

Clinical use of *Bakuchi* in *Switra* w. s. r. to *Vitiligo*.

Pravin Ashok Mali*¹, Balkrushna Patil², Dinesh Ashok Mali³,

1. HOD, Dept of Kaya-Chikitsa, K.D.M.G'S Ayurvedic Medical College, Chalisgaon, (MS), India
2. Reader, Dept of Shalakya, K.D.M.G'S Ayurvedic Medical College, Chalisgaon, (MS), India
3. Lecturer, Dept of Shalya, K.D.M.G'S Ayurvedic Medical College, Chalisgaon, (MS), India

*Corresponding author: drpravinmali79@gmail.com

ABSTRACT:

Shwitra is considered in dreadful and hating state. One to four percent population is suffering in world. It produces mental discomfort. A 3½ years old boy had suffering white patches over arm and shoulder. Bakuchi Churna 500 mg twice in a day with warm water and area in morning sunlight for one year by follow up every month. The assessment criteria were size and color of the patches. The effect of drug is to enhance the proliferation of melanocyte. The use of Bakuchi along with sunlight is very effective. The color of lesion becomes red and sizes of lesion also diminishes.

Keywords: *Shwitra*, *Bakuchi*, *Melanocytes*

INTRODUCTION

Ayurveda is a prehistoric health science. It covers health maintenance and disease condition. In Indian society many people are suffering from *shwitra* there is no painful, uneasiness and body trouble. In Indian society it is very hateful and dreadful condition. Society is

not interested to take part in and keep away unpleasant state. It gives mental discomfort and stress. In world 0.1 to 4% people are affected by this disease. In which about 25% are suffering before 8 years age many theories regarding the cause of (leukoderma). The main cause of the leukoderma is autoimmune, genetic, psychological, endocrine disorder, chemical contact and adverse drug interaction. However 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*.

CASE REPORT:

A three year old boy white patch over skin of ventral and inner surface of left hand spreading to outside of shoulder multiple irregular sized varied from 0.2x0.2cm to 1 inch x1. Initially lesions were small discrete, later progressively increased in their size and the spread to upper arm and shoulder gradually over duration of one and half years with negative family history. associated

complaints confined to lesions like itching or burning sensation and also no history of environment, occupation and related to contact with harmful dietary substance. Father told that at the time of birth he has history of fits and phenobarbitone for one year.

EXAMINATION:

General condition of patient was fair, Vitals are normal. Local and systemic reveals that no abnormality detected. Bowel are constipated. Micturation is normal and adequate. Appetite is good. White patches are different sizes with dispersed area of hand and shoulder.

EVALUATION OF SYMPTOMS:

Evaluation of lesion are based on the following criteria-

1. Size (Diameter) of patches on inner size of elbow was around 1 inch.
2. Number of patches-one large patch on left elbow and 8-9 small patches on left upper arm.
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 *Poorvajanamakrita 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 it appears red if resides in *Mansa Dhatu* then its color become *Tamra* and if resides in *Meda Dhatu* then it appears white.

SAMPRAPTI GHATAKA:

- *Dosha: Vata, pitta and kapha.*
- *Dushya: Rakta, mans, meda and ambu.*
- *Adhsthan: Bahya rogamarg-Twacha* (Skin)
- *Srotodushti: Srotavarodh.*

MEDICATION:

After proper analysis first visit patient had been prescribed *bakuchi churna* 500 mg^{6,7} with warm water twice a day after meal and *bakuchi Tailam* for local application over affected area followed by exposure to early morning sun light⁶. The patient had been followed up every month for one year.

OBSERVATION:

Regular use of *bakuchi* powder and *bakuchi tail* minimizes the size and get shrink, also changes the color of patches from white to reddish in first visit follow up.

CONTENT:

Bakuchi (*psoralea corylifolia*) has many compounds like bakuchinol (phenol), psoralen, isopsoralen, psorelidin, isopsoralidin, dehydroisopsoralidin and corylifolens⁸. In spite of that there is some more compound are present like bakuchicin (colorless needle), corylin (colorless crystal)⁹.

PATHYA:

Cow milk and ghee, munga, parval, rice, spinach, methi and easily digestive diets.

