

# Review on Autoimmune Disorder (Systemic Lupus Erythematosus) with Ayurvedic Perspective

Dr. Kriti Sejwar<sup>1</sup>, Dr. Namrata Patel<sup>2</sup>

<sup>1</sup>M.D. Scholar final year, P.G. Department of Kriya Sharir, Pt. Khushilal Sharma Govt. Ayurveda College and Institute, Bhopal (M.P.), India

<sup>2</sup>M.D. Scholar final year, P.G. Department of Rog Nidan evum Vikriti Vigyana, Pt. Khushilal Sharma Govt. Ayurveda College and Institute, Bhopal (M.P.), India

**Abstract:** *Wrong reaction of our defense mechanism against the body's own tissue is an auto immune disorder. Immune system is specified system to protect our body from various infections. Autoimmune disorders occur when the body's immune system is working hard to defend against potentially precarious substances our bodies, such as allergens, toxins, infections or food, but does not identify the difference between the invaders and own body cells. There are > 80 types of autoimmune disorders. The classical example of systemic autoimmune disorder is SLE. It attacks on whole body system and harms the heart, joints, skin, lungs, blood vessels, kidneys and nervous system. In this disease, the immune system attacks the body's own cells and tissues, resulting in inflammation and damage of tissue. In Ayurveda, Acharya Charak has said, Paka (inflammation) and kotha (tissue damage) both cannot be possible without the involvement of pittadosha. Systemic lupus erythematosus and rheumatoid arthritis both are autoimmune diseases where the immune system get hampered. The symptoms of vata kapha anubandhi amavata in Ayurveda can be correlated with rheumatoid arthritis and symptoms of pitta anubandhi amavata can be correlated with SLE as there is a great involvement of pitta dosha and rakta dhatu in SLE, because pitta dosha lies within rakta dhatu.*

**Keywords:** Systemic lupus erythematosus, amavata, autoimmune disorder

## 1. Introduction

Defense mechanism (immune system) is a primary function is to protect our body from external invaders [bacteria, virus], but in some time our immune system attacks the body itself and it includes hypersensitivity reactions, autoimmune disorders and immunodeficiency Immune disorder (like SLE) is a dysfunction of immune system. SLE is autoimmune disorder which causes long-term (chronic) inflammation of affected organs leading to degradation in overall quality of life. SLE is much more common in female than male. It may occur at any age, but appears most often in reproductive age. It is characterized with fatigue, fever, rashes, general discomfort, uneasiness, Hair loss, Mouth sores, Sensitivity to sunlight, swollen lymph node. In Ayurveda no any one particular disease correlated to SLE, but in pittanubandhi amavata symptoms like: burning sensation and redness of the affected joints which is closely resemble with SLE. Symptoms of SLE and pittanubandhi amavata along with involvement of pitta dosha and Rakta dhatu have been discussed in this article.

### What is autoimmune disease?

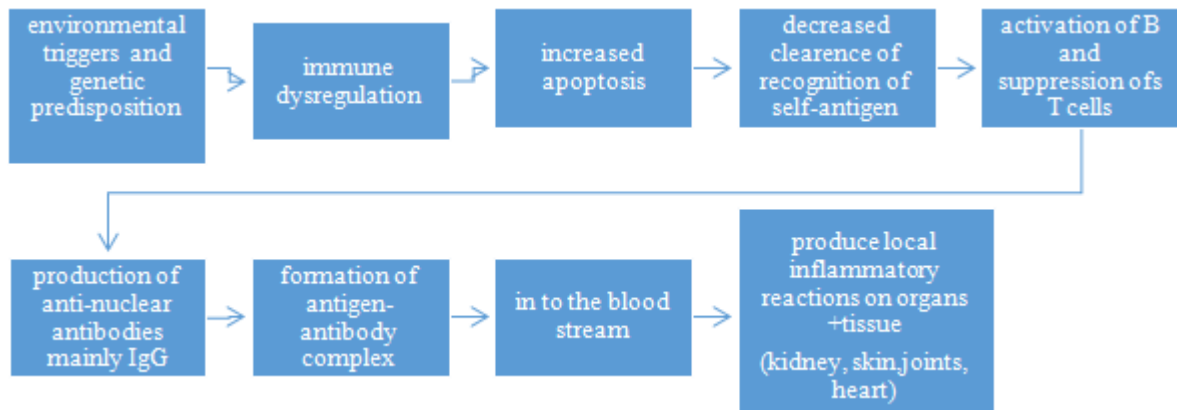
An **autoimmune disease** is a condition where arising an abnormal immune response to a normal body part. Common symptoms of these disorders include low grade fever and

feeling tired, often symptoms come and go again and again and occur with the unknown cause. Some autoimmune diseases like lupus run in families, and some cases may be triggered by infections or other environmental factors, Some common diseases that are generally considered as autoimmune disorders such as Graves' disease, inflammatory bowel disease, multiple sclerosis, psoriasis, rheumatoid arthritis, and systemic lupus erythematosus.

