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Role of Ayurvedic medicines with *Panchakarma* therapy in SLE w.s.r. to *Aamvata*

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ABSTRACT

Background: Autoimmune disorders occur when the body's immune system is working hard to defend against potentially precarious substances our bodies such as allergens, toxins, infection or food but does not identify the difference between the invaders and own body cells. SLE is an autoimmune disease in which organs, tissues and cells undergo damage, mediated by tissues binding auto antibodies and immune complexes. SLE affects heart, joints, skin, lungs, blood vessels, liver, kidney and nervous system. Due to *Piita Pradhantwa* in SLE it can be correlated with *Pitta Anubandhi Amavata* as both are systemic autoimmune disease having involvement of mainly *Pitta Dosha*. **Materials and Methods:** A male patient with complaints of pain in multiple joints with swelling, recurrent mouth ulcers, weakness all over the body and erythematous rashes on both hands with some discharge came to OPD of PTKLS Hospital and diagnosed as *Amavata* and admitted in IPD of the Hospital and treated according to Ayurveda Protocol including oral medications and *Panchakarma* therapy. **Result:** Patient got symptomatic relief. Details of this will be discussed in full paper. **Discussion:** In *Ayurveda*, symptoms of *Vata Kapha Anubandhi Amavata* can be correlated with RA and symptoms of *Pitta Anubandhi Amavata* can be correlated with SLE as there is involvement of *Pitta Dosha* and *Rakta Dhatu* in SLE.

Key words: Systemic lupus erythematosus, SLE, Pitta, Autoimmune, Panchakarma therapy, Aamvata

INTRODUCTION

Systemic lupus erythematosus (SLE) is a chronic multisystem autoimmune disorder characterized by the development of autoantibodies and immune complexes in association with a wide variety of clinical

manifestations and tissue damage. Several defects of multiple immunological components play a role in the pathogenesis of SLE.^[1]

The cause for SLE is unknown but there some factors like hereditary, genetics, sex hormone status, UV lights, and some drugs are responsible for manifestation of the disease.

Symptoms of SLE are arthritis, myalgia, malaise and tiredness, fever, butterfly rash, skin eruptions, Raynaud's phenomena, renal disease, weight loss, lymphadenopathy etc.^[2] Due to *Piita Pradhantwa* in SLE it can be correlated with *Pitta Anubandhi Amavata*.^[3] Symptoms of *Pitta Anubandhi Amavata* can be correlated with SLE as there is a great involvement of *Pitta Dosha* and *Rakta Dhatu* in SLE. and *Pitta Dosha* lies within *Rakta Dhatu* in body. I.e. *Ashrayashrayi Sambandha*.

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Symptoms of *Pitta Anubandhi Amavata* are *Atidaha, Pipasa, Jawar, Murcha, Rakitima*.

Preventive measures are like *Langhana, Deepana-Pachana, Shodhana, Shaman* and *Rasayan* have been described for the management of *Amvata* are actually more effective.

AIM AND OBJECTIVE

To assess the role of *Ayurvedic Medicines* with *Panchakarma* therapy in SLE w.s.r. *Aamvata*.

MATERIALS AND METHODS

Selection and source of patient

For this study, patient was taken from the IPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute, Bhopal, MP.

CASE STUDY

A male patient IPD No. 54468 age 45years with complaints of pain in multiple joints with swelling, recurrent mouth ulcers, weakness all over the body and erythematous rashes on both hands with some discharge.

History of past illness - No

Surgical history - No

Personal History

Diet - Mixed diet, prefers - spicy.

Appetite - Decreased

Bowel - Clear

Bladder - Normal

Sleep - Disturbed due to pain and itching

Allergy and addiction - Nil.

Examination

Ashtavidha Pariksha

- *Nadi* (Pulse) - *Vata-Kapha*, 80/ min.
- *Mootram* (Urine) - Normal
- *Malam* (Stool) - Normal
- *Jivha* (Tongue) - *Upalipta*

- *Shabdham* (Voice) - Normal
- *Sparsham* (Touch) - Normal but warmth all over body.
- *Drika* (Eyes) - Normal
- *Aakriti* (Built) - Moderately, no deformities

Local examination

- Tenderness on B/L wrist joints and Knee joints.
- Restricted range of motion of the joints.
- Rashes are ill defined, scaly on both the hands.
- Photosensitive rash present on face and some area of neck.
- Itching increases on both hands during evening time with some watery discharge.



Fig 1: Hands



Fig. 2: Neck Region

Investigation

Diagnosis of the disease on the basis of SLICC criteria^[4]

The SLICC criteria for SLE classification require: 1) Fulfilment of at least four criteria, with at least one

clinical criterion AND one immunologic criterion OR 2) Lupus nephritis as the sole clinical criterion in the presence of ANA or anti-dsDNA antibodies.

