

## 6. ŚWITRA (VITILIGO)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarājī ( <i>Psoralia corylifolia</i> )	Cūrṇa	3 gm BD	Sesame seed powder	B.R. Kuṣṭha roga Cikitsā
2.	Kakodumbara ( <i>Ficus hispida</i> )	Cūrṇa (Twak)	3 gm BD	Water	B.P. Kuṣṭha roga Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarājī Taila	Taila	Q. S. (Ext.)	-	B. R. Kuṣṭha

			appln.)		Cikitsā
2.	Maricyādi Taila	Taila	Q. S. (Ext. appln.)	-	S.S.Ma K.9/ 149-152
3.	Jyotiṣmatī Taila	Taila	Q. S. (Ext. appln.)	-	Y.R. Kuṣṭha Cikitsā,
4.	Avalgujādi lepa	Lepa	Q. S. (Extappln.)	-	A.H. Ci. 20/13
5.	Āragwadhādi Taila	Taila	Q. S. (Ext. appln.)	-	B.R. Kuṣṭha Cikitsā
6.	Amṛtādi Guggulu	Vaṭī	500 mg BD	Warm water	B.R. Kuṣṭha Cikitsā
7.	Mañjiṣṭhādi Kwātha	Kwātha	30 ml BD	Water	S.S.Ma K.- 2

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	

Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	Nimba, haridrā, āmalakī, khadira, paṭola, bitter gourd (kāravellaka), honey, garlic, torai, pomegranate, jāyaphala, phālasā	Radish, lisora
Others	Light food, Food having bitter taste predominantly, old clarified butter	Incompatible food (viruddha āhāra e.g. milk+ fish), fresh cereals, heavy, cold, oily diets, food causing burning sensation and acidity with poor digestion and obstructing channels, curd, sesame, salt, sour, jaggery, alcohol, milk
Life style	Bathing, massage, exposure to sunlight	Day sleeping, suppression of natural urges, mental stress

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.

3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.