APATHYA:

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

DISCUSSION

In the following work, *bakuchi churna* (internal use) and *bakuchi Tailam* (external use) had been used for the treatment of *Shwitra*, the result of which are found encouraging. The ras is *Katu, tikta, Ruksha Guna, Katu Vipak*. The powder and extract have strong antioxidant properties (10). *bavachin* and *psoralidin* has inhibitory against antigen induced granulation¹¹. *Rasa, Guna, Vipaka* and *Doshagnata* of the *bakuchi* then it can be found that in *bakuchi katu-Tikta Rasa*,

Ruksha Guna, *katu Vipaka*, predominate. In the *Shwitra Sroto-Dushti* is removed by the *katu-Tikta Rasa*, *Ruksha Guna*, *katu Vipaka*, of the *bakuchi* and also increases the blood circulation locally, thus provides nutrition to the cells present there and helps in the *Bakuchi* content has increase the rate of synthesis and amount of melanin and hence encouraging skin to recover from a vitiliginous state¹². The use of sunlight in early morning on affected area of skin because it has content of ultraviolet rays and with *Bakuchi* leads to favourable milieu for promoting the growth of melanocyte migration and stimulates proliferation¹³. It is not enough in proliferation of melanocyte but also prevents the autoimmune activity disease¹⁴. The mode of action on skin is depends on the nature of drugs used. The nature of *Ushna* leads to diminution of *Kapha* and *Vata Dosh* and *Laghu*, *Ruksha Guna* subside the *Kapha Guna*. *Katu Vipaka* helps the *Shodhana* of *Srotas*. Also *Ushna* properties helps the *Agnideepan* and *Pachana*. It has properties of like *Kushthaghna*, *Kaphvatahar* and making promote shining in skin (*Twachya*)¹⁵.

CONCLUSION

The effect of bakuchi churna is very effective in pediatric vitiligo without any adverse effect on body on any system or organ. The use of sun light is additive effect to promote the melanocyte formation.



Pre treatment photo



During treatment



After treatment photo

REFERENCES

1. Handa S, Kaur I. Vitiligo: Clinical findings in 1436 patients. *J Dermatol*. 1999;26:653
2. Halder RM, Grimes PE, Cowan CA, Enterline JA, Chakrabarti SG, Kenney JA., Jr Childhood vitiligo. *J Am Acad Dermatol*. 1987;16:948–54.
3. Matz H, Tur E. Vitiligo. *Curr Probl Dermatol*. 2007;35:78–102.
4. Pajvani U, Ahmad N, Wiley A, Levy RM, Kundu R, Mancini AJ, et al. The relationship between family medical history and childhood vitiligo. *J Am Acad Dermatol*. 2006;55:238–44.
5. charak Samhita, pt. Kashi Nath Shastri hindi commentary, chikitsa sthan 7/4-8, chaukhambha Sanskrita sansthan, Varanasi, reprint 2006.
6. Chakradatta, hindi commentary by Dr. Indra Dev Tripathi, kushthachikitsaprakarana 50/57, reprint 2005, chaukhambha sanskrita bhawan, varanasi.

7. the ayurvedic pharmacopeia of india part 1, government of India, department of ayush page 31
8. abeysekera ajita mahendra et. al. “ studies on the composition and,standardization of “ Bakuchi oil” an Ayurvedic medicinal oil prepared from psoralea corylifolia L. used in the treatment of vitiligo” IJRAP 3(3), Mayjun 2012.
9. Amit Tiwari and R.S. Bhakuni “ new constituents from psoralea corylifolia” Indian Journal of Chemistry : vol.49B, February 2010,pp.256-259
10. Guo J, Weng X, Xinchu W, Hou W, Qinghua L, Kaishun B. Antioxidants from Chinese medicinal herb-*Psoralea corylifolia* L. Food Chem. 2005;91:287–92.
11. Matsuda H, Sugimoto S, Morikawa T, Matsuhira K, Mizuguchi E, Nakamura S, et al. Bioactive constituents from Chinese natural medicines. XX. Inhibitors of antigen- induced degranulation in RBL-2H3 cells from *Gupta Amit Kumar et & all : Effect Of Bakuchi On Vitiligo – A Case Study.*

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

"Clinical use of Bakuchi in Switra w. s. r. to Vitiligo."

Pravin Ashok Mali, Balkrushna Patil, Dinesh Ashok Mali

Ayurline: International Journal of Research In Indian Medicine 2020;4(5):01-04