

**AYURVEDIC MANAGEMENT OF VITILIGO (SHWITRA) WITH THE APPLICATION OF BAKUCHI OIL**

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**ABSTRACT**

Vitiligo is a chronic skin condition that causes the loss of skin pigment i.e. melanocyte resulting in white patches on the skin. In Ayurveda Vitiligo can be termed as Shwitra and cited under the category of Kushta rogas.<sup>[1]</sup> It is caused by the imbalance of all the three doshas vitiating rakta, mamsa and medas. A 55-yr old Female came to the opd with complaints of chalky white patches with hypopigmented patches without itching over the chest, neck and back for 6 years gradually increasing. The patient was treated with an Ayurvedic topical medication of Bakuchi oil with half hour exposure of early morning sun light. After treatment there was a repigmentation of skin. The treatment modalities show efficacy of bakuchi oil in changing the colour of chalky white patches to pinkish inferring that treatment with ayurveda has approach to manage the condition like Vitiligo Shwitra.

**KEYWORDS:** Vitiligo, shwitra, Bakuchi Oil, Arogyavardhini vati.

**INTRODUCTION**

Vitiligo is common acquired, discoloration of the skin characterised by well circumscribed, ivory chalky white patches caused by hypopigmentation disorder may be of genetic or autoimmune cause. Depigmentation causes by hypomelanosis. hypomelanosis results after the destruction of melanin pigment from the skin which is essential for the normal colour of skin.

In Ayurveda it is known as Shwitra or Shweta Kushta.<sup>[1]</sup> Vata and bhrajak pita have settled on the skin, an imbalance in the Vata and Bhrajaka pitta can lead to skin problems.

Vitiligo occurs worldwide with an overall prevalence of 0.5-2 %.<sup>[2]</sup> It is harmless but serious cosmetic disease-causing social stigma which affect the emotional, psychological and social wellbeing of affected person which gives stress and depression and hampered their lifestyle. "Bakuchi oil" is an Ayurvedic medicinal oil prepared from the dried fruits of *Psoralea corylifolia*. The treatment consists of applying the oil to the affected areas of the skin and exposing them to sunlight. The major secondary metabolite found in *Psoralea corylifolia* is the furanocoumarin, psoralen. Psoralen stimulates repigmentation by sensitizing the skin to early morning sunlight. In modern medicine, 8-methoxypsoralen (methoxalen), is used in combination with ultraviolet A light (PUVA) for the treatment of vitiligo and psoriasis. However, the control of phototoxicity<sup>[3]</sup> is a major concern, and the amount of the methoxalen applied and the dose of UV irradiation used needs to be carefully controlled. Thus, therapeutic topical application of Bakuchi oil is important for its safe economical and effective use.

## AIM AND OBJECTIVE

To elicit the effectiveness of external application of Bakuchi oil in the management of vitiligo i.e. *Shwitra*.

## Etiology (Nidan)

The causative factors for skin diseases (*kusta*) and vitiligo (*Shwitra*) are the same.<sup>[4]</sup> and affect the same basic body tissue (*dhatu*) levels. *Shwitra* differs from other skin disorders by the normal functioning of all but the "skin tissue" (*twak*)<sup>[5]</sup> resulting in discoloration of the skin (*twak vaivarnyata*), without discharge (*aparisravi*).<sup>[6,7]</sup>

Ayurvedic texts explain following factors as the direct or indirect reasons for vitiligo (*shwitra*): *Viruddhahara* (incompatible food), *chardivegadharana* (suppression of vomiting), *atibhojana* (excess food intake), *Atyamla*, *Lavana*, *Madhura*, *Katu Rasa Sevana* (intake of sour, sweet, salt, and pungent food excessively), *navanna*, *dadhi*, *matsyabhakshana* (heavy intake of fresh grains, curd, and fish), *vipra-guru gharshana* (teasing and disrespecting the elders), *papakarma* (sinful acts), etc.<sup>[8]</sup>

## MATERIAL AND METHODS

### Case Report

The present case study reported successful treatment of vitiligo in Female patient of 55 year, presented with the complaints of white patches on back and neck for 5 years in outpatient

department of Kaychikitsa, at R.T. Ayurved college, Akola (Maharashtra). For this issue, she has consulted many allopathic medicines.

### Progression of Disease

The patient was well before 11 years, then from she had complaint of white patch over back and extending over neck and chest region. The patient had had received allopathic management for 3 years but the relief was temporary relief and also had some side effect, so after long time the patient opted for ayurvedic treatment and visited Kaychikitsa opd at RTAM, Akola, Maharashtra.

### History of Patient

#### ● PERSONAL HISTORY

- ☐ Aahara - Mixed diet
- ☐ Vihaara – Divaswapna
- ☐ Appetite – Good
- ☐ Diet - Veggie diet with a spicy food and used drink tea 7 to 8 times a day.
- ☐ Bowel habit – Regular
- ☐ Sleep - Normal
- Family History: No significant family history was found.
- Medical history: No known allergies to drug.
- No History of Smoking, Tobacco or any other drug addiction.
- H/O-Patient had Herpes Zoster 3 years ago and successfully treated for it.

