



Case Study

PANCHAKARMA THERAPY IN THE MANAGEMENT OF SYSTEMIC LUPOUS ERYTHEMATOSUS -A CASE REPORT

Chinju Thankachan^{1*}, T. K. Sujan², Ambili Krishna³

*1PG Scholar, ²Professor & HOD, ³Assistant Professor, Department of Panchakarma, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India.

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ABSTRACT

SLE is an autoimmune disorder which can affect the joints, skin, kidney, blood cells, brain, heart and lungs. In this disease the immune system attacks its own tissues and produces various symptoms like fatigue, joint pain, rash, fever etc. Symptoms may vary in persons and can periodically get worse and then improve.

Treatment of SLE mainly focuses on controlling the symptoms and therapy improving the quality of life as there is no complete cure. Medications such as anti-inflammatory and steroids can be given. In Ayurveda, the symptoms of SLE are more similar to the *Lakshanas* of *Gambheera vatarakta*. *Samana oushadhies* along with *Panchakarma* procedures is very effective in the management of SLE. Successful functional management of SLE with proper *Samana oushadhies* and *Panchakarma* procedures are discussed in this paper.

19 year old male patient with anti ds DNA positive is treated with *Samana oushadhies* and given for 90 days *Panchakarma* therapy including *Vamana*, *Virechana*, *Nasya*, *Nirooha vasthi* and *Anuvasana vasthi*. The treatment protocol found effective in controlling the progressive symptoms and improving the functional ability of the patient. There is no complication or side effects recorded during the entire treatment period.

INTRODUCTION

Systemic Lupus Erythematosus is an autoimmune disease in which organs and cells undergo damage initially mediated by tissue binding autoantibodies and immune complexes. In most patients, autoantibodies are present for a few years before the first clinical symptom appears.^[1] Interaction between susceptibility genes and environmental factors result in abnormal immune responses, which vary among different patients.

The diagnosis of SLE is based on characteristic clinical features and auto antibodies. The diagnostic criteria for Systemic Lupus Erythematosus includes malar rash, discoid rash, photosensitivity, oral ulcers, arthritis, serositis, renal disorder, neurologic disorder, haematologic disorder, immunologic disorder and anti-nuclear antibodies.

SLE may involve one or several organ systems, over time additional manifestations may occur.

There is no cure for SLE and complete sustained remissions are rare. Therefore the physician should plan to induce improvement of acute flares and then maintain improvements with strategies that suppress symptoms to an acceptable level and prevent organ damage. Among patients with fatigue, pain and autoantibodies of SLE, but without major organ involvement, management can be directed to suppression of symptoms. Analgesics and anti-malarials are mainstays. NSAIDS are useful analgesics /anti-inflammatories particularly for arthritis/arthralgias.

In Ayurveda, SLE can be compared with *Gambheera vatarakta*, as the symptoms of *Gambheera vatarakta* is more similar to the common symptoms of SLE.^[2] *Vataraktha* is a disease which is caused by the vitiation of both *Vata* and *Rakta* due to different etiological factors. *Vata* vitiating *Ahara* and *Vihara* causes *Margavarodha* of *Vata* by *Dushita rakta* and resulting in the manifestation of *Vatarakta*. Based on the location, *Vataraktha* is of two types: *Uthana vataraktha* and *Gambheera vataraktha*. In *Uthana* type,

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the disease affects only in superficial tissues and produce symptoms like skin disease and joint pain. As the condition worsen, it will leads to *Gambheera vatarakta* which affect blood and other deeper tissues like bone and other joints. This is more complicated stage presented with systemic illness and joint pathology. The main *Dosha* is *Vata* and *Dooshyas* are *Rasa, Rakta, Mamsa* and *Twak*. Various *Panchakarma* proceures and internal medicines are found effective for this condition.^{[3][4]}

Presenting Complaints

19 year old male presented with multiple joint pain associated with swelling, tenderness over all major and minor joints, difficulty to move and general malaise. Blood report shows Antids DNA positive, Hb 9.3g/dl, ESR- 119 mm/hr, ASO 338, CRP -77 & VIT D3-17.3. He took allopathic and homeo treatment and got slight relief.

General Examination

- Pulse Rate: 105/min., regular, full volume, normal tension.
- Heart Rate: 108/min.
- Respiratory Rate: 22/min.
- Blood Pressure: 120/80 mmHg

Treatment Protocol

- Temperature: 98.4°F.
- Weight: 59 kg.
- Height: 180 cm.
- BMI: 18.8 kg/m².

