

Effect of *Ayurvedic* Formulations in the management of Ankylosing Spondylitis (AS) - A case study

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Abstract - Ankylosing Spondylitis AS a common type of Spondyloarthropathy, is a chronic inflammatory autoimmune disease that mainly affects spine joints, causing severe, chronic pain, additional in more advanced cases, it can cause spine fusion.

Ankylosing Spondylitis AS is generally easy to diagnose when the characteristics findings of the 'Bamboo spine' and fused 'Sacroiliac Joints' are present on radiographs. Limitations on Spinal cord, normal movement not done properly. Also the diagnosis of AS requires good detective work on the guarantee a 100% confirmed diagnosis.

Pathogenesis of AS is poorly understood through Human Leukocyte Antigen HLA-B27, Inflammatory cellular infiltrates, cytokines and genetic and environmental factors are through to have key roles. AS can be diagnosed through radiological changes, Positive Bio-marker, HLA-B27, Elevated CRP.

In this ancient literature AS described in detail along with cause, symptoms, history, complications and management. Here is case report of 40 years old male diagnosed AS who was

treated with *ayurvedic* formulation, which gives effective result in its management.

Keywords –

Matrabasti, Merudanda, Dhanwantar tailam, Saindavadi tailam, Dardanash tailam, Katibasti

Introduction –

Ankylosing Spondylitis AS is the prototype disease within the Spondyloarthropathies (SPA) it's seronegative type.

Ankylosing means fusion this describes the spine fuse together, spondy-spine and it is means inflammation of axial skeleton. It is 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 patients age group 15-25years 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.

As the disease progresses it can result in total fusion of the axial skeleton, and can cause loss of smooth physical function and spinal mobility. Patients in which the disease has been inadequate treated or undiagnosed can develop a characteristic 'Bamboo Spine.' Where there is total spinal fusion. The hunched position following complete Spinal fusion can have an effect on a person's gait. Increased spinal kyphosis will lead to a forward and downward shift in centre of mass. This shift has been shown to be compensated by increased knee flexion and ankle dorsiflexion. The gait of some with AS often has a cautious pattern because they have decreased ability to absorb shock. The chronicity can also result in restrictive lung function, leading to respiratory failure. As is not just limited to the spine.

The peripheral joints can be affected and organs such as the eyes, heart and lungs can be involved. Patients can also complain of systemic symptoms such as fatigue or weight loss. There is a high risk of osteoporosis and vertebral fractures. Chronic pain and immobility can lead to patients experiencing depression and anxiety.

There is no cure for AS symptomatic treatment may relieve the patient from pain and prevent worsening previous published case reports have correlated AS with 'Aamvata', 'Asthimajjagata vata' and successfully treated with *ayurvedic* intervention.

Ayurved text treatment of AS very well. *Basti*, *Manyabasti*, *Merudand Basti*, and other *vatanashak chikitsa*.

Some *ayurved* formulation are also useful in AS.

A Case Report -

A 40 years old male patient came to OPD of *kayachikitsa* department of L. K. *Ayurvedic* Hospital, Yavatmal with chief complaints of -

C/O –

- *Katishool* (lumbar pain and stiffness)
- *Manyashool* (cervical pain)
- *Prushtashool* (Backache)
- *Manyasthambha* (stiffness in neck)
- *Manyashotha* (inflammation on neck)
- *Daurbalya* (weakness)
- *Jwarapravruti* (mild fever)
- *Agnimandya* (Anorexia)
- *Aruchi* (loss of appetite)

H/O - Renal calculi

N/H/O - HTN AND DM

No any major illness.

History of Present illness -

The patient was normal before 2 years ago after that since then patient has been suffering from *Manyashoola*, *katishoola*, *manyasthambha*, *prushtashoola*, limitations on free movement of neck, back and lumbar region, *Agnimandya*, *Aruchi*, Mild fever, Morning stiffness.

For *Ayurvedic* treatment patient came to our hospital L. K. *Ayurvedic* Hospital, Yavatmal on OPD *Kayachikitsa* Department.

Rugna Parikshana -

- *Nadi* - 91/min
- *Mala* - *samyak*
- *Mutra* - *samyak*
- *Jivha* - *Alpasaam*
- *Shabd* - *Spashta*
- *Sparsh* - *Ushna*

- *Druka - Alpapitta*
- *Akruti - Krusha*
- *Bala - Hin*
- *Raktadab - 100/80 mmHg*
- *Weight - 48/min*
- *Temperature - 99°F*
- *Nidra - Samyak*

