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Case study article on Shwitra (vitiligo) – a clinical management through Ayurveda

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Abstract
Shwitra one of the *KushtaRoga* described in Ayurveda, is characterized by the appearance of white depigmented patches on the skin. In modern science, it is correlated with *Vitiligo*, an autoimmune condition where melanocytes are destroyed, leading to loss of pigmentation. Ayurveda offers a holistic approach to its management through internal and external *Chikitsa*, involving *Doshapratyanika*, *Raktaprasadana*, and *Kusthaghna* measures.
This case study presents a 35-year-old male patient diagnosed with Shwitra treated with a combination of Ayurvedic internal and external therapies including *Bakuchitaila*, *Haldi-Kathha jalapana*, *Pigmento* and *Leukoskin* formulations, along with *Rasoushadhi* combinations. Significant clinical improvement was observed after three months of continuous Ayurvedic management.
Keywords: ShwitraKushta Roga, Vitiligo, Bakuchi, Ayurvedic management, Pigmentation.

I. INTRODUCTION

In Ayurvedic classics, *shwitra* has been described as a type of *KushtaRoga* caused due to *Tridoṣha* vitiation along with the involvement of *Rasa*, *Rakta*, *Maṃsa*, and *Meda Dhatus*. The term Shwitra originates from *shweta*, meaning white, reflecting the primary symptom of depigmented skin patches. *Aacharya Charaka* and *Sushruta* have states that Shwitra is not separate from *Kushta* but a variant presenting as white discoloration due to vitiation of *Bhrajaka Pitta* and *Vata Doṣa*.

In modern medicine, Vitiligo affects approximately 1–2% of the global population. It is considered an autoimmune disorder characterized by melanocyte destruction, leading to loss of skin color. The conventional management involves corticosteroids, phototherapy, or skin grafting, which often have limited efficacy and side effects. Ayurveda provides a promising approach through *Doṣa-Duṣya* balancing, *Raktashodhana*, and *Kusthaghna* therapies that restore normal pigmentation by enhancing melanocyte activity and detoxification.
The following case illustrates the Ayurvedic management of Shwitra with encouraging clinical outcomes.

II. MATERIALS AND METHODS

Case Report
A 35-year-old male patient named Deepak (OPD No. 3662) visited the Dhanwantari ayurvedic chikitsalayaujjain in OPD of charm rog with complaints of depigmented white patches (Macular) on medial malleolus for the past 8 months. There was no itching or burning sensation. The lesions were slowly progressive.

History of Present Illness
Initially, the patient noticed small hypopigmented spots on his medial malleolus, which gradually increased in size. No history of trauma, exposure to chemicals, or family history of similar lesions was reported.

Personal History
- **Diet:** Predominantly mixed diet, frequent intake of *Dadhi*, *Amla Rasa*, and *Katu-Tikshna Ahara*
- **Appetite:** Moderate
- **Bowel:** Regular
- **Sleep:** Disturbed due to stress
- **Addiction:** Occasional tea intake

Psychological History
Patient reported mild anxiety and embarrassment due to visible skin patches.
General Examination
- **BP:** 124/80 mmHg
- **Pulse:** 78/min
- **Temperature:** Normal
- **Pallor:** Absent
- **Other systems:** Within normal limits

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- **Local Examination:** white macules over Macule on medial malleolus, no scaling, itching mild in few areas.

TREATMENT PLAN
1. External Therapy

- **Bakuchi Taila + Vaseline (1:1 ratio):** Applied over white patches in the early morning followed by **15 minutes of mild sunlight exposure.**
Rationale:Bakuchi (*Psoralea corylifolia*) stimulates melanocyte activity and promotes pigmentation. Mixing with Vaseline minimizes irritation and burns.

