

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

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CASE STUDY

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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*, *Khadirrodak 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] Lesions 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 steroids, topical PUVA, systemic PUVA, sometimes surgically grafting also done. PUVA therapy is having side effects like phototoxicity, hyperpigmentation, solar elastosis, cataract and squamous cell carcinoma in white skin individuals. UVB phototherapy is a safer alternative to PUVA therapy ^[4] but is relatively expensive.

On the basis of sign and symptoms Vitiligo can be correlated with *Shwitra*. *Acharya Charaka* has mentioned various causes out of which *Virudha aahar sevan*, *Papkarma* are important one. ^[5] Due to this *kapha dosha* get vitiated causes *shwitra* (white patches) by *dushti* of specifically *meda dhatu*. ^[6] *Aacharya Charaka* has advocated various treatment modalities such as *shodhan*, *virechan*, by *malpurasa (bakuchi)*, *suryasnan*, *khadirodakpan*, various *lepa*, *raktamokshan*. Amongst these *Raktamokshan*, *suryasnan*, *lepa*, seems to be more effective in providing distinct and instant relief.

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 *Shalyatantra* 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 violet 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 vipak*, *laghu-ruksha guna* *khadira* acts *kapha doshghna* in *shwitra vyadhi*. It is also acts *kushthagna* by its *prabhava*.

Ancient *samhita* has mentioned local application of *Bhallatak* 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*. *Bhallataka* 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 *Bhallataka* 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



After treatment photo

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