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MANAGEMENT OF SJÖGREN'S SYNDROME THROUGH  
AYURVEDA : A CASE STUDY

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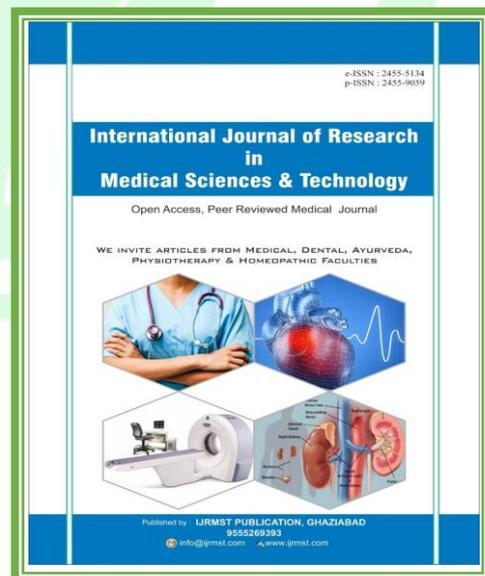
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## ABSTRACT

Sjögren's syndrome is a chronic, slowly progressing autoimmune disorder characterised by lymphocytic infiltration of exocrine glands resulting in xerostomia and dry eyes (conjunctivitis).

1) The disease can present as an entity alone or in association with other auto-immune diseases like Scleroderma, RA, SLE & auto-immune thyroid disease.

2) In this article, attempt is made to understand the Sjögren's syndrome & its treatment in ayurveda by considering the concept of *udakvaha srotodushti*, *vyadhikshamatva* and *vata dhikya vatrakta*.

Keywords: Auto-immune, *Vata dhikya Vatrakta*, Sjögren's syndrome, *Udakvaha srotodushti*

## INTRODUCTION

Autoimmunity is a state in which the body's immune system failed to distinguish between self and non-self and react by the formation of auto-antibodies against once own tissue antigens.

- Sjögren's Syndrome is an auto-immune chronic inflammatory disease with multi system involvement.
- it is a systemic disease named after named after Swedish Ophthalmologist Henrik Sjögren.
- It typically occurs in women between 40-50 years of age.
- Female to male ratio is 9:1.
- There are two categories for Sjögren's Syndrome:

1. Primary Sjögren's Syndrome - If patient don't have other rheumatic disease.

2. Secondary Sjögren's Syndrome - If patient have other rheumatic disease like SLE, RA, Scleroderma.

- In ayurveda, the main thing in the treatment is correct diagnosis. Until unless we don't have correct diagnosis in Ayurvedic terms, it is hard to treat or take a ease for any of the diseases.
- In ayurveda, as auto immune disorders are concerns, it is always having an association of *rakta dhatu* with *visham avastha of tridosha*.
- In Sjögren's Syndrome, the feature of dryness can be understood by increase in the '*Ruksha*' *guna* of *Vata (Vata dhikya)*.
- Accumulation and infiltration by lymphocytes & plasma cells can be correlated with *Rakta Dushti*.

→ Clinical feature like generalized body pains, fatigue, feeling of heaviness in body, fever, arthralgia etc. indicates presence of 'ama' with vata.(which is characterized by *tandra, gaurav, alasya, arochaka aadi*)

→ Its main clinical features i.e. Xerostomia & Conjunctivitis sicca and dryness of tongue, palate, lips along with excessive thirst, showing resemblance of *udakvaha-srotodusti lakshana*, as:-  
'jihwa talu osthā kanth klom shosham'  
- can be correlated with the dryness of tongue, palate, lips, throat.  
'pipasam ch ativridham' -  
excessiveness of thirst.

### SAMPRAPTI GHATAKA

*Dosha – vaat-pittadhikya, kaphakshaya*

*Dushya – rakta, asthi, majja*

*Srotasa – udakvaha*

*Srotodushti – vimargaman*

*Adhishthan – talu, klom, akshi*

*Swabhav – chirkaari, daruna*

*Agni – agnimandhya*

*Sadhyaasadhya – kashtasadhya/asadhya*

### CASE STUDY

A 39 year old male Rohtash resident of rohtak , Haryana reported to Panchkarma OPD of Shri Krishna Govt. Ayurvedic

Hospital, Kurukshetra with complaints of dryness of eyes, ear and mouth from last 5 years. Patient is already diagnosed with Sjögren's Syndrome.

