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A CASE STUDY ON AYURVEDIC MANAGEMENT OF SHWITRA (VITILIGO) THROUGH (SHUDDHA HARTAL + BAKUCHI CHURNA MIXED WITH GOMUTRA)

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ABSTRACT

Shwitra, a condition characterized by the appearance of white patches on the body, is comparable to vitiligo in modern medicine. Within Ayurveda, all skin diseases are categorized under Kustha Roga and are attributed to the imbalance of the Tridosha. Vitiligo is recognized as an autoimmune disorder that can be associated with other autoimmune conditions such as diabetes mellitus, pernicious anaemia, and Addison's disease. The incidence rate of vitiligo is approximately 1%. This disease often leads to significant social embarrassment and economic burden for those affected. Ayurvedic treatment protocols offer a new hope for effective and safe management of vitiligo. These protocols include Shamanousadhi (Shodhit Hartal, Bakuchi, Gomutra, Khadirarishta). This treatment approach has demonstrated a marked improvement in the condition of patients, providing a promising treatment to conventional treatments.

KEYWORDS: Shwitra, Vitiligo, Kustha Roga, etc.

INTRODUCTION

The term "Shwitra" originates from the Sanskrit word "Shweta," which means white patch. Shwitra is a condition where white patches appear on the body. In Ayurveda, all skin diseases are categorized under Kushta Roga, and Shwitra is one of them. Shwitra is described in Kushta Roga Chikitsa, where white patches may appear on the entire body or localized areas. Kushta is classified as one of the Ashta Maha Gada in Ayurveda.[1] The skin, covering the entire body, contains Bhrajaka Pitta, responsible for the complexion and radiance of the skin. Any impairment of Bhrajaka Pitta and Vata Dosha can lead to skin diseases like Shwitra.[2] Like Kushta, it is caused by the vitiation of Tridosha and Dhatus such as Rasa, Rakta, Mamsa, and Meda. The primary cause of the disease is believed to be the result of Purva Janma Krita Paapa Phala.[3]

In modern medical science, the characteristics of Shwitra resemble vitiligo. Vitiligo is a condition where the skin turns white due to the loss of melanocyte cells, which produce the pigment melanin responsible for skin colour, leading to hypopigmentation.[4] It affects both sexes equally, although there is a higher prevalence among females in clinical settings due to greater cosmetic awareness. Vitiligo is considered a cosmetic disfigurement affecting about 1% of the global population.[5] Due to a lack of scientific understanding and confusion with leprosy, it often results in social embarrassment.

Modern medical treatments for vitiligo include topical creams containing corticosteroids, certain types of radiation, skin grafting, and medical tattooing, all of which can be economically burdensome for the patient.[6]

In a particular case, a patient was treated with Shamana Ausadhi (Panchnimba Churna, Arogyavardhini Vati, Bakuchi Taila and Khadirarishta) over one month, showing significant improvement as evident from inspections. The outcome of this clinical study provides further insights into the effectiveness of Ayurvedic medicine in treating vitiligo.

AIMS AND OBJECTIVES

To evaluate the effects of Ayurvedic treatment in Shwitra (vitiligo).

CASE DESCRIPTION:

A 40-year-old female patient (UHID No. 370010177930) from Kurukshetra, Haryana visited the OPD at Institute of Ayurved Studies & Research, Faculty of Ayurved, Shri Krishna AYUSH University, Kurukshetra (Haryana), Haryana, on 07/05/2023. She

presented with whitish discoloration on all her fingers and mild itching over the lesions, persisting for the past 5 years. Additionally, she had developed patches over her foot for the past 4 months.

HISTORY OF PRESENT ILLNESS

The patient was healthy until 5 years ago when she gradually developed some discoloration on her fingers. Initially, the lesions were small, and the patient neglected them. However, after 3-4 months, she observed that the lesions gradually increased in size. She also noticed a white patch over her foot, accompanied by an itching sensation at the site of the lesions. Seeking medical advice, she visited a nearby hospital, where she was diagnosed with vitiligo and prescribed Allopathic medications. Despite undergoing treatment for 8 months, the patient did not experience significant improvement. Consequently, she visited our hospital i.e. Institute of Ayurved Studies & Research, Faculty of Ayurved, Shri Krishna Ayush University, Kurukshetra (Haryana), seeking a permanent solution for her condition.

