



ISSN 2456-3110

Vol 5 · Issue 5

Sept-Oct 2020

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

# JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Charaka**  
Publications

Indexed

# Ayurvedic management of Enteropathic arthritis : A Case Study

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## ABSTRACT

**Introduction:** A Female patient aged 28 years with chief complaints of reduced appetite, increased frequency of defecation, vague body ache since 10 years approached our OPD. Patient was on eldoper for the past 10 years and recently developed multiple joint pain. This can be diagnosed as Enteropathic arthritis or *Vataja grahani*. **Materials and Methods:** A set of treatment principles were adopted including *Piccha Basti* and *Amalaki Rasayana* for 30 days. **Results:** Soon after *Deepana-Pachana*, frequency of defecation reduced to 3-4times/day and further reduced to 1-2 times/day after *Piccha Basti*. After 30 days, urge for defecation soon after food intake subsided and there was considerable reduction in multiple joint pain. **Discussion:** There is no cure for this condition as such in modern system of medicine. By following the treatment principles mentioned in Ayurveda, proper *Samprapti Vighatana* of the disease along with prevention of recurrences can be achieved.

**Key words:** Enteropathic Arthritis, *Piccha Basti*, IBS, *Amalaki Rasayana*.

## INTRODUCTION

People with Inflammatory bowel disease (IBD) are more likely to develop a type of arthritis called Enteropathic arthritis (EA) if not given proper treatment. It generally affects the joints of the lower limbs and the spine associated with debilitating body aches. EA typically affects younger people between 15 and 40 years of age, but older people can get it too. It affects men and women equally and has a prevalence ranging between 17% and 39%. The etiology of this condition is not known and is mostly immune

mediated.<sup>[1]</sup> Inflammation of Gastro-intestinal tract might increase permeability, resulting in absorption of antigenic material, including bacterial antigens. These arthro-genic antigens may then later on localize in musculoskeletal tissues including entheses and synovial membrane, thus exhibiting an inflammatory response. This condition can be correlated to *Vataja Grahani*, where symptoms mimic IBD associated with arthritis.

Initial strategy of treatment should be treatment of IBD which will reduce the remission of peripheral arthritis. NSAID'S though are usually used as the first line therapy for spondylo arthropathies, but these agents might exacerbate IBD. Thus cyclooxygenase selective NSAID'S are generally used. Surgery does not provide any benefit for axial involvement of IBD.<sup>[2]</sup> This condition can be effectively managed with the treatment principles mentioned under the context of *Vataja Grahani* and attempt in that direction is adopted here.

## OBJECTIVE OF THE STUDY

To understand the treatment of enteropathic arthritis through principles of *Vataja Grahani*.

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Submission Date: 14/09/2020 Accepted Date: 12/10/2020

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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## CASE REPORT

A 28 years old female patient approached Panchakarma OPD of GAMC Bengaluru with chief complaints of reduced appetite, increased frequency of defecation (5-6 times /day), vague body ache since 10 years. According to patient's words, she suffered from Malaria 11 years ago. She received allopathic treatment for the same and was relieved of the disease. Gradually she developed urge for defecation soon after food intake along with on and off fever. She managed these symptoms with Paracetamol and eldoper for these 10 years. But since past 6 months, the patient has developed frequent defecation (5-6 times) almost every day. So the patient took eldoper daily for past six months. Now she has also developed multiple joint pains along with headache and loss of appetite, hence approached our OPD.

**On examination:** Per abdominal examination showed no abnormalities.

Locomotor system examination shown tenderness of grade 2 in lower back and mild swelling in B/L knee joints and inter phalangeal joints.

## MATERIALS AND METHODS

### Materials

1. *Shadanga Paneeya Vina Shunthi* for *Deepana Pachana*
2. *Yastimadhu Gritha* for *Anuvasana*
3. Ingredients of *Piccha Basti* shown in table no.1.

