

Clinical Study To Evaluate The Effect Of *Kakodumbar* (*Ficus hispida* Linn) In *Shwitra* with special reference to Vitiligo

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Abstract:-

The disease vitiligo is prevalent in many parts of the world and has become a problem for the human being . There is no country in the world spared from this disease .0.14% to 3% of total population of human being is suffering from vitiligo . In this clinical trial we used *Kakodumbar* in oral as well as local form.Total 30 patient used in this clinical trial .16.7 % patients shows 16.7% Marked improvement .This study should be done on more patient and use of *kakodumber* will definitely shows a cost effectively remedies in vitiligo disease.

Key words- *Shwitra*, vitiligo, *kakodumbara*

Introduction:-

S*hwitra* is one of the skin disease in which depigmentation of the skin occurs .It is more common in economically poor people . It is a sort of *Kushtha* because both the *nidan* and *chikitsa* are almost the same .It is neither infectious nor contagious as long as it has not invaded *sapta Dhatus* .The etiological factors responsible for causing *Kushtha* are common to *Shwitra*, *Kilas* and *Varun* .These are without any exudate and to *Tridoshas* they got seated *Rakta*, *mansa* and *Medo Dhatus* .In The *Vataja Shwitra* it is *Ruksh* And *Aruna* colour and *Pittaja* the colour is coppery or lotus like associated with *Daha* and loss of hair .In *Kaphaja* it is hard ,heavy having white colour and associated with itching .This the *Aruna Tamra* and *Shweta* kind of *Shwitras* occur when the *doshas* are seated respectively in *Rakta* ,*Mansa* and *Medo Dhatus*.That kind of *Kushtha* are very difficult to cure .According to *Sushruta Twak* only is affected in *Shwitra*, specially fourth layer of the skin called *Tamra* is affected.

There are various drugs described in the Ayurvedic texts claimed as useful in the treatment of vitiligo .These drugs may be classified into three groups, viz, herbal or drugs from vegetable sources ,drugs from animal sources and metallic drugs .Among the herbal drugs there are innumerable herbs

mentioned in different prescriptions but the following two herbs are of common denominator among all the formulations

1. *Ficus hispida* (*Kakodumber*)
2. *Psoralea corylifolia*(*Bakuchi*)

The action of *Psoralea corylifolia* is well established.It was therefore ,decided to study efficacy of *ficus hispida* in patients of vitiligo and to evaluate phototoxic properties of the drugs.

Material and Method

There are 30 patients of vitiligo all treated by *Ficus hispida*.Fine powder of the fruits of *Ficus hispida* was prepared and administered to the patients of the group in doses of twelve grams .Twice daily with equal quantity of jaggery for a person of an average weight of 60kg .The powder of bark of *Ficus hispida* was also applied to the Lesion of vitiligo in the form of an ointment with *Til Tail*. The lesion where ointment was applied were covered with piece of polythene and bandaged. The topical applications were made during night in each case and next day in the morning the bandage were removed and then the vitiligious lesions of the skin were exposed to either sun rays or ultra violet rays. The exposure of UV light extend from 1 to 10 minute .This treatment was instituted for one month to one year.The assessment of the progress was made by the examination of the of the patients clinically on the basis of the changes in the color of the skin of the lesion .

Criteria of selection

Cases of the study were selected from my own clinic. Cases of all ages and sexes were taken from the study. All patients treated during the clinical trial were sent home. After clinical study of course of treatment, they were not admitted in the ward. The patients were treated from OPDs they are not allowed to take any other drugs.

The cases were selected purely on the basis of clinical findings and detailed clinical histories were prepared on the case proforma. The diagnosis of vitiligo made purely on clinical ground

Criteria of assessment :

As it has been mentioned above the assessment of progress during the study was based on the examination of the patients clinically. The changes of the colour of the skin was the only criteria to assess the progress. These changes in the colour of the vitiligious lesion of the patients were categorized into four groups

1. Depigmentation
2. Hypopigmentation
3. Hyperpigmentation
4. Erythematous

The progress of some of the cases was assessed after a week, in some after a fortnight and in some after one or three months

On the basis of response of treatment given, the result were assessed in four groups.

Cure

When the lesion of the skin totally disappeared and the skin took its normal colour.

Improved

When the patch became of red colour (Erythematous) size of the patch become small and a few small patches disappeared completely

No change

When there was no change in the colour in the lesion in spite of fortnight treatment

Lama

When lesion shows good response during the treatment but the treatment of their own accord against medical advice.

Result

On the basis of the above mentioned facts study was carried on in thirty cases and result were recorded

Follow up

We tried to follow up all cases under our clinical trial for three to six months and result given in this study is based on a follow up of three to six months.

Clinical observations

Ficus hispida was administered orally and topically in 30 patients of vitiligo. Out of these patients Nine showed marked improvement in pigmentation of lesions. Nine cases showed moderate improvement. Four cases left away during treatment and no result was assessed in these cases. In short marked improvement in 33%, slight improvement in 33.3% and no response was observed in 16.7% of cases.

Conclusion:

On the above mentioned trials the following important clinical observations regarding the response of treatment were made.

1. The drugs were effective in the treatment of the disease and the response was specific and more than 50 % of the patients attained rapid pigmentation.
2. Satisfactory response was obtained in patients suffering from the disease for long period of many years and in the patients who had vitiligo of much shorter duration.
3. Equal response were seen in the cases of varied age, sex, community and social status. Hence there was no relation between the sex, age, community and social status of the patients and the rate of response.
4. Lesion of the neck, leg, hand, chest responded rather rapidly while the lesion of the lips and hips were slow to respond.
5. Solar and ultraviolet exposition alone without the drugs had no effect.
6. Rapid repigmentation was observed in the patients where Erythema was produced by sun rays or ultraviolet rays. Therefore, production of erythema is helpful for better pigmentation
7. Change of the lesion i.e. repigmentation were observed in some cases after two weeks while other it takes six weeks.

8. Repigmentation spots may first appear darker ,then lighter to attain the normal colour of the skin
9. A daily dose of Ficus hispida 12 grams to 24grams per day was found to be the optimum dose for an adult of average weight giving the full therapeutic effect without any toxic symptoms or untoward reaction even if used for long periods.
10. The dose of topical application is not essential to be verified .A thin layer of the topical application is sufficient to get good response.
11. The etiopathological concept of Ayurvedic text was found correct , that Shwitra is Kapha prominent disease and Medo Dhatu is mainly involved in its causation .This observation was made during our studies also.

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