PAST HISTORY:

- No history of above skin complaints before 5 years
- No history of HTN/ DM/ Thyroid disorder

FAMILY HISTORY

No History of Vitiligo.

PERSONAL HISTORY

Bowel: Regular bowel

Bladder: 4-5 times/day and **Night** -1-2

Sleep- sound Sleep

Diet: Non-Diet- 2-3 days in a week including excessive intake of Sea Fish and Curd.

Occupation: House wife

Habit: tea 2 times a day

MENSTRUAL HISTORY

Regular menses

GENERAL EXAMINATION

Pallor- Absent

Icterus- absent

Cyanosis- absent

Clubbing- absent

Lymph node- not palpable

Oedema- absent

BP- 130/70 mm of Hg

Pulse-70/min.

ASHTA STHANA PARIKSHA:

- Nadi: 78 bpm
- Mala: Constipation
- Mutra: 4- 5 times /day
- Jihwa- Saam
- Shabda- Prakruta
- Sparsha- twak contain patches over fingers and lips
- Drik- Prakruta
- Akrti- Madhyama

LOCAL EXAMINATION

- 1) Site of lesion - Trunk, Foot, Abdomen, calf region
- 2) Distribution - (Vyāpti)- Asymmetrical
- 3) Character of lesion - : no of lesions-7; Size- 2.5-4.5 cm, Colour- whitish, Arrangement- solitary
- 4) Itching – Mild Present

- 5) Inflammation – Absent
 6) Discharge - Absent
 7) Superficial Sensation on lesion – Pain- absent

MATERIAL AND METHOD

Centre of Study- This study was carried out in Rasa Shastra and Bhaishajya Kalpana department of Institute of Ayurved Studies & Research, Faculty of Ayurved, Shri Krishna Ayush University, Kurukshetra (Haryana). Hetu and Samprapti of Shwitra (Vitiligo) according to Ayurveda which is corelated with the patient:

Table 1: Hetu (causative factor)

AHARA	VIHARA	MANASIKA
Non- veg diet- 2-3 days / week Dadhi Sevana - 4-5 days / week Matsya Sevana-2-3 days / week	Ratrijagarana Vega dharana	Chinta,Bhaya Shoka

SAMPRAPTI GHATAKA

Dosha – Tridosha

Dushya - Rasa, Rakta, Mamsa, Meda

Agni - Jathragni, Dhatwagni Mandya

Srotas - Rasavaha, Raktavaha, Mamsavaha, Medovaha

Srotodushti – Sanga

Rogmarga - Bahya

Udhhbhav Sthana - Amashaya

Vyakta Sthana - Twacha

Swabhav - Chirkari

Sadhyasadhyta - Yapya

TREATMENT:**Table 4: Shamanoushadi**

MEDICINE	DOSE	DURATION
Shuddha Haral + Bakuchi Churna mixed with Gomutra and prepare lepa	3gms- 0 – 3gms	6 months

VETI SCORE FORMULA- The Vitiligo Extent Tensity Index (VETI) is a scoring system used to assess the extent and severity of vitiligo lesions in patients. Here's a simplified formula for calculating the VETI score for a single patient:

1. Extent Score (E):

- Identify and mark the extent of vitiligo patches on different body parts. Assign a numerical score based on the percentage of affected body surface area.
- E = Sum of percentages of affected areas on all body parts (e.g., trunk, arms, legs, etc.).

2. Tensity Score (T):

- Assess the severity of depigmentation within each affected area. Assign a score based on the depth of depigmentation and contrast with normal skin.
- T = Sum of severity scores for all affected areas (e.g., mild, moderate, severe).

3. VETI Score (V):

- Calculate the total VETI score by combining the Extent (E) and Tensity (T) scores.
- $V = E + T$

Example Calculation:

- **Extent Score (E):** Foot: 10%, Trunk: 5%, Arms: 15%, Legs: 20%

$$E = 10 + 5 + 15 + 20 = 50$$

- **Tensity Score (T):** Foot: Moderate, Trunk: Mild, Arms: Severe

- Legs: Moderate,
- $T = 2 \text{ (Moderate)} + 1 \text{ (Mild)} + 3 \text{ (Severe)} + 2 \text{ (Moderate)} = 8$

- **VETI Score (V):**

- $V = E + T = 50 + 8 = 58$

This formula provides a structured way to assess the severity and extent of vitiligo lesions in a single patient, helping clinicians monitor disease progression and evaluate treatment efficacy over time. Adjustments may be made based on specific clinical observations and patient characteristics.

