available
6	Ballatakadi lepa	B.B.R, 3 <sup>rd</sup> vol, 491sloka, Pp655.	Not available
7	Gunjadi lepa	B.B.R, 2 <sup>nd</sup> vol, 1425sloka, Pp 70.	Not available
8	Matrika rasakriya	A.S.Chi 22/28-33, Pp 515.	Not available
9	Snuk lepa	B.B.R, 5 <sup>th</sup> vol, 8071sloka, Pp 283.	Not available
10	Hayadi lepa	B.B.R, 5 <sup>th</sup> vol, 8555 sloka, Pp 471.	Not available
11	Ankolakadhi lepam	B.B.R, 5 <sup>th</sup> vol, 8872sloka, Pp 581.	Not available
12	Katukalaabvadhi lepam	B.B.R, 5 <sup>th</sup> vol, 9379sloka, Pp 736.	Not available
13	Gandhakadi lepam	B.B.R, 2 <sup>nd</sup> vol, 1416sloka, Pp 69.	Not available
14	Gruhadrumadi lepa	B.B.R, 2 <sup>nd</sup> vol, 1438sloka Pp72.	Not available
15	Gunjaphaladi lepa	B.B.R, 2 <sup>nd</sup> vol, 1431sloka, Pp 71.	Not available
16	Talakadi lepa	B.B.R, 2 <sup>nd</sup> vol, 2494sloka, Pp 383.	Not available
17	Tamala patradi lepa	B.B.R, 2 <sup>nd</sup> vol, 2489sloka, Pp 383	Not available
18	Shiladi lepa	Y.R U.sloka -3, Pp 233.	Not available
19	Triphaladi lepa	B.B.R, 2 <sup>nd</sup> vol, 2518sloka, Pp 388. Y.R U. sloka-5, Pp 233	Not available
20	Ayorajadi lepa	Y.R U. sloka-6, Pp 233	Not available
21	Savarna kartha lepa	Y.T.62/27, 3 Pp 40 R.CHI.9/127, Pp 375.	Not available
22	Tuttadhi lepa	S.S.Chi.9/27-28, Pp 109.	Not available
23	Avalguja lepa	S.S.Chi.9/25, Pp 109.	Not available
24	Ballatakadhi lepa	G.N.D.K.153 sloka, Pp 789. C.D, 50/51, Pp 399.	Not available
25	Avalgujadi lepa	B.B.R, 3 <sup>rd</sup> vol, 4709sloka, Pp 594. C.D, 50/70, Pp 399.	Avilable
26	Manashiladi lepa	B.B.R, 4 <sup>th</sup> vol, 5357sloka, Pp 1 35.	Avilable
27	Marichadi lepa	B.B.R, 4 <sup>th</sup> vol, 5366sloka, Pp 137.	Not available
28	Baladi lepa	B.B.R, 3 <sup>rd</sup> vol, 4708sloka, Pp 594.	Not available
29	Brungarajadi lepa	B.B.R, 3 <sup>rd</sup> vol, 4916sloka, Pp 656	Not available
30	Patrakadi lepa	B.B.R, 3 <sup>rd</sup> vol, 4166sloka, Pp 387.	Not available
31	Mukha switrahara lepa	R.S.S <sup>23</sup> . 2 /117, Pp 877. R.CHI.9/125, Pp 375.	Not available
32	Switra dadru patala lepa	R.S.S.2/113-115,8 Pp 76. R.CHI.9/121-123, Pp 374.	Not available
33	Sidma lepa	C.S.Chi.7/117, Pp 349.	Not available
34	Sudarsanamula lepa	G.N.D.K.160 sloka, Pp 791.	Not available
35	Krushni karak yog	R.R.S.20/168, Pp 260.	Not available
36	Rasa manikyia ras	R.T.S.S.P.S, vol.1, Pp 405-407.	Not available

**Table no 13: Gana (Group of drugs) recommended for switrahara activity.**

S.NO.	NAME OF GANA	REFERENCE	MONOGRAPH
1	Asanadi Gana- Asana, tinisa, bhurja, svetavaha, prakriya, khadira, kadara, bhandi, simsipa, mesasringi, trihima, nata, palasa, jongaka, saka, dhavaka, buka, kalinga, changakarna, aswakarna	A.S.Sutra. 16/11-12, pp 312	Not available

According to Haritha samhita<sup>23</sup>—Roupya danam (Silver) cures the switra.

## CONCLUSION

Switra is a disease which is difficult to cure i.e, Kruchra sadhya. Indulgence in papakarma clubbed with poorvajanna kritha papa plays a vital role in factors responsible for Switra. As the disease need prolonged treatment, safer drug that do not produce any adverse effects on the body is the best option. Ayurveda offers satisfactory curative strategies for Switra through Sodhana (detoxification) and Shamana (radical management). Clinically effective, safe, single and compound formulations to cure Switra are reviewed from various Classical Texts of Ayurveda were executed in the form of tables. Although wide range of Scientific Researches are still going on to evaluate the efficacy of various formulations recommended in different Classics of Ayurveda on Switra, still appreciating results were elicited.

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