



MANAGEMENT OF DERMATOMYOSITIS THROUGH AYURVEDA: A CASE STUDY

Dr. Raja Singla

Associate Professor, Department of Panchkarma, Institute for Ayurved Studies and Research, Faculty of Ayurved, Shri Krishna AYUSH University, Kurukshetra and Incharge, State Drug Testing Laboratory, Kurukshetra, Haryana

Dr. Kirti

PG Scholar, Department of Panchkarma, Institute for Ayurved Studies and Research, Faculty of Ayurved, Shri Krishna AYUSH University, Kurukshetra

Dr. Harish Kumar

PG Scholar, Department of Panchkarma, Institute for Ayurved Studies and Research, Faculty of Ayurved, Shri Krishna AYUSH University, Kurukshetra

ABSTRACT Dermatomyositis is an idiopathic inflammatory myositis. It is systemic sub-acute autoimmune inflammation with mononuclear cell infiltration in muscles with persistent muscle weakness and muscle wasting. Cutaneous Sign of dermatomyositis may precede myositis and can be Vice-versa. Cutaneous Changes like "heliotrope rashes", "Shawl sign" and "gottron's papules". Muscle weakness is generally proximal. Dysphagia, myalgia and arthralgia are generally common features. In Ayurveda, according to the symptoms of dermatomyositis, it can correlate with "Gambhir vatarakta" having symptoms like inflammation (shotha), stiffness (stabdh), skin discoloration (purplish red- shyavtamra) joint tenderness (sandhi shotha) tingling sensation, papules (paak). The present article reviews the management of dermatomyositis through Ayurveda.

KEYWORDS : Dermatomyositis, gottron's papule, Gambhir vatarakta, myositis, fever

INTRODUCTION:

Dermatomyositis is an autoimmune-mediated disorder mainly triggered by environmental factors and unhealthy lifestyle. Dermatomyositis is characterized by muscle wasting, fever and weakness associated with skin rashes. It can occur in any age (10-15 year of age known as juvenile dermatomyositis). Its occurrence rate is dominant in females. Increase in HLA-DR3 and DRW52 are genetic predisposition. Dermatomyositis can occur with malignancy only if systemic involvement occurs. If muscle involvement doesn't occur then it is known as Amyopathic dermatomyositis. The risk of malignancy occurs after 2 to 3 years of onset in 15% of cases. In dermatomyositis increase in ESR, CPK value and LDH increase is found. ANA can be positive in some cases that is non-specific in dermatomyositis. Serum CK, increase LDH, SGOT use to determine disease activity and muscle damage. In Ayurveda, the symptom of dermatomyositis can correlate with Gambhir vatarakta-

गंभीरे शवयथुः स्तब्धः कठिनोऽन्तर्भ्रुशर्मतिमान्/

श्यावताम्रोऽथवा दाहतोऽस्फुरण पाकवान्/ (च०चि०२९/२१)

श्वथयु - swelling

स्तब्ध - stiffness

कठिनोऽन्तर्भ्रुशर्मतिमान् - excruciating pain in interior of body

श्यावस्ताम्र - purplish red- discoloration

स्फुरण - twitching sensation

दाह - fever

तोद - pricking pain

Heliotrope rashes (butterfly-pattern) rashes over the cheeks and nose aspect, Peri orbital oedema, shawl sign (over the posterior neck part, shoulder and upper arm region), Gottron's papules (rashes over the PIP, DIP and MCP), pruritis and fever mainly found in dermatomyositis. Periungual telangiectasia also found. Muscle wasting and weakness of proximal muscle, dysphagia, dysarthralgia, myalgia and pruritis were found.

Samprapti Ghata:

Dosha – Vata, Pitta, kaph

Dushya – Rasa, Rakta, Mans,

Srotasa – Rasavaha, Raktvaha, Mansvaha

Srotodushti – Sanga

Adhishthan – Tvaka, Mansa, Sandhi

Swabhava – Chirkari

Agni – Mandaagni

Sadhyasadhya – Krichsadhya, Asadhya

Case Study:

A young woman named Ishita, who is 20 years old, visited Shri Krishna Ayush University's panchakarma department from Jhajjar for medical help. She has been experiencing health issues for the past 8-10 years. Her symptoms include long-standing fever, muscle weakness, irregular menstrual cycles, reduced appetite, weight loss, joint pain, and anaemia. She was previously diagnosed with a condition called "Juvenile dermatomyositis," which affects her skin and muscles.

Investigations:

Medical tests were conducted to understand her condition better:

- A test called ANA (Antinuclear Antibodies) showed a positive result, indicating immune system activity (1+).
- Another test, Anti-CCP (Anti-Cyclic Citrullinated Peptide), had a value below 0.5, which is considered normal.
- The Anti-TTG (Anti-Tissue Transglutaminase) test showed a value of 6.88, indicating some immune response.
- Her haemoglobin level (Hb) was measured at 6.5, which is low and suggests anaemia.
- The C4 level in her blood was found to be high, indicating some immune system activation.

