



ROLE OF AYURVEDA FOR MANAGEMENT OF ANKYLOSING SPONDYLITIS - A CASE STUDY

Ayurveda

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ABSTRACT

Ankylosing Spondylitis(AS) is an autoimmune inflammatory arthritis affecting the spine and large joints with extra skeletal manifestations also. There is no authentic medicine. It has been seen that patients getting better response by Ayurvedic therapy. A case of a young boy of age 20 was suffering from AS. He was treated by vaitaran Basti course with mruvu virechana along with oral ayurvedic drugs. According to Ayurveda, patient was considered suffering from 'Aamavata', Patient was treated with vaitaran basti. Mruvu virechana was given with shunthi-Erand kwath along with oral ayurvedic medicines. The mode of action of treatment was studied by taking clinical signs & symptoms recorded in a special case paper. The study shows the successful management of A.S. with Ayurvedic management.

KEYWORDS

Autoimmune Disorder, Aamavata, Vaitaran Basti, Murudu Virechana.

1) INTRODUCTION

Ankylosing Spondylitis is an autoimmune inflammatory arthritis affecting mainly the spine & large joints with extraskeletal manifestations also.

Primarily, it affects the sacro iliac joint & after that it may spread up to neck & again there is involvement of peripheral joints, as the disease progresses there is the destruction of nearby articular tissues, vertebrae fuse to each other, cartilages are replaced by bony fusion resulting in loss of spinal mobility leads to a bamboo spine with weight loss, fever, anorexia, fatigue. In advanced stage, involvement of eye, inflammation of aorta, Lung Fibrosis etc.

According to Ayurveda, In earlier stage the all symptoms along with changes at the joint level denotes Aamavastha, So Ankylosing Spondylitis in earlier stage may be correlated with Aamavata, as the disease progresses samprapti (Pathogenesis) goes deep, involvement of uttarottar dhatus cause structural & functional deformities in the joints. The condition may be correlated with asthi majjagat vat, Niramavastha.

2) PRESENT COMPLAINTS WITH CLINICAL FINDINGS

A 20 years old Indian patient, Unmarried, non smoking, non alcoholic, male consulted in my clinic for a complaint of lower back pain, stiffness since 6 months

He came on 3rd Feb 2014 He was treated with Yog basti & oral Ayurvedic medicines. He got slight relief on 20th Feb 2014. But he discontinued the treatment. Again consulted in my clinic on 31st August 2015 with severe & exaggerated complaints. Mean while he was on allopathy treatment.

* ON EXAMINATION :-

- 1) Nadi - Jalad
- 2) Mal Pravrathi - Malavarodh
- 3) Mutra Pravruthi - Frequently
- 4) Jivha - Sam (Coated)
- 5) Sparsh - Ushna
- 6) Druk - Prakrut
- 7) Aakruti - Madham Samhanan
- 8) Agni - Mandagni (Weak Digestive power)
- 9) Koshtha - Madham
- 10) Satva - Madham
- 11) Prakruti - kaphapradhan vat

All the symptoms denotes Aamavastha (1)

VIKRUTI PARIKSHAN :-

At Sacroiliac Joint - Sever Stiffness, Pain During lateral Flexion, Anterior flexion there was a lot of pain. Huge Swelling at Lt knee joint, Tenderness

Strotodushiti :- Rasvaha Strotas
Raktavaha Strotas

Annavaaha Strotas
Asthivaha Strotas
Majjavaha Strotas

3) Investigations :-

X ray of Sacro Iliac Joint :-

Mild Periarticular Sclerosis (Lt > Rt) with Fuzzy margins
S/o Asymmetrical sacro - ilitis

Xray of Both Hands (AP) :-

Mild Periarticular Osteoporosis

Haematological Exam :- 9/7/2014

HB-9.9 gm%, ESR- 66mm/hr, SGPT-37IU/L, Sr.Cr.-0.9mg%, BSL-(R)-105mg.

