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## V-AT-A Vitiligo - Ayurvedic Treatment Approach

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This is a single blind randomized clinical study on patients of vitiligo, a disease rather difficult for cure. Aetiology is multifactorial, it may be hereditary, autoimmune, hormonal imbalance, dietary, stress, secondary to other systemic diseases like diabetes mellitus, hypothyroidism etc. This study is carried out on 200 outdoor patients suffering with vitiligo. Patients from both sexes, from age group five to seventy years complaining mainly as white patches are studied. Patients are treated with ayurvedic polyherbal powder mixture containing *Psoralea corylifolia* (Bakuchi) as main ingredient supplemented with local application and phototherapy (natural). Most of the patients undergo intermittent bodypurification i.e. shodhana – panchakarma treatments like vamana (therapeutic emesis), Virechan (purgation), Basti (enemata treatment for Vaatadoosha), raktamokshana etc as per ayurvedic guidelines. Duration of treatment is of one month to one year depending upon response & requirement for the treatment. Followup is biweekly to monthly. The response to treatment is observed in terms of reduction in area of depigmentation after treatment. Complete cure is noted in 12 % patients. Good result is noted in 18 % cases, moderate in 45 % cases and mild result in 25% cases noted. The result is statistically highly significant at 0.1% level. No major side effects of the treatment given observed. The treatment is effective in all types of vitiligo. The results of internal medications & local treatment are aggravated specially after panchakarma treatment.

## Biography

Salim Musa Mulla has completed his Ayurvedacharya – BAMS from Shivaji University, Kolhapur in 1998. He completed M.S.(Ayurvedavachaspati) in 2004 from University Of Pune. He has done studies in Medical Genetics from Maharashtra University of Health Sciences in 2008. Also done studies in Preventive Ayurvedic Cardiology & Panchakarma from Mahatma Gandhi University Meghalaya & Madhavbaug Institute Thane in 2013. Running Speciality Ayurveda Hospital at Islampur - Sangli Maharashtra. He has published 3 papers in reputed journals. He is engaged in research work in obstetrics & gynaecology, infertility, vitiligo & Ayurveda. He has presented scientific Papers at various National & International seminars & conferences.

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