

A REVIEW OF EFFECT OF BAKUCHI ON SHWITRA KUSHTA

¹Dr.Mrs .Vedashri A.Kalavade, ²Dr.Satish S.Chapadgaonkar

¹Associate Professor, ²Professor & H.O.D
Department of Rognidan Vikruti Vidnyan
Dr.J.J.Magdum Ayurvedic Medical College,
Jaysingpur.Tal-Shirol District-Kolhapur, State-Maharashtra

Abstract: Shwitra is a type of skin disorder in which whitish discoloration occurs on the skin. It can be co related with Vitiligo in modern science. Shwitra, Kilas, Varun, Darun are the synonyms mentioned in Ayurveda for this. Bakuchi (*Psoralea Corylifolia*) has best action on the Shwitra Kushta according to Ayurveda. As mentioned in Charak Samhita ,Bakuchi is Laghu(light to digest),Rooksha(dry),Katu(pungent in taste),Tikta(bitter) and taste conversion after digestion is Katu(Pungent) and potency hot.. Due to all these properties, Bakuchi helps in breaking the pathology of Shwitra. It balances Kapha&Vata. According to modern pharmacology *P.Corylifolia* has action on Rongets cell and melanoblastic cell of skin.

Keywords: Shwitra, Bakuchi, Laghu, Tikta, Katu, Rooksha

Introduction

Shwitra is a type of skin disorder mentioned as a type of Kushtha.Whitish colored patches are observed in this disorder. It can be correlated with Vitiligo. Kushtha can be correlated with Leprosy. Leprosy is a contagious disorder but Shvitra is not contagious disease. It is hereditary disorder. It is skin disorder caused by vitiation of all the three doshas sometimes it may be manifested by single dosh or two doshas. According to some aacharyasKilas, Varun are the synonyms of Shvitra and some says that these are the types of it. Depending upon the location it manifests symptoms i.e. patches are reddish, coppery and white in color. According to Charak Samhitaif the doshas are located in Rakta it gives reddish color. If doshas are located in Mamsa dhatu it gives coppery color. If doshas are situated in med dhatu it gives white color.

Etiology-

Etiological factors for Kushta and Shvitra are same. Untruthfulness, ungratitude, abusing gods, insulting teachers, indulging sinful acts, sinful deeds of previous birth, and consumption of mutually contradictory food..Also the worms are also main etiological factor. Also heredity is a main cause for this.

Pathology

Major difference between Kushta and Shvitra is involvement of doshas and dhatus.In Shvitra involvement of Tvak dhatui.e. Skin is prominent .All the dhatus are not involved as in kushtha.Sushruta also mentioned that it is limited to skin only.

Signs and symptoms-

Discoloration of the skin is the main sign of shvitra.Any type of secretions and itching or rashes are not observed in the Shvitra.According to some texts it has two types i.e.1)Vranaj (after any type of wound) mainly dagdhavrana (burns).and 2) doshas means due to involvement of doshas.In doshas type difference between signs and symptom is observed.Vataj shvitra patches are rough and red in color and destroying the skin.Pittaj type patches are light red in color having burning sensation.Kaphaj type patches are white unctuous, thick and itching.

Prognosis-

According to Madhavnidan if the patches are mutually matted together having multiple lesions surrounded by red hair with chronic duration are said to be incurable. If the patches' are surrounded by non reddish hair having thin white lesion with recent onset along with elevated margins between two patches are said to be curable.

As per modern science Melanin is the pigment which gives black color to the skin .Absence of this Melanin gives whitish color to the skin which is called as Vitiligo.It is not at all contagious diseases. It is hereditary disorder.

According to some texts some food items like juicy fruits rich in vitamins C or ascorbic acid such as oranges, lemon,other fermented food items as curd,alcohol,fish,red meat, are to be avoided as they may have harmful effect on vitiligo.

According to modern science there is no any cure for Vitiligo.Ayurvedic samhitas give some remedies along with some pathyapathya (diet regimes)

Bakuchi –

Bakuchi is very efficient and reputed drug used in Shvitra.

Latin name –Psoralea (plants mostly roughened with glandular dots or warts)

Corylifolia.- calcine covering of the nut.

Family –Leguminosae.

Synonyms – According to morphology and actions

Avlguja (imparts color and luster to person suffering from Shvitra), Kalmeshi&Krishnafala (fruits are black in color),Somraji, Pootiphalya (fruits having characteristic offensive odour)Suparnika (plants possess beautiful leaves), Kushthaghni (cures kushtha), Shvitraghni (cures Shvitra) are the synonyms mentioned in ayu texts.

According to ayurveda Ras (taste) is Katu (pungent), tikta (bitter). Post digestion effect is Katu (pungent). Virya (potency) is ushna (hot). Guans (qualities) are laghu (light), rooksha (dry or rough).

All these qualities make Bakuchi Kushthaghna i.e. curing the kushtha. Also Shvitraghna i.e. helps in curing shvitra. Due to hot potency it can be used in Kapha vat diseases. It can be used in wound healing. Irritant property helps in sweat gland activation and formation of sweat.

Due to post digestion effect and potency it is Dipan (increases appetite) pachana (improves digestion). So it can be used in dyspepsia and indigestion. So these properties make it Krimighna (destroys all types of worms especially Round worm). Due to bitter and pungent property and hot potency this can be used in respiratory disorders. Also it can be used in diabetes and related skin disorders. It can be used in male infertility. Pungent and bitter properties help in curing weakness due to Jirna Jwara (long standing fever), Pandu (anemia)

Seeds of the Bakuchi are used in medicine. For internal application shodhan procedure is required. In this seeds are kept on Gomutra (cow's urine) or Ardrak swaras (ginger abstract).

Pharmacology

P. Corylifolia has dual action on both Rought's cell and melanoblastic cell of the skin.

Seeds are used in vitiligo, leprosy, psoriasis, leucoderma. The seeds and roots contain some chemicals like furanocoumarins, flavons, and comesterol etc. group of compounds. The Bowchi oil (Psoralea oil) changes white skin, grey hair, rough scaly, discolored skin to normal color.

In Leucoderma melanoblastic cells are not functioning properly and their stimulation by oil leads to form an exude pigment which gradually diffuses into the decolorized areas.

Researchers claim P. corylifolia as antifungal, anti depressant, anticancer, anti microbial, anti bacterial action.

Conclusion & discussion –

Due to bitter and pungent taste, hot potency Bakuchi is Kaphaghna and vataghna. As in Shvitra tridosh dushti is observed. Bakuchi helps in breaking the pathology of Shvitra. Also krimighna and Dipan Pachan qualities help in improving the shvitraghna properties. Bakuchi proves very much effective in Shvitra.

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