Clinical Criteria

1. Acute cutaneous lupus
2. Chronic cutaneous lupus
3. Oral ulcers: palate
4. Nonscarring alopecia (diffuse thinning or hair fragility with visible broken hairs)
5. Synovitis involving two or more joints, characterized by swelling or effusion OR tenderness in two or more joints and thirty minutes or more of morning stiffness.
6. Serositis
7. Renal
8. Neurologic
9. Haemolytic anaemia
10. Leukopenia (< 4000/mm³ at least once)
11. Thrombocytopenia (<100,000/mm³) at least once

Immunological Criteria

1. ANA above laboratory reference range
2. Anti-dsDNA above laboratory reference range, except ELISA: twice above laboratory
3. Anti-Sm
4. Antiphospholipid antibody: any of the following
5. Low complement
6. Direct Coombs test in the absence of haemolytic anaemia

Treatment Regimen

Shamana Drugs

1. *Swarna Guggulu* 1 BD twice a day
2. *Panchtikta Ghrita Guggulu* 1 BD
3. *Avipattikar Churna* (3gm) + *Godanti Bhasma* (125mg) BD before meal
4. *Haridrakhand* powder 5gm BD with milk

5. *Khadiradi Vati* 1qid
6. *Mahamarichyadi Taila* for Local application

Panchakarma Therapy

1. *Panchtikta Ksheer Basti* for 16 days (*Kala Basti*)
2. *Sarvang Patra Pinda Swedana*

Day	Basti	Dose	Time of Basti Adanakala	Time of Basti Pratyagamana Kala
1.	K	200ml	10:15am	2:00pm
2.	K	200ml	11:15am	4:00pm
3.	K	200ml	10:40am	2:50am
4.	K	200ml	10:30am	4:10pm
5.	K	200ml	10:15am	4:15am
6.	K	200ml	11:00am	4:45pm
7.	K	200ml	10:45am	4:30am
8.	K	200ml	11:15am	3:00pm
9.	K	200ml	10:30am	3:00pm
10.	K	200ml	11:15am	2:00pm
11.	K	200ml	11:30am	3:00pm
12.	K	200ml	10:15am	2:40pm
13.	K	200ml	11:15am	3:30pm
14.	K	200ml	10:45am	2:00pm
15.	K	200ml	11:45am	4:00pm
16.	K	200ml	11:30am	2:45pm

DISCUSSION AND CONCLUSION

SLE is an autoimmune disease in which organs, tissues and cells undergo damage, mediated by tissues binding auto antibodies and immune complexes. SLE affects

heart, joints, skin, lungs, blood vessels, liver, kidney and nervous system.

There is involvement of *Pitta Dosha* and *Rakta Dhatu* in the SLE.

Swarn Guggul - Swarna Bhasma contains nanoparticles of gold that act as a wonderful rejuvenating agent which helps in bringing down the aggravated *Vata Dosha* in the body especially during old age. *Ashwagandha* is known for its anti-inflammatory properties that help control joint inflammation. Saffron has the ability to reduce all the vitiated *Doshas* and eliminate toxins from the body.

Panchatikta Ghrita Guggulu contained following drugs- *Nimba, Guduchi, Vasa, Patola, Kantakari, Ghrita, Patha, Vidanga, Devadaru, Gajapippali, Yavakshara, Sarjikakshara, Nagara, Nisha, Mishreya, Chavya, Kushtha, Tejovati* etc. *Aretikta-Katu Rasa, Laghu Ruksha Guna, Ushna Virya* which act on vitiated *Kapha Dosha*. *Tikta Rasa* also has the property of *Raktaprasadana, Vishaghna, Kushthaghna, Kandughna* and *Dahaprashamana*.^[5]

Hadridra Khand - Haridra Goghrita Godugdha Sharkara Shunthi, Maricha, Pippali, Patra, Twak, Ela, Vidanga, Triphala, Trivrit, Nagarmotha, Nagakeshara, Loha Bhasma. It is used widely in the treatment of allergic skin diseases, itching skin diseases and *Visphota* (blisters).^[6]

Panchtikta Tikta Ksheer Basti - Most of ingredients of *Panchtikta Ghrita Guggulu* have *Tikta Rasa, Ushna Virya, Madhura* and *Katu Vipaka*. Further *Tikta* drugs have *Vataghna & Rasayana (Dhatuvardhaka) Guna & increases the Dhatwagni* (metabolic fire). It performs *Pachan Karma*, which destroys *Srotorodha* (channel obstruction) leading to pacify the *Vata Dosha* & improves the metabolism. The decoction prepared in *Kshira* (Milk) has *Madhura & Snigdha Guna* which helps in balancing the *Vatadosa & Pitta Dosa* and acts as *Brimhana*. Due to *Sukshmaguna* of *Saindhava*; it reaches deep in the microchannel of the body & helps to improve blood supply to the bone tissue.^[7]

Mahamarichyadai Taila - having *Maricha, Hartal, Trivrit, Musta, Haridra, DaruHaridra, Raktachandan*. This formulation mentioned in *Sharnagdhara Samhita Madhyam Khand 9/148-152* having properties like antifungal, antiseptic and antioxidant etc. All these factors combinedly showing the tremendous result in symptoms of SLE. Patient got symptomatic relief although it is an autoimmune disorder; we completely cannot cure the disease. But we can decrease the vague symptoms of SLE in our patients for better lifestyle. In *Ayurveda* it is related with *Aamvata* so our main focus to minimize the *Aam Dosha* in the patients, indirectly we correlate the *Aam* to the toxins (affecting autoimmunity).

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