

Practice of Panchakarma in autoimmune diseases.

Reena Shivasgar Mishra*¹, Harish B. Singh²

¹M.D [Kayachikitsa], B.A.M.S, ²Guide and Professor
 Kayachikitsa Dept., Smt. K. G. Mittal P. Ayurvedic Mahavidyalaya, Charni Road,
 Mumbai

*Corresponding address: reena.m1972@gmail.com

ABSTRACT

An auto immune disorder occurs when the body's immune system attacks and destroys healthy body tissue by default mechanism. More than 80 types of auto immune disorders are there. This presentation will review understanding of autoimmune disease from different points of view including modern medicine and Ayurveda. Pathogenesis of auto immune diseases will be discussed. Common auto immune disorder: Addison's disease, celiac disease-sprue (gluten sensitive enteropathy), dermatomyositis, Grave's disease, hashimoto's thyroiditis, multiple sclerosis, myasthenia gravis, pernicious anemia, reactive arthritis, rheumatoid arthritis, sjogren syndrome, systemic lupus erythematosus, type 1 diabetes etc.

Panchakarma, deep psycho-physiological cleansing and detoxification programme, helps to improve overall health and wellness by adopting 4 steps. The foremost step is to improve digestion, assimilation, absorption by adopting various methods

of fasting, and utilizing digestive herbs, the second is by administering various deep cleaning programme as explained in panchakarma therapies, the third is to follow a post cleansing diet and lifestyle, and finally, administering various rasayanas and vajeekaranas gradually and systematically enhance the immune system to alleviate autoimmune disorders.

The rapid increase in the number and prevalence of autoimmune disorders is a global health concern today. The symptomatic and reductive approach of the modern medical system finds these disorders non-curable and focuses on immune suppression, which leads to many other serious health issues and complication. The self-destructive nature of autoimmune diseases reflects both the "dushana swabbava" and panic response of a patient's own physiologic principles and defense mechanism. Classical ayurvedic protocols, through their comprehensive approaches, bring balance to the body's functional systems and enhance the immune stability and resistance against further relapse of the

same pathological responses. Such classical protocols include traditional herbal formulations, customized *panchakarma*, dietary and lifestyle corrections. In this presentation, I will be bringing some of the chronic clinical cases of autoimmune conditions managed in our institute Smt. K. G. Mitta. P. Ayurvedic Mahavidyalaya, with sustainable outcome.

INTRODUCTION

In an autoimmune disease, there is a wrong reaction of our defense mechanism against the body's own tissue. Our immune system has a very sophisticated system to keep us disease free. It identifies all foreign substances that invade our body and everything we come into contact. If our immune system is something dangerous, it produces antibodies to ward off harmful invaders. Autoimmune diseases occur when the body is working hard to defend against potentially hazardous substances in our bodies, such as allergens, toxins, infections or food, but does not see the difference between the invaders and our own body cells. Because certain body cells look harmful, antibodies are sent on off. This leads to considerable physical clutches. Ayurveda describes this in a slightly different way. Ayurveda suggests that the immune system attacks the body's own cells do not accidentally, but it does to defend against a form of harmful metabolites in the body, generate 'Ama'. Ama is produced in the tissues that are attacked. There are several reasons for the emergence of Ama (this will be discussed in the following paragraphs). Likewise, there are several reasons for the different ways in which Ama is produced. Actually Ama is also responsible for a number of other conditions, ranging from occasional diarrhea (diarrhea) to

chronic diseases, such as diabetes, and an everyday until incurable indigestion SLE (also known as systemic lupus erythematosus). The reason behind such a wide range of disorders caused by Ama lies in the property of the Ama that it takes out on various cells of the body, and deep within the biological systems calls. Autoimmune diseases are usually caused by large amounts of Ama penetrate certain body tissues or physiological systems. In addition, prolonged exposure to poorly digestible food, pollutants, allergenic, toxic substances, synthetic chemicals and drugs is another cause of autoimmune diseases. Poor treatment of the disease and repeated suppression of symptoms without addressing the cause, also accelerates disease progression.

