

MANAGEMENT OF SJÖGREN'S SYNDROME THROUGH PANCHKARMA MODALITIES W.S.R. VATAADHIKYA VATARAKTA: A CASE STUDY

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ABSTRACT

Sjögren's Syndrome is chronic, inflammatory autoimmune disorder with multi system manifestation. It is characterised by lymphocytic infiltration of salivary and lacrimal glands leading to glandular fibrosis and exocrine failure. Sjögren's Syndrome cannot be mirrored directly with any particular Disease condition in Ayurveda classics. However, based on pathogenesis and symptoms, Sjögren's Syndrome can be correlated with *vataadhikya vatarakta*. In this article attempt is made to understand the Sjögren's Syndrome & its treatment in Ayurveda by Panchkarma procedures like *Basti* and *Akshitarpana* to relieve the symptoms of *vataadhikya vatarakta*.

KEYWORDS: Sjögren's Syndrome, *Basti*, *Akshitarpana*, *vataadhikya vatarakta*.

INTRODUCTION

Sjögren's Syndrome is an autoimmune disease named after Swedish ophthalmologist Henrik Sjögren. Sjögren's Syndrome is a chronic inflammatory autoimmune disorder characterised by diminished lacrimal and salivary gland secretions with resultant xerostomia and Xerophthalmia. Sjögren's Syndrome is most commonly found in females than males (Male to female ratio 1:9). Sjögren's Syndrome is broadly characterised into 2 parts:

1. Primary – When Sjögren's Syndrome is not associated with rheumatic conditions
2. Secondary – When Sjögren's Syndrome is associated with rheumatic conditions

वातेऽधिकेऽधिकं तत्र शूलस्फुरणतोदनम् । शोफस्यरौक्ष्यकृष्णत्वश्यावतावृद्धिहानयः ।

धमन्यङ्गुलिसंधीनां संकोचऽगग्रहोऽतिरुक् शीतद्व षानुपशयौ स्तंभवेपथुसुप्तयः ||13||

The cardinal features of this Syndrome are dryness of mouth and eyes which is indicative of *ruksha guna* of *vata* (*vataadhikya*), Lymphocytic infiltration in the exocrine gland is indicative of *rakta dushti* and Polyarthrititis correlated with *shoola guna* of *vaatadhikya vatarakta*. Symptoms like fever, arthralgia, fatigue, and generalised weakness are indicative of the presence of excessive *Vata* and *Ama* in the body.

निर्हरेद्वा मलं तस्य सघृतैः क्षीरवस्तिभिः न हि वस्तिमं किंचिद्वातरक्तचिकित्सितम् ||88||

Basti is one of the *panchakarma* techniques that is very effective for treating *vata dosha*.

To overcome the eye strain and gritty sensation in the eyes advocates use of *Akshitarpana*. In this case, *Basti* and *akshitarpan* were used for the treatment of Sjögren's Syndrome.

SAMPRAPTI GHATAKA

Dosha - *vaat-pittadhikya*, *kaphakshaya*

Dushya – *rakta*, *asthi*, *majja*

Srotasa - *udakvaha*

Srotodushti - *sangha*

Adhishthan - *talv*, *klom*, *akshi*, *ostha*, *jihva*, *kanth*

Swabhav - *chirkaari*, *daruna*

Agni - *Dhatuagni*

Sadhyasadhyata - *kashtasadhya/asadhya*

CASE REPORT

A 50-year-old female Ranjana resident of Panipat, Haryana came to the Panchkarma Department of Shri Krishna Government Ayurvedic College & Hospital, Kurukshetra with complaints of dryness in her eyes and mouth and pain in all joints of the body from last 2 years. The patient is already diagnosed with Sjögren's Syndrome.

Previous history with family history

The patient is known case of Sjögren's Syndrome from last 2 years and taking allopathic treatment.

The patient used artificial tears and steroids for the prevention of Sjögren's Syndrome.

No family history of the patient is revealed.

No history of DM, HTN or Thyroid disorder is found.

Systemic examination

On examination, the patient is mild pallor and her vitals are Within normal limits as

BP – 120/70 mmHg

Pulse rate- 86 per minute

Temperature - 97° F

Respiratory rate – 18/min

Appetite - Normal

Sleep - Normal

Bowel - constipated

Urine - Normal

No history of active bleeding P/R or rectal prolapse.