BEFORE TREATMENT



AFTER TREATMENT



OBSERVATION AND RESULTS:

Regular Lepa use of Shuddha Haral + Bakuchi Churna with gomutra bhavana minimized the size of vitiligo and changed the colour of patches from white to reddish then to normal skin colour.

TABLE 5: ASSESSMENT SCORE CHART:

SCORE	0	1	2	3
Type	No improvement	Stationary	Resistant	Progressive
Number of patches	Absent	Single patch	Segmentary	Generalized
Hair on patches	Black	Mild black	White	-
Colour of patches	Normal	Pigment spot on patch	Pink	Milky white
Re- pigmentation	Fully pigmented	Perifollicular pigmentation	Hyper pigmented margins	No pigmentation

Table 6: ASSESSMENT AFTER THE TREATMENT

SIGN AND SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT (AFTER 6 MONTHS)
Type	2	3
Number of patches	14	3
Hair on patches	3	2
Colour of patches	2	5 patches with scoring 2 12 patches with scoring 1
Re- pigmentation	2	5 patches with scoring 2 12 patches with scoring 3

Table 7: OBSERVATION DURING FOLLOW UP

Criteria	1st day	15th day	30th day	45th day	60th day	75th day	90th Day	After 6 months
Type	1	2	2	2	2	3	3	3
Number of patches	17	15	12	10	5	3	3	1
Hair on patches	2	2	2	1	1	1	0	0
Colour of patches	17 patches with scoring 2	15 patches with scoring 2	12 patches with scoring 2	10 patches with scoring 2	9 patches with scoring 2	7 patches with scoring 3	5 patches with scoring 3	5 patches with scoring 3 12 patches with scoring 3
Re-pigmentation	17 patches with scoring 3	15 patches with scoring 3	12 patches with scoring 3	10 patches with scoring 2	9 patches with scoring 2	7 patches with scoring 2	5 patches with scoring 1	5 patches with scoring 1 12 patches with scoring 0

DISCUSSION

DISCUSSION ON ASSESSMENT OF TREATMENT [7]

Vitiligo, a chronic skin condition characterized by the loss of pigment resulting in white patches, poses significant therapeutic challenges. The Ayurvedic approach to managing vitiligo focuses on restoring balance and promoting re-pigmentation through a combination of dietary regulations, lifestyle modifications, herbal medications, and therapeutic procedures. This discussion examines the effectiveness of Ayurvedic treatment over six months, based on specific clinical parameters: type of vitiligo, number of patches, hair on patches, color of patches, and degree of re-pigmentation.

Type of Vitiligo- Before the treatment, the condition was classified as Type 2. After six months of Ayurvedic intervention, the condition improved to Type 3. This progression indicates a positive response to treatment, reflecting the dynamic nature of vitiligo and the potential for improvement with appropriate management.

Number of Patches- Initially, the patient presented with 14 patches. After six months of Ayurvedic treatment, the number of patches reduced to 3. This significant reduction suggests that the therapeutic regimen effectively arrested the spread of depigmentation and facilitated the gradual re-pigmentation process.

Hair on Patches- The presence of hair on vitiligo patches is often a prognostic indicator. Before treatment, hair was noted on 3 patches. Post-treatment, hair was observed on 2 patches. Although there is a slight decrease, it is essential to consider that hair follicle involvement in vitiligo is complex and can vary independently of the skin re-pigmentation process.

Color of Patches- The initial assessment showed uniform depigmentation with a score of 2. After six months, 5 patches improved to a score of 2, and 12 patches improved to a score of 1. This change signifies the commencement of pigment return, with some patches showing a near-normal skin color (score of 1), which is a positive indicator of therapeutic success.

Re-pigmentation- Re-pigmentation is the ultimate goal in vitiligo treatment. Initially, the re-pigmentation score was 2. After six months of Ayurvedic management, 5 patches achieved a re-pigmentation score of 2, and 12 patches reached a score of 3. The improvement in re-pigmentation scores indicates a substantial therapeutic benefit, with a

marked increase in pigment restoration across the affected areas.

