



MANAGEMENT OF *SHLIPADA* IN *AYURVEDA-A* CASE REPORT

PANKAJ MESHAM^{1*} ABHAY CHAUBEY² PRAMOD SURYAWANSHI³ ATUL PAWAR⁴

^{1,2*}P.G. Scholar, Dept. of Panchkarma, Rani Dullaiya Ayurveda P.G College and Hospital, Bhopal, Madhyapradesh

³Assistant Professor, Dept. of Panchkarma, Rani Dullaiya Ayurveda P.G College and Hospital, Bhopal, Madhyapradesh

⁴Professor and HOD, Dept. of Panchkarma, Rani Dullaiya Ayurveda P.G College and Hospital Bhopal, Madhyapradesh

Corresponding Email id: drpankajma@gmail.com Access this article online: www.jahm.co.in

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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 female who is a known case of *Shlipada* form 2 years, with complaint of *shotha* and *shool* over right lower limb treated with *Shodhan* and *Shaman Chikitsa*, there was significant improvement in sign and symptoms of *Shlipada*.

Key words: *Shlipada*, Filariasis, *Shodhan* and *Shaman chikitsa*

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. In comparison to the global population, India is the largest Filariasis endemic country, contributing to about 40% of the total global burden of Filariasis. *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* [1].

Regarding the aetiology of *Shlipada* *Vagbhata* says, the bodily humors (*doshas*) all together with the predominance of *Kapha* through flesh and blood move to the lower part of the body as the inguinal region and thigh in course of time having made the feet as the base create thick swelling (*Shotha*) which is termed as *Shlipada*. *Shlipada* when occurs by *Vatadosa*, it is with small eruptions, dark in colour, paining without cause, rough and dry in appearance". By *Pitta dosha* it is coloured yellow with burning sensation By *Kapha dosha* the *Shlipada* is heavy, big, unctuous and without pain and surrounded by

nodes of flesh", *Shlipada* with a duration of more than a year and of very big size'.

In Filariasis, according to the modern medicine, the only effective drug is Diethyl Carbamazine citrate. Tight bandaging of the legs may be helpful. Surgical treatment does not ensure cure. In Ayurvedic literature it is termed as *Shlipada*. In the thirtieth chapter in the *Utarasthana* of *Ashtangahridaya* of *Vagbhata*, it is presented along with the description and treatments of other diseases as *Granthi*, *Arbuda*, *Apachi* and *Nadivrana* clubbed together, as all of these are related to *Sopha* (inflammation) and being complete treatment also is very difficult.

MATERIAL AND METHODS

- 1.study design - Single clinical Study.
2. Inform written consent taken from patient in her language.
- 3.For the present study age 52yr female having sign and symptoms of *Shlipada* in the past 2 year.
- 4.Assesment criteria based on sign and symptom patient had Before treatment and After treatment by using measuring tape.

Assessment Parameters

Table 1: Grading

Padashotha	Score
No shotha	0
Shotha over ankle	1
Shotha from below knee	2
Shotha from abow knee	3

Padashool	Score
No pain	0
Mild	1
Moderate	2
Severe	3
Aruchi(anorexia)	Score
No anorexia	0
Mild anorexia	1
Moderate anorexia	2
Severe anorexia	3

CASE REPORT

History of present illness

A Patient 52year old female come to OPD with following complaints

1. *Padshotha* since 2years
2. *Aruchi* since 1month
3. *Twakvaivarnta* (Skin discoloration) since 15days
4. *Padshool* from 15 days

Past medical history: -Patient taken treatment

from Govt. hospital Bhopal

Trividha Pariksha

1. *Darshana: Dakshin pada pradeshi shotha*

2. *Sparshana:* Generalised skin status has revealed *Kathina, khara, sheeta sparsha*

3. *Prashna: Dakshin pada pradeshi shool*

Table-2 Ashtavidhpariksha

<i>Nadi</i>	<i>Vatakaphaj</i>
<i>Mala</i>	<i>Vibandha</i>
<i>Mutra</i>	<i>Samyaka 4-5 times/day</i>
<i>Jivha</i>	<i>Sama</i>
<i>Sparsha</i>	<i>Samsheetoshna</i>
<i>Shabda</i>	<i>Samyaka</i>
<i>Druk</i>	<i>Prakrut</i>
<i>Akruti</i>	<i>Madhyama</i>

