



# PLAUSIBLE EXPLANATION OF SJÖGREN SYNDROME ON THE BASIS OF AYURVEDIC PRINCIPLES

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## Abstract

Sjögren Syndrome is a common autoimmune disorder having of dry mouth and dry eyes as clinical presentation from long period and is characterized as a lymphatic infiltration of exocrine glands and is broadly classified in four types i.e.1.Primary Sjögren Syndrome and 2.Secondary Sjögren Syndrome, on the basis of its presentation as alone or along with other disease and other two types on its symptomatic and site of presentation i.e.2.Glandular and 4.Extra-glandular Sjögren Syndrome. In this article, an assumption is put forward that *Aama* and its sthanasanshraya in dhatu as a principle factor to activate immune system treating *Aama* as a foreign body or antigen and further attacking it causing its own tissues destruction leading to disease, which is known as Autoimmune disorder as per modern science. The signs and symptoms of Sjögren Syndrome can be correlated to the classical sign and symptoms said in *Ayurveda* due to vitiation of dosha, dhatu dushti, dosha-dhatu sammurchana and sthanavaigunya i.e. site that the disease can take place. In this research article an effort is made to explain Sjögren Syndrome, its signs and symptoms occurrence and its possible treatment through basic *Ayurvedic* principles i.e. *dosha, dhatu, strotas, agni, bala, stantanyaiguna* and *Aama* concept.

Keywords- Sjögren Syndrome, *Ayurveda* Principles, dry mouth, dry eyes, *Aama*.

## Introduction

*Aama* is very important concept mentioned in *Ayurveda* regarding disease pathogenesis. Unhealthy diet or inappropriate diet causes we simply consider life style diseases but due to this unhealthy diet also produce a toxin called *Aama* which causes poor nourishment to body and also becomes a precepting factor to initiate diseases as said in *Ayurved samhitas*. Sjögren Syndrome is second most common autoimmune disorder but its reference or correlating disease is not available in *Ayurvedic samhitas* and in books regarding *Ayurveda*. Sjögren Syndrome is chronic, slow progressive systemic autoimmune disease in which lymphocytic infiltration of exocrine glands is seen, resulting in dry mouth i.e. *Xerostomia* and dry eyes i.e. *Xerophthalmia*<sup>1</sup>. The prevalence of disease is more in females than in men and is mostly seen in middle age, but can happen at any age. In Sjögren Syndrome there is reduced functioning of lacrimal gland, salivary gland and other exocrine gland which are responsible to keep body moist and lubricated. The pathogenesis of autoimmune disorder involves many factors like susceptibility of genes, environmental trigger factors like infection, injury to the corresponding tissue that activate lymphocytes to enter in its own tissue, the result of this leads to excessive lymphocyte activation and it reacts against its own tissues resulting into tissue damage<sup>2</sup>. Sjögren Syndrome as alone or in association with other autoimmune disorder, its symptoms showing glandular or extra-glandular involvement puts it into four types 1.Primary 2.secondary 3.Glandular 4.Extraglandular<sup>3</sup>. Primary Sjögren Syndrome, in this the disease occurs by itself and there is only dry mouth and dry eye symptoms and absence of connective tissue disorders. Secondary Sjögren Syndrome, here the disease is accompanied by other connective tissue autoimmune disorders like Rheumatoid arthritis, Systemic lupus Erythematosus etc. Glandular Sjögren Syndrome, the clinical presentations are within the exocrine gland. Extra glandular type of Sjögren Syndrome involves other tissues also.

