

Management Of Erythema Nodosum W.S.R. To *Uttana Vatarakta* – A Case Study

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Abstract:

Acharya Sushruta included *Raktamokshana* in *Panchakarma* and described it as the best procedure because it eliminates all three vitiated *Doshas* viz. *Vata*, *Pitta* & *Kapha* associated with *dushta Rakta*. *Jaloukavacharana* is type of *Ashastrakruta Raktamokshana*. *Nirvisha Jalouka* are used to treat intense pain and associated symptoms in arthritis, vascular and venous diseases, varicose vein ulcers, skin diseases like psoriasis, eczema and many others. Erythema Nodosum is a disease of deep dermis and subcutaneous fat characterized by red, tender, painful nodules. These signs and symptoms are similar to *vatarakta*. *Jaloukavacharan* helps to reduce the local swelling, tenderness, temperature, pain by removing vitiated *rakta* and help in healthy circulation and proper oxygenation of tissues.

Key words: Erythema nodosum, *Uttana Vatarakta*, *Jalaoukavacharana*.

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Introduction:

Ayurveda is an ancient indigenous medical system. Ayurveda offers the way of having a healthy, harmonious, and long-life by its holistic approach [1,2]. Equilibrium state between *dosha*, *dhatu* and *mala* are important factors in maintaining the healthy condition of body [3]. To achieve this, mankind has to follow proper diet (*hitakara ahara* and *vihara*), proper sleep (*nidra*) and *brahmacharya* [4]. So, health of an individual depends solely on his / her diet and lifestyle. But nowadays, due to more urbanization and upgradation of civilization there has been an erratic variation in dietary habits and life style which makes individuals more vulnerable to metabolic disorders. These disorders may

cause functional impairment or crippling disorders like *Vatarakta*.

When aggravated *Vata* is obstructed by *dusht Rakta* and this obstructed *Vata* again vitiates the *Rakta* [5], this pathological condition called as *vatarakta* or *vatashonita* [6] is manifested. *Vatarakta* is mainly correlated to Hyperuricemia or Gout. Gout is a systemic disease that occurs due to the accumulation of monosodium urate crystals in tissues mainly in joints [7]. But by looking at symptoms mentioned in *samhitas*, *vatarakta* is not just limited to joint diseases.

Diseases like Scleroderma (Systemic Sclerosis), Systemic Lupus Erythematosus (SLE), Psoriatic Arthritis, Erythema Nodosum and many more in which we found vitiation of

vata dosha and rakta dhatu can be considered as a Vatarakta.

Erythema Nodosum (EN) is having characteristic reaction pattern due to panniculitis in the deep dermis and subcutaneous fat [8]. Erythema Nodosum can occur in all ethnicities, sexes and ages, but is most common in women between the ages of 25 and 40 [9]. It is 3-6 times more common in women than in men except before puberty when the incidence is the same in both sexes [10]. It is hypersensitivity reaction to unknown cause in up to 55% of patients [11]. In other cases, it is associated with an identified infection, drug, inflammatory condition or malignancy [12]. It is characterised by nodules of 1-2 inches (25-51 mm) nodules below the skin surface, usually on the shins. They can appear anywhere on the body, but the most common sites are the shins, arms, thighs and torso. New nodule usually appears red and local increased temperature and firm to the touch [13]. Joint pain and inflammation are also common [14].

By assessing the signs and symptoms of Erythema Nodosum, they are more similar to *vatarakta*. So, presenting a case of Erythema

Systemic Examinations:

Cardio-vascular system: S1, S2 heard normal

Respiratory system: AEBE clear

Nervous system: conscious, well oriented

Digestive system: normal appetite, constipation

Musculoskeletal: Oedema at bilateral ankle joints, Tenderness over shin of tibia and medial malleolus of both legs. Restricted movements of ankle joints.

Dermatological: Erythematous, firm, solid nodules are painful on palpation and localized on extensor surfaces of the legs (Shin of Tibia). Increased local temperature and severe burning was present.

Investigations:

CBC (30/05/2019) – HB -14 gm/dl, RBC – 7.17 mil/cumm, WBC – 9600 /cumm, Platelet

Nodosum with special reference to *vatarakta* and its *ayurvedic* treatment.

Case Report:

A 62-year female patient, R/O Rajawadi Ghatkopar, Mumbai, came to OPD on 15/06/2019 with chief complaints of oedema on and around both ankle joints (pitting in nature), severe burning sensation, red, tender, painful nodules over shin of tibia and difficulty in walking.

Associated complaints - Dyspnea on exertion and constipation.

