

ROLE OF BAKUCHI GHRUTA WITH RAKTAMOKSHAN IN SHWITRA (VITILIGO) -A
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ABSTRACT

Switra is considered in *kushta vyadhi*. It is not painful & troublesome. It is dreadful and hating state. One to four percent population is suffering in world. It produces mental discomfort. A 20 years old boy had white patches over both legs. *Bakuchi siddha ghruta* was administered orally in *rasayana kala* to the patient along with *raktamokshan*. The assessment criteria were size and color of the patches. The effect of drug is to enhance the proliferation of melanocytes.

INTRODUCTION

Contemporary science explains it as a condition caused due to improper distribution of the melanin (impaired melanocyte production) under the skin surface. This may be hereditary, medicine originated (caused due to toxicity), side effects of chemotherapy, etc. In world 0.1 to 4% people are affected by this disease.^[1] The incidence of vitiligo to be 3% - 4% in india although as incidence as high as 8.8% has also been reported.^[2]

Vitiligo is known in *Ayurveda* as "*shwitra*."^[3] It is of two types, that is *Kilas* and *Varuna*.^[4] In *Ayurveda*, the causes for the *Shwitra* are considered untruthfulness, ungratefulness, disrespect for the gods, insult of the preceptors, sinful acts, misdeeds of past lives and intake of mutually contradictory food are the causative factors of *Shwitra*.^[5]

CASE REPORT

A Twenty year old male came with complaints of *shwitra* on his both legs, frontal side below both knee joints and upto the ankle joints of size with measurement of approx 14cm in Right leg & 5cm in left leg. Since two years the size was increasing gradually in both directions upward & downward. There were no associated complaints like itching, pain, burning sensation. There was no any past history of injury, wound, in contact to any chemical or harmful dietary substance.

Examination

Vitals were normal with adequate diet. Local & systemic examination reveals no any abnormality. Bowel was occasionally constipated. Micturation was normal and adequate. White patches of irregular shape on both legs were observed

Evaluation of Symptoms

Evaluation of lesion are based on the following criteria-

1. Size (Diameter) of patches on both legs in length i.e. from knee joint to ankle joint of 14cm in length (Right leg), 5 cm in length (Left leg)
2. Number of patches-one large patch on right & one small patch on left leg
3. Colour of patches-white.

Samprapti

Mithya Ahar (vitiated, incompatible diet), *Vihar* (life style), day time sleep, disobey of *Guru* and parents order, misbehaviour, misconduct and *Poorvajanmakrita Karma* leads to vitiation of *Kapha* and logging in *Srotas* leads to blockage and aberrant path of vitiated *Vata* and *Pitta*. It resides in *Rakta Dhatu* then at appears red if resides in *Mansa Dhatu* then its color become *Tamra* and if resides in *Meda Dhatu* then it appears white.^[6]

Samprapti Ghataka

Dosha: *Vata*, *pitta* and *kapha*.

Dushya: *Rakta*, *mans*, *meda* and *ambu*.

Adhistan: *Bahya rogamarg*- *Twacha* (Skin)

Srotodushti: *Srotavarodh*.

Mediacation

After complete history taking & examination of the patient. He was administered *dipana pachana aushadhi* i.e. *Hinguvaashtak churna*- 2 gm twice a day with first bite of food mixed in *go ghruta*, *shankhvati*- 2 tablets thrice a day before food with water for three days. After achieving *Ama pachana* condition, patient was administered with *Bakuchi siddha ghruta* in morning time (*Rasayana kala*) with dosage of 15 ml on first day with increasing dosage by 15 ml per day for one

week. Next week the same fashion was followed of *ghruta pan* but in decreasing order. *Raktamokshan* of *siravedha* type was done locally near the lesion once per week for 1 month. Follow up of the patient was done weekly for 3 months.

OBSERVATION

Regular use *Bakuchi ghruta* & *Raktamokshan* once a week minimises the size and also changes the color of patches from bright white to off white in first visit follow up. On fourth follow small patch on left leg & approx 90% patch of right leg was healed.

CONTENT

Bakuchi (*psoralea corylifolia*) has many compounds like bakuchinol (phenol), psoralen, isopsoralen, psorelidin, isopsoralidin, dehydroisopsoralidin and corylifolen.^[7]

In spite of that there is some more compound are present like bakuchicin (colorless needle), corylin (colorless crystal).^[8]

PATHYA

Moonga, parval, rice gruel, Ushan jala and easily digestive diets.

APATHYA

Guda, sesamum (*Til*), curd, prickles, chillies, fish, brinjal, jackfruit, heavy diets, etc.

DISCUSSION

In the following study, *Bakuchi ghruta* was used for the treatment of *shwitra* & the outcome was quite encouraging. The rasa is *Katu, Tikta, Ruksha Guna, Katu Vipak*. *Bakuchi* has strong antioxidant properties.^[9] Bavachin and psoralidin has inhibitory against antigen

induced granulation.^[10] The *katu-Tikta Rasa, Ruksha Guna, katu Vipaka* of the *bakuchi* has effect on removing *stroto-dushti* in *shwitra* and also helps in increasing the blood circulation locally, which provides essential nutrition to the cells and helps in the adequate formation of *Bhrajak pitta* over there. *Bakuchi* has properties of like *Kushthaghna, Kaphvatahar* and making promote shining in skin (*Twachya*)^[11]

Bakuchi content has increase the rate of synthesis and amount of melanin and hence encouraging skin to recover from a vitiliginous state.^[12] *Bakuchi* leads to favourable milieu for promoting the growth of melanocyte migration and stimulates proliferation.^[13] It is not enough in proliferation of melanocyte but also prevents the autoimmune activity of disease^[14]

The mode of action on skin also depends on the form of drug that is administered. Here *ghruta* based *bakuchi* is administered, where the tremendous effect of *bakuchi* has given result but also *ghruta* being *sookshma strotogami, Twachya, Kantipradka*^[15] has made results far better.

Acharya Vagbhata say's *Shodhana Raktamokshana* can control the disease.^[16] *Raktamokshan* of *siravedha* type helps to remove the vitiated *dosha's* locally. It also removes the *dushita rakta* and by replacing it with *shuddha rakta*.

CONCLUSION

The effect of *Bakuchi ghruta* with *raktamokshan* is effective in *shwitra* (vitiligo) without any adverse effect on body or system.



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