

Ayurvedic Lifestyle Prescription for Autoimmune Disorder W.S.R. Pemphigus Folliculitis: A Review

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Abstract

Summary: Pemphigus folliculitis or Pemphigus foliaceus is one of the autoimmune disorders in which superficial blisters are induced by IgG (mainly IgG4) auto-antibodies which are directed against desmoglein i.e. molecule of a cell adhesion, which occurs in the granular layer of the epidermis in Pemphigus folliculitis, this special response as a result of pathogenic & non-pathogenic antibodies produces specific blisters in this layer of skin. Though it found to be rare in the world's population, it doesn't respond satisfactorily with current established treatment. Considering its pathophysiology, lifestyle modification plays an essential role in its prevention & management. Therefore, this review study is planned with the aim & objective to review the lifestyle modification w.r.s. pathya & Apathya (*Ahara & Vihar*) for Pemphigus folliculitis with *Ayurvedic* perspective. Pemphigus folliculitis can be correlated with *Visphotaka* (type of *Kshudra Kustha Roga*) in the *Ayurvedic* perspective. The concerned material related to topic has been reviewed from various modern as well as *Ayurvedic* literature, including *Samhita* and numerous review articles in different journals. *Ayurveda* i.e. ancient system of medicine described the psychosomatic platform for the healthy lifestyle including the pharmacological and non-pharmacological measures, even for the prevention as well as management for *Kustha* i.e. dermatological disorders, which are always found successful in checking over the pathogenesis of this disease. More clinical research studies are expected to prove their efficacy on scientific clinical ground.

Keywords: Auto-immune; Pemphigus folliculitis; review, lifestyle; Pathya, Apathya; Visphota.

Introduction

Immunity is an ability of the body to resist the entry of different pathogenic agents like viruses, bacteria, or toxic substances. Layer of skin (Dermis) contains mast cells that secrete histamine and other vasoactive amines and lymphocytes that play an essential immunologic

role. Autoimmune disorders are defined as the immune system, which acts against one's own (self) cells where lymphocytes cannot recognize bodies own cells & starts attacking or destroying the cells. Lymphocytes are a part of WBCs, which play a vital role in the defense mechanism of body & protecting the cells from invading organisms. B-Lymphocytes & T-Lymphocytes (types of Lymphocytes) are responsible for the development of cellular & humeral immunity, respectively^[1,2].

There are a total of more than 80 autoimmune diseases. Among them, Pemphigus folliculitis such an autoimmune disease where Bullae/blisters formation takes place on the scalp, which are attacked & destroyed by its antigen.

Need of Study: Pemphigus Folliculitis is a group of chronic autoimmune skin diseases characterized by loss

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of intracellular adhesion of keratinocytes in the upper part of the epidermis, forming superficial blisters of skin & mucous membrane. It is clinically seen that the formation of blisters appears on the skin when rubbed. Dr. Piotr Nikolsky was the first who described this sign in 1896.^[3] Pemphigus foliaceus (PF), the reported incidence ranged from 0.6 to 6.8 cases per million persons per year^[4].

The conservative treatment of Pemphigus Foliaceus includes steroid drugs like prednisone, Immunosuppressant, Antibiotics, Anti-inflammatory drugs, mainly a drug called Rituximab has shown significant result on Pemphigus folliculitis. However, steroids can trigger dangerous side effects, such as weight gain, mood changes and liver problems. They may also experience drug-related side effects, anxiety or depression and self-consciousness about their skin^[5]. As causes of this disease are genetic or environmental in nature, therefore It is the need of the hour to search an alternative, effective & safe measures of lifestyle for this disease to avoid environmental factors which trigger the pathology of the disease.

Aim of the study: This article aims to compile & analyze the data concerning the concept of Ayurvedic lifestyle for pemphigus folliculitis.

Material and Method

This article is based on a review of Ayurvedic literature regarding *Visphotaka* (pemphigus foliaceus) from *Charaka Samhita*, *Sushrutasamhita* & Some modern textual or books- Prena Sembulingam, Ross & Wilson, etc.

Observations and Results

➤ **Concept of Pemphigus foliaceus with Ayurvedic perspective:** *Kushta* is the broad spectrum found in *Charaka Samhita* used to describe all types of skin disorders. It is classified as 07 types of *Mahakushta* & 11 types of *Kshudrakushta*^[6]. In ancient science, there is narration regarding varieties of causative factors responsible for dermatological disorders including environmental factors, genetic as well as psychological factors. *Acharya Charak* has described, *tvacha* is considered as 'ChetahSamvayi' i.e. there is a strong positive correlation between *Twak* (skin) and *manas* (mind). *Visphota* is the type of *kshudrakushta* that can be correlated with Pemphigus folliculitis characterized by the formation of small,

red, itchy, blisters or pustules or nodular lesion in chest, head & later all over the skin.

