MANAGEMENT OF VITILIGO (SHWITRA) BY RAKTAMOKSHAN (CUPPING THERAPY) AND LEPA (WITH SURYA SNAN) – A Case Study

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CASE STUDY

MANAGEMENT OF VITILIGO (SHWITRA) BY RAKTAMOKSHAN (CUPPING THERAPY) AND LEPÅ (WITH SURYA SNAN) – A Case Study

ABSTRACT:
Vitiligo is an auto-immune disease directed against melanocyte characterised by depigmented or hypopigmented patches. It can be treated with local steroid, systemic steroid, local PUVA, systemic PUVA therapy, but it is having side effects like phototoxicity, hyper-pigmentation, solar elastosis, cataract, squamous cell carcinoma etc. Sometimes surgically grafting is also done. According to Ayurveda Vitiligo can be correlated with Shwitra symptomatically. Acharya Charaka has advised Raktmokshan, Shodhan, Suryapadsantapnam, Khadirodak pan, and Lepa treatment for Shwitra. Hence in this study case of vitiligo was treated by raktamokshan (at the interval of 1 month), Khadirarishta, Lepa (Bhallataka oil, Bakuchi oil, wax), suryasnan for 30 minutes daily for 6 months. By this combination therapy the patches of vitiligo were completely disappeared and converted in to normal skin.

Key Words: Vitiligo, Shwitra, Raktmokshan, Suryasnan, Lepa

INTRODUCTION:
Vitiligo is the pigmentary disorder of unknown cause is characterised by depigmented or hypopigmented patches that result from absence or reduction in melanocyte. The most accepted theory for pathogenesis of vitiligo is autoimmune hypothesis. [1] This states that Vitiligo is due to T cell directed attack epidermal melanocytes. About 1-2 % of general population has vitiligo. [2] Common age of onset is between 15-35 years, [3]Legions are well defined, milky white (depigmented), macules or patches. Vitiligo may be localised, regional (or segmental), generalised, universal (affecting the all the skin surface) or acromucosal. Treatment includes topical steroids, systemic steroid, local PUVA, systemic PUVA therapy, but it is having side effects like phototoxicity, hyperpigmentation, solar elastosis, cataract, squamous cell carcinoma etc. Sometimes surgically grafting is also done. According to Ayurveda, Vitiligo is symptomatically correlated with Shwitra. Acharya Charaka has advised Raktmokshan, Shodhan, Suryapadsantapnam, Khadirodak pan, and Lepa treatment for Shwitra. Hence in this study case of vitiligo was treated by raktamokshan (at the interval of 1 month), Khadirarishta, Lepa (Bhallataka oil, Bakuchi oil, wax), suryasnan for 30 minutes daily for 6 months. By this combination therapy the patches of vitiligo were completely disappeared and converted in to normal skin.

A single case study of Vitiligo (Shwitra) is reported here in which vitiated doshas are pacified with the use of Raktamokshan by cupping therapy, lepa, suryasnan, khadirarishta internally.

CASE REPORT:
A 18 year old female patient of white patches on flanks visited to Shalyatana OPD of Government Ayurveda College Nanded, Maharashtra on 27-09-2013 with complaining of white patches on flanks since birth, patient was treated with local and systemic steroid by allopath practitioner but no satisfactory result was found. Routine investigation was done, sensation and sweating was present at that site. Diagnosis was confirmed by biopsy showing reduced melanocyte. As per Ayurveda diagnosis was done as Shwitra as white patches is the main symptoms mentioned by Aacharya. Patient was treated with oral Khadirarishta 20 ml BID before meal, along with daily application of lepa of bhallataka oil, bakuchi oil, wax, followed by suryasnan for 30 minutes, Raktamokshan by cupping therapy was done at the interval of one month. After 15 days small black spot was developed in the middle of the patch which was same as normal skin of that patient. On 30th day there were three spots after that follow up was taken at the interval of 15 days and there was progressively increase in the number of the spots, slowly they mixed and patch was completely disappear after 6 months and colour was same as that of normal skin colour.

PROCEDURE OF RAKTAMOKSHAN BY CUPPING THERAPY
First the affected area cleaned with betadine then it was dried by dressing pad, then cup was applied and vacuum was created by pump, it was kept for ten minutes, vacuum was released by valve. Superficial incision was taken by stab blade on the affected area, and again vacuum was created, within 15 minutes cup was filled with blood (about 30 ml). Then vacuum was released and dressing was done with betadine.

PROCEDURE OF LEPA AND SURYA SNAN
Lepa was prepared by mixing Bhallataka oil, bakuchi oil, wax in the ratio of 1:1:2 after heating. Lepa was applied in the early morning followed by suryasnan for 30 minutes. After interval of 30 minutes hot water bath was advised.

PROBABLE MODE OF ACTION
Cause of vitiligo is the reduction in the secretions of melanocyte, Raktamokshan by cupping therapy leads to activation and stimulation to the reaction position of internal body system in the body (reflex zone) in order to increase the brain attention to the injured organ and give appropriate order to the body to take the necessary measures, it also leads to stimulation of the glands particularly Pituitary gland which is responsible for secretion of melanocyte stimulating hormone responsible for melanin formation which leads to normal skin colour.

Sun is the natural source of Ultra violates rays which stimulate Melanocyte function and their regeneration leading to normal skin colour.

Khadirarishta has kushthagna properties [7] due to its main content i.e khadira. Due to its tikta kashaya rasa, katu vipaka, laghu-ruksha guna khadira acts kapha doshghna in shwitra vyadhi. It is also acts kushtagna by its prabhava.

Ancient samhita has mentioned local application of Bhallata oil and Bakuchi oil in switra vyadhi. [8] Bakuchi acts as a kapha doshaghna and ultimately shwitraghna by its katu tikta rasa, katu vipaka, ushna virya and laghu ruksha guna. Bhallata has its kaphaghna and kushthaghana properties [9] due to its katu-tikta-kashaya rasa, katu vipaka and ushna virya. To avoid the local irritation caused by the combination of Bhallata oil and Bakuchi oil wax was used in lepa.

CONCLUSION
Hence the treatment modalities can be prescribed as a worth full procedure considering the effective and safe therapy regimen for vitiligo i.e shwitra vyadhi.

Before treatment photo
![Before treatment photo](image1)

After treatment photo
![After treatment photo](image2)
REFERENCES

2. Ibid, p.135

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Source of Support – Nil
Conflict of Interest – None Declared