Patho-physiology

Ama does not reveal itself directly physically, but expresses itself through the effects it has on the body. The presence of Ama and the presence in the body cells is easy to fix with a questionnaire and a clinical examination. Laboratory tests may create a little because of the complex nature of Ama, and because of the fact that Ama is not fully inserted, characterized by a biochemical composition. Strictly speaking, consists of Ama incompletely digested metabolic substances. The emergence of these can have different causes. As with a fireplace, where there is a lack of air and too much moisture relatively little heat and lots of smoke arises, also our metabolism similarly malfunctioning. Via our metabolism than forming toxins and other incompletely burned and incompatible substances in the body known as Ama. The production of Ama can take place in the inner *spijverteringsorganen*, but also physiological system-level, tissue level,

celniveau level of molecular, where the relevant organs of the digestive system affects. At an early stage *Ama* can be easily cured, but as the physical condition persists for an extended period of time, just like a blocked chimney, *Ama* hinders the physiological channels of the body, it slows down the metabolism, impedes the supply of produced metabolites and toxins are produced that result again in more production of *Ama*. If this condition is not the body corrects itself or if there is no medical help is sought, creates a vicious circle.

In the initial phase, when the *Ama* in the larger body channels is, trying an alternative way to get rid of the toxins present our bodies. This causes the body, inter alia, by making use of the rest of the body channels use, such as purification, vomit, errhine (via snow), sweat, saliva, urine shoulder etc. However, in case of chronic conditions, or if there are repeated suppression of *Ama*, Nesting toxins deep in the cells. The *AMA* is currently a threat to our health, and because it is now up to the level of tissue has penetrated, starts our immune system to attack the affected cells to. This causes inflammation or allergic reactions that without proper treatment can lead to auto-immune diseases. If the disease once manifested, it is difficult to control the condition in its entirety.

Depending on the affected body area, there are different symptoms and different organs involved in autoimmune diseases. Acute disseminated encephalomyelitis (ADEM), Addison's disease, *agammaglobulinemia* (*Bruton's* disease or also XLA), alopecia areata (patches of baldness), ankylosing

spondylitis, atopic dermatitis, auto-immune aplastic anemia, auto-immune *cardiomyopathie*, auto-immune hepatitis, auto-immune periferic Neuropathie, self-immune *trombocytopenische* purpura, Berger's disease, Chronisch recidiverende multifocal osteomyelitis, Crohn's disease, Cushing's syndrome, diabetes mellitus type 1, eczema, Graves' disease, Guillain-Barre syndrome, *sclerose* multiple (MS), myasthenia gravis, psoriasis, psoriatic arthritis, rheumatoid *arthritis*, rheumatic fever, *systemische* lupus *erythematoses*, ulcerative colitis, etc.. are some of the autoimmune diseases that occur in a variety of tissues and organs.

Etiology

The following factors, alone or in combination with each other, may contribute to the development of autoimmune diseases:

A. The penetration of deep tissues *Ama*. The reasons for this are as follows:

1. Weak digestion

The digestive system plays the most important metabolic function of the body, and is the basis for all other macro- and micro-metabolic processes that convert and breaking down all organic substances regulate. Weak digestion leads to the accumulation of incompletely processed metabolites 1coarser level. This in turn has an impact on all metabolic processes, allowing the production of *Ama*, both superficially and on a deeper level rises.

2. Vitiatio of *Dosha*

The *Dosha* are bio-humors that govern all physiological processes in the body. When the *Dosha* be for any reason, also adversely affected, they cause a variety of diseases. Depletion of *Dosha*, where

the normal physiology of metabolism disrupts touches, also leads to *Ama*.

3. Accumulation of metabolic waste

Suppressing the natural urge to get rid of metabolic waste, leads to physical obstructions in the discharge channels of the body. The resulting accumulations of waste at different levels of metabolism, does the number of toxins rise, which ultimately leads to an increase in the body *Ama*

B. Prolonged exposure to incompatible materials

1. food

Some foods are naturally incompatible and unhealthy for everyone. Other foods are not well tolerating only for people with a certain constitution, while other food is not good for a few people. Normally, many foods just to be safe to eat, but in combination with other foods that can't sometimes be the case. Toxic substances are easy to recognize because they pose a danger acutely. However, many people are not aware of the incompatibility of some foods they regularly take to themselves because the only mild symptoms. In short, each individual has different sensitivities and incompatibilities.

2. addictions

The addiction to alcohol, nicotine, drugs, etc. makes the body completely dependent on unhealthy chemicals. In people who are addicted, accumulate toxins that damage the vital organs and the defense mechanism paralyze.

3. medicines

Several drugs used for symptomatic relief, suppress or the superficial symptoms of diseases, but this incomplete treatment of the underlying cause, in fact, the condition complicates. Moreover, excessive use of antibiotics suppresses the natural defenses of the body, and steroids reduce our immunity.

All these drugs lead to improper or prolonged use to metabolites that may be incompatible with our body cells.