2. Internal Medications

Medicine	Dose	Anupana / Instruction	Duration
Haldi + Kathha powder soaked overnight in copper vessel water	—	Drink this medicated water throughout the day	Continuous
Tablet Pigmento	1 tab *b.i.d.*	After meals	3 months
Tablet Nobars	1 tab *b.i.d.*	After meals	3 months
Leukoskin Drops	10 drops *b.i.d.*	With half cup of water	3 months
Arogyavardhini Vati	1 tab *b.i.d.*	With water	3 months
Pigmento Cream	Local application	Twice daily	3 months
Combination: GiloyChurna (1g) + Smriti Sagar Ras (500mg) + PanchamritParpati (500mg) + Navayas Loh (250mg) + PunarnavadiMandur (250mg)	Mix well, take 1 dose *b.i.d.*	With lukewarm water	3 months

Pathya (Dietary Advice):

- Avoid *Dadhi*, *Amla*, *Lavana*, *Katu-Tikshna Ahara*, fish, and sour substances.
- Avoid *Divaswapna* and mental stress.
- Encourage light, easily digestible food and regular sleep pattern.

III. RESULTS

After **8 weeks**, gradual repigmentation was observed in the white patches. The skin color began to normalize from the periphery of the lesions. After **12 weeks**, marked improvement in pigmentation was noted, and the patient reported relief from psychological distress and improved confidence.

Parameter	Before Treatment	After 12 Weeks
Extent of depigmentation	Macule on medial malleolus	70–80% repigmentation
Itching	absent	mild
New lesions	Present (progressive)	Stopped
Sleep quality	Disturbed	Improved
Mental stress	Present	Reduced

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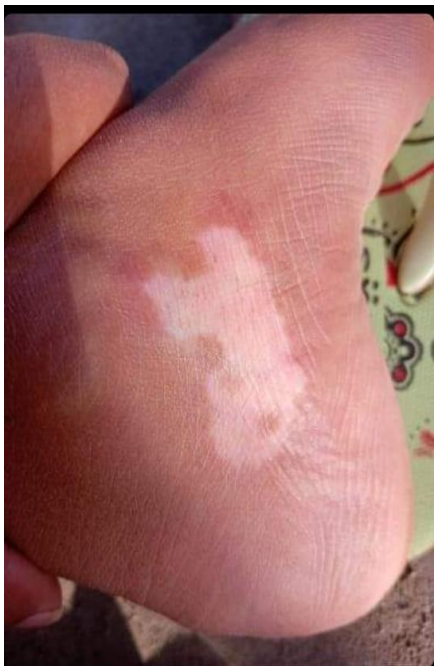

