

Management of Systemic Lupus Erythematosus Through Panchkarma Modality W.S.R Pittaadhkiya Vatarakta : A Case Study¹

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ABSTRACT

Defense mechanism (immune system) is a primary function to protect our body from external invaders (bacteria, virus), but in some situations our immune system attacks the body itself and it includes hypersensitivity reaction, autoimmune disorders and immunodeficiency Immune disorder (like SLE) is a dysfunction of immune system. SLE (systemic lupus erythematosus) is autoimmune disorder which causes long term chronic inflammation of affected organs leading to degradation in overall quality of life. SLE is much more common in female than male. It may occur at any age, but appears most often in reproductive age. Its manifestation are fatigue, fever, rashes, general discomfort, uneasiness, Hair loss, Mouth sores, Sensitivity to sunlight, swollen lymph node .As discussed above, sign and symptoms of SLE have similarities with *pittaadhkiya vatarakta* in Ayurveda. An attempt is made to treat SLE with panchkarma procedure like Basti (*patoladhi ghrita Anuvasan basti and yastimadhuadi ksheer niruh Basti*).

Keywords: SLE; *pittaadhkiya vatarakta*; *patoladhi ghrita*; *yashtimadhuadi ksheer basti*.

INTRODUCTION

Systemic Lupus Erythematosus (SLE) is an autoimmune disease in which organs, tissues and cells undergo damage, mediated by tissue binding auto antibodies and immune complexes. The immune system attacks body cells and tissues, resulting in inflammation and eventual tissue or organ damage. SLE affects heart, joints, skin, lungs, blood vessels, liver, kidney and nervous system. SLE is diagnosed in approximately 20 to 150 persons per 100,000. Some 90% of affected patients are female and the peak age at onset is among reproductive age group (20-30years).

Etiology is idiopathic. Most probable causes are genetic influence, hormonal imbalance, environmental factors and certain medications. SLE is a relapsing and remitting disease, and treatment aims at managing acute periods of potentially life threatening ill health, minimizing the recurrent flares of the disease and stabilize them. Nowadays SLE is no longer considered to be a rare disease and there are likely a number of patients who remain undiagnosed or experience significant diagnostic delays.

The most common manifestations include rash, arthritis and fatigue. The diagnosing signs and symptoms according to American College of Rheumatology (ACR) are malar rash, discoid rash, serositis, oral ulcers, arthritis, photo sensitivity. Blood problems (leukopenia), renal failure, ANA (+). Immunologic problems, neurological problems (cerebritis). It will gradually result in serious systemic life threatening complications like nephritis, neurological problems, anaemia and thrombocytopenia. The clinical profile is often challenging as the disease can be unpredictable, affecting various organs with variable degree of severity.

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Samprapati ghatak:

*Dosha- vata, pitta
Dushya – Rasa, rakta, mamas, asthi
Agni- mandhagni (Dhatuagni)
Srotodushti- sangha
Sadhyaasadhyata – krichasadhyata*

CASE STUDY

A 40-year old female patient Came to Shri Krishna Govt. Ayurvedic College and hospital with chief complaints of multiple joint pain, Morning stiffness ,discoloration of skin ,Feverish feeling generalised weakness for 2 years .

Associated complaints-

Facial puffiness, loss of appetite, disturbed sleep

History of present illness –

According to patient she is completely well 2 years back .Then she suddenly develops joint pain

(Small joints to large joints with morning stiffness) and discoloration of skin progressively. During this phase she is not able to conceive .Then she took allopathic treatment mainly steroids but condition did not improve satisfactorily. Then she decided to took ayurvedic treatment and visited SKGAC .

Past history -No history of DM, HTN, TB, no any surgical history

Drug history -Methotrexate, Prednisolone, HCQ's

Family history- no any relevant family history

Vitals -B.P- 110/70mmHg
Pulse- 86/min
Temperature- Afebrile
R.R-18/min

General examination-

Appetite- Decreased
Sleep- Disturbed
Bowel- normal
Urine – normal
No H/O of alcohol intake , smoking.
No H/O Haemorrhoids, fistula and rectal prolapse.

Blood investigation –

Hb-9.2gm%,
CRP- Positive
ANA -Positive , Intensity- 3+
Anti- ds DNA – Positive

Diagnosis – In Ayurveda, SLE is compared with *pittaadhkiya vatarakta* on the basis of sign and symptoms.

