Role of Dharasweda and Raktamokshan in the Management of TAO (Buerger disease)"-A Case Study

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Abstract

Ayurveda has given prime importance to preventive as well as curative aspects. Day to day increased life style induced stress, increased faulty habits like consumption of tobacco and cigarette smoking which may affect the normal blood flow in the small peripheral arteries leads to ischemia. Thromboangiitisobliterans (TAO) is a nonatherosclerotic, segmental inflammatory disease that most commonly affects the small and medium-sized arteries and veins in the upper and lower extremities. In Buerger disease claudication, discoloration, shining of skin, paresthesia and ulcer formation seen. In Ayurveda neither this disease nor the symptoms of Buerger’s disease are described, but the Acharyachararakae explained “Anuktavyadhi” which was treated Kshaya and Vrudhilakshana. In Buerger’s disease vatadosha and raktadusti is mostly affected, which obstructed normal blood flow. With use of Dharasweda reduced the dryness, swelling and peripheral vasodilatation and affected vatadosha which obstructed the normal blood flow which is normal by using Raktamokshan. A 30 year old male was diagnosed as Buerger’s disease underwent Dharasweda and Raktamokshan for 20 days. Patients got marked improvement in the symptoms of Buerger’s disease like claudication, discoloration, shining of skin, paresthesia and ulcer formation seen.

Keywords

Anuktavyadhi, vatadosha, raktadusti, Dharasweda, Raktamokshan
INTRODUCTION
Acharya Charak explained that it was not possible to give proper name to every disease, such disease is treated with Dosha, Dusha, Vrudhi, Kshayalakshana. As the Acharyacharaka explained “Anuktavyadhi” is treated according to Kshaya and Vrudhilakshana. Acharya Sharanghar also explained that Vitalated Vata control the modalities and function of Pitta and Kapha.
Buerger’s disease was first described by Winiwarter in 1879, but it was Leo Buerger who published in detail this disease in 1908. Buerger’s disease is the inflammatory reaction in the arterial wall with involvement of the neighboring vein and nerve, terminating in thrombosis of the artery. A special cause of this disease has never demonstrated but -
1) There is a striking associated with cigarette smoking.
2) Patients with Buerger’s disease usually come from lower socio-economic status and have poor hygiene
In this disease patients complains of pain while walking at the arch of the foot (foot claudication), somewhat less often at the calf of the legs, shining of the skin, hair loss from affected area, burning sensation on the leg, absence of posterior tibial and dorsalis pedis pulse), ulcer and gangrene may be associated finally.
In modern science likewise platelet inhibitors and vasodilation therapy etc. use for reliving the thrombosis. As in Ayurveda not to describe the special treatment for Buerger’s disease. In this disease affected vata dosha and rakta dusti which obstructed the normal blood flow. With use of Dharasweda reduced the dryness, swelling and peripheral vasodilatation and affected vata dosha which obstructed the normal blood flow which is normal by using Raktamokshan.

AIMS AND OBJECTIVES
To study the effect of Dharasweda and Raktamoshan in the management of Buerger’s (TAO) disease.
PLACE OF WORK
Clinical study was performed at Government Ayurved Hospital, Nanded

CASE REPORT
A 30 year old male came to OPD of Shalyatantra Department at GAC & H with a complaint of –
claudication at left lower leg
burning sensation on left lower leg
shining of skin
-loss of hair at affected left lower leg
-absence of lateral pulsation

On examination:
General condition was afebrile
Pulse-86/min
Blood pressure-130/86mmhg
No pallor, no icterus

Systemic examination- RS-AEBE
CVS-S₁S₂ normal
CNS-well oriented
p/a --soft non tender,

Astavidhparikshan-
Nadigati-86/min
Mala-samyak
Jivha-alpasama
Mutra-samyak
Sparsha-ruksha
Druk-samyaka
Akruti-madham

Present illness-
Patients had developed above complaint before 5 months and for its management they visted OPD of shalya.

Past history:
-No h/o HT/DM/any other disease
-Signs: Discoloration at left lower leg, shining of skin and hair loss

Investigation:
- Hb-14 gm%, BSL-110mg/dl, LFT-WNL, KFT-WNL, ESR-05min,
- Prothrombin time report-17.2 sec, INR-1.2
- 2D ECHO and Colour Doppler - Normal LV systolic function, no E/O pulmonary embolism/HT
- Colour Doppler Study of Left Lower Limbs: Peripheral Arterial Disease

DIAGNOSIS
The condition was diagnosed as TAO (BUERGER) disease.

MANAGEMENT
In Buerger (TAO) disease Vatadhatu and Raktadusti is considered so following treatment given as-
1. Luke warm Bala tail dharaswed two times for 20 days: Luke warm oil was poured from four angula height for 15 mins, daily twice a day.
2. Raktamokshan done by Jaluka4 times in a total 20 days with interval of 5 days.
3. It was advised to patient to quit smoking and tobacco consumption.

ASSESMNT CRITERIA

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**Figure 1** First day  
**Figure 2** 20th day

**DISCUSSION**

As in disease *vataand raktusti* presents ,with the help of *Dharasweda* and *Raktamokshan* reducing the *rukshata*(dryness) ,swelling and peripheral vasodilatation which is most important in this disease .*Raktamokshan*(bloodletting) indicated in the raktadusti ,which has present in this disease .With help of this treatment reduced the *Vata* and *Raktadusti* which is effective in Buerger disease.

**CONCLUSION**

*Dharasweda* and *Raktamokshan* are beneficial in Buerger disease as they overcome the claudication, lateral pulsationand discoloration in 20 days. It is easy and cost effective treatment without any adverse effect. The study concludes that *Dharasweda* and *Raktamokshan*is effective in management of Buerger disease(TAO).
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