Investigations

HB - 11.8 gms

ANA/ENA - positive (162.96)

Anti-SSA – positive (121.48)

Anti-SSB - negative

ESR - 25 mm/hr.

Anti-CCP - <0.5

Treatment protocol

On the basis of sign & severity of symptoms, the definitive Panchkarma protocol has been planned. The treatment protocol included *Akshitarpan* with *triphala ghrit* for 7 days and *yastimadhuadi kala basti* for 16 days.

यष्टयाहवयस्याष्टपलेन सिद्धं पयः शताहनाफलपिप्पलीभिः ।

युक्तं ससर्पिर्मधु वातरक्तत्रैस्वर्यवीसर्पहितो निरूहः ।। 46 ।।

Table 1: Panchkarma procedures.

1. <i>Anuvasana basti</i>	10 days	<i>Yastimadhuadi taila</i>
2. <i>Niruh Basti</i>	6 days	<i>Yastimadhuadi niruh</i> <i>Kwath</i> - 300 ml <i>Dugdh</i> - 200 ml <i>Honey</i> - 50 ml <i>Saindhav</i> - 5 gm <i>Kalka</i> - 5 gm <i>Ghrita</i> – 80 gm
3. <i>Akshitarpana</i>	7 days	<i>Triphala ghrit</i>

Table 2: Basti administration protocol.

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
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. <i>Ruksam</i> (Dryness of eye)	No dry eyes Stickness in eyes Mild dry eyes Moderate dry eyes Severe dry eyes	0 1 2 3 4	✓	✓
2. <i>Ruksam</i> (Xerostomia)	No dryness in mouth Feeling of stickness in mouth Mild dryness in mouth Moderate dryness in mouth Severe dryness in mouth	0 1 2 3 4	✓	✓
3. <i>Shoola</i> (Polyarthrititis)	No pain Occasional pain (1 to 2 hours per day) Mild pain(no difficulty in walking) Moderate pain(slightly difficulty in walking) Severe pain (severe difficulty in walking)	0 1 2 3 4	✓	✓
4. <i>Stabdhta</i> (Stiffness)	No stiffness Stiffness lasting for 20 min to 2 hours Stiffness lasting for 2 to 5 hours Stiffness lasting for 5 to 8 hours More than 8 hours	0 1 2 3 4	✓	✓
5. Schirmer's tear test	Greater than 15mm wetting 10-15mm wetting 5-10mm wetting 0-5mm wetting No wetting	0 1 2 3 4	✓	✓

DISCUSSION

Basti is a multidimensional therapy; it can fulfil the purpose of elimination and palliation of doshas, nourishment and rejuvenation of *dhatu*s.

In this study, *yastimadhu kwath* was selected for Sjögren's Syndrome because this *kwath* possesses Properties like *chakshushya*, *varnaya*, *ropan* and pacify the pitta dosha as it is sheeta virya, madhur vipak and due to its *guru*, *snigdha*, *madhur guna* pacifies the *vata dosha*.

As *yastimadhu* is *vatapitta shamak* and relieves the symptoms and corrects the pathogenesis of Sjögren's Syndrome caused by *vata-pitta adhikya* and *kapha kshaya*.

Yastimadhu (*Glycyrrhiza glabra*) contains liquiritin & iso-liquiritin alkaloids which acts on muscarinic receptors and help in increasing gland secretions.

Akshitarpana is an excellent soothing and relieving treatment for eyes, increasing blood circulation, nourishing eyes, getting rid of *doshas* imbalances and is a muscle relaxant.

Triphala grita is having *chakshushya*, *snehan* like properties. It is also having anti-inflammatory properties which help in pacifying the progress of dry eye by preventing T-cells from releasing cytokines that incite the inflammatory changes in dry eye.

CONCLUSION

The Ayurvedic Diagnosis of *vataadhikya vatarakta* is made for 'Sjögren's Syndrome' in present area. Various Panchkarma Procedures like *Basti* and *Akshitarpana* have provided promising results especially in reducing dryness of mouth and eyes and polyarthritis. This Study shows that patient can attain quality of life with the help of Ayurvedic treatment.

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