

**VITILIGO- A CASE STUDY****Dr. Himani Khajuria\***

India.

Article Received on  
13 Jan. 2018,Revised on 04 Feb. 2018,  
Accepted on 25 Feb. 2018,

DOI: 10.20959/wjpr20185-11189

**\*Corresponding Author****Dr. Himani Khajuria**

India.

**INTRODUCTION**

Vitiligo is a pigmentation disorder in which melanocytes (the cells that make melanin pigment) in the skin are destroyed. As a result, appears white patches on the skin in different parts of the body mostly extremities. Similar patches also appear on both the mucous membranes. The hair that grows on areas affected by Vitiligo sometimes turns white. The most widely accepted view is that the depigmentation occurs because Vitiligo is an autoimmune disease – a

disease in which a person's immune system reacts against the body's own cells. According to *Ayurveda*, Vitiligo or *Shvitra* is caused due to increase of Pitta in the body. Pitta is an Ayurvedic entity that symbolizes fire and is manifested in the skin. Pitta is responsible for the coloration of the skin. In the case of Vitiligo. Pitta gets imbalanced, leading to the formation of *ama*, which consequently impairs deeper body tissues such as *rasa dhatu* i.e nutrient plasma, *rakta* i.e blood, *mamsa* i.e muscles and *lasika* i.e lymph. This ultimately leads to depigmentation of the skin & the skin becomes white. The disease is deep rooted and need cleansing of aggravated pitta from the body and pacification of *ama*.

**Causes**

- Chronic/Acute gastric disease
- Incompatible food
- Suppression of vomiting
- Excess food intake
- Intake of sour, sweet, salty & pungent food excessively
- Heavy intake of fresh grains, curd & fish
- Improper hygiene
- Junk food & drinks
- Liver diseases, jaundice, worm infestation

- Tattoos on skin
- Excessive physical exercise in the hotter climate or exposed to heat
- Drug induced- Antibiotics, steroids, NSAID's, Anti-TB treatment
- Mental causes-teasing & disrespecting the elders, sinful acts etc

### Symptoms

- White patches on skin
- Premature graying of hairs in effected area
- Loss of color inside the mouth & other mucous membranes
- Hairs on patches becomes white
- The patient may often suffers from mood swings & depression

### Patient presentation

A female patient aged 40 years came in the OPD with the problem of white spots on her legs. As inspected, the area was hypo-pigmented i.e whitish with slightly greyish hairs and normal sensation to touch, no itching or any kind of discharge. Patient was having 1-year old history of white spots. It was diagnosed with Vitiligo i.e *Shvitra* and started treatment of the same.

### Procedure

Patient was given *Deepan-Pachana* for 3 days with *Chitrakadi Vati*. After 3 days patient was given with *Mahatikta Ghrita* for 7 days. Oilation was started with 15 ml of *ghrita* and increased slowly to 120 ml at 7<sup>th</sup> day with dietary changes. After that full body Sudation i.e steam was given for 3 days.

Purgation was started at 13<sup>th</sup> day from the start of treatment after the Oilation & Sudation.

### Preparation of *Virechana dravya*

Purgation was given with *Ayurvedic* laxatives i.e *Danti*(50gm), *Trivrat*(50gm), *Triphala*(50gm), *Erand* oil(40ml).

First of all, 100 ml decoction was prepared from *Danti*, *Trivrat* & *Triphala*, add to it 40 ml *Erand* oil. Total of 140 ml of purgatives were given for instant cleansing of bowels.

12 *Vega* i.e *bowel movements* were recorded. It is said to be mild purgation.

Followed by *Khadiradi* yoga for 2 months with *Bakuchi Tuvarak* oil for local application (15 min of sun exposure, early morning), also followed by dietary changes.

### **Improvement**

After the procedure patient was followed for 30 days. Improvement was gradual and on 30<sup>th</sup> day white spots were minimal and skin color was almost attained.

### **Preventive measures**

- Avoid skin damage
- Improve nutrition & diet
- Steer clear of chemicals
- Avoid stressful conditions
- Wear sun safe clothing
- Limit exposure to chlorinated water

### **Diet to be followed**

- Old rice, wheat
- Green gram
- Light food
- Bitter gourd
- Hot decoction of *Khadira* etc

### **Herbal remedies**

- $\beta$ - carotene i.e carrots, potatoes etc
- Aloe-vera
- Vit-C i.e amla etc
- Vit-D i.e cod liver oil etc
- Needling of skin
- Sun exposure



### CONCLUSION

Vitiligo (Shvitra) is due to aggravation of Pitta and by clearing Pitta i.e toxins from the body we can see significant improvement in skin color. For this laxatives i.e purgation is best because it is said to be most effective in Detoxification of body. Followed by Oral therapy & Oil application externally we can attain complete relief in these patients.