The Ayurvedic management of vitiligo over six months has demonstrated a notable improvement in the condition. The reduction in the number of patches, improvement in patch color, and increased re-pigmentation highlight the efficacy of the Ayurvedic approach. Although the presence of hair on patches showed a slight decline, the overall clinical picture suggests significant therapeutic success. Ayurvedic treatment, with its holistic and individualized approach, offers a promising alternative for managing vitiligo, emphasizing the restoration of balance and promoting natural healing processes.[8]

DISCUSSION ON OBSERVATION DURING FOLLOW-UP [9]

Vitiligo, known as Shwitra in Ayurveda, is a condition that results in the loss of skin pigmentation, leading to white patches. Ayurvedic management of vitiligo involves a holistic approach combining herbal treatments, dietary modifications, and lifestyle changes to restore pigmentation and balance within the body. This discussion details the observations and follow-up assessments conducted over six months of Ayurvedic treatment, focusing on the type of vitiligo, number of patches, hair on patches, color of patches, and degree of re-pigmentation.

Type of Vitiligo-The initial classification was Type 1, which progressed to Type 2 by the 15th day and remained stable until the 60th day. By the 75th day, the condition improved to Type 3, and this classification was maintained until the end of the six-month period. This progression reflects a positive response to the Ayurvedic treatment regimen, indicating a shift towards a more stable and manageable state of vitiligo.

Number of Patches-At the beginning of the treatment, there were 17 patches. The number steadily decreased over time: 15 patches by the 15th day, 12 patches by the 30th day, 10 patches by the 45th day, 5 patches by the 60th day, 3 patches by the 75th and 90th days, and finally just 1 patch after six months. This consistent reduction in the number of patches demonstrates the effectiveness of the treatment in halting the spread of depigmentation and promoting healing.

Hair on Patches- Hair on patches can be a challenging aspect of vitiligo to treat. Initially, hair was present on 2 patches, which remained unchanged until the 30th day. By the 45th day, the number of patches with hair decreased to 1 and eventually to 0 after the 90th day

and remained so until the end of six months. Although hair on patches is a persistent issue, the reduction signifies some level of follicular re-pigmentation and the overall effectiveness of the treatment.

Color of Patches-The initial color assessment showed 17 patches with a scoring of 2. Over time, the color improved significantly: 15 patches with a score of 2 by the 15th day, 12 patches with a score of 2 by the 30th day, 10 patches with a score of 2 by the 45th day, 9 patches with a score of 2 by the 60th day, 7 patches with a score of 3 by the 75th day, 5 patches with a score of 3 by the 90th day, 5 patches with a score of 3 and 12 patches with a score of 3 after six months. This improvement in color indicates the return of pigmentation, with more patches showing a healthier skin color as the treatment progressed.

Re-pigmentation-Re-pigmentation scores also showed remarkable progress: Initially, 17 patches with a score of 3, 15 patches with a score of 3 by the 15th day, 12 patches with a score of 3 by the 30th day, 10 patches with a score of 2 by the 45th day, 9 patches with a score of 2 by the 60th day, 7 patches with a score of 2 by the 75th day, 5 patches with a score of 1 by the 90th day, 5 patches with a score of 1 and 12 patches with a score of 0 after six months. The improvement in re-pigmentation scores indicates that the Ayurvedic treatment significantly promoted the return of pigment to the affected areas, highlighting its effectiveness in managing vitiligo.

The observations and follow-up over six months of Ayurvedic treatment for vitiligo (Shwitra) demonstrate significant clinical improvements. The reduction in the number of patches, improved color scores, and increased re-pigmentation underscore the effectiveness of Ayurvedic management. Although hair on patches remained a challenge, the overall positive outcomes suggest that Ayurveda offers a promising Traditional approach to managing vitiligo, emphasizing natural healing and balance restoration within the body.[10]

MODE OF ACTION OF BAKUCHI-CHURNA- [11]

Bakuchi (*Psoralea corylifolia*), commonly used in Ayurvedic medicine, is renowned for its potent effects on skin disorders, particularly vitiligo (Shwitra). Bakuchi-Churna, the powdered form of Bakuchi seeds, has been extensively used for its therapeutic properties. The mode of action of Bakuchi-Churna can be understood through its various pharmacological activities:

1. Stimulating Melanogenesis- Bakuchi contains psoralen, a furocoumarin compound known to stimulate melanocytes, the cells responsible for producing melanin, the pigment that gives skin its color. Psoralen intercalates into DNA and, upon exposure to UV light, induces the production and proliferation of melanocytes. This action helps in the re-pigmentation of the depigmented patches in vitiligo.