Ishita was already taking several allopathic medications.

Additional details include:

- Ishita has a known case of Juvenile dermatomyositis, a condition affecting her skin and muscles.
- She has fair skin complexion.
- Her vital signs, such as heart rate and blood pressure, are normal.
- She has no family history of similar health issues.
- Ishita is a student and is not married.
- Physical examination revealed red and purplish papules on her skin.

Treatment Protocol:

In Ishita's treatment, a regimen similar to the approach for *Gambhir Vatarakta Chikitsa* was employed. The prescribed medications and dosages are as follows:

1. *Swaran Sameerpannag Ras*: 120 mg twice a day (BD)
2. *Giloy Satva*: 250 mg twice a day (BD)
3. *Kukutandatak Bhasma*: 250 mg twice a day (BD)
4. *Parval Panchamrit Ras*: 125 mg three times a day (TDS)
5. *Guduchyadi Kshayam*: 15 ml twice a day (BD)
6. *Shadangpaniya*: 5 g in 200 ml water
7. *Mandur Vatak*: 1 tablet twice a day (BD)
8. *Daadimadi Ghrta*: 3 gm twice a day (BD)

DISCUSSION:

In Ishita's situation, the condition she has, known as dermatomyositis, shares some symptoms with a condition called "Gambhir Vatarakta,"

which involves severe joint pain. Although they are not the same, some similarities in symptoms prompted a treatment approach that addresses the symptoms she is experiencing.

- One of the prescribed medicines is "Mandur Vatak." This medication helps with treating anaemia, which Ishita has as indicated by symptoms like fatigue, physical weakness, swelling, and loss of appetite. Anaemia is a condition where the body lacks enough healthy red blood cells to carry oxygen to the tissues.
- "Swaran Sameerpannag Ras" is recommended to manage joint pain accompanied by stiffness. It plays a role in balancing all three doshas (vata, pitta, and kapha), which are fundamental components in Ayurvedic understanding of the body's constitution and health.
- "Kukutandtak Bhasma" primarily works to balance kapha and vata doshas. It's a good source of calcium and aids in improving bone density by enhancing the 'Khar guna' (strength and hardness) of bones.
- "Parval Panchamrit Ras" focuses on balancing the pitta dosha. It's particularly helpful in relieving issues related to bloating and malabsorption.
- "Guduchyadi Kshayam" mainly targets the pitta dosha. It has properties that combat microbes and reduce inflammation, which can be beneficial in Ishita's case.
- "Kshadangpaniya" is recommended for various types of fever.
- Lastly, "Daadimaadi Ghrita" is taken twice a day (BD) at a dose of three grams. This ghee-based preparation has a positive impact on blood formation (haemopoietic action).

CONCLUSION:

Dermatomyositis is an autoimmune mediated disease which is symptomatically same as gambheer Vatarakta. This article represents the Role of Ayurvedic chikitsa in dermatomyositis. The article reveals that the treatment failure patient of conventional system comes with a hope of recovery. Patients comes to shri krishna Ayush hospital for treatment and got relief in their complaints. C3 and C4 level comes to normal value after taking treatment. Patient is living a healthy life now. So, there is more demand of research and study in ayurveda to develop the treatment protocol for incurable diseases.

REFERENCES:

1. Harrison. Harrison's principle of internal medicine vol 1 Eugene. Braunwald, Anthony S. Fanci, Stephen. L. Hauser Dennis L. kasper Dan L. Longo, J. Larry Jameson, editors New york. 20th edition MC Graw Hill-Medical publishing division, page no.360
2. SN Chugh, Dr. Ashima Chugh, Clinical Methods in Medicine Vol.2, Published by Arya publication Avichal publishing company Jaypee Brothers Medical Publishers Pvt. Limited, 2019, page no.1062-1063
3. Shastri k. chaturvedi GN charak Samhita Vidyotini 1st edition, Varanasi, chaukhamba Bharti Academy 2018, chikitsa sthan chapter no.29/88 page no 1831
4. Pt. Jagannath Sharma, Chakradatta, Khemraj Shrikrishnadass Prakashan, Bombay, 2006, Vatarakta Chikitsa, page no. 158
5. Brahamanand Tripathi, Ashtang Haridyam 1st edition, Chaukhamba Bharti Academy 2019, Nidan Sthan, chapter 16, Verse 15, page no. 546
6. Brahamanand Tripathi, Ashtang Haridyam 1st edition, Chaukhamba Bharti Academy 2019, Chikitsa Sthan, chapter 22, page no. 575
7. Pt. Harihar Prasad Tripathi, Chowkhamba Krishnadass Academy, Varanasi, 2001, Vatarakta Chikitsa, page no. 899
8. Dr. Indradev Tripathi and Dr. Daya Shankar Tripathi, Chowkhamba Krishnadass Academy, Varanasi, 2019, Nidan Sthan, Vataraktadhikar, page no. 559
9. Kaviraj Dr. Ambikadutt Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, 2014, Chikitsa Sthan, Mahavatavyadhi Chikitsa, page no. 37