Past History:

1. Patient had same complaints in 2014 and had received treatment from Government Hospital and got relief.
2. **K/C/O** – Hypertension for 12 years
3. **H/O** – Extra pulmonary Tuberculosis 35 years ago

Past Surgical History: Tonsillectomy done 35 years ago

Medicinal History:

- | | |
|------------------------------|-------|
| 1. Tab. Nebivolol (5 mg) | 1—0—0 |
| 2. Tab. Telmikind (40 mg) | 1—0—0 |
| 3. Tab. Aspirin (150 mg) | 1—0—1 |
| 4. Tab. Azathioprine (50 mg) | 0—0—2 |
| 5. Tab. Goutnil (0.5 mg) | 1—0—1 |
| 6. Tab. Prednisolone (8 mg) | 1—0—0 |

count – 1,65,000/ μ L. ESR – 08 mm/hr, FBS – 83 mg/dl, PLBS – 76 mg/dl, Sr. Creatinine – 1.8 mg/dl, LFT – WNL, HIV – Negative, G₆PDH – 17.3 . Thyroid profile – T₃ – 48.3 ng/dl, T₄ – 7.6 μ g/dl, TSH – 0.90 μ IU/ml

Colour Doppler venous study (19/06/2019) of right lower limb – Mild subcutaneous tissue oedema is seen in calf and an incompetent ankle perforator is seen in mid-calf.

Throat swab for (04/07/2019) Streptococci – Negative.

Histopathological report (13/04/2019) – Possible top of Erythema Nodosum.

Based on history, clinical examination and histopathological report, patient was diagnosed as having Erythema Nodosum which was treated as *Vatarakta* according to Ayurveda.

Table-1: Personal History:

Name: XYZ	Bala: Madhyama	Prakriti: pitta-vata
Age: 62 years	Sleep: Inadequate	BP: 114/80 mm of Hg
Sex: Female	Addiction: Paan chewing (few times)	Pulse: 80/min
Marital Status: married	Bowel Habit: Irregular	Respiratory Rate: 18/min
Occupation: previously worked at hospital (standing work)	Appetite: Normal	Temperature: 97.4°F
Menstrual History: Menopause 22 years ago (at the age of 40 years)	Allergy: None	Weight: 63.2 kg

Table-2: Ashta Vidha Pariksha:

Nadi- 80/min	Shabda – Spashta (clear)
Mala- constipation	Sparsh – Ushna
Mutra- normal	Drik - Normal
Jihva- Sama (coated)	Akriti - Madhyama

Table-3: Gradation of symptoms according to WHO scoring pattern^[15]

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Swelling	No swelling	Slight swelling	Moderate swelling	Severe swelling	
Discoloration	Normal coloration	Near to normal which looks like normal to distant observer	Reddish coloration	Slight reddish black discoloration	Blackish discoloration
Burning Sensation	No burning	Mild burning	Moderate burning	Severe burning	
Pain	No pain	Mild pain	Moderate pain but no difficulty in moving	Slightly difficulty in moving due to pain	Much difficulty

Table-4: Treatment and Timeline:

Date	Symptoms	Treatment Given
20/06/2019	Bilateral Pedal Oedema (left >> Right) Burning sensation on both soles Red, Tender, painful nodules present over shin of tibia of both legs Increased local temperature Difficulty in walking	Abhyantar
		1. Rasasindur 100 mg TDS
		Sukshma Triphala 500 mg
		Triphala Guggulu 500 mg
		Gokshuradi Guggulu 500 mg
		Kaishor Guggulu 500 mg
		2. Adulasa Ghan Vati 250mg BD
		3. Dashanga Lepa Vati 250mg TDS
		Bahya
		1. Yavakshar + Koshna Jala BD
		Pattbandhan
		2. Dashanga Lepa + Ghruta (Local application) BD
		Shodhana
		Raktamokshan chikitsa with Jalaukavacharan was repeated on every 7 th day (7 sessions were done).
02/07/2019	Burning on Right sole. Pain, tenderness and redness reduced. Pain at both	Abhyantar
		1. Adulasa Ghan Vati 250mg BD
		2. Dashanga Lepa Vati 250mg TDS
		3. Raktaprasadak Kwath 30 ml TDS
		4. Kaishor Guggulu 500mg TDS

	lower extremities Reduced bilateral pedal oedema. Itching (+++)	<i>Bahya</i>	<i>Dashanga Lepa + Ghruta</i> (Local application)		BD
07/08/2019	No pedal oedema Brownish, mild painful nodules present Burning, pain and itching reduced	<i>Abhyantar</i>	1. <i>Adulasa Ghan Vati</i>	250mg	TDS
			2. <i>Dashanga Lepa Vati</i>	250mg	TDS
			3. <i>Raktaprasadak Kwath</i>	30 ml	TDS
			4. <i>Kaishor Guggulu</i>	500mg	TDS
			5. <i>Muktadi Vati</i>	250mg	TDS
			6. <i>Bruhat Manjishthadi Vati</i>	250mg	TDS
		<i>Bahya</i>	1. <i>Dashanga lepa + Ghruta</i> 2. <i>Pinda Taila</i>		BD
05/09/2020	Mild pain at toes of both legs. Other symptoms reduced markedly	<i>Abhyantar</i>	1. <i>Amrutadi Guggulu</i>	250mg	TDS
			2. <i>Dashanga Lepa Vati</i>	250mg	BD
			3. <i>Bruhat Manjishthadi Vati</i>	250mg	TDS
			4. <i>Kaishor Guggulu</i>	250mg	TDS
			5. <i>Avipattikar Churna</i>	5 gms	HS
		<i>Bahya</i>	<i>Sahachar Taila + Panchaguna Taila</i>		QDS

