

Holistic Approach for the Management of *Shlipada Upadrava* (Huge Ulcers in Filariasis) - A Case Study

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Abstract:

In Ayurveda, *Shlipada*, is a disease described in Ayurvedic texts and has much resemblance with Filariasis. As per Ayurvedic literature, *Shlipada* is caused by the vitiation of *Tridoshas* (three body humours). And among these body humours, *Kaphaja* type of body humour plays an important role both in the disease progression as well as treatment. A case report of a 52-year-old male who is a known case of *Shlipada* for 1 year, with complaints of *ubhaya prapada shotha* (oedema) and *ubhaya pada vrana* (wound), *srava* (Discharge) and *shoola* (pain), unable to walk since 7 to 8 months treated with *Bahya Chikitsa - Jalaukavacharan, Triphala kwath Parisheka* and *Abhyantara Chikitsa - Sukshma Triphala, Nityanand Rasa, Rasasindura, Guduchi satva, Aarogyawardhini rasa, Gandhak Rasayan, Mahamanjishthadi Kwatha*. After *abhyantara* and *bahya chikitsa*, there was significant improvement with complete wound healing.

Key words: *Artavakshaya, Ayurveda, Filariasis, Jalukavacharana, Premature Ovarian Insufficiency, Shotha Shlipada, Triphala Kwath parisheka, Yoni purana, Yonipichu*

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Introduction:

As per World Health Organization; 120 million people living in 81 tropical and subtropical countries of the world are infected with lymphatic filariasis and an estimated 1.34 billion live in areas where filariasis is an endemic ^[1]. In comparison to the global population, India is the largest Filariasis endemic country, contributing to about 40% of the total global burden of filariasis.^[2]*Shlipada*, a disease described in Ayurvedic texts has much resemblance with Filariasis. As per Ayurvedic literature, *Shlipada* is caused by the

vitiation of *Tridoshas* (three body humours). And among these body humours, *Kaphaja* type of body humour plays an important role both in disease progression and treatment. *Charaka* explained this as sub types of *Shotha* (oedema) ^[3].

Case History:

Name: XYZ

Age: 52 years

OPD NO: 2020OC09931

IPD No: IPD/201607

Gender: Male

Residence: Mumbai

Occupation: Standing work for 8 hrs/day

History of present illness:

A male patient of 52 years old, presently living in Mumbai, Maharashtra was complaining of *ubhaya shotha* (Pedal oedema > on the dorsum

Past medical history: H/o Pulmonary Koch's 25 years ago

Past surgical history: Surgical history of varicose vein 10 years ago

Family history: Nothing relevant

Personal history:

Intake of Non vegetarian food- once in a week, tea - 4-5 times in a day

Sleep – Disturbed

Appetite – Reduced

Bowel – Irregular, constipated

Addiction – No Addiction

Lab reports: BSL- FSL - 87mg/dl, PPSL- 92.6mg/dl, BT-1min 20sec, CT- 3min 50sec

On Examination:

General – Patient has *Vata – Pittaja prakruti*

Vital signs:

Pulse – 88/min

BP: 150/90 mm Hg

Trividha Pariksha^[4]

Darshana: *Ubhaya prapada pradeshi shotha, Ubhay pada pradeshi vrana, Pitavarni srava, dourgandhya.*

Sparshana: Generalised skin status has revealed *Kathina, khara, sheeta sparsha*, skin around ulcer has *sparshaasahatva*

Prashna: *Ubhaya pada pradeshi shoola,*

Palpation: Skin temperature – cold

Systemic Examination:

RS - AEBE

CVS - S1 S2 heard, no added sounds

CNS - Conscious, well oriented, superficial reflexes intact

GIT - Bowel movements irregular, Tongue – coated, Per abdomen – non tender

Samprapti Ghataka:^[6,7]

Lakshana: *Gaurava, sthiratva, Ghana shotha*

of both feet & around lateral and medial tibial condyles at ankle joint) for 1 year and *ubhaya pada vrana* (wound) and *peeta durgandhi srava* (Yellowish discharge & foul smell) and *shoola* (Pain) since 7 to 8 months. He visited the Kayachikitsa OPD of Seth R.V. Ayurvedic Hospital, Sion, Mumbai for the same.