CASE. NO-1 (DIABETES)

Name-XYZ

AGE-89 yr : Gender –Male

Occupation – Retired Teacher

Desh -anup

C/O-Abdominal distention -2yr

-burping & constipation-2yr

-weakness

-uncontrolled diabetes 20yr

H/o- 1. Diabetic -20 yrs

(on HAV (insulin 20 units :2m)

On medication –metformin

500+glimepiride 1mg tds)

2.HTN

3.DYSLIPIDEMIA

No family history

O/E-nadi-(80/min) *kaphavaataj*

-*mala-malabaddhatta*

-*mutra-atimutra pravratti*

-*jivha-saam*

-*kshuda-mandya*

-*nidra -khandita*

Investigation:

0th week-f-296 mg/dl, pp-414mg/dl

Main aim:

-Regulation of daily bowel movement

-reduce insulin quantity

-regulate dietary habitat

CHIKITSA

Shodhana

1. *Madhutailik basti*15 day*

2. *Yog basti*7days*

3. *panchatikta kwath basti *15days*

Shaman –

1. *madhumeha rasayana-16gm, nimbadi churna-8gm, amlaki churna -8gm, and guduchi churn-8gm-1tsp tds (pragbhakta)*

2. *Gokshuradi guggulu-2 (pashchatbhakt)*

3. *Gandharva haritki-1tsp (pashchatbhakt)*

4. *Chandraprabhavati* 2 tds
(*pragbhakta*)

This treatment continues why doing this procedure we simultaneously checking for HGT/BSL per week

For glucose monitoring

What we get...

- 0th week-f-296 mg/dl:pp-414mg/dl
- 1st week- no change
- 3rd week-f-230mg /dl:pp-349mg/dl{laghan}
- 4th week-f-213mg/dl:pp-303mg/dl{hav-unit 18}
- 7th week- f -185mg/dl:pp-290mg/dl{hav- unit 14}
- 10th week-160mg/dl :pp-250mg/dl{HAV- unit 8}
- 14th week-150mg/dl :pp-240mg/dl{HAV-unit 4}
- 17th week -155mg/dl:pp-230mg/dl{HAV -unit2}

Reduced insulin dosage

Decrease in abdominal distention

Weakness –almost gone

Increase in appetite without losing and gaining weight

as we can consider here that this treatment helps to increase oaj of the body which got hampered by the *doshdushya samuchana*.

This helps the body cell to regenerate their own function and establish the health of the body.

Basically we use insulin as the byproduct from the outer environment to relocate the function of the cell as they are not functioning properly.

This treatment helps to increase *dhatu bala* and increase immunity of the body, it 4 month with extended -2 months medication

CASE.2.-Aamvaat with psoriasis

Name- XYZ

Age: 41yr ;Gender: female; wt-90kg

Desh- anup.

Occupation: housewife

C/O:-

- *Sarvasandhi shool:-17yr*
- *Sandhi-shooth utpatti:17yr*
- *Sarva sandhi graha: 4-5yrs*
- *Stholya..-4-5yrs*
- *Studoured gait*
- Psoriatic patches over back and b/l arms and thigh region

H/O:-miscarriage-before 21yrs

-no k/c/o-any major illness

O/E:-

- *Nadi -Khaphpitta*
- *Mala- Yada Kada Malbadhatta*
- *Mutra-Atimutra Pravratiti*
- *Jivha-Saam*
- *Agni -Mandya*
- *Kshudha-Alpa*
- *Twacha-Rukshata, Kharta,*
- *Twakvaivarnata*

Investigation: R.A-positive

Aim to achieve:-

- Relieve pain
- Weight control
- To improve gait

Chikitsa

-Shodhana-

1. *Virechan{with proper snehapaan of 5 day-from 30 ml}*
2. *Gandharva basti*8 days*
3. *Vaitaran basti*8 days*
4. *Sadyavirechana*3 times*
5. *Pottali sweda *niyamit.*
6. *Triphala ghrutpaan*3days{due to some symptoms}*
7. *Lagnana laghu*

Shaman chikitsa:-

1. *Saobhagya sunthi paak 2tsp pragbhakta.- bhaishajya.ratnawali{}*
2. *Shatpushpa saindhav*

marich
vidanga

3. *Vishtinduk vati*15 days bd*
4. *Gandharvaharitiki*pashchat bhakta hs*
5. *Sihnaad guggul 2 tab tds pashchatbha*
6. *Punarnavashtak kwath 20ml pragbhkta*

Result

Reduced body Wt.
Reduced body stiffness and swelling
Able to move legs
Change in gait.
Black, rough, dry patches with itching on back and B/l arm and leg
Observations -weight

- 17/7/19-90 kg
- 21/7/19-85kg
- 28/7/19-83kg
- 18/8/19-78kg
- 25/8/19-77kg
- 08/9/19-75kg

Swelling in joint gone totally
Now she is able to walk properly can do squats now by taking support can do shoulder movements.

