



## Clinical Evaluation of Chtrakari Rasa and Kushthakalana taila in the Management of Svitra (Vitiligo)

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### Abstract:

**Introduction:** Chitrakari Rasa (Rasa Yoga Sagar) and Kushthakalana taila (Gada Nigraha) are mentioned in Ayurveda, has been used traditionally in treatment of Svitra (Vitiligo) disorders mentioned in Ayurvedic texts. Svitra is mainly lifestyle related disorder is characterized as Hypo-pigmentation of the skin. Efficacy of Chitrakari Rasa and Kushthakalana taila is being studied in this study of 30 patients of Svitra (Vitiligo).

**Methodology:** The key words for the present paper were, Svitra. Melanin, Melanocytes, Tyrosinase, Chitrakari Rasa and Kushthakalana taila and its constituent: Bakuchi (*Psoralea Coryfolia*), Gandhak (Purified Sulphur), Bhringraj (*Eclipta alba*), Nimba (*Azadiricta indica*), Parad (Purified Hg), Bhallatak (*Semicarpus anacardium*), Vidanga (*Embelia ribe*), Tila (*Secamum indicum*) etc . A group of 30 patients suffering from Svitra (Vitiligo) were given Chitrakari Rasa, daily per orally, along with Kushthakalana taila (external treatment). The outcomes of the study were statistically analyzed using T-test. Charak Samhita, Sushruta Samhita, Rasa Yoga Sagar, Pub-Med and data bank on Indian Medicinal Plants provided by Central Council of Research in Ayurveda and Siddha (CCRAS) were used to for references.

**Results:** The study indicated that, Chitrakari Rasa and Kushthakalana taila are significantly useful in the management of Svitra (Vitiligo). The results were inferred and concluded using T-test of Significance. It is evident from Ayurvedic text that Svitra (Vitiligo) has some Idiopathic factor which arises due to inappropriate life style; as evident in the seventh chapter of Charaka Samhita Chikitsa Sthana (Ch. Chi. 7) that Adharma/Virudh Aahara-Vihara is responsible for Svitra (Vitiligo).

**Discussion:** The collected data proved the role of Chitrakari Rasa and Kushthakalana taila in the treatment of Svitra (Vitiligo). Svitra (Vitiligo) has its etiopathology in the Tamra (fourth layer) of Tvacha (skin). Psoralin (Pho-



tosensitive drug) and Copper (Tamra) containing enzyme Tyrosinase is mainly responsible for the formation of Melanin from Melanocytes. Chitrakari Rasa and Kushthakalana taila clear the dusti (anomaly) of Bhrajak Pitta stimulating the formation Tyrosinase, thus increasing the Melanin formation and the coloration of skin.

### Biography:

Chhaju Ram Yadav is presently working as a lecturer in P.G. department of Sharir Kriya at National Institute of Ayurveda, Jaipur (Rajasthan). He completed his M.D. (Ayurveda) and pursuing Ph.D.(Ayurveda). He received several awards which include, Best thesis award in 2006, Ayur Medha award in 1998, Yogyata praman patra in 1998 and Yogyata praman patra in 2000. His research projects are on "Standardization of nonclinical terminologies of ayurveda", the WHO research project and Conceptual and comparative study of Ahara in Brihtrayi. The area of specialization of Chhaju Ram Yadav is on Shwitra (Vitiligo). His publications include 32 scientific articles/Seminars/Conferences/workshops.

### Publication of speakers:

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