

CLINICAL PERSPECTIVES ON PEMPHIGUS VULGARIS AND MANAGEMENT
AYURVEDA: A CASE REPORTDr. Preeti Majhi^{*1}, Dr. Yogesh Wane², Dr. Prakash Joshi³ and Dr. Harsh Pastore⁴¹Post Graduate Scholar, Department of Rachna Sharir, Govt. Dhanwantari Ayurvedic College & Hospital, Ujjain (M.P.) 456001, India.²Associate Professor & HOD, Department of Rachna Sharir, Govt. Dhanwantari Ayurvedic College, Ujjain (M.P.) 456001, India.^{3,4}Assistant Professor, Department of Rachna Sharir, Govt. Dhanwantari Ayurvedic College, Ujjain (M.P.) 456001, India.***Corresponding Author: Dr. Preeti Majhi**

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ABSTRACT

Ayurveda as an ancient system gives prime importance to *Twacha* as *Dnyanendriya*, with regards to *Twak sharira* Ayurveda described *Vyadhies* of skin, their etiopathogenesis and Ayurveda management of skin diseases. As per Ayurveda each layer of *Twak* play vital role towards the pathogenesis of specific diseases. Pemphigus vulgaris is one such skin disease which involves vesico-bullous lesions over body parts, symptoms of fever with burning sensation and excruciating pain, etc. This article described a case study of Pemphigus vulgaris, in which clinical features of Pemphigus vulgaris were correlated with *Visphotaka* and treatment was planned accordingly. The observations from the case study suggested that Ayurveda treatments are useful for skin disease such as; Pemphigus vulgaris, the oral as well as topical formulations acts synergistically to relieves disease pathogenesis and symptoms simultaneously.

KEYWORDS: *Ayurveda, Pemphigus vulgaris, Twak sharir, Visphotak, Vesico-Bullous Lesions.***INTRODUCTION**

Pemphigus vulgaris is skin disease accompanying symptoms of intraepidermal bullous, erosions, blisters of skin and mainly associated with autoimmune disturbance. However the incidences are very rare but it is considered life threatening disease. The pathological cascade involves epidermal clefting due to the effect of IgG antibodies which targets various types of keratinocyte via process of apoptosis. The epidermal cells fail to adhere correctly due to the effects of auto-antibodies, which finally results flaccid blisters and painful erosions in skin.^[1-4] Patients suffering from *Pemphigus vulgaris* may encounter physical as well as psychological stress. The skin blisters can burst due to their fragile nature leaving behind unhealed area of skin. The disease mainly occurs in middle or old aged group's population but sometimes also seen in younger generation. The major cause is auto immune disturbance which may trigger by genetic, environmental and other factors, etc.^[4-6]

Diagnosis

- Visual examination
- Lesion biopsy or microscopy of blister.

- Nikolsky's Sign: Rubbing of surface of unaffected area with cotton causes separation of skin.
- Direct Immunofluorescence Test (ELISA test)

According to Ayurveda these types of disease mainly arises due to the *Pitta Doshas*, therefore Ayurveda advocated uses of *Pitta* pacifying herbs, diet and daily regimens which helps to balance aggravated *Pitta Doshas*. The purification measures such as *Virachan* can also be employed for treating disease. The formation of "*Ama*" as toxin can also alter immune system which may cause disorder like Pemphigus Vulgaris.

AIM AND OBJECTIVES

1. To propose Ayurveda treatment as an effective option for the management of symptoms of Pemphigus Vulgaris.

MATERIALS AND METHODS

This Study was carried out in *Charma Rog Nivaran* unit of *Rachna Sharir* Department in govt. Dhanwantari Ayurved College and Hospital Ujjain (M.P.) India.

CASE REPORT

The present case study reported successful treatment of Pemphigus Vulgaris in male patient age of 32 year, Registration No-6653 came to the (Charma Roga Nivaran units) OPD in Govt. six month before with typical symptoms of Pemphigus Vulgaris.

Following complaints and symptoms were observed during clinical diagnosis:

- ❖ Vesico-bullous lesions over both hands.
- ❖ Symptoms of burning sensation and excruciating pain
- ❖ Itching sometimes
- ❖ Mental stress

History

Patient was normal few years back but due to the some unknown etiologial factors his gastric physiology becomes abnormal followed by gradual development and spread of symptoms of Pemphigus Vulgaris, no family history was reported during clinical questioning.

Personal clinical observation

Patient observed with *Madhyam Bala, Vata kapha* predominant *Prakriti, Samanya Nadi* and *Niram Jivha*.

TREATMENT PLAN

Following drugs were prescribed:

Oral Formulation

- ❖ *Sanshamani Vati*: 1 gm
- ❖ *Shanka bhasma* 500 mg
- ❖ *Kamdudharas* 250 mg
- ❖ *Muktashukti* 250 mg
- ❖ *Sanjeevani Vati* 1 gm

Mixed the combination of above mentioned drugs and make small packets in equal quantity and given 1 BD with normal water to patient.