Here *dhutu vikruti* causes by *vrudhi*, *dhatu shudhi* done as in *santarpana janya vyadi* so as to recollect the normal fuction of the cell and increase the oaj of the body.

CASE.3.(JIRNA AAMVAAT)

Name-XYZ

Age: 51yr Gender: female ;wt-52kg

Occupation: private job;

Desha :- *Anup*

C/O:-sever joint pain:-3yrs

: -b/l pedal swelling-2yrs

: -restricted movement -2yrs

: -can't walk properly-2yrs

H/O:-no history of any major illness

O/E:-

Nadi:72/min, Regular

Mala-mala avashtambha

Mutra- samyak

Jivha-saam

Nidra-alpa

Trisha-samyak

Kshudha-manda

Investigation:- R.A –positive

AIM

- To reduce pain and swelling
- Stiffness of joints
- Improve appetite
- Improve gait
- Reduce breathlessness
- Reduce dizziness
- Reduce weakness

Chikitsa-

PAT. Aagni and all parameters are normal

So we decide –for *vaman*

{she came in month of January)

We started with *shAman* first

Shaman-

1. *laxmivilas-2 tds pashchat bhakta*

2. *Chandraamrut rasa2 TDS pragbhakta*

3. *Sitopaladi-16gm*

Yashti madhu-8gm

Tankan-4gm

4. *Gul Bnapsadi Kwath 2o ml tds pragbhkta*

Shodhan:-

1. *sneha paan –panchatikta ghee*

2. *VAman plan –pitta anta*

3. *Cont. with virechan*

CHIKITSA

-*shAman-first we started with depan pachan*

-1. *chitrakadivati BD pashchatbhakta*

-2. *shunthi kwatha 20ml tds pashchatbhakta*

-3. *sutshekhara BD pragbhakta*

-*Shodhana-*

Advised *laghu virechan* after 15 days of *shaman* treatment (because of *alpa bala*)

laghu virechan by *triphalas kwatha* and *yerand tail paan* 40ml

on 5th day continuously 7 sitting done

No of Vega approx.- 6-9.

Result:-

Increase *shudha* of the pat. Advised *laghu ahara* to *guru ahara*

Decrease swelling on joints basically in b/l knee joint

Decrease pain in joint movement, with free mobility.

Walking freely without stiffness

CASE.4...-*Asthama*(तमक श्वास)

Name-XYZ

Age: 38yrs Gender:female

Occupation:LIC agent

C/O:-

-chest heaviness:-3-5yr

-Breathlessness:-4-5yr(at night)

-Weakness:-3 months

H/O:-*asthAma*-17yrs(taking pump regularly once in a day {sos})
{ allergic to dust }

O/E:-

Nadi-kapha vaat

-*Mala-samyak*

-*Mutra-dahvaat*{h/o -UTI}

-*Jivha-saaam*

-*Nidra-kahndit*

-*Trisha-samyak*

-*Kshudha-manda*

Investigation-

ANA-Positive

IgG-1300mg/dl

Observation-

-Drastically relief in breathlessness

Not taking pump regularly, at first week taking alternate days, then the time span increases by 3 days after 2 weeks

Now she is taking pump once in a week. (sos)

Investigational observation:

-IgG-500 mg/dl

ANA- positive

Discussion and Conclusion

Autoimmune diseases are diseases that arise from an overactive immune response of the body against substances and tissues normally present in the body.

As its already mentioned in Ayurveda :-

“दोष प्रकुपितो धातुन क्षययत्यात्मतेजसा।

इध्दः स्व तेजसा वह्निरुखागतमिवोदकम॥”

(सु.सू.१५\३६)

As when *dosha* get *prakupita* it effect *dhatu* and leads to *dhatudusti*, even as it continues with *hetu sevana dhosh* get started with effecting /contaminating itself which leads to *kshaya* of *atmatejasa* of individual *dosha* and leads to *swaagni dushti*, When *agni* get *prkopit* it leads to many diseases...

