

## Clinical evaluation of Shvitrari yoga and Jyotishmati tailam in vitiligo (Shvitra)

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From the ancient time human being is trying to build up a healthy society and in achieving this goal Ayurveda science has played a very important role. Vitiligo (*Shvitra*) has become a challenge for all the health sciences. Ayurveda has considered Vitiligo (*Shvitra*) as *Pitta Vikrati Janya Vikara*. Vitiligo (*Shvitra*) is also a disease which does not renders any pain to patient but it makes the patient feel depressed by affecting his physical beauty and social ignorance.

**Aims and objectives:** Clinical trial of Ayurvedic drugs for Vitiligo (*Shvitra*) and evaluation of the effectiveness.

**Selection of drug:** For this research work *Shvitrari Yoga* and *Jyotishmati Tailam* are selected according to Ayurveda. For this research study, 30 patients were selected from OPD of *Sharir Kriya* department of National Institute of Ayurveda, Jaipur.

**Criteria of assessment:** Evaluation of symptoms-It was based on- 1.Size (Diameter) of patches. 2. Number of patches 3.Colour of patches.

**Evaluation of result:** on the basis of the statistical data.

**Duration of Medication:** Medication was given for minimum 3 months and follow up time was kept as 15 days.

**Result and Conclusion:** The study indicated that, *Shvitrari Yoga* and *Jyotishmati Tailam* were significantly (using T-test of significance) useful in the management of Vitiligo (*Shvitra*).

### Biography

Suresh Jadhao has completed BAMS from MUHS in 2007 and stood 2<sup>nd</sup> topper throughout all years. Now he is P.G. student (2<sup>nd</sup> year) of Ayurveda at National Institute of Ayurveda- Jaipur (Rajasthan), presented 1 poster and 1 paper in international seminars.

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