**Semenenko E**., assistant of [The Department of Public Health and Healthcare Management](http://knmu.edu.ua/index.php?option=com_content&view=article&id=232%3A2011-05-19-08-08-34&catid=7%3A2011-05-05-09-09-08&Itemid=27&lang=en)

**Aggraval R.**, [the VI Faculty for International Students of KhNMU Education and Research Institute for Foreign Nationals](http://knmu.edu.ua/index.php?option=com_content&view=article&id=77%3A6-&catid=6%3A2011-05-05-08-49-25&Itemid=28&lang=en), 1st year, group 18

Kharkiv National Medical University, Kharkiv, Ukraine.

**THE TREATMENT OF VITILIGO BY THE AYURVEDA METHODS**

India is famous for its system of medicine and oldest healing science known as “Ayurveda,”which is derived from Sanskrit word ‘Ayur” which means life and ‘veda,’ which means knowledge. The main aim of Ayurveda is to maintain the mind-body cooperation to keep an individual healthy both physically and mentally and it also enhances one’s spirituality. According to Sushruta, Ayurveda was received by Dhanvantri, who was worshipped as ‘God of Medicine’. The Vedas are known to be rich in herbal treatments of the diseases. Ayurveda has existed in India for over 5000 years now. It is believed that in ancient times, people had home remedies for certain type of diseases. These remedies came from hit and trial method or by accident. In other words it did not include any logical understanding of drugs used. The Indian system of medicine, Ayurveda, was evolved as a system with a rational and logical foundation after re-examination of various elements used in the cure of illness [1].

Ayurveda is based on the belief that a person is made from five basic elements- space, air, fire, water and earth, which further combines to form three basic energies (doshas) of the human body- Vata (space and air), Pitta (fire and water) and Kapha dosha (water and earth). These doshas combine to form a human body. Ayurveda has overcome Allopathy in many diseases. For instance there are many diseases that have no cure in allopathy, but can be cured by the means of ayurveda. For example: Vitiligo [2].

Vitiligo is a skin disease in which an individual develops white patches on the skin. The hair on that part of skin also becomes white which results in the development of low self-esteem and lack of self confidence in the patient. Scientists and doctors have different suppositions regarding the cause of this disease. It can be hereditary or can be due to autoimmunity. But the exact cause of this condition is still a mystery. Talking about the cure, the allopathic doctors prescribe steroids, phototherapy, skin camouflage, skin creams with the combination of ultra-violet but this treatment is not suitable for everyone. People with more sensitive skin develop burn marks on their skin [3].

Ayurveda suggested many treatments for this disease. For example herbs like bakuchi (Psoralea corylifolia) and khadira (Acacia Catechu). The tablets, paste made from these herbs cure this skin disease. Also, increased intake of bitter vegetables like bitter gourd helps in curing this disease. The best part about these kinds of treatments is that they come with no side effects like allopathy treatments do. The main aim of Ayurveda is to look out for the exact cause of a disease and cure it [1].

The fact that allopathy provides with fast recovery cannot be denied, but ayurveda provides with permanent relief. Ayurveda has always been under-estimated in front of allopathy, but if allopathy is like cramming, ayurveda is like actual understanding. Ayurvedic herbs can easily overcome western medicines in many aspects if used in purest forms unlike many doctors that uses artificial herbs in making medicines because ayurvedic medicines are healthy to use and also eco and economically friendly.

**References**

**1.**Ayurveda: A Brief Introduction and Guide. URL: www.ayurveda.com. Дата звернення: 05.04.2019.

**2**.Vitiligo. URL: <https://www.mayoclinic.org>. Дата звернення: 05.04.2019.

**3**.Allopathic and Ayurvedic Approaches to Leucoderma. URL: <http://www.ayurvedacollege.com>. Дата звернення: 05.04.2019.