

Chapter 8. Vitiligo Patch Camouflage & Rasāyana Support

Vitiligo (Śvitra) Management: Cosmetic Camouflage + Rasāyana Support

Moderate-Clinical Lesson · Estimated reading ≈ 45 min

8.1 Why a Dual Track?

Vitiligo / Śvitra blends **dermal melanocyte loss** (often autoimmune) with the social-cosmetic burden of stark hypopigmented patches.

- Ayurvedic science cites “Śvitra” as a *tri-doṣaja kuṣṭha* leaning toward **Kapha-Vāta obstruction + Rakta-Pitta hypofunction**.
- Full classical Panchakarma (vamana-virechana-raktamokṣaṇa) can be taxing; many clients want visually acceptable skin while slower rasāyana works from within.
- This chapter shows how to **stabilise progression, nourish melanocytes**, and offer **instant, sweat-safe camouflage** that respects Ayurvedic ingredient tenets.

8.2 Clinical & Ayur-Diagnostic Grid

Dimension	Modern Finding	Ayurvedic Parallel	Dominant Doṣa
Focal depigmented macules	Auto-antibody melanocyte apoptosis	Śvitra - Kapha-Vāta srotorodha	Vāta-Kapha
Trunk ± extremities, symmetrical	Segmental vs. vulgaris	Tanu or Varṇa-hīna śvitra	—
Koebner phenomenon	Trauma-induced spread	Agnimāndya & rasa-rakta kṣaya	Pitta deficiency
Stress flare	Cortisol spikes	Prāṇa-vāta vitiation	Vāta

8.3 Three-Pillar Protocol (12 Weeks)

Pillar	Tools & Timeline	Key Formulas	Outcome
1. Disease Stabilisation (w 1-12)	- Gluten-light, no nightshades		
- <i>Tikta-Gṛīta</i> 20 ml HS w 1-4			
- <i>Khādirāri kaṣāya</i> 20 ml BID w 1-12	↓ oxidative stress, arrest new lesions		
2. Melanocyte Re-seed & Activation (w 3-12)	- Bakuchi-taila micro-painting alt-days (0.5 cm margin)		
- Mild UV-B (311 nm) 3 min next morning	Melanin repigment dots (perifollicular)		
- <i>Vitix</i> -style melon superoxide dismutase caps 1/d (optional integrative)	- Tanned-Herbal Camouflage Mousse (Ayur, sweat-proof)		
3. Cosmetic Camouflage (instant)	Even look, patient confidence		
- Air-brush brush/ sponge application 1×/week			

Monitoring: Photo mapping q4 weeks; stop Bakuchi if erythema > Grade 2.

8.4 Formulation SOPs

A. Tikta-Ghrita (Cooling Bitter Ghee) (review)

Same as Chapter 5 but minus bakuchi.

B. Bakuchi-Taila Micro-Painting Pen (10 ml clinic batch)

Ingredient	Qty
Bakuchi seed oil (cold-pressed)	6 ml
Sesame oil	3 ml
Manjishta CO ₂	0.2 ml
Vit E	0.1 ml
Rosemary antioxidant	0.04 ml

Sterile glass nail-polish bottle with fine brush.

Patch-test 24 h inner arm; apply ONLY on depigmented halo (+0.5 cm).

C. Tanned-Herbal Camouflage Mousse (30 g airless)

Phase	Component	Qty
Water	Rose hydrosol	10 g
Water	Aloe gel	8 g
Oil	Rice-bran oil	5 g
Oil	Shea ester	2 g
Pigment	Iron oxide mix (match Fitzpat III-IV)	3 g
Pigment	Micronised red sandalwood < 1 %	0.2 g
Emulsifier	Sucrose stearate	1 g
Film former	Pullulan 2 %	0.6 g
Preservative	Geogard 221 0.8 %	0.24 g
pH 5.5	—	q.s.

Semi-matte, perspiration-resistant for 8 h; removes with sesame-oil cleanse.

8.5 Clinic Session Flow (Weekly x 6)

Min	Step
5	Assess lesion map, mark new spots
2	Clean with rose-vetiver pad
3	Dab Bakuchi taila with micro-brush
5	Fan-dry → gauze cover
3	Counsel next-day sun/LED schedule
10	Demonstrate camouflage mousse blending

Total chair ≈ 28 min.

8.6 Home Directions & Cautions

- After Bakuchi day, expose patch to **mild sun 10 am** (max 10 min) or 311 nm lamp (0.3 J/cm²).



- If redness / blister → halt 72 h, apply **Śata-Dhauta Ghṛita**.
- Continue bitter ghee + Khādirāri even if pigmentation starts.
- Avoid wet scrubs on lesions; gentle rosewater wipes only.

8.7 Outcome Benchmarks (12 Weeks)

Metric	Target
New lesion count	0 by week 6
Repigment islands (> 1 mm)	≥ 50 % patches by week 12
DLQI (Derm-Life-Quality Index)	Improve ≥ 5 points
Patient-rated cosmetic satisfaction	≥ 7 / 10

8.8 Contra-Indications & Modifications

Scenario	Adjustment
< 10 yr child	No Bakuchi; use Nasya + zinc oxide camouflage stick
Pregnant / lactating	Skip Bakuchi internal; use topical only, < 2 cm ² /day
Active lichen planus overlap	Postpone UV-B; start rasāyana then gradual phototherapy

8.9 Billing Snapshot

Item	Quantity	USD
Initial Dx + Wood-lamp	1	\$40
6 Bakuchi paint sessions	6 × \$25	\$150
Phototherapy package	6 passes	\$60
Bitter ghee 500 g	-	\$35
Khādirāri 4 wks	-	\$25
Camouflage mousse 30 g	-	\$28
Total (12 wks)		\$338

8.10 Key Take-Away

A **dual-track** of **gentle melanocyte stimulation** (Bakuchi + sub-erythema UV-B) and **rasāyana immuno-modulation** stabilises vitiligo while a clean, Ayur-pigment mousse provides **instant confidence**, avoiding steroid side-effects.