

## SYSTEMIC LUPUS ERYTHEMATOUS (SLE) & RHEUMATOID ARTHRITIS WITH AYURVEDIC INTERPRETATION

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### Abstract

Autoimmune diseases are pathological conditions identified by abnormal autoimmune responses and characterised by auto antibodies and T cell responses for self molecules by immune system reactivity. Autoimmune disorders include rheumatoid arthritis, systemic lupus erythematosu (SLE), Crohn's disease, Graves' disease, Hashimoto's thyroiditis, Insulin dependent diabetes mellitus, Multiple sclerosis, Myasthenia Gravis, Psoriasis, Inflammatory bowel disease (IBD) and vasculitis. Human autoimmune diseases affecting in aggregate more than the 5% of the population worldwide.

#### **Aim**

Interpretation of SLE with pittanubandhi Amavata and Rheumatoid Arthritis (Amavata) with vata kapha anubandhi amavata.

#### **Objectives**

1. To study the sign and symptoms of SLE and Rheumatoid arthritis.
2. To study the sign and symptoms of Rheumatoid arthritis with reference to pittanubandhi Amavata.
3. To study the common sign and symptoms of both SLE and pittanubandhi Amavata.

#### **Material and Methods**

This review article is based on various references of SLE, rheumatoid arthritis and classical references of Amavata are collected.

#### **Conclusion**

SLE is the classical example of systemic autoimmune disease. It most often harms the heart, joints, lungs and skin, blood vessels, kidneys and nervous system. In Ayurveda, symptoms of vata kapha anubandhi amavata in Ayurveda closely resembles 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. And pitta dosha lies within Rakta dhatu in body. i.e. Ashrayashrayi sambandha. Preventive measures are like Langhana, Deepana-Pachana, Shodhana, Shaman and Rasayan have been described for the management of Amvata are actually more effective.

**Keywords:** Auto-immune disease, Auto antibodies, Systemic Lupus Erythematosus, Rheumatoid Arthritis, Amavata, Ayurveda.



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## Introduction

An immune disorders are dysfunction of immune system. This include hypersensitivity reactions, immuno deficiency disorders and autoimmune disorders. In this article, two autoimmune diseases are discussed viz. Systemic Lupus Erythematosus and Rheumatoid Arthritis. SLE is an inflammatory disease caused when the immune system attacks its own tissues. Rheumatoid arthritis is a chronic inflammatory disorder affecting multiple joints. Both SLE and rheumatoid arthritis are having immunological origin and autoimmune in nature. The disease Rheumatoid arthritis can be correlated with *Amavata* disease explained in *Ayurveda*. It is seen that symptoms of SLE closely resembles with pittedubandhi *Amavata*. This article is based on the study of sign and symptoms of SLE, RA and *pittedubandhi amavata*.

### Aim:

Interpretation of SLE with *pittedubandhi Amavata* and Rheumatoid Arthritis (*Amavata*) with *vata kapha anubandhi amavata*.

### Objectives:

1. To study the sign and symptoms of SLE and Rheumatoid arthritis.
2. To study the sign and symptoms of Rheumatoid arthritis with reference to *pittedubandhi Amavata*.
3. To study the common sign and symptoms of both SLE and *pittedubandhi Amavata*.

## Material and Methods

This review article is based on various references of SLE, rheumatoid arthritis. And classical references of *Amavata* disease are collected.

## Autoimmune Disease

An autoimmune disease is a condition arising from an abnormal immune response to normal body part. If a person become immune to own tissues the process of acquired immunity would destroy the individual's own body. The immune mechanism normally recognizes a person's own tissues as being distinctive from bacteria or viruses and the person's immunity system forms few antibodies or activated T cells against his/her own antigens. Several specific diseases that result from autoimmunity include rheumatoid arthritis, systemic lupus erythematosus.

## Systemic Lupus Erythmatous

In SLE, the human becomes immunized against many different body tissues at the same time. SLE is a disease of unknown etiology in which tissues and cells undergo damage mediated



**Following are the clinical features of amavata**

**Samanya lakshana of amavata**

1. Daurbalya (general weakness)
2. Gauravam hrdayasya ( heaviness in precordial region)
3. Trik sandhi pravekshakau stabdhama( Stiffness in multiple joint)
4. Angamarda (bodyache)
5. Aruchi ( anorexia)
6. Trishna (thirst)
7. Alasya (lethargy)
8. Gauravam (heaviness)
9. Jwara (fever )
10. Apaka (indigestion)
11. Shunta anganam (swelling)

**Specific or Pravridha lakshan of amavata.**

1. Hasta padshiro gulpha trik janu uru sandhi sa rujam shotham (pain and swelling in hand, feet, ankle, knee, hip and spinal joints)
2. Vyavidha iva vrischika (pain is like scorpion sting)
3. Agnidaurbalya (hindered digestive mechanism)
4. Praseka (excessive salivation)
5. Aruchi (anorexia)
6. Gauravam (heaviness)
7. Utsahahani (lack of enthusiasm)
8. Vairasya (altered taste in the mouth)
9. Daham (burning sensation)
10. Bahumutratam (excessive urination)

**Common Symptoms of SLE**

Fever, fatigue, myalgia, arthralgia, arthritis, malar rash, oral ulcers.