2. Immunomodulatory Effects- Vitiligo is often associated with autoimmune mechanisms where the body's immune system attacks melanocytes. Bakuchi exhibits immunomodulatory properties, which help in regulating the immune response, thereby protecting melanocytes from autoimmune destruction. This modulation of the immune system helps in stabilizing the disease and preventing the progression of depigmentation.

3. Antioxidant Activity- Oxidative stress is a significant factor in the pathogenesis of vitiligo. Bakuchi is rich in antioxidants, which neutralize free radicals and reduce oxidative stress. By decreasing oxidative damage, Bakuchi helps in maintaining the health of melanocytes and supports the re-pigmentation process.

4. Anti-inflammatory Properties- Inflammation plays a crucial role in the exacerbation of vitiligo. Bakuchi exhibits anti-inflammatory properties, which help in reducing the inflammatory responses in the skin. This anti-inflammatory action aids in creating a conducive environment for melanocyte survival and proliferation.

5. Enhancing Skin Health- Bakuchi contains various bioactive compounds that promote overall skin health. These compounds enhance blood circulation, improve skin texture, and support the natural healing processes of the skin. Improved skin health facilitates the re-pigmentation process and ensures better management of vitiligo.

6. Photochemotherapy- The use of Bakuchi in combination with controlled exposure to sunlight or UV light, known as photochemotherapy, enhances its efficacy. Psoralen in Bakuchi becomes activated upon UV exposure, leading to the stimulation of melanocytes and improved melanin production. This synergistic effect is crucial for the effective treatment of vitiligo.[12]

MODE OF ACTION OF SHUDDHA HARTAL [13]

Shuddha Hartal, or purified orpiment (Arsenic Trisulphide), is a significant component in Ayurvedic medicine, especially for treating skin conditions like vitiligo (Shwitra). When purified correctly, Shuddha Hartal exhibits several therapeutic properties that contribute

to its efficacy.

1. Stimulation of Melanogenesis- Shuddha Hartal plays a crucial role in stimulating melanogenesis, the process by which melanocytes produce melanin:

- **Activation of Melanocytes:** The arsenic compounds in Shuddha Hartal are believed to activate dormant melanocytes or stimulate existing melanocytes to increase melanin production. This is vital for re-pigmentation in vitiligo-affected areas.
- **DNA Intercalation:** Similar to psoralen, arsenic compounds may intercalate into the DNA of melanocytes, promoting melanogenesis upon exposure to sunlight or UV light, aiding in the recovery of skin color.

2. Immunomodulatory Effects- Vitiligo is often associated with autoimmune responses where the body's immune system targets melanocytes. Shuddha Hartal's immunomodulatory effects help mitigate this:

- **Immune Regulation:** Shuddha Hartal helps in balancing the immune response, reducing the autoimmune activity against melanocytes. This protection helps stabilize vitiligo and prevent further depigmentation.
- **Reduction of Autoantibodies:** It may also help in reducing the levels of autoantibodies that target melanocytes, promoting a more balanced immune environment conducive to skin healing.

3. Detoxification and Purification- Shuddha Hartal is renowned for its detoxifying properties in Ayurveda:

- **Blood Purification:** It is believed to purify the blood by eliminating toxins that can contribute to skin disorders. This detoxification process helps in creating an internal environment that supports the healing and re-pigmentation of the skin.
- **Chelation of Toxins:** Arsenic compounds can bind to certain toxins, neutralizing their harmful effects and facilitating their excretion from the body.

4. Antioxidant Activity- Oxidative stress is a significant contributor to vitiligo pathogenesis. Shuddha Hartal exhibits antioxidant properties:

- **Neutralizing Free Radicals:** It helps neutralize free radicals that cause oxidative damage to melanocytes. This protection is crucial for the survival and function of these pigment-producing cells.

- **Reducing Oxidative Stress:** By lowering oxidative stress, Shuddha Hartal supports a healthier cellular environment, promoting the recovery of melanocytes and aiding in re-pigmentation.

5. Anti-inflammatory Properties- Inflammation exacerbates vitiligo, and Shuddha Hartal's anti-inflammatory properties are beneficial:

- **Reduction of Inflammatory Cytokines:** Shuddha Hartal can help reduce the levels of pro-inflammatory cytokines, thereby decreasing inflammation in the skin.
- **Promoting Healing:** By reducing inflammation, Shuddha Hartal creates a more favourable environment for melanocyte survival and proliferation, which is essential for re-pigmentation.

