“Effect of ayurvedic formulations in the management of Ankylosing spondylitis - A case study.”

Subhash B. Jamdhade¹, S.K. Jaiswal², Swati S. Tayade*³, Pradnya S. Jamdhade⁴

1. Associate professor
2. HOD and Professor
3. P.G. Dept. of Kaychikitsa,
4. P.G. Scholar

Dravyaguna Dept., D.M.M. Ayurved College, Yavatmal, Maharashtra, India

*Corresponding Author: tayadeswati957@gmail.com

Abstract:

Ankylosing Spondylitis is autoimmune Disorder. It is incidious onset. Ankylosing spondylitis (A.S.) is generally easy to diagnose when the characteristics findings of the “Bamboo” spine And fused Sacroiliac joints are present on radiograph. Limitations on spinal cord, normal movement not done properly. Also the diagnosis of ankylosing spondylitis (AS) requires good detective work on the part of doctor, as there is no test that will guarantee a 100 percent confirmed diagnosis. Rather, a doctor must consider a person’s symptoms, physical examination, and medical tests like X-rays and blood work to make the correct diagnosis.

In this Ancient literature ankylosing spondylitis described in detail along with cause, symptoms, history, complication and management.

Here is case report of 27 yrs old female diagnosed Ankylosing Spondylitis, who was treated with ayurvedic formulations, which gives effective result in its management.
Keywords: Basti, matra basti, kshar basti, merudand basti, Manya basti.

Introduction:

Ankylosing spondylitis (AS) is the prototype disease within the spondyloarthopathies (SPA). Its seronegative type. Ankylosing means fusion this describes the spine fuse together, spondy –spine and its means inflammation of Axial skeleton. It is an autoimmune disorder based on cross activity between bacteria and HLA B27. It is estimated that AS affects about 0.5% of the population. And male female ratio is roughly 2.5:1. Ankylosing spondylitis Most commonly seen in patient age group 15-25yrs. in AS Rheumatoid factor negative. In investigation ESR, CRP Raised but may be normal. Serum rheumatoid factor is usually negative. If positive it is not present in high titer.

There is insidious, progressive involvement of spinal joint (sacroilitis) present in Spine. Movement of the joint Restricted due to pain and stiffness, later there is kyphosis and progressive ankylosis. muscle spasms and atrophy may be present. In AS accompanying features are Anterior Uvetis (iritis) - redness inflammation and pain. Aortitis present. In posture of spine increased cervical lordosis and ‘Bamboo Spine’ present.

In modern medical science AS has symptomatic treatment only, which can cause recurrance of disease. Ayurved text treatment of AS very well. Basti Manya basti, merudand basti, kshar basti and other vatnashak chiritsa. some ayurved formulation are also useful in Ankylosing spondylitis.

It is one attempt to manage and treat AS with some Ayurvedic formulation which gives effective result.

A Case report:-

A 27 yrs old female patient came to OPD of Kaychikitsa department of L.K. Ayurvedic Hospital, yavatmal with chief complaints of-

1. Manyastambh (stiffness of neck)
2. Manyashotha (inflammation on neck)
3. Katishoola (lumber pain and stiffness)
4. Prushthshoola (Back ache)
5. Jwarapravrutti (continuous low grade fever)
6. Daurbalya (weakness)
7. Aagnimandya (anorexia)
8. Aruchi (loss of appetite)
Patient having above complaints since 5 yrs

**Past history**

N/H/O – HTN and DM

No any H/O Major illness.

H/O Typhoid and PPH (post partial haemorrhage since 5 yrs before)

**History of personal illness:-**

The patient was normal before 5 years ago. before 5 yrs ago patient having normal delivery (PPH), after that, since then patient has been suffering from Manyashoola, Manyastambha, prushthshoola, Katishoola Limitations on free movement of neck, back and lumber region, Aagnimandya, Daurbalya, Jwarapravrutti, limitations in normal movement, morning stiffness.

For ayurvedic treatment patient came to our Hospital L.K. Ayurvedic Hospital yavatmal in OPD of kayachikitsa Department, we admitted patient in IPD Section for further treatment.