Personal History

- Appetite: Reduced
- Sleep: Sound
- Diet: Mixed
- Habits: Nil
- Bowel: Occasionally constipated
- Addictions: Nil
- Micturition: 3-4 times/day or 1-2 times /day.
Increased bladder frequencies when symptoms aggravated
- Allergy: Nil

MATERIALS AND METHODS

The patient is admitted in IPD of Government. Ayurveda Panchakarma Hospital, Poojappura & given following *Samana oushadhis* and *Panchakarma* procedures like *Vamana, Virechana, Anuvasana vasthi, Kashava vasthi* and *Nasya*. The total time period of treatment is 90 days.

Samana Oushadhis

S.No	Name of the medicine	Dose	Time
1	<i>Rasnadasamoola kashayam</i>	15 ml	6 am & 6 pm before food
2	<i>Shaddharanam gulika</i>	1-0-1	After food
3	<i>Simhanada guggulu</i>	1-1-1	After food
4	<i>Kaivisha pariharee gulika</i>	¼-0-0	Before food
5	<i>Sidhamakaradhvajam</i>	0-0-1	After food
6	<i>Gomutra hareethaki</i>	15 gm	Two times after food

Panchakarma Therapy

S.no	Procedure	Drug	No. of days	Result
1.	<i>Rookshanam</i>			
a.	<i>Valuka sweda</i>		7 days	Swelling reduced
b.	<i>Kadi kizhi</i>	<i>Kottamchukkadi choornam + Grihadhoomadi choornam</i>	7 days	Swelling reduced
c	<i>Kashaya dhara</i>	<i>Dasamoola kashayam + Punarnavadi kashayam + Kokilaksham kashayam</i>	7 days	Pain slightly reduced Normal appetite
d	<i>Avikizhi</i>	<i>Kottamchukkadi choornam + Jadamayadi choornam</i>		Weakness reduced
2.	<i>Snehapanam</i>	<i>Shadpalam ghritham</i>	7 days	Same
3	<i>Vamana</i>	<i>Madanaphalam</i>		Pain & swelling reduced
4	<i>Virechanam</i>	<i>Nimbamruthadi erandam</i>		Same
5	<i>Kala vasti</i>	<ul style="list-style-type: none"> • <i>Anuvasanam</i> with <i>Madhuyashtyadi tailam</i> • <i>Nirooha vasthi</i> with 		Improvement in movements. Pain & swelling

		<i>Ksheera kashayam- Panchathikthakam kashayam Kokilaksham kashayam Gudoochyadi kashayam</i>		reduced
6	<i>Abhyangam + Ksheeradhoomam+ Nasya</i>	<i>Mukhabhyangam with Mahamasha Tailam & Nasyam with Maharajaprasaranyadi tailam</i>	7 days	Fatigue reduced more
7	<i>Shashtika shali pinda sweda</i>		7 days	Improvement in total functional ability

Blood Report

Values	Before treatment	After treatment
Hb	9.3	10.3
ESR	119	88
ASO	338	286
CRP	77	48
Vit.D3	17.3	20.3

DISCUSSION

As there is no complete cure for SLE, aim of the treatment protocol is to control the progressive symptoms and improve the functional ability of the patient. Here we selected *Samana oushadhies* along with *Panchakarma* therapy which help to eliminate the vitiated *Dosas* from the body. *Vamana, Virechana, Nirooha vasthi, Anuvasana vasthi* and *Nasya* with suitable *Poorvakarmas* and *Paschath karmas* are found very effective in reducing the signs and symptoms of SLE. Remarkable improvement was noticed in pain, swelling & stiffness. Blood report also showed changes in the values of Hb, ESR, ASO & CRP.

CONCLUSION

SLE is an autoimmune disorder which may affect almost any organ or system. In Ayurveda, we can correlate the symptoms of SLE with *Gambheera Vataraktha*. *Panchakarma* therapy is found safe and effective over a period of 90 days. There is no adverse reaction, complication or side effects recorded during the entire treatment period.

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*Address for correspondence

Dr. Chinju Thankachan

PG Scholar,

Department of Panchakarma,

Govt. Ayurveda College,

Thiruvananthapuram, Kerala, India.

Email:

chinjuthankachan115@gmail.com

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