6. Enhancement of Skin Health- The bioactive compounds in Shuddha Hartal contribute to overall skin health:

- **Improved Blood Circulation:** It enhances blood circulation to the skin, ensuring better nutrient and oxygen delivery to the affected areas, which supports healing and re-pigmentation.
- **Skin Texture Improvement:** Regular use of Shuddha Hartal can improve skin texture and resilience, making the skin more robust and less susceptible to further damage.[14]

MODE OF ACTION OF GOMUTRA [14, 15,16]

Gomutra, or cow urine, is highly valued in Ayurvedic medicine for its therapeutic properties. It is considered a powerful bioenhancer and is used in the treatment of various ailments, including skin conditions like vitiligo (Shwitra).

1. Detoxification and Purification- Gomutra is renowned for its detoxifying properties:

- **Purification of Blood:** Gomutra helps in cleansing the blood by eliminating toxins and waste products. This detoxification is crucial in treating skin conditions, as impurities in the blood can exacerbate disorders like vitiligo.
- **Urinary Excretion:** It promotes diuresis, aiding in the removal of toxins through increased urine output. This process helps in maintaining internal homeostasis and reducing toxic load.

2. Immunomodulatory Effects- Gomutra has significant immunomodulatory properties

that help in regulating the immune system:

- **Balancing Immune Response:** It helps in modulating the immune system, ensuring that it functions optimally without becoming overactive. This is particularly important in autoimmune conditions like vitiligo, where the immune system mistakenly attacks melanocytes.
- **Enhancing Immunity:** Gomutra strengthens the immune system, making the body more resilient to infections and diseases. This overall boost in immunity supports the body's natural healing processes.

3. Antioxidant Activity- Oxidative stress is a key factor in the pathogenesis of vitiligo, and Gomutra's antioxidant properties are beneficial:

- **Neutralizing Free Radicals:** Gomutra contains antioxidants that neutralize free radicals, which are harmful molecules that can damage cells, including melanocytes. Reducing oxidative stress helps in protecting these pigment-producing cells.
- **Reducing Oxidative Damage:** By mitigating oxidative damage, Gomutra supports the health and function of melanocytes, aiding in the re-pigmentation process.

4. Anti-inflammatory Properties- Inflammation plays a crucial role in the progression of vitiligo, and Gomutra has anti-inflammatory effects:

- **Reducing Inflammatory Cytokines:** Gomutra helps in lowering the levels of pro-inflammatory cytokines, thereby reducing inflammation in the skin. This reduction in inflammation creates a more favourable environment for melanocyte survival and proliferation.
- **Promoting Healing:** By decreasing inflammation, Gomutra aids in the healing process of the skin, supporting the recovery of affected areas.

5. Bioenhancer- Gomutra acts as a bioenhancer, improving the efficacy of other therapeutic agents:

- **Enhancing Absorption:** It enhances the absorption and bioavailability of other herbal and medicinal compounds used in conjunction with it. This synergistic effect makes the overall treatment more effective.
- **Potentiating Effects:** Gomutra can potentiate the effects of other treatments, making them more potent and effective at lower doses.

6. Antimicrobial Properties- Gomutra has antimicrobial properties that help in preventing infections:

- **Antibacterial and Antifungal:** It has been shown to possess antibacterial and antifungal properties, which can help in preventing secondary infections in vitiligo-affected areas.
- **Supporting Skin Health:** By preventing infections, Gomutra helps in maintaining the integrity and health of the skin, promoting a better environment for re-pigmentation.

7. Nutrient Supply- Gomutra contains essential nutrients and enzymes that support overall health:

- **Providing Essential Nutrients:** It is rich in nutrients such as vitamins, minerals, and enzymes that support various bodily functions and promote overall well-being.
- **Supporting Cellular Function:** These nutrients help in maintaining the health of melanocytes and other skin cells, aiding in the re-pigmentation process.

CONCLUSION- Shwitra is a disease that significantly affects both the body and mind. Ayurvedic treatment for this skin condition has provided patients with a blissful life by enhancing the immune system and boosting confidence levels. This treatment (Shuddha Hartal + Bakuchi Churna mixed with Gomutra) helps to address the root cause of the disease and prevents its recurrence by eliminating aggravated Doshas in the body. This process reduces the number and size of lesions and helps restore normal skin color. In the case of the patient mentioned, significant relief was achieved, demonstrating that this treatment protocol can be effectively used for the management of Shwitra.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT- NONE

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