Treatment protocol –

On the basis of sign and severity of symptoms, the panchkarma procedure is planned. Kala Basti is planned with *patoladhi ghruta anuvasan basti* and *yastimadhuadi ksheer niruh basti* .

Kala Basti(16 Basti)-includes 6 Niruh and 10 anuvasan. In Kala Basti, six anuvasan and six niruh Basti should be given alternatively. Before this, in the beginning one Anuvasana Basti and followed by three anuvasan Basti for the purpose of oleation.

Table 1: Panchkarma procedures.

1.Anuvasan basti	10days	Patoladhi ghrita
2.Niruh basti	6days	Yastimadhuadi ksheer basti mulethi -100gm Godugdha- 200ml Goghrita- 120ml Saindhav namak-5gm Snauf- 5gm Honey-80ml

Table 2: Basti administration protocol.

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
A	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A

OBSERVATION

Parameters	Severity of sign and symptoms	Score	B.T	A.T
1.polyarthralgia (<i>Vedan,bhedana pida</i>)	No pain	0		
	Occasional pain (1 to 2 hours per day)	1		
	Mild pain(no difficulty in walking)	2		+
	Moderate pain(slightly difficulty in walking)	3		
	Severe pain (severe difficulty in walking)	4	+	
2.Stiffness	No stiffness lasting for 20 min to 2hours	0		+
	Stiffness lasting for 2 to 5hours	1		
	Stiffness lasting for 5 to 8 hours	2	+	
	More than 8 hours	3		
		4		

3. Discoloration of skin (<i>twak raga</i>)	No relief	0	+	+
	Mild	1		
	Moderate	2		
	Severe	3		
4. Feverish feeling (<i>Tapa</i>)	No relief	0	+	+
	Mild	1		
	Moderate	2		
	Severe	3		

DISCUSSION

Basti is the main treatment as it posses a wide spectrum of effects on all doshas and said to be *ardhachikitsa* in Ayurveda.

In *vatarakta*, Basti is the prime treatment modalities among the Panchkarma.

Patoladhi ghruta having drugs with *tikta rasa* and ghee as its base. *Patoladhi ghruta* infused with the therapeutic qualities of *tikta rasa* pacifies vitiated pitta in the body, encourage tissue repair and healing.

In SLE , aggravated pitta manifests as heat ,eruptions on skin ,itching and malar or discoid rash .*Anuvasan basti* with *patoladhi ghruta* act as controlled therapeutic purgation is the best treatment for dysfunctional pitta in the body.

In this study, *yastimadhu kwath* was selected for SLE because this kwath possesses Properties like *varnaya*, *ropan*, *raktaprasadan*, *glanihar*, *kshyhar* and pacify the *pitta dosha* as it is *sheeta virya*, *madhur vipak* and due to its *guru*, *snigdha*, *madhur guna* pacifies the *vata doshas* .

Yashtimadhu (*glychrisza glabra*) contains chemical constituents like glychrisin, isoliquitrin, licoricone, glycrizhic acid having skin regeneration property, antioxidant property, Immuno stimulatory activity, anti-inflammatory, healing, anti ulcer and anti bacterial properties.

As *yastimadhu* is *vatapitta shamak* and relives the symptoms and corrects the pathogenesis of SLE caused by *pitta adhikya*.

As *rakta* possess the same properties as that of *pitta* .So this kwath also helps in the stabilization of *rakta doshas* .

Godugdha is *vatapitta shamak* and possess properties like *ojovardhan*, *dhatuwardhan*, *jeevanya*, *rasyana*.

Goghruta alleviates *vatapitta* possess *madhur rasa*, *madhur vipaka* and *sheeta virya*. It promotes *Agni*, *ojas*, memory, intelligence etc.

In *niruha basti*, *yashtimadhu kwath* with *ghrita* and *dugdha* pacify the *vatapitta* in a better way.

CONCLUSION

The Ayurvedic Diagnosis of *pittaadhikiya vatarakta* is made for “systemic lupus erythematosus” in present area. Panchkarma Procedures like basti have provided promising results especially in reducing joint pain, stiffness and discoloration of skin . This Study shows that patient can attain quality of life with the help of Ayurvedic treatment.

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