



# Ayurvedic management of Primary Sjogren's Syndrome – A Case Report

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## Abstract

**Background:** Sjogren's Syndrome a long-term autoimmune disease that affects the body's moisture-producing (lacrimal and salivary) glands and often seriously affects other organ systems, such as the lungs, kidneys, and nervous system. Primary symptoms are dryness (dry mouth and dry eyes), pain and fatigue. In modern science, there is no cure for this apart from symptomatic treatment. Ayurvedic management aims on tracing the root cause, which is *Aama* accompanied by *Vata-Pitta doshas*. Treatment includes *Deepana-Pachana*, *Mrudu Virechana*, *Shamana Aushadhis*. **Materials and Methods:** A 45 years old patient came to Eye OPD with the complaints of Dry eyes, Itching in eyes, Dry mouth, Dry throat and Fatigue. Patient was given *Shadanga Paniya*, *Avipattikara churna*, Local treatments like *Gandusha*, *Achyotana* for 1 month. After attaining *Niramavastha*, she was given *Shatavari Ghrita* in *Shamana* dose for 15 days. **Result:** With Ayurvedic management and proper diet and lifestyle modifications, Patient's symptoms were improved upto 80%.

**Index Terms - Sjogren's syndrome, Dry Eye, Dry Mouth, Autoimmune diseases**

## Introduction:

Sjogren's Syndrome is an autoimmune chronic inflammatory disease with multi-system involvement. It typically occurs in women between 40 and 50 years of age. Its main feature is an aqueous deficiency dry eye - the keratoconjunctivitis sicca (KCS). In primary Sjogren's syndrome patients present with sicca complex - a combination of KCS and xerostomia (dryness of mouth). In secondary Sjogren's syndrome dry eye and/or dry mouth are associated with an autoimmune disease, commonly rheumatoid arthritis. Treatment goals of Sjogren's Syndrome includes, palliative management of symptoms, preventing complications and immunosuppressive agents.<sup>i</sup> Evaluation of a patient with suspected Sjogren syndrome should include an evaluation of oral and ocular dryness and function. In addition to the history, this may include the performance of a Schirmer test, slit-lamp exam with vital dye staining, salivary flow rate, and/or nuclear scintigraphic evaluation of the salivary glandular function. Assessment of autoantibodies (ANA, RF, SS-A, and SS-B) should also be performed.<sup>ii</sup> In *Ayurveda*, there is description related to *Aama* which is responsible for auto-immune diseases. Treatment aims at treating the cause of *Aama* and improve the diseases in the patients. It includes *Nidana-Parivarjana*, *Deepana-Pachana*, *Mrudu Virechana*, *Shamana Aushadhis* and *Sthanika Chikitsa*.

**Case Report:** A 45 years old female patient came to Eye OPD, ITRA with the complaints of Dry eyes, Itching in eyes, Dry mouth, Dry throat and Fatigue since 6 months.

## History of present illness:

A nondiabetic, normotensive, 45 years old female patient came to the Eye OPD in afebrile and conscious state. She was fine before 6 months, then she gradually developed fatigue, dry mouth and dry throat since 6

months. Then she noticed dry eyes and itching in eyes also since 3-4 months. She went to modern hospital, they treated her with Tear drops for 3 months. But she didn't feel much relief, so she approached us in Eye OPD, ITRA and was diagnosed with Sjogren's Syndrome and treatment was started.

### Personal History:

Diet: Mixed

Appetite: Weak

Bowel: Constipated

Micturition: Normal (5-6 time/ day)

Sleep: Normal

Addiction: Nil

### O/E

· Schirmer's Test – 6 mm RE  
8 mm LE

· Flouroscein Tear Film Break Up Test (F-TBUT) – 5 sec RE  
8 sec LE

### Intervention

[Table 1]

Date	Drug	Dose	Route of administration	Duration
11/6/22	1. <i>Shadanga Paniya Yavakuta</i>	10 gm as <i>Phanta Kalpana</i>	Oral	7 days
	2. <i>Shunthyadi Aschyotna</i>	1 drops 4 times in both eyes	Eye Drop	
	3. <i>Tila Taila Gandusha</i>	10 ml BD	Oil pulling	
18/6/22	Rep. 1,2,3 4. <i>Avipattikara Churna</i>	5 gm at night with Lukewarm water	Oral	7 days
25/6/22	Rep. 1,2,3,4			7 days
1/7/22	Rep. 1,2,3,4			7 days
8/7/22	Rep. 1,2,3 5. <i>Shatavari Ghrita</i>	10 ml in the morning with lukewarm water		7 days
15/7/22	Rep. 1,2,3,5 2. <i>Shunthyadi Achyotana</i>	1 drop 2 times in both eyes	Eye drop	7 days

### Pathya-Apathya :

[Table 2]

Pathya	Apathya
<ul style="list-style-type: none"> <li>• <i>Laghu Ahara</i></li> <li>• <i>Mudga, Yava</i></li> <li>• <i>Haridra, Rasona</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Ati-Guru, Abhishyandi Aahara</i></li> <li>• Supression of natural urges</li> <li>• <i>Chinta, Krodha, Bhaya</i></li> </ul>

