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## A pilot study on the effect of *Śvitra lepa* in the management of *Śvitra* (Vitiligo)

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### Abstract

The disease *Śvitra* is described as vitiligo in modern concept. Vitiligo is characterized by depigmentation of the skin, where circumscribed depigmented macules and patches can be seen. Vitiligo is a progressive disorder in which some or all of the melanocytes in the affected skin are selectively destroyed. Both internal applications and external applications have been prescribed in Ayurveda texts. *Śāraṅgadara Saṃhitā* and Sri Lankan Ayurveda pharmacopeia mentioned *Śvitra lepa* as treatment for *Śvitra*. It consists of *Harithāla*, *Bākuṭī* and Cow's urine. The aim of the research was to assess the effect of *Śvitra lepa* in the management of *Śvitra*. For this clinical study, thirty patients were selected from Dermatology Clinic of Gampaha Wickramarachchi Ayurveda Hospital. The selected patients were randomly assigned into two groups (Group A and B) consisting of fifteen patients for each. Two groups were given selected Ayurveda modality as a systemic therapy. Topical therapies were given separately; viz group A was treated with *Śvitra lepa* and group B was treated with *Bākuṭī* oil. The parameters of this research such as size of patches, number of patches, colour of affected area, itching condition and spot formation were examined in every 14 days for a period of three months. Patients of Group A showed reduction of vitiliginous patches in comparison to the same parameters such as size of patches, colour of affected area, Spot formation before treatment where it showed statistically significant difference. The patients of Group B showed significant difference only for spot formation on the vitiliginous patches. The study revealed that *Śvitra lepa* is effective in the management of *Śvitra*.

**Keywords:** *Śvitra*, Vitiligo, *Śvitra lepa*

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