**Specific symptom of SLE**

- Dermatologic** Malar or butterfly rash is known manifestation of acute cutaneous lupus.
- Musculoskeletal** Most common initial manifestation of SLE is arthralgia or arthritis. Arthralgia expressed by the patient as pain and stiffness. Arthritis in SLE tends to have fever erosion and fixed deformities compared with RA.

- **Pulmonary** Serositis can affect both the cardiac and pulmonary system, acute pneumonitis, fibrotic pneumonitis, alveolar haemorrhage are present.
- **Cardiac** Cardiac involvement occur in 20% to 30% of patient with SLE.
- **Vascular** SLE patient can also develop inflammatory vascular disease in the form of vasculitis.
- **Gastrointestinal** About ½ of patient with SLE have oral ulcers that are usually painful and tend to be located on the hard palate on the buccal mucosa.
- **Neurologic** Neuropathies can be peripheral, autonomic, or cervical, wrist drop and foot drop occasionally result from peripheral nerve vasculitis.

### Discussion

Immunological diseases are of three types A) Hypersensitive disease B) Immunodeficiency disease C) Autoimmune disease.

### Similarity of SLE with RA

Sr. No.	SLE	RA
1	Multisystem Disease	Multisystem Disease
2	Unclear Etiology and Pathogenesis	Unclear Etiology and pathogenesis
3	Involves Immunological Mechanism	Involves Immunological Mechanism
4	Self Antigen-Multiple (DNA, Nuclear protein) Response-Autoimmunity, Immune complexes.	Self Antigen- Connective tissue Response- immune complexes.
5	More common in Females	More common in Females

Now, among the all the symptoms of amavata, the following symptoms are of Pitta Dosha Predominance. 1. Trishna 2. Jwara 3. Vrichhikdashavat Vedana 4. Daha 5. Nidranasha 6. Bhrama 7. Murchha 8. Raga

Pittanubandhi amavata mainly associated with symptoms like burning and redness over the body and joints. Rheumatoid arthritis is not only a joint disease but also having systemic involvement and autoimmune

SLE is an autoimmune disease having immunological origin. In this, principle injury is to skin, joints, kidneys, serous membrane like pleura and pericardium.

The disease Amavata mentioned in Ayurveda closely resembles with RA, hence can be correlated with RA.

**Role of pitta** Daha, raga, ushma, paka, kotha, sadana, sweda, kleda, murcha are the karma of pitta dosha. When pitta gets vitiated, this hyperfunctioning activity is performed by it. Paka, kotha, shula with paka is not possible without involvement of pitta.

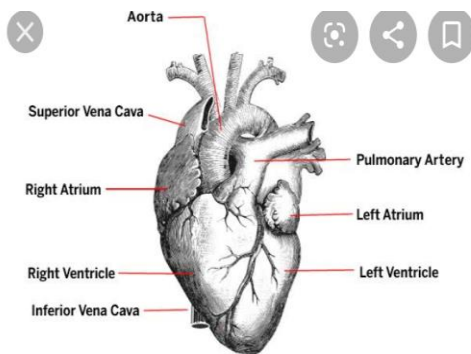


Vitiated aalochaka pitta causes visual problems

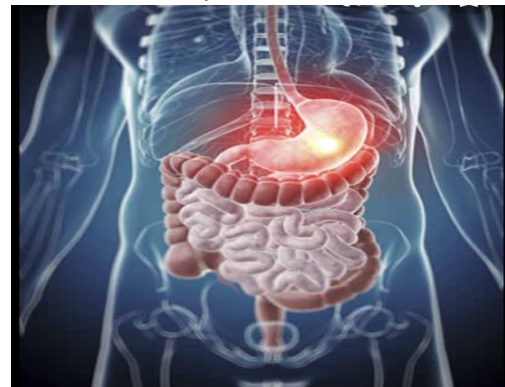


Vitiated Bhrajaka pitta causes malar rash

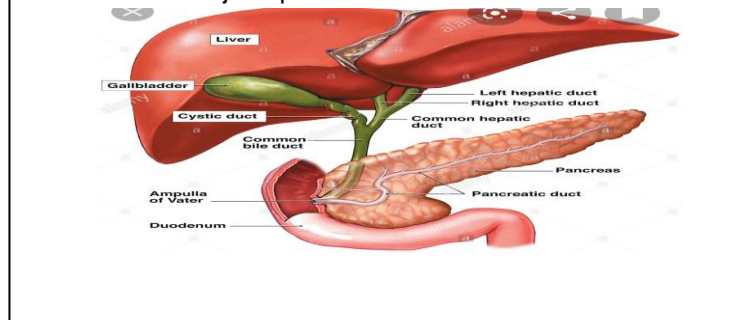
Vitiated Sadhaka pitta causes cardiac manifestations.



Vitiated Pachaka pitta causes Gastrointestinal problems



Vitiated Ranjaka pitta causes diseases like vasculitis



Pitta dosha plays major role in samprapti of SLE as well as Amavata, Fever, malar rash on face, oral ulcers, arthritis and arthralgia 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 predominance. oral 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, so it can be concluded that the disease SLE closely resembles with pittanubandhi amavata.

### **Conclusion**

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

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