## Result

[Table 3]

Treatment sittings	Symptoms	O/E
After 1 week	<ul style="list-style-type: none"> <li>• Dry eyes decreased (20%)</li> <li>• Itching in eyes decreased (20%)</li> <li>• Dry mouth decreased (20%)</li> <li>• Dry throat</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Schirmer's Test: 6 mm RE 8 mm LE</li> <li>• Flouroscein Tear Film Break Up Test (F-TBUT) 5 sec RE 8 sec LE</li> </ul>
After 2 weeks	<ul style="list-style-type: none"> <li>• Dry eyes decreased (40%)</li> <li>• Itching in eyes decreased (40%)</li> <li>• Dry mouth decreased (25%)</li> <li>• Dry throat decreased (20%)</li> <li>• Fatigue</li> </ul>	
After 3 weeks	<ul style="list-style-type: none"> <li>• Dry eyes decreased (80%)</li> <li>• Itching in eyes decreased (80%)</li> <li>• Dry mouth decreased (50%)</li> <li>• Dry throat decreased (30%)</li> <li>• Fatigue decreased (20%)</li> </ul>	
After 4 weeks	<ul style="list-style-type: none"> <li>• Dry eyes resolved (100%)</li> <li>• Itching in eyes resolved (100%)</li> <li>• Dry mouth decreased (60%)</li> <li>• Dry throat decreased (70%)</li> <li>• Fatigue decreased (30%)</li> </ul>	<ul style="list-style-type: none"> <li>• Schirmer's Test: 16 mm RE 18 mm LE</li> <li>• Flouroscein Tear Film Break Up Test (F-TBUT) 15 sec RE 16 sec LE</li> </ul>
After 5 weeks	<ul style="list-style-type: none"> <li>• Dry mouth decreased (80%)</li> <li>• Dry throat decreased (80%)</li> <li>• Fatigue decreased (60%)</li> </ul>	

## Discussion

Sjogren's Syndrome is having an incidence approaching approximately one-half of that of rheumatoid arthritis (RA) or affecting 0.5% to 1.0% of the population. Mild Sjogren disease has a good prognosis but those with moderate to severe disease have a very poor quality of life. The dry mouth and eyes often cause irritable symptoms which are not well tolerated.<sup>iii</sup> Modern science doesn't have any cure for that and focuses on symptomatic treatment like Artificial Tear drops, Hydration etc.

In Ayurveda, *Aama* is referred to as accumulation of toxins caused by different means. In Sjogren's Syndrome, *Aama* along with *Vata* is causing blockage in channels of *Udakavaha Srotasa*, which is responsible for symptoms like *Trishna*. Treatment is aimed at *Aama Pachana* and *Trishna Prashamana*.

## Probable Mode of Action of Treatment:

1. *Nidaana Parivarjana*: Excluding the causative factor of the disease is foremost line of treatment. In this patient, causative factors were: *Guru Ahara*, *Adhyashana*, *Diva-Svapna* and *Alpa-Nidra*.
2. *Deepana-Pachana*: Acco. to the *Prakriti (Pittaja)* of the patient and dominance of *Trishna*, here *Shadanga Paniya Yavakuta* was given as a *Phanta Kalpana* for *Panartha* whole day. It has properties like *Deepana*, *Pachana*, *Sroto-Sudhnikara*, *Ruchi-Swedakara* and *Pipasa-Jwara Shanti*.<sup>iv</sup>
3. *Mrudu Virechana*: *Avipattikara Churna* was selected for *Mrudu Virechana* in view of *Pittaja Prakriti* of the patient. Due to its laxative effect, it eliminates *Aama* through purgation from body.
4. *Sneha-Pana*: After attaining *Nirama-Avastha*, Patient was given *Shatavari Ghrita* in *Shamana Matra* i.e., 10 ml in the morning in order to combat the dryness and for decreasing *Vata*.
5. *Shunthyadi Aschyotana*: *Shunthyadi Aschyotana* (Eye Drop) contains three drugs viz., *Go-Ghrita*, *Shunthi* and *Saindhava Lavana*. While *Go-Ghrita* is *Chakshushya*, *Rasayana*, and *Madhura Vipaka* drug,<sup>v</sup> *Saindhava Lavana* is *Snigdha* in *Guna*, *Netrya*, *Tridoshashamaka*<sup>vi</sup> whereas *Shunthi* is *Ushna Veerya*, *Snigdha* in *Guna* and *Madhura Vipaka* drug.<sup>vii</sup> This will cause Tear formation by opening the ducts of meibomian glands.

6. *Tila Taila Gandusha*: It comes under *Snigdha Gandusha*, which is useful in *Vata Pradhana Mukha-Rogas*. Thus, *Tila Taila* which is having *Madhura Rasa, Snigdha Guna* will decrease the dryness of mouth.

**Conclusion:** Thus, through present study it can be concluded that through various treatment protocol of *Aama* along with *Dosha* and *Prakriti* dominance one can get good result in Autoimmune diseases. It is need of an hour to treat the disease from its root cause for curing and preventing recurrence of the disease.

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