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Case Study

### Ayurveda Management Of Scleroderma Through Samshamana & Shodhana Therapy - A Case Study

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**ABSTRACT-** Scleroderma or morphea is a rare fibrosing disorder restricted to the skin, subcutaneous tissue, bone and occasionally the underlying central nervous system.

Scleroderma is of two type- Generalized and Systemic in which Systemic sclerosis is a connective tissue disease of unknown etiology involving many systems and is characterized by autoimmunity, inflammation, vasculopathy, and progressive interstitial and vascular fibrosis in the skin and internal organs.

According to *Ayurveda* point of view it is *Vata* and *Rakta* predominant disorder and called morphea. So we treat through *vata* and morphea medications with the help of *Samshamana* and *Shodhana* therapy.

**Key word-** morphea, morphea, morphea

**INTRODUCTION**

A 40 years female having complaints of tightness of skin all over body with itching, hyper pigmentation of skin. Difficulty in breathing, fever on & off, loss of appetite, generalized body weakness, difficulty during swallowing, burning sensation in chest and throat, belching, multiple joints pain with stiffness, vomiting. All these symptoms were started 2 and ½ years ago. All above symptoms are progressive in nature and in this period patient consulted many physicians, dermatologist and many others specialists but did not get relief in this disease. On the basis of signs and symptoms patients were diagnosed as Scleroderma and *vatarakta* according to *Ayurveda* view. Since last few months she had been taking *Ayurveda* treatment and found good relief in above said symptoms.

**GENERAL EXAMINATIONS**

- Pallor : Absent
- Icterus : Absent
- Cyanosis : Absent
- Clubbing : Absent
- Lymph nodes : Not palpable
- Edema : Absent
- BP : 90/60 mmhg low BP observed
- Pulse : 84/min regular

- RR : 15/min
- Temp. : 99.4 °F febrile.
- Weight : 39.0 kg
- Height : 155cm

**SYSTEMIC EXAMINATION:****Respiratory system:**

- Inspection : Bilateral symmetry white scar mark present in chest region.
- Palpation : non tender, Percussion -resonant sound, Auscultation- Bilateral equal air entry.

**CVS:**

- Inspection : Normal precordium
- Palpation : Non tenderness
- Percussion : Cardiac dull
- Auscultation : S1 - S2 normal no added sound.

**ABDOMINAL EXAMINATION**

Per abdomen examination soft non tender and not palpable of any organs.

**CNS**

Patient is well oriented to time place and persons with consciousness, intelligence and behavior.

**PERSONAL HISTORY OF PATIENT**

- Appetite : Reduced
- Sleep : Normal
- Bowel : Clear
- Bladder : Clear
- Addiction : No any
- Diet : Vegetarian with all rasa and irregular.

**SYMPTOMS:**

SL	SYMPTOMS	Before treatment	After treatment
1.	Fever	+++	+
2.	Vomiting	++	+
3.	Burning sensation in throat	+++	+
4.	Multiple joints pain with stiffness	+++	+
5.	Belching	++	+
6.	Loss of appetite	++	+

**INVESTIGATIONS**

Lab investigation Hematological reports reveals that Hb% - 10.0 gm%, ESR - 99 mm/hr., TLC - 5200 cells/cu mm DLC – neutrophils - 76%, LYMPHOCYTES - 15 and

other hematological parameters were normal, blood sugar FBS – 94 %, S. TRIGLYCERIDE - 250mg/dl and urine investigation within normal limits. USG reveals Normal impression chest X-ray & ECG - WNL. THYROID PROFILE – TSH - 5.90 uIU/ml.

SL NO.	Investigations	Before treatment	After treatment
1	Hb% (gm%)	10.00	10.01
2	ESR (mm/hr)	99	24
3	TLC (cells/cu mm)	5200	7800
4	NEUTROPHILES %	76	60
5	LYMPHOCYTES %	15 (decreased)	34
6	S. TRIGLYCERIDE (mg/dl)	250	94.9
7	TSH (uIU/ml)	5.90	5.90

**TREATMENT:****SHODHANA THERAPY**

1. *Karma basti* for 30 days
  - a. *Dashamoola tail (anuvasana)*
  - b. *Erandmooladi niruha basti*
2. *Panchatikta ghruta basti* for 10 days.

