

Panchakarma Therapy in the Management of Lupous on Skin Rashes - A Case Report**Dr. Priya Kadu (Dubey)**

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Rani Dullaiya Smriti Ayurved P.G. College & Hospital, Bhopal (M.P.)**Abstract**

Systemic Lupus erythematosus is the classic prototype of multisystem disease of autoimmune origin. 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. Its management is done by analgesics and corticosteroids. Drug resistance increasing doses of hepatotoxic drugs and immunosuppressant, steroids are hazards of the management. Here the patient suffering from SLE on skin rashes should get relief from her symptoms. Panchakarma treatment is found very effective in this case to improve her quality of life and to live with her own.

Introduction**Definition And Prevalence**

Systemic lupus erythematosus (SLE) 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. Ninety percent of patients are women of child-bearing years; people of all genders, ages, and ethnic groups are susceptible. Prevalence of SLE in the United States is 20–150 per 100,000 women depending on race and gender; highest prevalence is in African-American and Afro-Caribbean women, and lowest prevalence is in white men.¹

Cutaneous Lupus (Skin Lupus)

Cutaneous lupus is a type of lupus. It causes a red, scaly rash on the skin. Lupus is an autoimmune disease that causes your body to attack healthy tissues. Three types of cutaneous lupus cause different rashes to appear. The rashes often result from sun exposure. There's no cure for skin lupus. Providers treat it with drugs and lifestyle changes.²

What is cutaneous lupus erythematosus (skin lupus)?

Systemic lupus is a type of autoimmune disease where your immune system attacks your body, including your internal organs. In cutaneous (skin) lupus, your immune system attacks your skin. About 10% of all lupus cases are cutaneous and 65% of people with systemic lupus will develop skin lupus. Women of colour are about two to three times more likely to have lupus. It's much more common

among women who are Black, Hispanic or of Asian descent.³

Presenting complaint

A 30-year-old female patient visit OPD at Rani Dullaiya Smruti Ayurved P.G. Mahavidyalaya and Chikitsalaya Bhopal. With a previously established diagnosis of systemic lupus erythematosus (SLE). She had been diagnosed 3+ years prior by her physician, at which point she began the standard of care for her condition: steroid drugs and the immunosuppressive drug. The patient having complains of acute cutaneous lupus. symptoms included the classic butterfly rash, with erythema all over her face also her neck and back. Additionally, the skin around her lips and eyes, she also suffered from fatigue, malaise, bloating after every meal, mouth sores. And it's her Blood reports shows Anti ds DNA positive, elevated liver enzymes, with AST at 124 IU/L and ALT at 98 IU/L. Her creatinine level was also 1.8 mg/dL, and her BUN was 56 mg/dL. Hb 9.2 g/dl, ESR-123 mm/hr, ASO-338, CRP-78



Malar rash/ butterfly rash

General Examination

- Pulse Rate: 101/min, regular, full volume
- Heart Rate: 107/min.
- Respiratory Rate: 22/min.
- Blood Pressure: 130/80 mmHg
- Temperature: 98.4°F.
- Weight: 60kg.
- Height: 180 cm.
- BMI: 18.5 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 Rani Dullaiya Smruti Ayurved P.G. Mahavidyalay and Chikitsalaya Bhopal. Given following **Shamana oushadhi** and **Panchakarma** procedures like *Vamana*, *Virechana*, *Anuvasana basti*, *Niruha basti* and *Nasya*. The total time period of treatment is 72 days.

| | | | | |
|---|----------------------|---|---------|--|
| | | <i>madhu</i> | | reduced., bloating after every meal reduced, mouth sores reduced |
| 6 | <i>Virechana</i> | <i>Trivrutta Avleha</i> | 40ml | same |
| 7 | <i>Kala basti</i> | <i>Anuvasan Basti-kushtagnadi siddha gana taila. Niruha basti-Pittagnadi gana basti</i> | 16 days | |
| 8 | <i>Abhyang Nasya</i> | + <i>Anu tail</i> | 7 days | |
| 9 | <i>Shirodhara</i> | <i>Nilibrungadi tail+ Chandan bala lakshadi taila</i> | 7 days | |

| S.No | Name of the medicine | Dose | Time |
|------|------------------------------|--------------|---------------------|
| 1 | <i>Arogyavadhini vati</i> | 1-1-1 | After food |
| 2 | <i>Shiva Gutika</i> | 500mg 1-0-1 | After food |
| 3 | <i>Trishodhak kadha</i> | 30ml | 6am-6pm before food |
| 4 | <i>Kaishor guggul</i> | 1-1-1 | After food |
| 5 | <i>Siddha makardhwaj Ras</i> | 0-0-1 | After food |
| 6 | <i>Gomutra haritki</i> | 15ml (1-0-1) | After food |

Blood Reports

| Values | Before Treatment | After Treatment |
|------------|------------------|-----------------|
| AST | 124 IU/L | 70 IU/L |
| ALT | 98 IU/U | 61 IU/L |
| Creatinine | 1.8mg/dl | 1.1 mg/dl |
| Bun | 56mg/dl | 32mg/dl |
| Hb | 9.2 g/dl | 10.4 g/dl |
| ESR | 116mm/hr | 85mm/hr |
| ASO | 338 | 285 |
| CRP | 78 | 47 |

| S.No | Procedure | Drug | No of Days | Result |
|------|---|--|------------|-------------------|
| 1 | <i>Rukshan chikitsa</i> | <i>Valuka pottali sweda</i> | 5 days | Swelling reduced |
| 2 | <i>Pachana chikitsa</i> | <i>Patra pottali sweda</i> | 5 days | Swelling reduced |
| 3 | During <i>rukshan</i> and <i>pachan chikitsa</i> we must do <i>kavaldharana karma</i> | <i>Triphala kadha</i> | | |
| 4 | <i>Snehapan</i> | <i>Argwadhadi kashay siddha ghrita</i> | 7 days | Weakness reduced |
| 5 | <i>Vaman</i> | <i>Madanphal, Pippali,</i> | | Pain and swelling |

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 *Shamana oushadhies* along with *Panchakarma* therapy which help to eliminate the vitiated *Doshas* from the body. Remarkable improvement was noticed in symptoms included the classic butterfly rash, with erythema all over her face, neck, back also fatigue, and malaise, bloating after every meal, mouth sores and also Blood report also showed changes in the values.

Conclusion

SLE is an autoimmune disorder which may affect almost any organ or system. In Ayurveda, with *Panchakarma* therapy is found safe and effective over a period of 72 days. There is no adverse reaction, complication or side effects recorded during the entire treatment period.

References

1. Harrison's Principles of Internal Medicine, 20e
Chapter 349
2. www.ncbi.nlm.nih.gov
3. www.ncbi.nlm.nih.gov