Ubhaya pada tala daha

Vranavastunurup srav- Twakgat

Astavidhapariksha:

Nadi (pulse)- 88/min(*vatapittaj*)

Mala (stool) – *Vibandha* (constipated)

Mutra (Urine) – *Samyaka* 4-5 times/day

Jivha (Tongue)- *Sama*

Sparsha – *Haani*

Shabda – *Samyaka*

Akruti - *Madhyama*

Druk – *Samyaka*

Local Examination: Huge Ulcers^[5]

Inspection:

1. Size, Shape and position:

Left foot ulcers: Approx. (8× 6 ×2) cm at medial aspect of left ankle joint, vertically oval, approx. (4 ×4 ×1) cm at anterior aspect of left ankle joint, oval in shape, Right foot Ulcers: Above and medial Aspect of Ankle joint approx. (4× 2× 1) cm & (3× 2 ×1) cm vertical and oval in shape respectively.

2. Number: four

3. Edge & Margin: Sloping edge & irregular border

4. Floor: yellow, reddish granulation tissue.

Dosha: *Kaphapradhana tridosha*

Dushya: *Mamsa, Rakta, Meda, Twaka*

Srotas: *Rasavaha, Raktavaha, Mamsavaha Medavaha*

Rogamarga: *Bahyarogmarga (Shakhagata)*

Rogibala: *Madhyama*

Agni: *Vishama*

Roga bala: *Madhyama*

Hetu bala: *Madhyama*

Samprapti bala: *Madhyama*

Lakshana bala: *Madhyama*

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Treatment Given:

Aabhyantra Chikitsa: (11/12/2020 - 06/01/2021) The patient was admitted in our hospital for the treatment and for observation.

As described by *Sushruta* in *dwivraniya chikitsa adhyaya*, *vraha Shashti upkrama*, *vrahashodhana* and *vraharopan karma* were done (Table-1).

Table-1: Therapeutic intervention and Timeline:

Date	Medicine	Dose and Anupana	Outcome
11/12/2020	1.Aarogyawardhini rasa 2.Gandhak rasayan 3.Kaishor guggulu 4.Sukhama Triphala 5.Nityanand rasa 6.Rassindura 7.Guduchi satva 8.Mahamanjishtadi kwath 9.Triphala churna	500mg TDS 750mg TDS 500mg TDS 250mg TDS 250mg BD 125mg TDS 500mg TDS 30ml TDS 3gm H.S. All medicine with <i>koshna jala</i> .	<i>Ubhaya prapada pradeshi shotha, shoola</i> , <i>Ubhaya padapradeshi vraha</i> <i>Pitavarni durgandhi srava</i> <i>Ubhaya Padatala Daha</i> Unable to walk
13/12/2020	1 to 9 same as above 10. Triphala Kwatha <i>Parisheka</i> 11. Herbal ointment for topical use.		Not much change
14/12/2020	1 to 11 same as above 12.Jalaukavacharan	Two <i>Jaluka</i>	Not much change
18/12/2020	1 to12 same as above	Two <i>Jaluka</i>	25% relief No foul smell Pain decrease
21/12/2020	1 to 12 same as above	Two <i>Jaluka</i>	50% relief Pain decrease Oedema decrease
24/12/2020	1 to 12 same as above	Two <i>Jaluka</i>	More than 50% relief
30/12/2020	1 to 12 same as above	Two <i>Jaluka</i>	75% relief No discharge
4/1/2021	1 to 12 same as above	Two <i>Jaluka</i>	Oedema decreased Pain decreased Burning sensation decreased
6/1/2021	1 to 11 same as above		Oedema decreased Pain decreased Healthy granulation tissue.

		
11/12/2020	11/12/2020	<i>Triphala kwatha parisheka</i> (12/12/2020)
		
30/12/2020	30/12/2020	30/12/2020
		
<i>Jalaukavacharan</i>	06/01/2021	06/01/2021

Result and Discussion:

With one month of internal medication and external therapy which included 6 sittings of application of *jaluka*, the *vrana shodhana* and *vrana ropana* was attained. There were improvements in his overall systemic complaints.

Arogyavardhini: It is mainly used in skin diseases; it decreases the vitiated *doshas* in the skin. It is a *Pachana*, *dipana*, and *pathyakarak*.^[8]

Gandhak Rasayan:^[9] *Gandhak* is a well-known and preferably used medicine in *kushta roga*. It acts as a *raktashodhak* (blood

purifier), heals wound and improve quality or texture of skin.