27/4/2015 - Sr.Uric Acid-3.7, ASO-Positive CRP-Positive RA-Negative HLAB 27 - Positive

Table - 1

Date & Years	Clinical events with management
03/02/2014	C/o Lower Back Pain since 6 Months Rx - Yog Basti, Oral Ayurvedic Drugs
20/02/2014	Slight Improvement, But Patient discontinued after 2 months - Underwent for allopathy
09/07/2014	Consulted to Rheumatologist Rx 1) T. Sazo 500mg = B.D 2) T. Ultracef 1/2 OD 3) T. Cyra 1 H.S 4) T. Calfen D 1 Before meal 5) T. Signoflam 1 OD
27/04/2015	Had gone for 2nd opinion 1) T. HCQS 200 - 1/2 morning 2) T. Sazo 500mg 1/2 H.S. 3) T. Hifolate - 1 OD 4) T. Lovox 1/2 OD

:- From April 2014 to August 2015

Patient was on allopathy medicines. but continue to suffer.

31/08/2015 - Again consulted in my Clinic with severe symptoms

- Rx
- 1) Vaitaran basti - 1st Course
 - 2) Shunthi erand kwath daily
 - 3) Sinhanad Guggulu
 - 4) Gokshuradi Guggulu
 - 5) Lashunadi Vati

03/12/2015 - Pains reduced, Lt Knee jt. Inflammation reduced. 50% Shrushta

malpravruthi, Agnivardhan.

- Rx
- 1) 2nd Course of Vaitaran basti
 - 2) Shunthi Erand kwath alternate day
 - 3) Sinnanad Guggulu.
 - 4) Gokshuradi Guggulu.
 - 5) Lashunadi vati

12/04/2016 - Clinically improved, pains reduced, stiffness reduced, could walk on upstairs & downstairs

- ^{Rx} 1) Vaitaran Basti - 3rd course
2) Shunthi Erand kwath - twice in a week
3) Sinhanad guggulu
4) Gokshuradi guggulu

03/06/2016 - Improvement in symptoms Haematology

HB-13.63gm%, ESR-50mm/hr, CRP-Negative, ASO-Negative, HLAB27-Negative

16/06/2016 - Patient's condition was stable with improvement in pain & spine mobility

- ^{Rx} 1) Sinhanad Guggulu
2) Gokshuradi Guggulu
3) Shunthi Erand kwath once in a week

19/11/2016 -**Rasayan Chikitsa**

- ^{Rx} 1) Bruhatvat Chintamani
2) Ashwagandha Vati
3) Shunthi Erand Kwath once in a week

4) Diagnosis According to Ayurveda

Patient consulted in earlier stage. His condition was severe pain at

Table No.2 Ayurvedic Management

Intervention	Details	Dose	Anupan	Duration
A) Orally				
1) Sinhanad Guggulu	Trifala, Guggulu, erand sneh	500mg Twice a day	Koshna jal	1 Year
2) Gokshuradi Guggulu	Trifala, Guggulu, Gokshur, Trikatu	500mg Twice a day	Koshna jal	1 Year
3) Lashunadi Vati	Lashun, Gandhak, Shunthi, Trikatu, Jirak, Saindhav	250mg Twice a day	Normal jal	6 months
4) Bruhatvat Chitamani	Au, Ag, Mukta, Abrak, Loh, praval = 500mg + 20gm Ashwagandha Powder	60 mg. per day	Honey	40 days
5) Ashwagandavati	Ashwagandha Ghan	500mg Twice a day	Normal jal	6 months
6) Shunthi Kwath+Erand Sneh	Shunthi, Erand Sneh	50ml Kwath + 15ml Erand Sneh	-	1.5 Year with tapering manner
B) Panchkarm Procedure				
Vaitaran basti	method of preparation - chinchaswaras 50ml+Gud (jaggery) 20gm + Saindhav 10gm + Gomutra 50ml + Sahachar tail 50ml	Given with basti yantra after meal once a day		Successively 3 courses were done with certain gap in between 1) 16 Basti 2) 16 Basti 3) 8 Basti
C) Valuka Swedan Ruksha swedana	sand is heated & tied in a cotton cloth (Poultice)	directly applied on the inflamed joints one daily		In Aamavastha stage

5) FOLLOW UP AND OUTCOMES :-

Very Good response was noted on various parameters, HB improved, ESR is reduced after treatment and the most important CRP, ASO & HLAB 27 Tests outcomes Negative (Table No.1) & relatively spinal mobility, stiffness, pain, inflammation were reduced. Improvement in functional capacity. The patient's physical strength is also improved, patient could walk on upstairs. Movement of Knee Joint was improved

6) DISCUSSION :-

- a) The Patient was treated according to line of treatment of Aamvata. Due to Ruksha Swedan of valuka (Dry fomentation) sand is heated & tied in a cotton cloth & directly applied on the inflamed joints. It helps to liquify the ama locally. It dilated the channels that means it helps in strotomukha visnodhan there by it makes the way to vata dosha for its prakrut gati, it controls Vata dosha. It remove stiffness also.
- b) Shunthi erand kwath helps for rasgat aampachan. Shunthi is the main drug for Aampachan. With ushna & snigdha gunas it helps for anuloman of vata & remove shotorodh. Erand helps for malvatanuloman & Regulates the gati of vata. Malsang is removed by erand sneh.

