

Clinical evaluation and comparative study of *Shwitra Kusthari Rasa* and *Shashilekha Vati* in the management of *Shwitra Roga* with special reference to vitiligo

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ABSTRACT

Clinical evaluation and comparative study of Shwitra kusthari Rasa and shashilekha vati in the management of Shwitra with special reference to vitiligo on various scientific parameters and study of Bhajaka pitta was conducted on 60 patients of Shwitra (Vitiligo) at P.G. Department of Sharir Kriya, National Institute of Ayurveda, Jaipur.

The patients registered for the clinical and comparative study were randomly divided into two groups. The 30 patients in Group 'A' were selected for Shwitra Kusthari Rasa (Tablet- 250mg) and Topically Bakuchi Taila along with exposure to sunrays in morning (7-8 O'clock) of affected parts for 5 to 45 minute for 3 month.

In Group 'B' 30 patients were selected for Shashilekha Vati (Tablet- 250mg) and Topically Bakuchi Taila along with exposure to sunrays in morning (7-8 O'clock) of affected parts for 5 to 45 minute for 3 Months. All the patients of all two groups were advised to pathya pathya (Diet). On the basis of Statistical analysis of results of all two groups were found to be highly significant and group 'B' results is better than group 'A'.

Therefore it can be concluded that shashilekha vati and Bakuchi Taila (External use) both are potent and highly effective remedies for the management of Shwitra Roga Vis-a-Vis Vitiligo.

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