Ayurvedic Management of Autoimmune Disorders

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Immunity (VyadhiKshamatwam)

‘VyadhiKshamatwam nama vyadhibala virodhitwam, vyadhutpadaka pratibandhakatwam cheti’

Charaka Samhita- Chakrapani Datta

Immunity is the ability of the body to overcome the disease and to resist disease
Concept of Disease and Immunity

- Any state removed from health is disease
- Ability to resist this change and restore health is Immunity

In short, Immunity in Ayurveda covers the entire gamut of diseases and disorders that affect the human body and mind.

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Types of immunity

- Sahajam- Born with
- Kalajam- Acquired
- Yuktikrutam- Induced
Autoimmunity is the failure of an organism in recognizing its own constituent parts as *self*, which allows an immune response against its own cells and tissues. Any disease that results from such an aberrant immune response is termed an autoimmune disease.
# Autoimmune Diseases - Examples

<table>
<thead>
<tr>
<th>Element</th>
<th>Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agni</td>
<td>• Celiac Disease, Chrone’s Disease</td>
</tr>
<tr>
<td></td>
<td>• Hashimotos, Graves Disease</td>
</tr>
<tr>
<td>Rasa</td>
<td>• Psoriasis, Vitiligo</td>
</tr>
<tr>
<td></td>
<td>• Diabetes</td>
</tr>
<tr>
<td>Rakta</td>
<td>• SLE</td>
</tr>
<tr>
<td></td>
<td>• Hemolytic Anemia</td>
</tr>
<tr>
<td>Mamsa</td>
<td>• Fibromyalgia</td>
</tr>
<tr>
<td></td>
<td>• Myasthenia Gravis</td>
</tr>
<tr>
<td>Majja</td>
<td>• MS</td>
</tr>
<tr>
<td></td>
<td>• Guillain-Barre</td>
</tr>
<tr>
<td>Asthi</td>
<td>• Reactive Arthritis</td>
</tr>
<tr>
<td></td>
<td>• Rheumatoid Arthritis</td>
</tr>
<tr>
<td>Shukla</td>
<td>• Premature Ovarian Insufficiency (POI)</td>
</tr>
<tr>
<td></td>
<td>• Infertility</td>
</tr>
</tbody>
</table>
Ayurvedic Etio-pathogenesis

Weak digestion & Ama

Stagnation and blocked channels

Vitiation of Vata

Altered Immunity

Disease

Stress/Overload

Depletion

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Chikitsa Tatva (Principles of Management)

Agni
1. Deepana- Digestives
2. Pachana- Burning Ama

Dosha
1. Shodhana- Panchakarma
2. Shamana- Herbs, Formulations

Dhatu
1. Rasayana- Tissue/Oran specific
2. Vajeekarana- Vitality/Virility

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# Deepana & Pachana

<table>
<thead>
<tr>
<th>Microdosage (Vata)</th>
<th>Microdosage (Pitta)</th>
<th>Microdosage (Kapha)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• D-Ginger, Guduchi, Haritaki</td>
<td>• Coriander, Guduchi</td>
<td>• Dried Ginger, Pippali, Black Cumin</td>
</tr>
<tr>
<td>• Gandharvahastadi kwath</td>
<td>• Guduchyadi kwath</td>
<td>• Varanadi kwath</td>
</tr>
</tbody>
</table>

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### Shodhana

<table>
<thead>
<tr>
<th>Snehana</th>
<th>Swedana</th>
<th>Shodhana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ghee</td>
<td>Moist heat- Steam bath</td>
<td>Vamana- Madana, Pippali, Licorice</td>
</tr>
<tr>
<td>Mahatikakam Ghritam/Tiktakam Ghritam</td>
<td>Dry heat- Dry powder bolus</td>
<td>Virechana- Avipathi choorna</td>
</tr>
<tr>
<td>Gulguluthikthakam Ghritam</td>
<td>Self generated heat- Upanaha</td>
<td>Vast- Madhutailikam/ Anuvasanam</td>
</tr>
</tbody>
</table>

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Shamana

- **Vata**
  - Gulgulutiktakam kwath/ghee
  - Kaishora gulgulu Tablet

- **Pitta**
  - Mahatiktakam kwath/ghee
  - Tikthakam kwath/ghee
  - Kaishoragulgulu Tablet

- **Kapha**
  - Padolakatrohinyadi kwath
  - Padolamooladi kwath
  - Gulguluthikthakam kwath/ghee

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Condition Specific Approach

- Psoriasis
- Rheumatoid Arthritis
- Celiac Disease
- Fibromyalgia

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Psoriasis

Psoriasis is a common skin condition that causes skin redness and irritation. Most people with psoriasis have thick, red skin with flaky, silver-white patches called scales.

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Psoriasis- Customized Approach

Herbs- Guduchi, Amalaki, Kutki, Neem

Formulations
- Mahatiktakam Ghee
- Gulgulutiktakam Ghee

External
- Winsoria oil (Kerala Ayurveda)
- Eladi keram oil

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Rheumatoid Arthritis (RA)

- Rheumatoid arthritis (RA) is a long-term disease that leads to inflammation of the joints and surrounding tissues. It can also affect other organs.
RA- Customized Approach

Herbs - Guduchi, Haritaki, Rasna, Devadaru, Sariba, Manjishta

Formulations
- Amrutotharam kwath (in Ama association)
- Rasnasaptakam kwath
- Rasnairandadi kwath
- Indukantham Ghee
- Gulgulutiktakam Ghee
- Chyavanaprasham

Panchakarma - Vasti

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Celiac disease is a condition that damages the lining of the small intestine and prevents it from absorbing parts of food that are important for staying healthy. The damage is due to a reaction to eating gluten.
Celiac Disease- Customized Approach

Herbs- Dasamoola, Chitraka, Charngeri, Indian Curry Leaf, Turmeric, Ginger

Formulations
- Chirivilwadi kwath
- Gandharvahastadi kwath
- Dhanwantaram tablet
- Kalasakadi kwath
- Indukantham kwath/Ghee
- Sukumaram kwath/ghee

Panchakarma- Vasti (mild)

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Fibromyalgia

- Fibromyalgia is a common syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues.
Fibromyalgia - Customized Approach

Herbs - Guduchi, Haritaki, Rasna, Devadaru, Manjishta, Erandam, Dried Ginger

Formulations
- Amrutotharam kwath (in Ama association)
- Rasnapanchakam kwath
- Rasnasaptakam kwath
- Rasnairandadi kwath
- Indukantham Ghee
- Gulgulutiktakam Ghee

Panchakarma - Vasti

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