**Rugna parikshana:-**

01. Nadi (pulse): 74 /min
02. Mala (Stool): Samyak
03. Mutra (Urine): Samyak

04. Jivha (tongue): saam (coated)
05. Shabdh (speech): Spashta
06. Sparsha : Ushna
07. Druka (eyes): No icterus
08. Akriti : Krusha
09. Bala : hin
10. Raktadab (Bp): 120/70 mmhg
11. Weight: 44kg
12. Temperature :100 f
13. Nidra (sleep): Alpa

**Investigation:**

Hb: 10.5%
TLC: 9550/cumm
Platlet count : 3.40 lack/cumm
DLC: P-57%, L-39%, E-02%, M-02%, B-06%
ESR: 36mm/hr
BSR: 87mg/dl
Bld Urea -29mg/dl
Sr.creatinine-1 mg /dl
Sr.Uric acid-5mg/dl
RA test :-Slightly positive (Titer-16)
CRP test: -positive (titer-2.4)
ASO test :- negative (titer- 200)

**Method:**

01. A case study
02. center of study: Post Graduate Department of kayachikitsa L.K.Ayurved Hospital,Yavatmal ; affiliated to D.M.M. Ayurved College Yavatmal.
Material: Showing Material of case study:

Table no 01.

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Dravya / Karma</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupan</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Punarnava guggul</td>
<td>500 mg</td>
<td>Twice a day</td>
<td>Warm water</td>
</tr>
<tr>
<td>02</td>
<td>Vatvidhvansa rasa</td>
<td>250 mg</td>
<td>Twice a day</td>
<td>Warm water</td>
</tr>
<tr>
<td>03</td>
<td>Sinhanad guggul</td>
<td>500 mg</td>
<td>Twice a day</td>
<td>Warm water</td>
</tr>
<tr>
<td>04</td>
<td>Aamvatari rasa</td>
<td>1 tab.</td>
<td>Twice a day</td>
<td>Warm water</td>
</tr>
<tr>
<td>05</td>
<td>Dashmul churna Rasna churna Guduchi churna,</td>
<td>Each 1 gm</td>
<td>Twice a day</td>
<td>Warm water</td>
</tr>
<tr>
<td>06</td>
<td>Guduchi Dashmul kwath</td>
<td>15 ml</td>
<td>Twice a day</td>
<td></td>
</tr>
<tr>
<td>07</td>
<td>Swadishta virechan churna</td>
<td>3 gm</td>
<td>Hs</td>
<td>Warm water</td>
</tr>
</tbody>
</table>

Shodhan Chikitsa

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>procedure</th>
<th>Dose</th>
<th>Duration</th>
<th>Drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Matra basti</td>
<td>60 ml/day</td>
<td>7 days</td>
<td>Bruhat Saindhvadi Tail</td>
</tr>
<tr>
<td>02</td>
<td>Physiotherapy</td>
<td>Long term</td>
<td></td>
<td></td>
</tr>
<tr>
<td>03</td>
<td>Langhan Taking Warm water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>04</td>
<td>Swedana LA</td>
<td>Once a day</td>
<td>Valuka pottali</td>
<td></td>
</tr>
<tr>
<td>05</td>
<td>Manya basti LA</td>
<td>Once a day-15 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>06</td>
<td>Merudand Basti LA</td>
<td>Once a day-15 days</td>
<td>Mahavishgarbh Tail</td>
<td></td>
</tr>
<tr>
<td>07</td>
<td>Bahya snehana LA</td>
<td>Once a day</td>
<td>Vishgarbh tail</td>
<td></td>
</tr>
<tr>
<td>08</td>
<td>Yog basti (matra/Kshar ) alternate days</td>
<td>Once a day-7 days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table no 2