*Ayurveda* is a science which describe disease through various causative factors that is vitiation of *doshas*, *dhatu dushti*, involvement of *strotas*, *agni* i.e. *dhatvagni* and *jataragni*, *bala* i.e. *oja* and to bring this de-arrangement of bodily functions in alignment i.e. *dosha*, *dhatu mala* *samyata* is the main aim of *Ayurvedic* treatment is to establish *Prakrut Prakruti Sthapana*<sup>4</sup>. In *Ayurveda*, there is no such concept of Autoimmune disorder but has mentioned *Aama* as a *visha*<sup>5</sup>. *Aama* is key responsible for many disease mentioned in *Ayurveda*. *Aama* is nothing but incomplete processed *aahar rasa* with low nutritional content and excess waste, in normal physiology the *aahar ras* gets assimilated with *pachak pitta* and *aahar rasa* transforms in *sumya* fluid that has nutrition in it and does *snehan*, *jivan*, *tarpan* and *dharan*<sup>6</sup> but if the person having pre-deposition of disease factor and continues with unhealthy foods and living habits causing *mandata* in *pachakagni* leading to formation of *Aama* in *aahar ras*. This *Aama* janit *aahar rasa* with the help of *Vyana vayu* travels through nutritional channels in all over to provide nutrition and takes a seat at *sthanavaigunya* and causes disease<sup>7</sup>. As mentioned in *Ayurveda*, daily unhealthy food and living habit results to *mandagni* and resulting into *Aama*. This *Aama* then travels in body through *aahar rasa* i.e. *poshak* *rasa* and enters into *sthayi rasa* i.e. *Rasa dhatus* and further in ascending *dhatus* causing *dhatavagni mandyata*<sup>8</sup>. In Autoimmune disease, immune system attacks its own healthy tissues thinking them as antigen<sup>9</sup>. In Sjögren Syndrome

pathogenesis, the series of events happening in immune system suggest that the epithelial cells of exocrine gland may act as an antigen presenting cell<sup>10</sup> (CH.314 Sjögren Syndrome- pathogenesis, p.no.1947).

So, here an hypothesis is made that *Aama* in *aama yukt aahar rasa* is not the foreign entity its due to *jatharagni mandyata*, when travels through pathway to give nourishment gets lodge in *sthanavaigunya* making body's immune system i.e. *Vyadhishamatva* to treat it as foreign material and activate the immune system resulting into attack on its own tissue and destructing the system itself and cardinal symptoms mentioned with Sjögren Syndrome is dryness of eyes and mouth with associated symptoms such as lymphadenopathy, prolonged fatigue can be explained through *Ayurvedic* diagnostic tools that is vitiation of *doshas*, *dhatu dushti*, *stroto dushti* and *sthanavaigunya* leading to disease caused by *Aama*.

### Aims and objective

1. To study the pathophysiology of Sjögren Syndrome from *Ayurvedic* perspective.
2. To understand line of treatment through *dosha*, *dushya*, *strotas*, *agni*, *bala* and *Aama* concepts mentioned in *Ayurveda*.

### Materials and Methods

This is article is a conceptual study on the assumption that *Aama* in body activates the immune system causing *vyadhi* and to understand the pathophysiology of *vyadhi* through *Ayurvedic* principles mentioned in *Ayurvedic samhitas* and its co-relation with Sjögren Syndrome an autoimmune disorder mentioned in modern science.

### Discussion

In Sjögren Syndrome, dryness is predominant symptom and in *Ayurveda* dryness i.e. *rukshata* is *vata dosha* dominant factor and there is inflammation at the *sthanavaigunya* which denotes *pitta dosha* vitiation and excess *kapha* is due to *agni mandya* leading to *strotasang*, a type of *stroto dushti* causing further stoppage of nourishment causing lymphatic infiltration and lymphadenopathy, *dhatu* involved are *rasa* and *rakta*, *strotas* affected are *rasavaha strotas*, *raktavaha strotas* and *udakvaha strotas*. *Agni dusti* both *dhatwagni mandya* and *jatharagni mandya* is the basic reason for disease and *bala kshya* resulting in *oja kshya* and so *Sjögren* classification can be understood more clearly and in detail on the *Ayurvedic* foundations.

Classification of Sjögren Syndrome<sup>11</sup>

Sr. No.	Type	Presentation of disease
1.	Primary	Disease is alone
2.	Secondary	Associated with other autoimmune diseases
3.	Glandular	Clinical presentation are within the exocrine glands
4.	Extra glandular	Other body tissues are involved like arthralgia /arthritis, lymphadenopathy, lung involvement, vasculitis kidney-liver involvement, lymphoma, splenomegaly, peripheral neuropathy, Myositis.