❖ *Paripathadi kadha* 20-20 ml BD

Content of Topical Gel Formulation

- ❖ *Aloe vera*
- ❖ *Turmeric*
- ❖ *Honey*
- ❖ *Cow Ghee*
- ❖ *Karanj Oil*

The gel prepared from above ingredients used locally 03 times daily.

- ❖ *Shatdhout ghrut cream* (Twice daily)

Follow up period: After every 10 days

OBSERVATION AND RESULTS

The effects of therapies were measured on the basis of relief in typical symptoms of disease as mentioned in **Table 1**.

Table 1: Effect of therapies in symptoms of Pemphigus Vulgaris after treatment.

S. No.	Sign and symptom	Before Treatment	After Treatment		
			1st follow up	2nd follow up	3rd follow Up
1	Vesicobullous lesions	+++	+++	++	+
2	Burning sensation	++	++	---	---
3	% of affected area	+++	++	++	+
4	Itching	+	+	---	---

Severe (+++), Moderate (++) , Low (+), No symptoms (---)

The study observed relief in symptoms of Pemphigus Vulgaris, itching was not prompt before treatment therefore relived easily after few days, the prompt features of disease such as; vesicobullous lesions and burning sensation reduced up to some extent after full

courses of treatment, most importantly the percentage of affected area decreases remarkably as depicted in **Figure 1**. The relief in symptoms also reduces mental stress of patient and with due course the results were observed satisfactory in all means.



Figure 1: Before Treatment



After treatment

DISCUSSION

Sanshamani Vati is ayurvedic formulation has antipyretic and anti-inflammatory actions thus relive symptoms of fever and inflammation in skin disease. The *Ama Pachak* action removes diseases caused by toxins including auto-immune problems where *Ama* considered as a toxin.

Paripathadi Kadha is an ayurvedic decoction which helps to relieves burning sensation thus considered useful for inflammatory skin diseases. It reduces fever and heat stroke, reduces skin rashes and blisters, the *Pitta shamak* effects offers benefits in skin ailments where *Pitta* vitiation observed.

The *Shankha bhasma* possess *Katu Rasa* thus helps to reduce acidity and improves digestive ailments which can cause formation of *Ama*, *Laghu Guna* is responsible for absorption of drug at the site of action. *Tikshna Guna* removes and prevents *Ama* while *Ushna Virya* helps to break *Ama* and auto-immune pathogenesis.

According to Ayurveda *Karanja oil* is good for skin to cure boils and wounds, the *Ropan* and cleaning effects helps in skin disease such as; Pemphigus Vulgaris.

Aloe vera as topical gel formulation imparts anti-inflammatory property thus reduces itching and burning sensation. The hydrating properties of *Aloe vera* help to moisturize skin and provides cooling and soothing effects therefore relief symptoms of inflammation in skin diseases like; Pemphigus Vulgaris.

Shatadhauta Ghrita as topical formulation provides moisturizing property, helps to treat dry skin, and removes scars and blister, the astringent qualities balances skin *Doshas* and prevent discharge from skin and imparts symptomatic relief in skin diseases associated with inflammatory manifestations.

Ayurveda helps to normalizing the autonomic functions through enhanced vagal tone and reduction in *Ama* also reduces autoimmune destructions. The reduction in inflammation by prescribed medicines also imparts beneficial effects in disease condition. Turmeric act as an anti-inflammatory drugs and relieves pain and itching. Oil used in therapy also offers anti-inflammatory effects and provides relief in burning sensation.

The patient described relief from stress due to the positive effects of therapy which also boost his moral and confidence level. This psychological change imparts other health benefits and fast recovery from typical manifestations of disease.

Therapy prevents formation of toxins and corrects *Agni* thus both therapies (oral & topical) offer improvement in disease synergistically. The prescribed drugs balance *Doshas* and potentiated *Dhatus* thus exhibited marked improvement in classical symptoms of Pemphigus Vulgaris. The drugs used in therapy improved digestion and corrects *Pitta Dosha* which mainly involves in disease pathogenesis. Detoxification by Ayurveda therapy helps greatly in stopping disease pathogenesis. The *Rakta Shodhka* medicines remove impurities of blood and fasten healing process of body.^[7-10]

The cooling and soothing effects of topical gel formulations relieves symptoms of burning sensation and pain, moreover the wound healing capacity of topical gel formulations reduces percentage of affected area and relieves itching at initial level of treatment.

CONCLUSION

The observations from the case study suggested that Ayurveda treatments are useful for skin disease such as; Pemphigus vulgaris, the oral as well as topical formulations acts synergistically to relieves disease

pathogenesis and symptoms simultaneously. The major symptoms of Pemphigus vulgaris can be compared with *Visphotaka vyadhi* thus the typical line of treatment suggested for this *Kshudrarog* can be suggested for Pemphigus vulgaris.

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