“आत्मतेजसेति आत्मप्रभावेन ।अत्र पित्तस्य वातस्य च क्षयहेतुत्वं संशोषणत्वादुपपन्नं, क्षलेष्मणश्च यदि क्षयहेतुत्वं वक्तव्यं तदा स्रोतो वरोधकतया, -”

“कफप्रधानदोषैर्हि रुध्देषु रसवर्तसु।कफस्य क्षयकारणतामात्रेण योज्यः।”

“धातुक्षये च दोषकारणत्वव्युत्पादनेन धातुवृद्ध्दावपि कारणत्वं दोषाणां सुगममिति साक्षान्नोक्तम् ॥”

यतो धातुनां दुष्टतायामपि तदूणानां वृद्धिर्हानिर्वा वश्यं स्वार्कर्तव्या; तेन धातुनां वृद्धिः, क्षयः, तथा दुष्टत्वं चेति त्रिधाऽपि विकारो वरुध्दो ज्ञयः॥--किंवा धातुनां क्षयवृद्धी उक्ते एव;तक्ष्व दोषदुष्टतामप्यनेनाह --दोषः प्रकुपित ईत्यादिना ।”-

--भानुमती टीका

As mentioned “

“स्ववीर्येण हृदयमुपेत्य धमनीरनुसृत्य स्थुलाणुस्रोतोभ्यः

केवलंशरिरगतं दोषसंघातमाग्नेयत्वादा॥”

-च.क.१/५

Panchakarma helps to maintain and regulate the function of the cell in normal way so as to promote body regular activities. It removes toxins from the cell and helps to work in normal way. As shown in earlier cases we came to know that *panchakarma* is helpful to treat the diseases is not fully recovered

but the grades of diseases improve much better so as to increase quality of life of an individual.

“दोष कदाचित् कुप्यन्ति जिता लंघन पाचनैः। जिताः संशोधनैर्वा तु न तेषां पुनरुद्भवः॥

दोषाणां च दुष्माणां च मुलेऽनुपहते सति। रोगाणां प्रसवानां च गतानामागतिर्ध्रुवा॥ -च.चि. १६/२०

This effect we get in particular period of time in limited span but, if we continue this treatment for longer time then we definitely get better results from this.

Here we saw that in all types of patient there is *oaj vikruti* in patient which leads to different types of pathology.

ओज मुख्यतः स्वतंत्र और स्वच्छंद स्वरूप कि होती है, स्वच्छंद का अनुसरण दोष करते है। तिक्छण, उष्ण, रुक्ष, अभिप्ति, वीर्यविरुद्ध प्रकृति के असात्म्य पदार्थों का अकाल एवं विधिवत आहार विषेशायतन से न सेवन करने पर दोषो का बिज भाग तथा दोषो का तेजस क्षीण अथवा विकृत होने लगते है, जिससे शरिर के कोशिकाओ की रोग प्रतिकारक क्षमता क्षीण हो जाति है। जिससे विविध व्याधि उत्पन्न होती है, जो मुख्यतः मर्माघात उत्पन्न करता है, इसे हि धतुपाक अवस्था कहते है। इस प्रकार के रोगो में दोषो कि ओज शक्ति क्षीण होने से दोष मुढ अवस्था के रोगो को उत्पन्न करता है तथा शरिर मे होने वाली विविध पाचन क्रियाओ के फलस्वरूप प्रशस्त न होने से आम विष कि उत्पत्ति होती है जो व्याधि उत्पन्न करता है। इन मुढ दोषो कि चिकित्सा पंचकर्म से कि जाती है।

REFERENCE:

1. Acharya YT, editor. Sushruta Samhita, Nidana Sthana 13/90. Reprint. Varanasi: Chaukhamba Surbharati Prakashan; 2011. p. 490.

2. Acharya YT, editor. Sushruta Samhita, Nidana Sthana 13/18. Reprint. Varanasi: Chaukhamba Surbharati Prakashan; 2013. p. 320.
3. Acharya YT, editor. Agnivesha, Charaka Samhita, Chikitsa Sthana 7/30. Reprint. Varanasi: Chaukhamba Surbharati Prakashan; 2011. pp. 450–1.
4. Dr. Radha Vallabha Sati, Ayurvediya Roga Vijnana and Vikrti Vijnana, 1st part, Chaukhanbha Orientalia Varanasi, Reprint edition, 2010.
5. Dr. Ravi R. Javalgekar, An Introduction to Ayurveda (for everyone), Chaukhambha Publications, Varanasi.
6. A. Vinaya Kumar, Principles of Ayurvedic Therapeutics, Sri Satguru Publications, Delhi.
7. K. Sembulingam, Prema Sembulingam- Essentials of Medical Physiology, JYPEE, 5th edition.
8. www.webMD.com
9. S.T. Ngo, F.J. Steyn, P.A. McCombe- Elsevier Journal Review on Gender differences in autoimmune disease.
10. ENVI 2017-09 Workshop Autoimmune Diseases- Modern Diseases.

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

"Practice of Panchakarma in autoimmune diseases."

Reena Shivasgar Mishra, Harish B. Singh

Ayurline: International Journal of Research In Indian Medicine 2022; 6(4):01- 08