**SANSHAMANA THERAPY****First month:**

1. *Shudhdha gandhak* 250 mg, *Muktashukti* 250 mg, *pittantaka*

*yoga* 2 gms, *triphala churna* 2 gms (BD) with lukewarm water.

2. *Dashamoola kwatha* 40 ml BD before meal.
3. *panchatikta ghruta* 10 ml BD before meal.
4. *Tab. Sameerpannag rasa* 250mg., *punarnvandoor* 250 mg, *Amrita satva* 250 mg (BD)

**Second month:**

1. *Sootashekhara rasa (swarna yukta)* 150 mg, *Pravalapishti* 250 mg, *Vamana kuthara rasa* 250mg, *Avipattikara churna* 3 gms (BD) with lukewarm water.
2. *Manjishthadi kwatha* 40 ml BD before meal.
3. *panchatikt ghrita* 10 ml BD before meal.
4. *Dashamoola kwatha* 10 ml for *kawalartha*.
5. *Ghrita bharjita haritaki churna* 3gms OD (Ratri).

Figure 1 A: Before Treatment Images:



Figure 2 A: After Treatment Images:



**Improvement:** Good Improvement in hardness and glow of the skin blackening of the skin, significant improvement in the restricted movement of joints and now she is able to straighten his hand at the elbow joint, improvement indigestion of food, loss of appetite, evacuation of bowel, quality of health and she can live a better life rather than 3 months before.

## DISCUSSION

Scleroderma (*vatarakta*) is *vata* and *rakta* predominant disease. Scleroderma is of two type- Generalized and Systemic. Systemic is

also classified into two types- Diffuse cutaneous systemic sclerosis (dSSc) and limited cutaneous systemic sclerosis (lSSc). It is characterized by skin fibrosis which is scattered and involves the proximal limbs, trunk and face with early internal organ involvement and the latter with distal skin involvement followed by organ involvement. The mean age of onset is in fourth decade with a female predominance. According to *Ayurvedic* aspects scleroderma is *vata* and *rakta* predominant disease and we treat this disease through *vata shamaka* and *pitta shamaka* medications in which as we know that *rakta* is

a type of *Dushya* having *pitta dosha* property. In the treatment of scleroderma we use purified sulphur- *shuddha Gandhaka* is the best antiseptic. It is effective in treating liver disease and various skin disorders. By nature it is digestive and carminative. *Mukta shukti* has *rakta-pitta shamaka* and *balya* property. *Pittantaka yoga* has *pitta shamaka* property. *Triphala* has three content *Amalaki, Haritaki* and *Bibhitaki* all three content having *anulomaka* and *rasayana* property. *Dashamoola* has ten content in which *Laghu panchamoola* (*Brihati dvaya, Shalparni, Prishnaparni* and *Gokshura*) and *Brihata panchamoola* (*Bilva, Gambhari, Agnimantha, Patla, Shyonaka*) all content having *tridosha shamaka* property. *Panchatikta ghritam* has excellent *Vatashamaka* and *Raktashodhaka* property and also help in digestion. *Sameerapannaga rasa* is *Vatashamaka*. *Punarna mandoora* is the best *Rasayana* and increase haemoglobin in the body. it is the choice of drug for *shotha* and *vatarakta*.

*Amrita(guduchi) satva* is the excellent *Rasayana* and *Rakta shodhaka*. *Sootashekhara rasa* is the best *Rasayana* and *pitta shamaka* drug which is help in *amlapitta* disease. *Pravala pishti* and *Manjishtha* having *raktashodhaka* property and also help in increase immune system. The weight was 39 kg and it was observed treatment the weight remain same( unchanged) No progress of symptoms were seen during the course of the treatment now also she on few oral medication and patient on regular follow up and satisfied with Ayurvedic treatment.

### CONCLUSION

As we know Scleroderma is autoimmune disease having property of late onset as well as in aged women predominance having age 40 years approx in which *vata* and *rakta dosha* is also increase in this age, so we treat this disease with the help of *vata shamaka* and *rakta shamaka* follow *pitta shamaka* medications under *Shamana* therapy and *Shodhana* therapy and significant improvement was found.

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