**Table 1: Showing ingredients of *Piccha Basti*.**

Ingredients	Quantity
Honey	30 ml
<i>Saindhava</i>	10 g
<i>Mahatiktaka Ghrita</i>	50 ml
<i>Yastimadhu + Shatapushpa Kalka</i>	20 g
<i>Piccha Basti Kwatha</i>	150 ml
<i>Arjuna Patra Piccha</i>	30 ml

### 4. *Amalaki Rasayana*

## TREATMENT ADOPTED

**Table 2: Showing treatment adopted.**

Days	Treatment	Medicine	Dose & Time	Duration
1-5 days	<i>Deepana and Pachana</i>	<i>Shadanga Paneeya Vina Shunthi</i>	15ml TID B/F	5 days
6-10 days	<i>Yoga Basti</i>	<i>Yastimadhu Ghrita Anuvasana &amp; Piccha Basti</i>	<i>Anuvasana:</i> 30 ml <i>Piccha Basti-</i> 250 ml	5 days
11-30 days	<i>Shamana Aushadhi</i>	<i>Amalaki Rasayana</i>	1 tsp BD with warm water	20 days

**Table 3: Showing *Yoga Basti* pattern.**

Basti	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Anuvasana Basti</i>	✓	✓	✓	✓	✓
<i>Piccha Basti</i>	×	✓	✓	✓	×

### Assessment criteria

1. VAS score for pain
2. Frequency of bowel movements

## OBSERVATION AND RESULTS

**Table 4: Showing the Visual Analog Scale scoring for pain as treatment progressed.**

Day	VAS score for pain
1	7
5	5
10	5
30	1

**Table 5: Showing frequency of bowel movements as treatment progressed.**

Day	Frequency of bowel movements
1	5-6 times/day
5	3-4 times/day
10	1-2 times/day
30	1-2 times/day

Soon after *Deepana-Pachana*, frequency of defecation reduced to 3-4times/day and further reduced to 1-2 times/day after *Piccha Basti*. After 30 days, urge for defecation soon after food intake subsided and there was considerable reduction in multiple joint pain.

## DISCUSSION

The most common areas affected by Enteropathic arthritis are the peripheral (limb) joints and, in some cases, the entire spine can become involved, as well. There is no diagnostic test that definitively identifies EA. Diagnosis is usually achieved by confirming the presence of inflammatory bowel disease (IBD), through history taking and examination. Contemporary science opine that it is very important for people with EA to make sure that any inflammation of bowel is properly treated and that their bowel disease is kept under good control. This will often significantly improve their symptoms. This condition can be rightly correlated to *Vataja Grahani*, where *Pratyatma Lakshana* of *Grahani* mimics IBD associated with arthritis.<sup>[3]</sup>

Considering the chronicity of the disease and *Vataja Grahani* symptoms like "*Punah Punah Srujeth*" and multiple joint pain, the treatment was focussed on *Agni Deepana*, *Ama Pachana* and *Vata Shamana*. Hence *Basti* was planned according to *Bala* of the patient.

*Agni Nasha* will be there due to long term use of anti diarrheals. *Shadanga Paneeya Vina Shunthi* is *Agnideepaka* and *Ama Pachaka* and at the same time does not irritate intestines to increase bowel

movements. *Piccha Basti* is indicated in *Chira Kala Atisara*.<sup>[4]</sup> *Madhu* is having *Madhura Rasa*, *Kashaya Anurasa* and *Ushna Veerya* with *Shodana*, *Ropana* properties.<sup>[5]</sup> *Yastimadhu* used as *Kalka Dravya* helps in coating the intestinal mucosa to protect from any irritational effects of *Basti*. Also Glycyrrhizin is gastroprotective and increases the rate of mucous secretion by gastric mucosa. Glycyrrhetic acid has corticosteroid like activity and is also anti allergic in action. The main drug of *Piccha Basti Kwatha* is *Shalmali*, which has *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Veerya*, *Snigdha* and *Picchila Guna*. This drug plays a major role in reducing the frequency of bowel movements. *Arjuna* leaves when soaked in water produces a mucoidal liquid. This *Picchilata* also helps in reducing bowel movements and also protect mucosal lining of intestines. *Amalaki Rasayana* along with *Rasayana* properties is useful in IBD.

## CONCLUSION

The complications of Enteropathic arthritis are secondary amyloidosis, complications of IBD, uveitis, loss of mobility etc. IBD-related arthritis tends to carry the worse long-term prognosis, particularly where there is severe axial involvement. Currently, there is no known cure for enteropathic arthritis in conventional system of medicine. The medications and therapies are available only to manage the symptoms of both the arthritis and bowel components of the disease. In that case, Ayurveda can be of great help not only in minimizing the symptoms but also to prevent recurrences. This study can be adopted in larger sample sizes to come to a scientific conclusion.

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**How to cite this article:** Dr. Aparna K, Dr. Ananta S Desai. Ayurvedic management of Enteropathic arthritis : A Case Study. J Ayurveda Integr Med Sci 2020;5:501-504.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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