Mode of action of formulation used in Chikitsa

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Dravya / Karma</th>
<th>Mode of action/Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Punarnava guggul</td>
<td>Anti inflammatory, anti Arthritic Properties, analgesic.</td>
</tr>
<tr>
<td>02</td>
<td>Vatvidhvansa rasa</td>
<td>Aampachan, Vedana prashman Jwara nashak.</td>
</tr>
<tr>
<td>03</td>
<td>Ekangawir rasa</td>
<td>Tikshna , Rasayana, Anti aging.</td>
</tr>
<tr>
<td>04</td>
<td>Aarogyavardhini vati</td>
<td>Agnideepana ,sarvrognashan</td>
</tr>
<tr>
<td>05</td>
<td>Sinhanad guggul</td>
<td>Aamshodhana, shothahar, vedanasthapan.</td>
</tr>
<tr>
<td>06</td>
<td>Aamvatari rasa</td>
<td>Aampachak, deepana, pachana vedana shamana</td>
</tr>
<tr>
<td>07</td>
<td>Dashmul churna Rasna churna</td>
<td>Balance vata, support joint, balance Vata Kapha</td>
</tr>
</tbody>
</table>
Ashwagandha churna, Punarnava churna.

08 Guduchi Dashmoola Kwath Balance Tridosha

09 Swadishtya virechan Churna Mruduvirechak, Vatanulomak

10 Mahavishgarbh Tail Pain Reliver, decrease Swelling

11 Swedana (Valuka Pottali) Ruksa sweda, for pain reliving and decrease swelling.

12 Langhan Aampachan

13 Basti Karma For vata dosha balancing Aampachnarth Aamyukta vata Nirhanarth.
*Basti Dravya absorb through Mucosal capillary – goes micro and Macro cellular level disturb pathogenic process i.e. Aam dosha nashan Normalise Strotasa and Agni Aam expelled out with basti Dravya start normal body physiology.

Table no. 3

<table>
<thead>
<tr>
<th>Test</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hb%</td>
<td>9.2 gm%</td>
<td>10.5 gm%</td>
</tr>
<tr>
<td>TLC</td>
<td>9550/cumm</td>
<td>8420/cumm</td>
</tr>
<tr>
<td>ESR</td>
<td>36mm/hr</td>
<td>30mm/hr</td>
</tr>
<tr>
<td>Platelet count</td>
<td>3.40 lack/cumm</td>
<td>3.17 lack/cumm</td>
</tr>
<tr>
<td>CRP test</td>
<td>Positive (titer-2.4IU/ml)</td>
<td>Positive (titer 1.2)</td>
</tr>
<tr>
<td>RA Test</td>
<td>Slightly positive (Titer-16)</td>
<td>Negative (titer-8)</td>
</tr>
<tr>
<td>Aso test</td>
<td>Negative</td>
<td>Negative</td>
</tr>
</tbody>
</table>

Discussion:-

01) Hetu:

1. Aahar
   - Fried food, curd, ice-cream (sheet Padarth).
   - Fruit Salad (viruddhanna), Fermented food, (idali), basundi, havy food(not easy to Digest)

2. Vihar
   - Divaswap, Ratri jagran (NidraViparyay)-irregular Sleep

3. Manas Hetu
   - Kama ,Chinta, Bhay, Krodh, shok etc.

02) Samprapti Ghatak:

   Dosha: Vata & kapha
Dushya: Rasa, Asthi, majja, mala

Strotas: Rasavaha , asthivaha, Majjavaha purishvaha, Udakvaha

Adhishthan: Asthi, Sandhi

Vyaktisthan: Asthi, Sandhi

Conclusion:

On the basis of Above Discussion it can be conclude that Ayurvedic formulation basti karma can give Significant Effect on disease like Ankylosing Spondylitis (AS).

In Ankylosing Spondylitis mainly Vata, Kapha dosha & Aama is Vitiated we use punarnava Guggul, Vatvidhvans, Ekangvir, guduchi Dashmool Kwath, Valuka Pottali Sweda ,Laghan for Aampachan and decrease Strotorodh Bruhat Saindhvadi Tail Matra basti, manya basti, merudand basti. Its help for Vatashaman & Aampachan, support joints.

Shows good Result in Ankylosing Spondylitis and proper maintain the spine function.

References:-


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