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Management of Childhood *Shwitra* in the purview of Vitiligo through Ayurveda Protocol: A Case Study

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Abstract

Background:

The most prevalent pigmentation condition, vitiligo, is referred to in Ayurveda as *Shwitra* because of its distinctive appearance. It results from an imbalance of the three *Doshas* (*Vata*, *Pitta*, and *Kapha*), which vitiates the *Dhatus* like *Rakta*, *Mamsa*, and *Meda*. *Shwitra* is a benign but extremely serious cosmetic condition that negatively impacts a person's social, psychological, and emotional well-being.

Objective:

The purpose of this study was to evaluate the efficacy of Ayurvedic treatment for *Shwitra* patient.

Method:

Following Ayurvedic principles, a 10-year-old girl with vitiligo vulgaris (*Shwitra*) complained of a

rising area and number of depigmented spots on her skin. Based on the patient's observed indications and symptoms, a treatment plan was developed. The protocol includes *Shodhana* (*Dipana-Pachana*, *Snehapana* followed by *Vamana* and *Virechana*), followed by *Shamana* treatment with a combination of powdered herbal drugs *Triphala Churna* and *Arogyavardhini Vati*, *Khadirarishta* orally along with *Avalgujadi Lepa* for local application, is part of the protocol.

Result:

The treatment strategy was shown to have been successful in reversing depigmented patches to repigmentation. As per VETI scoring for vitiligo, the patient was observed to have had significant improvement, with the VETI score changing from 9 before treatment to 1 after treatment. Additionally, there was an improvement in subjective criteria, with 80-85% filling of the hypopigmented patches.

Keywords: Ayurvedic Treatment, Vitiligo, *Vamana*, *Virechana*, *Shwitra*, Case report

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