



Case study on ankylosing spondylitis with ayurvedic management w.s.r. to panchatikta ksheera basti.

Assi. Prof. Deepali Sherekar^{1,*}, Prof. & Dr. Dhananjay N Kahaleker²,

^{1,*},² Kayachikitsa Department, Government Ayurved College, Nanded, Nashik, Maharashtra, India

ABSTRACT : Ankylosing Spondylitis is a chronic inflammatory arthritis with a predilection for the sacroiliac joints and spine. It is characterized by progressive stiffening and fusion of the axial skeleton. The overall prevalence varies from 0.5 to 1% in most communities but is much greater in the Pima and Haida Indians who have a high prevalence of HLA-B27. Formation of syndesmophytes is the hall mark of the disease. The symptoms of Ankylosing Spondylitis can be correlated with Asthi Majjagata vata. In this case study, patient was treated with Mrudu Samvahanam, Nadi Swedana and Panchatikta Ksheera basti. At the same time we started him oral medication with Rasa Rajrasa, Panchatikta ghrita guggulu & Zeotone gel cap. This management showed significant result in above case study, such as relief in pain, increased range of movement and improvement in gait and stiffness.

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Keywords: Ankylosing Spondylitis, Asthi Majjagata vata, Panchatikta Ksheera Basti

1. Introduction

Ankylosing Spondylitis is a chronic inflammatory arthritis with a predilection for the sacroiliac joints and spine. It is a disease with peak onset in the second and third decades and male to female ratio is about 4:1. The overall prevalence varies from 0.5 - 1% in most communities but is much greater in the Pima and Haida Indians who have a high prevalence of HLA-B27. Healing of similar lesions at the junction of the vertebral bodies and annulus fibrosus of the intervertebral disc leads to the new bone formation (Syndesmophytes) which is the hall mark of the disease. The onset is usually insidious, with recurring episodes of low back pain, stiffness and radiating pain to buttocks or thighs with restricted movements.

NSAID's, steroid therapy, Sulphasalazine are the line of treatment. Radiotherapy is occasionally indicated if the response to drug therapy is unsatisfactory[1].

Acharya Vagbhata stated the symptoms of Asthimajjagata vata as sandhishoola (joint pain), Santatam Ruja (Continuous pain), Balashaya (weight loss), Asthisousharya (Osteoporosis) which can be correlated with Ankylosing Spondylitis[2].

Acharya Charaka advised Panchakarma and Sarpi siddha tikta Ksheera basti in Asthimajjagata vata. Considering Basti as a shreshtha chikitsa for vata, sarpi siddha Ksheer basti is selected with Mrudusamvahanam, swedan and got significant relief in this case[3].

* Corresponding author e-mail: drmhkulkarni@gmail.com
Tel.: +91 0000000000

2. Case Report

A 34 years male patient on dated 17/10/2016 visited in Panchakarma OPD, Govt. Ayurved College, Nanded, Maharashtra with complaints of difficulty in walking, pain in lumbo sacral region, mild swelling on ankle Joint, weakness and stiffness since 3 months.

O/E - G.C.Moderate, afebrile
Pulse - 80/min. regular
O/E - Ankle joint
Hot temperature,
Mild swelling,
No discolouration .
B.P. - 130/80 mm Hg
No H/O - HTN/DM2/Any other major illness.
No H/O - trauma or any surgery
No H/O - Rheumatoid arthritis
H/O - occasionally alcohol consumption.

Routine investigation such as complete Blood Count, Random sugar and urine routine & Microscopic were within normal range. RA Test is non-reactive, ASO titre and Uric acid are within normal range. But ESR, CRP was raised. ESR - 30 mm/Hr.

X-ray - suggestive of sacroiliities in the lower part of the joints with marginal sclerosis with osteoporosis was noted.

HLA-B27 - + ve.

Patient had received allopathic treatment before coming to our hospital but not relieved his symptoms. So came here for the needful as he was steroid dependent.

We had stopped steroids in tapering dose. According to Ayurved, patient was diagnosed as Ashtimajagata vata which can be correlated with Ankylosing Spondylitis.

3. Treatment given

Deepan-pachan with Hingvashtak choorna – 2 gm before food & Amapachak vatitmg 250 mg 2 tablets after food for 3 days.

Koshtashuddhi with Eranda taila – 30 ml + Shuntu Kwatha – 50 ml given for one day. Patient had 3 virechan veg. Patient got samyak virechan lakshanas.

Patient was treated with Sarvanga Mrudu Samvahanam with Bala-ashwagandha taila (approx-60 ml) and Nadi swedana for 15 min. upto Samyak snigdha and samyak swinna lakshanas were observed.

Sarpi siddha tikta ksheera basti as described by Sharangdhara.

Ingredients of Sarpi Siddha Panchatikta Ksheera basti.

Vasa mula

Nimba mula

Guduchi mula

Patol mula

Kantakari mula

Panchatikta ghruta.

4. Preparation

Ksheera Kwatha was prepared with one part of the above drug+8 times of milk and 32 parts of water. Ksheerapaka was prepared and 1/4th part Panchatikta ghruta was added and total quantity of 150 ml was administered in the form of Basti at the morning for 16 days

Shaman Yoga - Rasaraj-Rasa-200 mg + panchatikta ghruta guggulu 250 mg tab + Guduchi choorna, - 500 mgs with milk was given for 30 days and Zeotone Cap(ANS) 1 bd. With above mentioned line of treatment patient got relief from the symptoms of Ankylosing Spondylitis.

5. Criteria for observation.

S. N	Signs and Symptoms	BT	AT
1	Pain - No Pain - Mild Pain - Moderate pain - Slight difficulty in walking due to pain. 4 - Much difficulty in walking 5 - Painful so unable to walk	4	1
2	Stiffness - No stiffness - Mild stiffness - Moderate stiffness - Severe stiffness	2	0
3	Swelling - No swelling - Mild swelling on one or two joints - Moderate swelling on 2 to 3 joints - Severe swelling on multiple joints	1	0
4	Weakness - No weakness - Mild weakness - Moderate weakness - Severe weakness	3	1
5	Range of movements SLRT - Right Left Lasique's test - Right Left	300 350 300 300	800 800 800 800
6	Gait	Affected	Improved
7	Weight	52 kg	54 kg

Discussion

In Asthi Majjagata vata, signs and symptoms develop due to vitiation of vata with dhatukshaya samprapti. The symptoms like weakness and Balakshaya and X-ray suggestive of osteoporosis shows dhatukshayaja samprapti.

Deepan-pachana and Koshtashuddhi were given to get Nirama vata lakshanas and then sarpi siddha Ksheera basti as per the line of treatment was selected as Brumhana Basti which gives nourishment to the bones i.e. asthi dhatu by ashrayashrayi bhava.

Mrudu Samvahana with Balaashwagandha taila and nadi swedana with Panchatikta sarpi siddha Ksheer basti fulfils the criteria of nourishment with sneha which is the Samprapti vighatan chikitsa for vatavyadhi and shaman oushadhi also helped in vatashaman and nourishment.

In this case study, patient was significantly got relief in pain, stiffness, weakness, swelling, range of movement, gait etc. as well as weight gain by 2 kg was also observed.

Conclusion

In this case study we got good results of Panchakarma and shaman oushadhi. Progress of the disease was prevented and signs and symptoms were also significantly relieved without any side effect and also an attempt was made to provide safe and effective treatment to the patient.

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