### Systemic Lupus Erythematosus:

SLE, in which the person becomes immunized against many different body tissues at the same time, a disease that causes extensive damage and often rapid death. SLE is a disease of unknown etiology in which cells and tissues undergo damage mediated by tissue binding autoantibodies and immune complexes. It is characterized by the production of auto antibodies resulting from the dysfunction of 'T' cells and 'B' cells and dendritic cells. Dendritic cells activation and unabated secretion of IFN-alpha are the key features of the disease through their involvement in the capture and presentation of nuclear material to the auto reactive adaptive arm (T and B) lymphocytes leading to the subsequent production of anti-nuclear antibodies.

### Pathophysiology of SLE



**Amavata:**

Amavata is the disease as mentioned in Laghutravi, having two important entities, one is Ama and other is Vata. Ama is undigested food material which reflects after certain time and also spread in the body with the help of vata dosha. Other dosha, dhatu cannot move from one place to another without vata dosha. So, there are two important entities in amavata, one is toxic (ama) and other is mobility (vata). When both these entities interact together and attack on joints cause amavata. According to predominance of dosha there are three types of amavata.

- 1) Pittanubandhi (where pitta is predominant)- causes redness and burning sensation of affected joints.
- 2) Vatanubandhi (where vata is predominant)-causes severe joint pain.
- 3) Kaphanubandhi (where kapha is predominant)causes stiffness (stambha) in joint and body,itching is also seen in this type. Following are the clinical features of amavata:

**Lakshana of Amavata**

Samanya lakshan of Amavata	Specific or Pravridha lakshan of amavata
<ul style="list-style-type: none"> <li>• Gauravam hrdayasya (heaviness in precordial region)</li> <li>• Trik sandhi pravekshakau stabdhama (Stiffness in multiple joint)</li> <li>• Angamarda (bodyache)</li> <li>• Aruchi (anorexia)</li> <li>• Trishna (thirst)</li> <li>• Alasya (lethargy)</li> <li>• Gauravam (heaviness)</li> <li>• Jwara (fever)</li> </ul>	<ul style="list-style-type: none"> <li>• Aruchi (anorexia)</li> <li>• Gauravam (heaviness)</li> <li>• Utsahahani (lack of enthusiasm)</li> <li>• Vairasya (altered taste in the mouth)</li> <li>• Daham (burning sensation)</li> <li>• Bahumutratam (excessive urination)</li> <li>• Kukshau kathinatam shulam (hardness and pain in abdomen)</li> <li>• Nidraviparyaya (disturbed sleep)]</li> <li>• Tirit (thirst)</li> <li>• Chardi (vomiting)</li> <li>• Bhrama (fainting)</li> <li>• Murccha (unconsciousness)</li> <li>• Hrid graha (stiffness in pericardium)</li> <li>• Vidvibaddhatam (constipation)</li> <li>• Jadya (stiffness)</li> <li>• Antrakujana (intestinal gargling)</li> </ul>

**Involvement of Dosha and Dhatu in SLE**

In SLE mainly Pitta dosha and Rakta dhatu are involve which are-

**Pitta Dosha**

Daha (burning), raga (redness), ushma (temperature), paka (inflammation of wound or excessive digestion of food), sweda, kleda, kotha (damage of tissue), sadana (excessive weakness), murcha (fainting)are the karma of pitta dosha. When the pitta gets vitiated, this hyper functioning activity is performed by it. Paka, kotha, and shula with paka is not possible without involvement of pitta. Pachak pitta in digestive system creates symptoms like irritable bowel syndrome in patients of SLE, ranjaka pitta causes diseases like vasculitis, sadhaka pitta is responsible for cardiac problems like pericarditis. bhrajaka pitta causes butterfly rash on face etc.