### BRIEF HISTORY

Patient was having complaints of dryness in eyes & reduced salivation with dryness in throat since 4 years.

→ Patient was having complaints of polyarthritis.

→ no history of diabetes mellitus, hypertension and hypothyroidism.

→ there is no history of similar disease in the family.

→ There is no history of surgical intervention as well.

### GENERAL EXAMINATION

Patient was haemodynamically stable.

All vital parameters are within normal range.

### INVESTIGATIONS

ESR - 10 mm per hour.

RA Factor - 137 IU per ml.

Anti-CCP - 92.50 EU per ml.

ANA test - Positive

Serum Calcium levels - 8.2 mg per dl.

Salivary gland biopsy - periductal inflammatory infiltrates.

**TREATMENT PROTOCOL**

- *Nitya Anuloman/ Mridu Virechana* by *gandharvahastadi kashayam* (15ml with equal amount of water, bed time).
- *Kshir dhuma vashp swedan* by *bala mool churna* and *ashwagandha churna*.
- *Gandush* by *til tailam*.
- Cow colostrum (500mg OD).

- *Kaishor guggulu* (250mg TDS).
- *Giloy satva* (250mg at 10am and 2pm).
- *Swarnmakshika bhasma* (125mg at 10am and 2pm).
- *Panchtikta ghrita* (10ml empty stomach).
- *Guduchiadi kashayam* (30ml with equal amount of water, before lunch and dinner).

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Table 1. Observation Table

Sign & Symptoms	Before treatment	After Treatment		
		1 <sup>st</sup> follow-up	2 <sup>nd</sup> follow-up	3 <sup>rd</sup> follow-up
Dryness of eyes	++++	+++	++	+
Salivation	absent	feeling of stickiness in mouth	little salivation starts	moderate salivation starts
Polyarthritis	++++	+	-	-

**DISCUSSION**

The older classification of disease was based on chief complaints or chief presenting symptoms, which was further classified into different cause i.e. pathological changes that were different from present classification based on organ pathogenesis. The term Sjögren's Syndrome may not be found in ancient texts but it can be described as *Vaatadhikya Vaatrakt*.

For *snehan*, *panchtikta ghrita* is given in morning time before breakfast in the *rasayan kaal*. Because of *anutava* and *pranata*v properties of *ghrita*, it directly work on *majja dhatu* as a result it removes *vaat* and localised dryness. it also work as *tarpak*. The use of *ghrita* on daily basis, it exaggerate the *pitta dosha* and this exaggerated *pitta* is removed out from the body by *mridu virechana* or *nitya anulomana* with the help of *gandharvahastadi kashayam*. This prevents *rakt dushti* and hence breaks the pathogenesis of the disease.

As the sign and symptoms of the patient seems to be similar as *ghambhir vaatrakt*. So, drug of choice in *ghambhir vaatrakt* is *guduchiadi kashayam* as per ayurvedic literature.

*Giloy* have *kashayam*, *katu* and *tikta rasa* which aids in its absorption in the body, sanctified with *laghu* and *snigdha guna* help it to penetrate deep within the body tissue and nourishes the *rasa dhatu* and given in the *pitta kaal* to balance the *pitta dosha*.

The medicine chosen here like *kaishore gugglu* has its specific *rakt prasadan* property and its very helpful in enhancing blood circulation. its main ingredients like *guduchi*, *triphala*, *trikatu* when combined with *gugglu* create a detoxifying and rejuvenating combination along with *vatahara* properties.

Cow colostrum is a very rich source of IgG immunoglobulin which help to improve immune system and fight against auto-antibodies. It contains PRPs ( proline rich peptides) also known as clostrnin, a powerful immune modulator which can help to reduce the overactive immune response found in auto-immune disease like Sjögren's Syndrome.

### CONCLUSION

In ayurveda, There is no direct reference regarding signs and symptoms of Sjögren's syndrome and it can be understood under the concept of *Vaatadhikya vaatrakt*.

The case report reveals usefulness of ayurveda treatment approaches in the management of Sjögren's syndrome.

The study shows that patient can cop up with the disease with the help of ayurveda treatment.

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