Kaishora Guggulu: ^[10] *kaishora guggulu* mainly act on *vata* and *rakta dushti*, it acts on all types of skin diseases, *kushataghna*, *Raktashodhaka*, *Raktavardhak*, *raktavaha srotogami*.

Sukshma Triphala: It contains *kajjali*. *kajjali* is *yogavahi*, *sukshma*, it percolates deep down into *sukshma srotas* and helps in *srotoshodhana*. *Triphala* acts as a *vranshodhana* and *vranaaropana*.

Nityanand rasa^[11]: *Nityanand rasa* is indicated in *Slipada*. It is *tridosha hara*, *lekhana*, *vrana shodhaka*, *nitya anulomana*. *hingulotha parada*, *Gandaka*, *Tamra*, *Vanga*, *Tutha*, *Kamsya*, helps in *srotoshudhi*, *krimihaaratva* and *dhatu tarpana* by antimicrobial action and increasing bioavailability of micronutrients. *Triphala*, *trivet*, *danti* ensure the *nitya anuloman*. *Vacha*, *chitraka*, *trikatu*, enable *sroto shodhan* and *kapha vichedana* for reversing *samprapti*.

Rasasindur guduchi satwa:^[12] *Rasasindur* is *yogavahi*, *sheeghra kriyakari*, *vranaahara*, and *balya.guduchi satwa* was used as a *anupana*

Mahamanjishtadikwath:^[13] *Kushthahara*, *vatanulomak*, *rakta*, *mamsa*, *meda*, *asthi*, *majjapachaka*, *raktaprasadaka*.

Triphala churna: It is *shothahara*, *vedanahara*, *vranshodhana*, *vranaaropana*, *anuloman*,

Bahya Chikitsa:

Triphala Kwath Parisheka: *Triphala* is *kashay rasatmak*, *vranshodhak*. It helps to remove debris from the wound and help in wound healing.

Role of Jalauka: In recent studies, more than 20 bioactive molecules having anti-inflammatory, analgesic, antimicrobial, and anticoagulant properties were reported from

medicinal leeches. Leech has *hirudin* in saliva which is potent thrombolytic as well as fibrinolytic agent. It probably increases local circulation and thus diminishing inflammation and ultimately reducing pain. Leech has antibiotic like substance, equally potent to penicillin and has potent anaesthetic agent in saliva, which is equally potent to morphine (Aisha EI awady, 2003). Leech has a potent histamine like powerful vasodilator agent present in saliva (Karan & Dente, 2007), which act as an anti-inflammatory and therefore reducing pain. Leech has *Hyaluronidase*, *Proteinase*, in saliva, which is probably helpful with enzymatic degradation of slough material present in non-healing ulcers and therefore reduces mechanical loads, which diminishes pain. (Michalsen. A, 2006)

Herbal Ointment:^[14] It contains *sal resins*, *neem leaf*, *karanj Seed*, *Chakramarda seed*, *pakar bark*, *Yashtimadhu root*, *Malkangini seed* and *Jasad Bhasma*. *karanj beej oil* is *kruminashak*, *vranaaropan*, and *vedanasthapak*. *chakramarda seed* is *laghu*, *ruksha*, *katu*, *usna virya*, *kaphavatshamn*, *lekha*, *kandughna*, and *vishaghna*, *yakrut uttejak*, so used in many skin disorders. *Neem leaf* is *jantughna*, *vranaapachan*, *vranshodhana*, *Dorgandhyahar*, *dahaprashamana* and *kandughna*. *tiktarasatmak*, *raktashudhikar*. *Yashtimadhu* is *varnya*, *kandughna*, and used in all types of skin disorder. *malkangini* is *twachya*, *jashad bhasma* is used in *dushta vrana*.

Conclusion:

Pathogenic filarial parasites along with other morbidities can cause significant dermatologic manifestations. *Wuchereria bancrofti*, *Brugia malayi*, *Brugia timori*, *Onchocerca volvulus*, and *Loa loa* are the parasites that can cause irreversible damage in lymphatic drainage with severe itching, favouring secondary bacterial infections. The skin becomes coarse, verrucous, and thickened and leads to ulcer formation. The principle of Ayurveda

implemented clinically yield effective management of such a condition with the complete healing of ulcer with improvement in circulation and lymphatic drainage.

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