**Rakta Dhatu:**

Raktadhatu does not get vitiated to its own. It needs doshas to vitiate it. Pitta lies within Rakta dhatu i.e. ashrayashrayi bhava and pitta is mala of rakta dhatu. Vitiated Pitta circulate with rakta dhatu. Sira (updhatu of rakta dhatu) supplies rakta to all tissue. Rakta dhatu due to vitiation of pitta dosha, visarpa(erysipelas), vidradhi (abscess), various skin infection, pittastra (hemorrhagic diseases), sammoha (syncopal status), rakta, tvak, mutra, netra (red eyes, skin and urine with hemorrhage sometimes).

**Common Symptoms of SLE**

- Chest pain when taking deep breathing, Chest pain when taking a deep breath
- Fatigue
- Fever with no other cause
- General discomfort, uneasiness, or ill feeling (malaise)
- Hair loss
- Mouth sores
- Sensitivity to sunlight
- Swollen lymph nodes

**Specific Symptoms of SLE**

- **Nervous system and brain:** Headache, Numbness, Tingling sensations, Seizures, Visual problems, Personality changes
- **Digestive tract:** Abdominal pain, Nausea, and Vomiting
- **Heart:** Abnormal heart rhythms (Arrhythmias)
- **Lung:** Coughing up blood and difficulty in breathing
- **Skin:** Patchy skin with discoloration, Fingers that change color in cold (Raynaud’s phenomenon). Some patients may only exhibit skin symptoms. This is called discoid lupus.

- **Vascular:** Inflammatory vascular disease in the form of vasculitis.

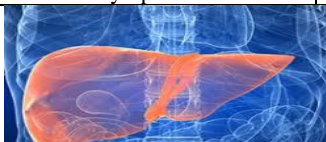



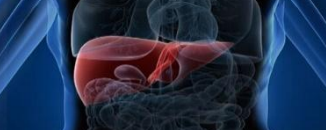
## 2. Discussion

There are three types of Immunological disorders–

- A) Hypersensitive disorder B) Immunodeficiency disorder  
C) Autoimmune disorder.

SLE is an autoimmune disorder having immunological origin. In this, mainly injury is to skin, joints, kidneys, serous membrane like pleura and pericardium. It is more common in women with unknown etiology.

Pittanubandhi amavata mainly associated with symptoms as burning sensations and redness over the body and joints. Rheumatoid arthritis also having systemic involvement and autoimmune pathology. SLE is an autoimmune disease having most of the symptoms representing pitta dosha as well as rakta dhatu. Because pitta dosha circulate with the rakta dhatu throughout the body and create symptoms.

Symptoms	Due to type of vitiated pitta
	Vitiated Ranjak pitta causes vascular problem (vasculitis)
	Vitiated Sadhak pitta causes cardiac problems.
	Vitiated Alochak pitta causes visual problems
	Vitiated Bhrajaka pitta causes butterfly rashes
	Vitiated Pachak pitta causes gastrointestinal problems.

Pitta dosha plays a major role in samprapti of SLE as well as Amavata, Fever, butterfly rash on face, mouth ulcers, and arthritis are the common symptoms of SLE. If we see these symptoms according to Ayurvedic view, it is seen that fever or any type of rash is having pitta dosha involvement. Mouth ulcers (Mukhapaka) are because of rakta dushti and pitta prakopa. Arthritis is the inflammation of joints. Inflammation indicates paka and shula. And paka is feature pitta dosha. By the similarity of symptoms in SLE and pittanubandhi amavata, it can be concluded that the disease SLE closely resembles with pittanubandhi amavata along with involvement of rakta dhatu and pitta dosha.

## 3. Conclusion

Symptoms of SLE closely resembles with pittanubandhi amavata. Paka cannot be formed without inflammation. And inflammation is the feature of pitta dosha. Symptoms like burning and redness over body and joints is mainly associated with Pittanubandhi amavata. SLE is also an autoimmune disease which is representing maximum symptoms of pitta dosha as well as rakta dhatu. These symptoms can diminish by chikitsa of pitta dosha like virechana, raktamokshana. Hence, because pradhantwa of Pitta dosha, SLE can be correlated with pitta anubandhi Amavata as both of systemic autoimmune diseases having involvement of mainly pitta dosha.

## References

- [1] Prof. Yadunandana upadhyaya, Madhava nidana 1<sup>st</sup> part, 2007
- [2] Robbins and Cotran, pathologic basis of diseases seventh edition, 2004.
- [3] Dr. Nandini Dilip Dhargalkar, Sharir Kriya Vidnana 2<sup>nd</sup> part, 2010
- [4] Guyton and Hall, textbook of medical physiology, 10<sup>th</sup> edition
- [5] www.ejpmr.com