## Samprapti ghatak in Sjögren Syndrome according to Ayurveda:

Dosha	Vata, Pitta, Kapha (Vata pradhan )
Dhatu	Rasa, Rakta
Strotas	Rasavaha, Raktavaha, Udakvaha
Stroto dusti type	Sang
Agni	Mandya
Vyadhi bala	Madhyam
Sadhya-asadhyata	kruchsadhya
Vaydhi marg	Abhyantar and bhaya
Udhbhava sthana	Aamashya
Vyadhi adhisthana	Bahya stravi granthi
Updrava	Lymphoma

On exploration of *samprapti*, it reveals that *hetu* i.e. *sannikrutha hetu* in Sjögren syndrome is genetic predeposition and *viprkrushta hetu* here is unwholesome food and living habits, *amla padarth sevan* (sour food), *vidahi padarth sevan*(acidic food), *aagantuj hetu* here can be infection and also environment factor can be considered as one of the reason which causes vitiation of *Vata*, *Pitta*, and *Kapha*. These vitiated doshas and *mithya aahar* causes *agni mandya* and causes *Aama Nirmiti*. This *Aama* is produced by incomplete processed food in *Aamashya*. This *aahar rasa* with *Aama* travels through specific channel i.e. *rasavaha strotas* to all parts of the body .This *rasavaha strotas* is carrying *Aama*, a toxin throughout the body while travelling through the *strotas* it affects its *mul sthana*, its *sthoor poshnan* and *sushma poshak bhaga*. So, ultimately it affects *hrudaya*, *dashdhamani*, *rakta poshak bhag dushti*, *swa poshan dushti*. In normal digestion process, digested food i.e. in *aahar rasa* is absorbed by the small intestine and is transported to blood by two ways, one is through directly the nutritive is left in lymphatic system and other way is that the nutritive fluid via portal vein comes to liver undergoes metabolic transformation and then

enters in systemic circulation<sup>12</sup>. This clearly gives an idea of *dhatu poshan nyaya* in *Ayurveda* and role of healthy food and unhealthy food eating habits and its consequences after absorption leads to health and disease respectively. Here, *Aama* in *aahar rasa* hampers the *Prinan* function of *rasa dhatu* in first stage of disease progression and continuation of *mithya aahar* and associated *vihar* i.e. environmental factor leads to *prakop* and *prasar* and during this the body fighting system gets ignited seeing toxin in *rasa* and *rakta*. This *Aama dushit rasa-rakta* and *prakopita doshas* travels and gets seated at exocrine glands i.e. lacrimal and salivary glands i.e. are site of *kapha dosha* especially causing *sthanik dosha dusti* i.e. *tarpak kapha* in eyes resulting in dryness of eyes and *bodhak kapha* in mouth resulting in dryness of mouth and also *kapha* gets more vitiated in other parts of the body due to *Aama* as guru and *manda guna* of *aama* causing *kapha* to get vitiated more at the site and blocks the channel paths resulting in *vata dosha prakopa* and bringing more dryness at the site and for prolong period dryness symptom is seen and due to *Aama* toxin accumulation, *pitta* gets vitiated also vitiating *udakvaha strotas* leading to inflammation as *Aama* is lodge at the site, the immune system attacks the lodge *Aama* treating it as antigen in the exocrine glands causing more inflammation and destroying the gland resulting hamper in its normal function i.e. lubrication and results is extreme dryness in eyes and mouth which is chronic and progressive resulting of formation of autoantibodies in blood as a pathological presentation in blood examination in Sjögren Syndrome.

The main symptoms of Sjögren Syndrome is dryness of eye i.e. Xerophthalmia and dryness of mouth i.e. Xerostomia accompanied with dry skin, dry lips, difficulty in chewing and swallowing, locking of lips during speaking due to dryness, muscle pain, palpitation, weight loss, enlarged lymph nodes and very rarely lymphoma is seen. All the symptoms mention shows *udakvaha stroto dushti*, *udak* is a fluid containing nutritional content and water, due vitiation of *kapha* and *vata dosha* further nutrition is disturbed and overall nutritional status goes down causing above said symptoms like muscle pain, palpitation, fatigue etc.