Table-3 Samprapti Ghataka: [2,3]

<i>Dosha</i>	<i>Kaphapradhana tridosha</i>
<i>Dushya</i>	<i>Mamsa, Rakta, Meda, Twaka</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Mamsavaha Medavaha</i>
<i>Rogamarga</i>	<i>Bahyarogmarga (Shakhagata)</i>
<i>Rogibala</i>	<i>Madhyama</i>
<i>Agni</i>	<i>Vishama</i>
<i>Roga bala</i>	<i>Uttam</i>
<i>Samprapti bala</i>	<i>Uttam</i>
<i>Lakshana bala</i>	<i>Uttam</i>

Table 4: Treatment administered- Panchkarma treatment Plan

s/n.	Name of treatment	Drugs used	Dose	Duration of treatment
1	<i>Udwartana</i>	<i>Triphala ,vacha,kulath</i>	-	8days
2	<i>Abhayantar snehapana</i>	<i>Triphala ghrut</i>	30ml in increasing order	210 ml for 7 days

3	<i>Virechana</i>	<i>Trivritavleha</i>	40gm	1day (28vega, pradhana shuddhi)
4	<i>Raktamokshana</i>		Every 15 days	Upto 2 month

Table 5: Palliative management-

S/no.	Medicine	Dose	Duration
1	<i>Nityanand ras</i>	250mgxBd	15 days
2	<i>Arogyavardhini vati</i>	500mgBd	15 days
3	<i>Gomutraharitaki</i>	250mgxBd	15 days
4	<i>Erand tail</i>	15mlxHs	15 days

Result and Improvement

Post treatment changes were noted in respect to sign and symptoms and clinical

improvement. Effect of treatment on symptoms of *shlipada*.

Area	Before Treatment	After Treatment
Thigh region	44cm	40cm
Above knee	39cm	35cm
Below knee	36cm	33cm
Calf region	29cm	25cm

DISCUSSION-

Virechana- *Trivrut* was used for inducing *virechana*(purgating). This is a bio-cleansing procedure used for elimination of doshas observed in *Shlipada*. It purifies the GI-tract and removes *ama* (toxins) and mucus from *Srotas* (channels). Essentially, *virechana* is used for treating disorders caused due to excess *doshas* or in conditions where *doshas* is predominant such as *Shlipada*.

Udwartan- *Udwartana* with drugs – *vacha*, *kulatha* & *triphala* - effectively mobilizes the

stored fat. It mutilates and liquefies the fat so that it is available for disposal from the system.

Nityanand ras- *Nityanand rasa* ^[4] is indicated in *Shlipada*. It is *tridosha-hara*, *lekhana*, *nitya anulomana*. *hingulotha parada*, *Gandaka*, *Tamra*, *Vanga*, *Tutha*, *Kamsya*, helps in *srotoshudhi*, *krimiharatva* and *dhatu tarpana* by antimicrobial action and increasing bioavailability of micronutrients. *Triphala*, *trivet*, *danti* ensure the *nitya anuloman*.

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Vacha, chitraka, trikatu, enable *sroto shodhan* and *kapha vichedana* for reversing *samprapti*.

Arogyavardhini vati^[5]- It is mainly used for Deepan and Pachan. So, it will decrease the vitiated *vata* and *khapha*. it is a *Pachana, dipana, and pathyakaraka*.

Gomutra haritaki- *Ruksha, Anulomak, Mutral, Srotoshuddhikar, Vatakaphahar* in the same way it will decrease the vitiated *vata* and *khapa* in *Shlipada* also having diuretic properties so swelling will be reduced.

CONCLUSION-

Shodhan chikitsa such as *Virechan* and *Raktamokshan and Shaman chikitsa* [Palliative treatment] are safe without any instruction and adverse effect in the treatment of *Shlipada*. Through this management patient is symptomless and feel relax but she is still on

the clinical follow up, this type of treatment plan can be recommended for large sample size as randomized clinical trials.

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