### Clinical Findings

Ashtavidha Parikshana of the Patient is given in table

Sr. No	Head	Finding
1	Nadi	91/min, Regular, Pittapradhan
2	Mal	Nirama, Once a Day
3	Mutra	Samyak, 4-7 times, 1-2 times at night
4	Jivha	Sama
5	Shabda	Spashta
6	Sparsha	Anushanasheeta
7	Drik	Prakrita, No pallor, No icterus
8	Aakruti	Madhyam

- SAMPRAPTI GHATAKA

- Dosha: Tridosha
- Dushya: Rasa, Rakta, Mamsa, Medas
- Adhishtana: Twak

### Diagnostic Criteria

Diagnosis was made by characteristic features of vitiligo. Trichrome, having three shades - central part is depigmented, surrounded by a hypo-pigmented rim and normally pigmented skin around it.<sup>[9]</sup> This condition is comparable to *Switra*. When the morbid *Doshas* (regulatory functional factors of body) are more potent, the patient should be treated with *Shodhana* (cleansing therapy).<sup>[10]</sup> The patient was diagnosed with *Medoshrita switra* due to its appearance of chalky white patches.

Treatment Plan: On 13/2/2024 Bakuchi oil is given for local application and patient is exposed to morning sunlight for half hour, and continuously followed for 3 days.

On 16/2/2024 - Patient developed a bullous vesicle over the bakuchi oil applied region. Under all aseptic precautions debridement of vesicles and further pain management done with local application of WH5 gel is used to avoid the infection in debride skin and to fasten the recovery. same procedure was followed for 2 days until the freshly healed dermis is seen. Orally Arogyawardhini wati 500 mg bd, manjistha ghan vati 250 mg bd, aragvadh kapila vati 500 mg hs and triphala guggul was given for 45 days with regular follow up.

### After application of Bakuchi oil with half hour sun exposure

श्वित्राणां सविशेषं योक्तव्यं सर्वतो विशुद्धानाम् ।

श्वित्रे संसनमग्र्यं मतपूरस इष्यते सगुडः ॥१६२॥

तं पीत्वा सुस्निग्धो यथाबलं सूर्यपादसन्तापम् ।

संसेवेत विरिक्तरुच्यहं पिपासुः पिबेत् पेयाम् ॥१६३॥

श्वित्रेऽङ्गे ये स्फोटा जायन्ते कण्टकेन तान्निन्द्यात् ।

स्फोटेषु विसृतेषु प्रातः प्रातः पिबेत् पक्षम् ॥१६४॥

As mentioned by the Acharya Charak – in shlok 164 features of Sphota and Kantaken are seen after the application of bakuchi Oil.



After Debridement of Bullous vesicles health to dermis is seen.



After 2 months of treatment and early morning sunlight exposure.



*Pathya* (~wholesome)

Light food which can be digested on proper time was advised. The patient was advised to take home cooked fresh vegetables. Seasonal fruits, green vegetables such as Vastuk



(*Chenopodium album* Linn.), Methika (*Trigonella foenum-graecum* Linn.), Patola (*Trichosanthes dioica* Roxb.) Shunthi (*Zingiber officinale* Roscoe.), and Amalaki (*Phyllanthus emblica* Linn.) were prescribed. 15-20 min of Pranayama including Ujjai, Nadi shodhana, and Kapala bhati were also advised to be done under the supervision of Yoga instructor.

*Apathya* (~unwholesome)

Curd, fish, canned food, junk foods, milk and dairy products, heavy diet, consumption of food at inappropriate time, and late sleep were prohibited.

## DISCUSSION

*Bakuchi* oil: Bakuchi is also known as "Shvitraghni" because to its ability to treat Vitiligo, a skin condition in which some areas of the skin lose their pigmentation. The active component in Bakuchi is "Psoralens," which produces melanin in depigmented skin when exposed to sunlight. The herbal paste or Lepa of the herbal decoction is applied locally in Ayurvedic treatment. According to clinical research, using the Lepa just locally is a safe and effective therapy for Vitiligo. Bakuchi is a potent skin-healing plant whose name is derived from the Moon, which is the ideal of beauty. It's known by a variety of names in Ayurvedic texts, including Somvalli, Chandrika, Suprabha, Tvagdoshghani, and Chandrashalaka, to mention a few. It significantly reduces pigmentation and plumps the skin by increasing collagen promoting tissues. as mention by the acharya charka, in kushtachikista adhyay shlok 164, kantaken and *sphotak* are developed after the application of bakuchi oil.

*Arogyavardhini vati*: it is said to be useful *Kushta nasaka* (~alleviating skin disorders especially in *Mandala kushta*). *Arogyavardhini vati* does the *Shoshana* (~assimilation) of exacerbated *Snigdha dravyas* (~unctuous substances) present in the body.<sup>[11]</sup> It also does the *Pachana* (~digestion) of *Drava* (~liquid) and *Kleda* (~clammy) and does the *Raktavardhana* (~improve blood quality). It reduces *Dravatva*, *Snigdatva* in *Meda dhatu*. It has shown significant free radical scavenging activity as compared to Vitamin C.<sup>[12]</sup>

Triphala guggula: Its anti-inflammatory activity is useful in achieving relief from pain and inflammation that arise after the debridement of bullous vesicles and fastens wound healing.

Aaragvadh kapila vati: it has an anti-fungal, antibacterial, and helps wound healing. also with *stransan karma* controls the vitiated tridoash of body and helps in blood purification i.e.

*Raktdrushtiprasadkar* that helps in normalisation of skin colour by the production skin colour pigment i.e. melanin.

WH5 gel is antiseptic gel prepared by the gufic biosciences containing kumari (Aloe Vera), Turmeric extract, Honey, Cow Ghee, Karanj Oil (*Pongamia Pinnata*).

## CONCLUSION

Based on the results observed in this case, using *Bakuchi Oil locally* along with *Arogyavardhini vati*, *triphala guggul*, *aaragvadh kapila vati* internally and can be a good choice in the management of *Shwitra*. No side effects were noticed during the treatment period. As the results are encouraging, attempts can be made to see results in similar cases.

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