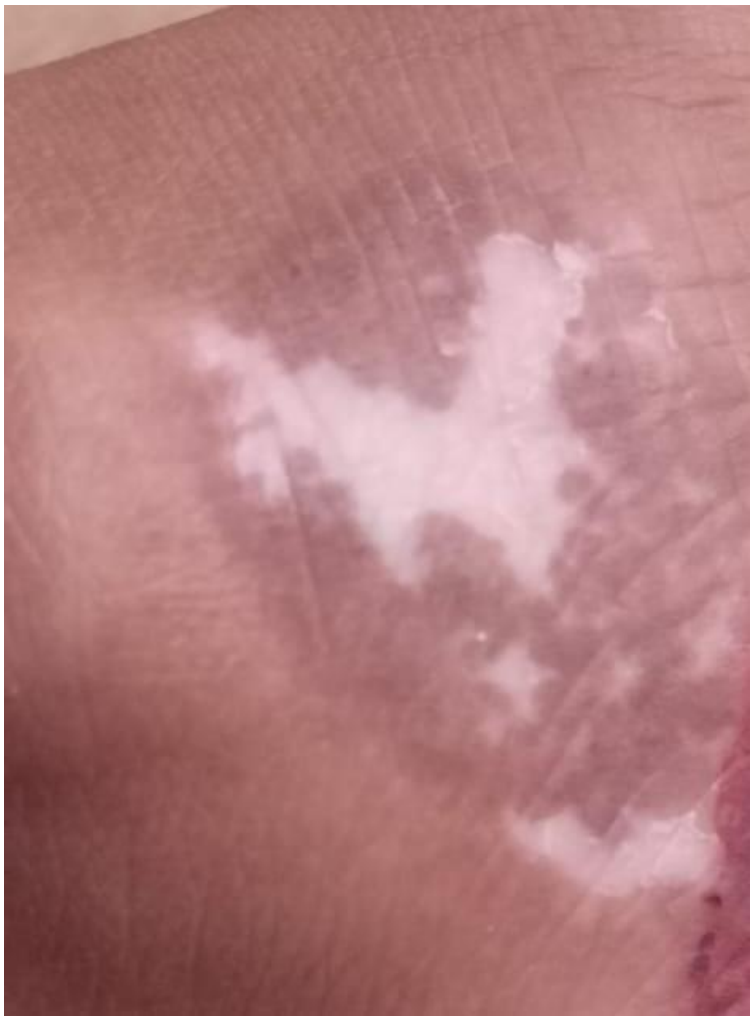

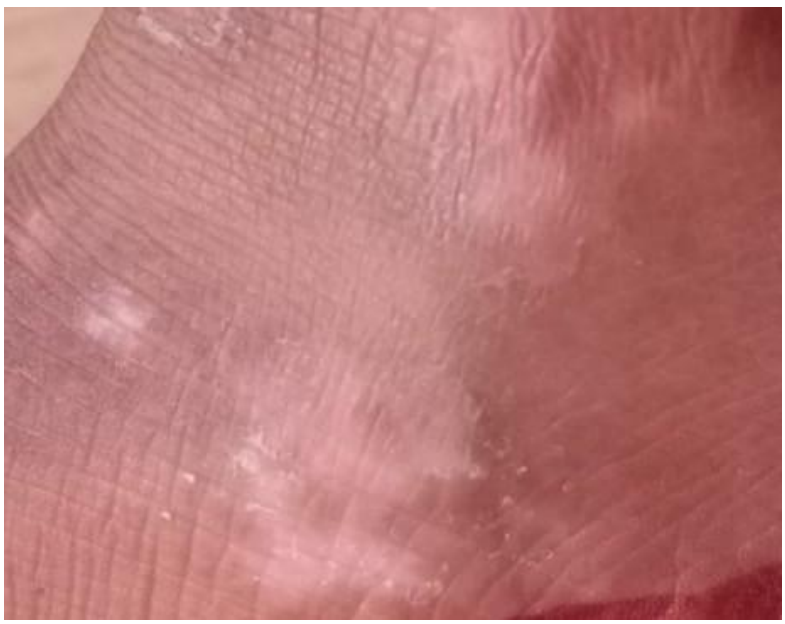

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IV. DISCUSSION

In *Shwitra Chikitsa*, both *Bahya* (external) and *Abhyantara* (internal) therapies are indicated. The approach focuses on *Doṣa–DuṣyaSamatva* and *Rakta Shodhana*.

- **Bakuchi Taila** acts as *Kusthaghna* and *Varnyakara*. It contains psoralen, which enhances melanogenesis when exposed to sunlight. The combination with Vaseline prevents excessive irritation.
- **Haldi–Kathha Jalapana** purifies *Rakta Dhatu* and balances *Pitta Doṣa*. Copper vessel water (*Tamra Jal*) enhances *Rasayana* effect and stimulates melanin formation.
- **Arogyavardhini Vati** improves liver function, corrects metabolism (*Agni Deepana*), and aids in detoxification.
- **Leukoskin and Pigmento formulations** contain *Bakuchi, Chakramarda, Ammi majus,* and *Shuddha Gandhaka*, which act synergistically in melanocyte stimulation and antioxidation.
- **The Rasoushadhi combination** (Giloy, Smriti Sagar Ras, PanchamritParpati, Navayas Loh, PunarnavadiMandur) serves as *Raktaprasadaka, Medoghna,Rasayana* and pacify dosha improving cellular metabolism and skin complexion.

The comprehensive approach of *Shodhana* and *Shamana* leads to visible repigmentation and systemic purification.

V. CONCLUSION

The Ayurvedic management of Shwitra in this case showed remarkable results in repigmentation and overall well-being. The combination of classical formulations and modern Ayurvedic preparations effectively restored skin color and improved the patient's confidence.

Regular follow-up, strict dietary regimen, and mental stability played an important role in the success of treatment. Hence, Ayurveda provides a safe and holistic line of management for Shwitra (Vitiligo) through internal and external *Kusthaghna Chikitsa*.

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