Table-5: Result:

Symptoms	Before Treatment (15/06/2019)	After Treatment (25/08/2019)
Swelling	Grade 3	Grade 0
Discoloration	Grade 3	Grade 0
Burning Sensation	Grade 3	Grade 0
Pain	Grade 4	Grade 0
Sr. Uric Acid	9.8 mg/dl (29/06/2019)	6.4 mg/dl (17/07/2019)

Before Treatment


After Treatment



After follow up



Discussion:

Treatment was planned according to *Shodhana* and *Shamana chikitsa*. In *Shamana chikitsa*, *abhyantara* and *bahya* medicines were used and changes were made according to the variation in stages of vitiation of *dosha* and *samprapti*.

Mode of Action:

In the initial phase, to reduce the active inflammation we used certain combination of drugs which are as follows;

Rasasindur – It is *Yogavahi* in nature. Mainly used in *vataroga*, *dushita vrana*, *shotha*. It acts on *rasa*, *rakta* and *mamsa dhatu*. So, helps to reduce the active inflammation as well as local infection.

Sukshma Triphala – It contains *kajjali*. *kajjali* is *yogwahi*, *sookshma* in nature. It acts deep

down into the *sookshma srotas* and helps in *srotoshodhan*. *Triphala* acts as a *vranshodhana* and *vrana-ropana*.

Triphala Guggulu – Act as *shothahara*, *vatashamak*.

Gokshuradi Guggulu – mainly used in *shotha yukta vyatvyadhi*.

Kaishor Guggulu – *Kaishor guggulu* mainly act on *vata* and *rakta dushti*, it acts on all types of skin diseases. It is *kushataghna*, *Raktashodhaka*, *Raktavardhak*, *raktavaha srotogami* ^[16].

Adulasa vati – It possesses *tikta*, *kashaya*, *laghu* and *ruksha* *guna* which act as *kaphaghna* and due to *sheeta guna* act as *pittaghna*. So it reduces *kandu* and *daha*. It also act as *vedanasthapaka* and *shothahara* ^[17]. It is used to reduce the tendency of

bleeding inside the lesions of Erythema Nodosum.

Dashang Lepa Vati – It is used in *pittaja* and *raktaja shotha*. So, help to reduce swelling and pain.

Yavakshara – It has tikta rasa and ushna virya. *Ushna, Tikshna Guna* of *Yavakshara* causes *Strotovivaran* and *Strotoshodhan* ⁽¹⁸⁾.

Jaloukavacharan – It is the best method to pacify the vitiated *Pitta* and *Rakta*. *jalouka* sucks the blood and improves local blood circulation mainly by injecting histamine like substances that causes vasodilatation. After the evacuation of vitiated blood from the affected site, re-channelization of blood flow is stabilized. Bdelin present in the saliva of *jalouka* acts as anti-inflammatory agent thereby reducing inflammation and maintains normal circulation recovering discoloration. Anaesthetic gel present in saliva of *jalouka* reduces pain and tenderness giving symptomatic relief ^[19].

In later stage, after reduction of inflammation, removed combination having *rasasindura* and had added *Raktaprasadak kwatha* which contains drugs from *varnya mahakashaya*. It helps in reduction in discoloration (by reducing vitiated *Pitta* and *Rakta*).

Muktadi vati – Used in *pittapradhana vyadhi*. It helps to reduce *daha* symptom.

Bruhat manjishthadi vati - It is indicated in *Vata rakta, Raktashodhaka, Tvak vikara* and *Kushtha*. It is used as potent blood purifier contains *Varuna (Cratogeomys)* which facilitates removal of toxins from the body ⁽²⁰⁾. Acts as *Kushtahara, Vatanulomak, Rakta, Mamsa, Meda, Asthi, Majjapachak, Raktaprasadak* ^[21].

Pinda Taila – Mainly used in *Vatarakta vyadhi*. Help to reduced *daha, rakta dushit vat vyadhi* (opted to reduce intense pain).

In the last follow up, all the symptoms like burning, swelling, tenderness were reduced. Patient only had joint pain and mild discoloration, so started with *Amrutadi*

Guggulu, Kaishor Guggulu, Sahachara Taila and *Panchaguna Taila* which acts as *vatashamaka* and reduces pain. As *apunarbhav chikitsa*; *Bruhat Manjishthadi Vati* was prescribed which is *raktaprasadak* and helped to reduced discoloration.

Conclusion:

Erythema Nodosum is a self-resolving disease. But the recurrence of the disease needs proper management. All the signs and symptoms are similar to *vatarakta*. So, preparations are selected on the basis of involvement of *dosha* and *dushyas* of the disease. Also *jaloukavacharana* is a major *shodhana* karma, (especially when vitiation of *pitta* and *rakta* and *vata* is involved) which helps to remove the localised vitiated *rakta* and reduced symptoms.

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