Investigation - HLA-B27 POSITIVE

Method :-

01. A Case Study

02. Centre 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 - 1 - Shaman Chikitsa

<i>Sr. No.</i>	<i>Dravya</i>	<i>Dose</i>	<i>Duration</i>	<i>Anupan</i>
01	<i>Snihanad Guggul</i>	500 mg	After meal Twice a Day	Warm water
02	<i>Vata Vidavansha Rasa</i>	250 mg	After meal Twice a Day	Warm water
03	<i>Ekgangaveer Rasa</i>	250 mg	After meal Twice a Day	Warm water
04	<i>Dashamula Churna</i>	1 gm	After meal Twice a Day	Warm water
05	Dashamula, Guduchi bharad kwath	30 ml	After meal Twice a Day	Warm water
06	Swadishta Virechan Churna	3 gm	After meal at night	Warm water

Table No - 2 - Shodhan Chikitsa

<i>Sr. No.</i>	<i>Procedure</i>	<i>Dose</i>	<i>Duration</i>	<i>Drug</i>
01	<i>Snehan</i>	L/A	7 Days	<i>Bruhat saindhavadi tailam</i>
02	<i>Swedan</i>	<i>Manya , kati</i>	7 Days	<i>Walukapotali sweda</i>
03	<i>Matra Basti</i>	60ml/dya	15 Days	<i>Bruhat saindhavadi tailam</i>
05	<i>Merudanda Basti</i>	L/A	15 Daya	<i>Dardanash tailam and Dhanvantar tailam</i>
06	<i>Manya Basti</i>	L/A	7 Daya	<i>Dardanash tailam and Dhanvantar tailam</i>
07	<i>Kari Basti</i>	L/A	7 Days	<i>Dardanash tailam and Dhanvantar tailam</i>
08	Physiotherapy	-	Long term	

Mode of action of formulation used in Chikitsa :-

Table no - 3

Sr. No.	Dravya / Karma	Mode of Action / Use
01	<i>Snihanad Guggul</i>	<i>Aamshodhan, Shothahar, Vedanasthapan</i>
02	<i>Vatvidhavansa Rasa</i>	<i>Aampachan, Vedana Prashman, jwaranashak</i>
03	<i>Ekangawir Rasa</i>	<i>Tikshna, Rasayana, Antiaging</i>
04	<i>Dashamula Churna</i>	<i>Balance Vata, support Joints</i>
05	<i>Dashamula Guduchi bharad kwath</i>	<i>Tridosahar</i>
06	<i>Swadishta Virechan Churna</i>	<i>Mrudu Virechak, vatanulomak</i>
07	<i>Walukapotali sweda</i>	<i>Aampachan, Decrease the pain</i>
08	<i>Bruhat saindhavadi tailam</i>	<i>Balance Vata, Aampachan, vata shamak, mostly used in Rheumatoid arthritis</i>
09	<i>Dardanash tailam</i>	<i>Vedana Prashman</i>
10	<i>Dhanwantar tailam</i>	<i>Vata shamak</i>
11	<i>Basti</i>	For vata dosha balancing Aampachnarth Aamjukta vata nirhanarth. Basti Dravya absorb through mucosal capillary goes micro and macro cellular level distrub pathogenic process i.e. Aam dosh nashan normalise strotasa and Agni Aam expelled out with basti Dravya start normal body physiology.

Discussion :-

01) Hetu -

A) **Aahar** - Fried food, curd, ice cream (sheet padarth), fruit salad (Viruddhanna), fermented food (Idali), Basundi, Heavy Food (Not easy to digest).

B) **Vihar** - Divaswap, Ratri jagran (Nidra Viparyay), Irregular Sleep.

C) **Manas Hetu** - Kama, Chinta, Bhay, Krodh, Shok etc

02) Samprapti Ghatak :-

A) **Dosha** - Vata, Kapha

B) **Dushya** - Rasa, Asthi, Majja, Mala

C) **Strotas** - Rasavaha, Asthivaha, Majjavaha, Purishvaha, Udakvaha

D) **Adhishthan** - Asthi, Sandhi

E) **Vyaktisthan** - Asthi, Sandhi

Patient started responding to the treatment. The pain and stiffness of the

spine during rotation began to decreased and pain was totally gone with stiffness. It was observed that after the Panchakarma of Snehana, Swedan and Basti procedure along with ayurvedic medicine. The patient has much relief and even after regular follow ups the patient had no recurrence of above symptoms.

The response of the patient was good Spinal mobility, Fatigue and pain were reduced after treatment. There was significant improvement in functional capacity and physical strength.

Conclusion :-

On the basis of above discussion, it can be concluding that ayurvedic formulation basti karma can give significant effect on disease like AS. In AS mainly Vata, kapha dosha and Aama is vitiated. We use Snihanad Guggul, vatvidhavansa

Rasa, Ekangaveer Rasa, Dashamula Churana, Dashamula Guduchi bharad kwath, Merudanda Basti, Yogbasti, Katibasti, Matra Basti. Bruhat saindhavadi tailam matra Basti . It helps for *Vatashaman* and *Aampachan*, support Joints.

Shows good result in AS and proper maintain the spine function.

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