

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.

Thromboangiitis obliterans (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 *Acharyacharaka* 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.

Keywords

Anuktavyadhi, vatadosha, raktadusti, Dharasweda, Raktamokshan



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INTRODUCTION

Acharya Charak explained that it was not possible to give proper name to every disease, such disease is treated with Dosh, Dusha, *Vrudhi*, *Kshayalakshana*¹. As the *Acharyacharaka* explained “*Anuktavyadhi*”² is treated according to *Kshaya* and *Vrudhilakshana*. *Acharya Sharanghar* also explained that *Vitalated Vata* control the modalities and function of *Pitta* and *Kapha*³.

Buerger’s disease was first described by Winiwarter in 1879, but it was Leo Buerger who published in details this disease in 1908. Buerger’s disease it 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 association with cigarette smoking.
- 2) Patients with Buerger’s disease usually come from lower socio-economic status and have poor hygiene

In this disease patients complain 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 lateral pulsation (absence of

posterior tibial and dorsalis pedis pulse), ulcer and gangrene may be associated finally⁴.

In modern science likewise platelet inhibitors and vasodilation therapy etc. use for relieving the thrombosis. As in Ayurveda not to describe the special treatment for Buerger’s disease. In this disease affected *vata dosha* and *raktadusti* which obstructed normal blood flow. With use of *Dharasweda* reduced the dryness, swelling and peripheral vasodilatation⁶ and affected *vata dosha* which obstructed the normal blood flow which is normal by using *Raktamokshan*^{5, 6}.

AIMS AND OBJECTIVES

To study the effect of *Dharasweda* and *Raktamokshan* in the management of BUERGERS’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 visited 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 *VatadhatuandRaktadusti* 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 *Jaluka* 4 times in a total 20 days with interval of 5 days .
3. It was advised to patient to quit smoking and tobacco consumption.

ASSESSMENT CRITERIA

Table 1 Patients assessment criteria

Criteria	Before treatment	On 20 th day
Claudication	Present	Improved
Lateral	Absent	Feeble

pulsation		
Discolouration	Present	Improved



Figure 1 First day

Figure 220th day

easy and cost effective treatment without any adverse effect. The study concludes that Dharasweda and Raktamokshanis effective in management of Buerger disease (TAO).

DISCUSSION

As in disease *vataandraktausti* 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 pulsation and discoloration in 20 days. It is

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