Seeing *samprapti* of Sjögren Syndrome through *Ayurvedic* point of view and treating it on *Ayurvedic* principles. *Aama* plays a vital component in person having genetic pre-deposition and environmental factor. In this article, an effort is made to understand its pathology and treatment according to *Ayurveda*. Here in *Ayurveda*, *mandagni* is said the main factor for any disease. So, *Aama* is produced because of *mithya aahar* and also due inappropriate *vihar* leading to vitiation in *dosha dhatu* internally and externally. So, the first line of treatment is *Aama Chikitsa* i.e. *Aptarpana*, according to *bala* of *dosha* and *dushya* 1.Langhan, 2.Langhan-Pachan and 3.Shodhan chikitsa should be advised<sup>13</sup>. This eventually help to correct *mandagni* which ultimately correct *dosha* and *dhatu* also *rasa pachak* and *rakta pachak kadha* is admissible for *dhatu pachan* resulting in *dhatu shuddhi* and *prasadana*.

The symptoms i.e. dryness, thirst is because of *udakvaha strotas dushti* extended symptoms are fatigue, muscle pain, palpitation, lustreless and wrinkles skin for correction of *udakvaha stroto dushti shadanga paniya* and *khajoor mantha* can advised as drugs in both the *kalpana* pacifies *Pitta dosha*, *Truptikar*, *Ojo vardhak*, *Prinan* and *Tarpak*. *Bruhan* by *Mansa Rasa* can also be advised as said in *Rajyakshma chikitsa*, as *bala kshya* and ultimate *oja kshya* is seen in later phase of disease and also respiratory involvement is seen in Sjögren Syndrome which can be prevented by *Bruhan Chikitsa* said for *dhatu kshya janya*

*Rajyakshma*, and also said in *Prameha Chikitsa* that after *shodhana*, *mansa rasa* should be given to avoid *vata prakopa* by *shodana karma* and which also resolves *dhatu kshya*, so *Mansa Rasa* is suitable for body as *bruhana* and *tridoshamak* and work as whole body nourishment<sup>14,15</sup>. For localised symptoms *sthanik tarpana*, *Tarpan kriya* and *Putpaak* for dry eyes and *Kaval* and *Gandush* with oil base for dry mouth. *Suvarna Bhasma* mentioned in *Garvisha chikitsa*<sup>16</sup> can also applied to treat a considering *Aama* as *visha*. *Suvarna Bhasma* also acts on *visha* present in *rakta* and further it acts as *Rasayana*<sup>17</sup>.

## Conclusion

Sjögren Syndrome is a second most common autoimmune disorder which can be understood and treated using *Ayurvedic* principles. The pathophysiology and treatment as per *Ayurveda* give us brief idea of our principles that are eternal and at any era it stands firm. *Langhan*, *Langhan-pachan* and *Shodhan chikitsa* for *aama nirharan*. *Rasa-pachak* and *rakta-pachak* for *dhatu Shuddhi*. *Shadang paniya*, *khajoor mantha*, *ajaa dughdha* as *balya*, *trishna shaman*, *vata-pitta dosha shamak*. These as a whole does as a whole body tissue nourishment which gives relief in symptoms like muscle pain, fatigue and palpitation and for localised correction *tarpan* and *putpaka* for dry eyes and *kaval* and *gandusha* in oil base form for dry mouth is admissible. *Nidan parivarjan*, *Vyadhi pratyantik chikitsa* and *Rasayana* are basic fundamentals in terms of treatment when it comes to *Ayurvedic* treatment. *Suvarna bhasma* mentioned in *Garvisha chikitsa* is taken here into considering *Aama* as *visha* and *Suvarna Bhasma* also acts on *visha* in *rakta* and furthermore it acts as *Rasayana* which inhibits further progression of disease. *Tantrayukti* mentioned in *Ayurveda* is the key to the idea to explain Sjögren Syndrome as per *Ayurveda* principles.

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