



International Conference on
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TITLE: Efficacy of Virechana in Vitiligo [shwitra]

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ABSTRACT(upto300words)

This is a single blind randomized clinical study in patients of vitiligo (shwitra) , a disease difficult for cure. The study was carried out on thirty outdoor patients. Patients from both sexes,from age group fifteen to fifty years complaining mainly as white depigmentation were studied. Shodhanchikitsa (purification treatment) –virechana (therapeutic purgation) was done with virechanyog containing abhyadi modak as the main ingredient with preprocedure and postprocedure treatments as per the texts. Along with this internal medications and local external application with natural phototherapy(aatapsevan) done in each patient . Duration of treatment was from one month to 6 months according to severity,duration of disease and response to the treatment. The response to treatment was observed in terms of reduction in area of depigmentation after treatment. Good result was noted in 56.66% cases ,medium relief in 33.33% cases and mild relief in just 10% cases noted. The result is statistically highly significant at 1% level. No major side effects of the treatment given were observed. The treatment is effective in all types of vitiligo (shwitra). The results of internal medications and external application with natural phototherapy got aggravated specially after virechankarma. So virechana is very effective in vitiligo .

keywords : Vitiligo - virechana -shodhana-highly effective.



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BIOGRAPHY(upto200words)

Prof. Dr.Salim Mulla presently working as a Professor with Maharashtra University of health Sciences Nashik, at LRP Ayurveda Medical college, Sangli, Maharashtra India. He passed Master of Surgery in Ayurveda in 2004 & pursuing PhD at Ayurveda College Sion Mumbai. He has a teaching experience of about 19 years. He has published papers in various national and international journals and delivered lectures at various national & international conferences. He is postgraduate teacher for MD/MS courses. Attended national & international conferences & seminars. He is involved in clinical practice for more than 18 years.

His areas of interest fields are Vitiligo, Skin & Hair treatment, Infertility, Gynaecology, Preventive cardiology & panchakarma. Vast experience & success in treating vitiligo patients. Lives at Sangli , Maharashtra , India

RECENT PUBLICATION: (Minimum 5)

- Published research paper on “*Efficacy of vaman (therapeutic emesis) in vitiligo*” In International peer reviewed Quest Journal ‘ Journal of Medical & Dental Science Research’ June 2015 edition on 4th July 2015. International Indexed Journal ISSN NO. 2394-076X online ISSN (Print):2394-0751 www.questjournals.org
- Published research paper “*Vitiligo – Ayurvedic Treatment Approach*” In International peer reviewed Journal ‘ Journal of Clinical & cosmetic dermatology , JCCD USA Sci. Forschen Publications USA Volume 2 - Issue 3 | DOI: <http://dx.doi.org/10.16966/2576-2826.129> ISSN 2576-2826 open access Jun 8 2018
- Published research paper on “*Efficacy of Bastikarma in vitiligo*” In International peer reviewed International Journal ‘International Journal of Cosmetics and Dermatology’ June 2021 edition on 06th June 2021. International ISSN 2769-3376
- Published research paper “*Vitiligo- Study In view of familial occurance*” In International peer reviewed International Journal ‘International Journal of Cosmetics and Dermatology’ June 2021 edition on 07th June 2021. International ISSN 2769-3376
- Published research paper “*Shodhanachikitsa In Polycystic Ovaries-A Case Study*” In International peer reviewed & Referred Journal IJCRT ‘ International Journal of Creative Research Thoughts’ ISSN 2330-2882 Volume 10 Issue 9 September 2022 www.ijcrt.org
- Research Paper “*V – AT- A Vitiligo – Ayurvedic Treatment Approach*” published in JCEDR J Clin Exp Dermatol Res -An open access Journal at 10th Asia – Pacific Dermatology Conference, Nov. 28-29, 2016Melbourne , Australia
- Published research paper on “*Efficacy of Bastikarma in vitiligo*” In National Seminar on Bastikarma organised by Rashtriya Ayurveda Vidyapeeth , New Delhi on 14-15 March 2016.



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