Review on therapeutic usage of Gandhaka (Sulphur) Contained Rasa Aushadha for Svithra (Vitiligo) in Ayurveda Texts

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Among the countless diseases, Svithra (vitiligo) is uncompromising mental disturbance disease in present. It is an auto immune skin disorder characterized by white and de-pigmented patches enlarging and becoming more numerous. This is caused due to the disappearance of functioning melanocytes and loss of melanin in the epidermis. Ayurveda has different types of treatments for vitiligo. Rasa aushadha are most prominent than others. But people have little knowledge about it and thus used less widely. Sulphur contains Rasa aushadha and thus has acquired a great place in Rasa shasthra. Sulphur is effective because of its kerotolytic, antibacterial and antifungal properties. Main objective of this research is to raise awareness on the role of Sulphur containing Rasa aushadha in Vitiligo through Ayurvedic approach. Twelve Sulphur containing Rasa aushadha were collected and the data were analyzed using Microsoft Excel. 58.33% of aushadha were included in Rasa Rathna Samuchchaya and 16.66% were included in Bhaisajjya Rathnavali. In addition, 75% of these aushadha are used to treat for external indications and 25% of aushadha are for internal indications. Considering about other ingredients with Sulphur, Mercury is the prominent ingredient in 75% of Rasa aushadha. All three Doshas were prominent in Vitiligo. Sulphur has madhura thiktha rasa, Laghu snigdha guna, Ushna veerya, Katu vipaaka and kaphavaatha Shaamaka karma. It also has kushtagna, rakthashodhaka, vishagna and yogavaahi guna. Mercury has shad rasa, Snidgha, sara, guru guna. Ushna veerya, Madhura vipaka, Yogavaahi prabhava and thridoshahara karma. Thus, Sulphur combined with mercury can be used to pacify three Doshas.

Keywords: Svithra, Rasa shasthra, Sulphur