C) VAITARAN BASTI - (6)

Vaitaran Basti was explained by Chakradatta in Niruhadhikar which is recommended in Aamvata. Vaitaran is the name of the river which a person is supposed to cross during his death. The Basti is powerful in a sense that it can bring back life of a person who is about to cross the vaitaran river.

Sacro iliac region, stiffness, inflammation, Jivha samata, Agnimandya, these all Symptoms denote the Aamavastha (2)

Due to hypofunctioning of digestive system process, the incompletely digested food products which is less refined that what is optimally required which cannot be absorbed and can not be assimilated by tissue is called as ama.

Ama is also formed due to dhatvagni mandya which leads to the impairment of intermediary metabolism resulting in the production of incompletely metabolised substances which are obviously not fit for nutrient value and energy is not liberated for synthetic events, these products are in ama stage.(3) This ama throughs ras dhatu localized in rasavahini where it vitiate the doshas, primarily vat dosha. In future condition, vat dosha combine with kapha and pitta. Here doshas act upon each other chemically along with ama to form a detrimental substance which is very toxic in nature which obstructs the channels, destructs the joints structurally & functionally, thus dosha dushya sammurchana is completed. (4)

in Aamavata, ama with vitiated doshas first enter in to trik Sandhi means (Sacroliac Joint) So in Ankylosing spondylitis, patient initially shows pain and stiffness at sacro iliac region. (5)

It is tikshna basti. Anuvasan is not given after niruha As it is tikshna it was given after meals. Due to sukshma & tikshna properties it helps to pass the drug molecule in systemic circulation through mucosa. It liquify the viscid matter i e Aampachan & break it in to minute particles. Gud (Jaggery) & Saindhav helps to permeable water easily, carry the drug upto microcellular level.

- Gud-Madhur, Amlika-Amla, Saindhav-Lavan, helps for vatshaman.
- Gomutra-Ushna Tikshna, Kaphavatshamak, Agnidipak, aampachak, vatanalomak.

Thus the all dravyas in the basti act as curative as well as purificative.

- d) Sinhanad Guggulu, Gokshuradi Guggulu helps for agnideepan, Aampachan. Lashunadi vati, Lashun is the important drug for aampachan, with it's ushna and tikshna gunas it helps for vat shaman also
- e) Bruhatvachintamani Ras mainly acts as a vatshamak & Also excellent rasayan.

Ashwagandha is the drug helps as immunomodulator.

The disease is autoimmune means here immune system is imbalanced. Immune System fails to differentiate between the invaders and our body own cells.

According to Ayurveda, the immune system attack the body's own cells

do not accidentally but it does to defend against a form of harmful metabolites called Ama. If this ama without eliminating from the body, if suppressed, then it acts like a toxin, goes upto tissue level. Body's Immune Systems attacks on our own cells to defend ama. Immune System becomes very exaggerated that the system is unable to know invaders & our own cells & the disease occurs.

Ayurveda works at the root cause of the disease where it removes toxin/ama, correct metabolism i.e. Agnideepan and calm down the immune system & gives nourishment & rejuvenate it.

7) CONCLUSION -

When a patient of Ankylosing Spondylitis comes to Ayurveda at earlier stage, it is found that better & speedy recovery of the disease will be there.

By Study of this particular case, I can positive to say that the work may throw some light to see the pathogenesis of the disease & research work for Ankylosing Spondylitis.

PATIENT'S PERSPECTIVE-

Patient was satisfied with the improvement, he can do regular exercise, cycling swimming also. He has not taken any allopathy medicines till day. Only he used to take Shunthi erand kwath twice in a month.

PATIENT'S CONSENT -

Written consent for publication of this case study had been obtained from the patient.

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