➤ **Pathology of *Visphotaka*:** *Acharya Sushruta* describes that *Doshaja* and *Karmaja Hetus* in *Visphota*, which is a type of *Kshudra Kushta*, involving vitiation *Pitta* and *Kapha Dosha* which obstructs the *Vata Dosha* by making *Avarana* over it leading to its further aggravation. As a result Vitiated *Vatadosha* get lead to *Tiryaka Siras* with rest of two *Doshas*, & spreading all over the body. At last, all three vitiated humors induces *Kleda* formation in *Tvaka*, *Rakta*, *Mansa*, and *Lasika* & produces blister formation. If these vitiated *Doshas* remains untreated, it becomes difficult to treat as pathogenesis enters into the deeper tissues^[7].

➤ **Ahara-Vihara Hetu (Etiological factors) of Pemphigus Folliculitis with Ayurvedic perspective:** The dietic & behavioral etiological factors of *Kushta* mentioned in table no.1.^[7,8]

• **Diet (*Ahara*) recommendations for *Visphotaka* w.s.r. Pemphigus Folliculitis:**

Following therapies includes in the treatment protocol of *Kushta Rogain* addition to *Yuktivyapashayara Chikitsa* i.e. Pharmacological therapy^[10,11,12]:

- *Daivavyapashraya Chikitsa*
- *Satvavajaya Chikitsa*
- Lifestyle modification

As healthy & balanced diet with proper quantity or dietary supplementation (*Hitahara*) is the integral part of the *Ayurvedic* system of medicine which is vividly elaborated by our ancient *Acharyas* to prevent as well as to manage a wide range of disorders, especially various skin disorders. Such type of wholesome & unwholesome diet i.e. *Ahara & Vihara Pathya* for *Visphotaka* w.s.r. Pemphigus Folliculitis is mentioned in table no. 2 & 3^[13].

Discussion

➤ **Probable mode of action of lifestyle as mentioned earlier:** According to modern, there is a complex interplay between genetic, immunologic and environmental factors involved in most of the pathogenesis of dermatological disorders and also, significant culprits involved in the etiopathogenesis of dermatological diseases are Psychological stress and related factors. *Mansika*

(psychological factors), i.e., *China*, *Shoka*, *Bhaya*, various sinning, anti-rituals and anti-social behavior or activities have a negative impact on the psyche/mind.

Aharaja (diet & dietetic patterns) *Hetu of Vishotaka* includes ***Snigdha & Guru Ahara***, which produces *Dushti* of *rasavahastrotas*. *Acharya Charaka* also described '*Gurubhojanam Durvipakanam*' while excessive intake of ***Dravaahara***, i.e., liquid food, leads to *dushti* of *Raktavahastrotas*. ***Viruddhaahara*** vitiates *Rakta* and obstructs the body channels (*Srotorodha*) and also forms '*Ama*' due to the state of *Mandagni* (low digestive power). In the patho-physiology of various dermatological disorders, vitiated *Rakta* is considered as an common & essential factor due to which formation of *Ama* takes place which lead to formation of specific unwanted immunological reaction which support the etiopathogenesis of many skin disorders. The combination of a rich source of protein i.e. both milk and fish, may cause a new type of protein molecules, which may result in molecular simulation and generate autoimmune diseases.

According to ancient science, *Nidana Parivarjana* i.e. avoidance of causative factors is half of the treatment responsible for the vitiation of doshas, which slowly progress & forms a disease. If this progression of disease is clogged, then half of the procedure is done. Therefore, It is highly essential to know the fundamental cause of any disease. Complete cure incurable diseases and management of such conditions can only be achieved after *Nidana Parivarjana*.

Considering above said etiological factors & involvement of vitiation of *Pitta & Kapha Dosha* in the pathogenesis of *Visphoaka*, it is necessary to avoid diet & lifestyle, which vitiates these two doshas. As Ayurveda emphasizes on threefold therapeutic regimes in which *Nidana Parivarjana* (avoidance of causative factors) plays a crucial role. *Pitta-Kapha* regime helps to maintain the *Dosha* and *Dhatu Samvayi* i.e. to maintain the homeostasis & modulates the body immunity, which ultimately results into the repairing and regeneration of the different body cells & tissues. It also cleanses the body channels by removing toxins out of the body, which brings equilibrium between *Tridosha & Manasdosha (Raja & Tama)* to obtain beneficial effects for long term.

Proper dietic regimen helps to protect the *Strotas* (channels & ducts) of the body, in a way compatible to the whole system, each cells & tissues of the body to maintain the equilibrium state of body & mind. The main origin of *Kushtha Roga* is from the absence of the harmony between *Doshas, Dushya*, as a result of unwholesome diet & lifestyle through *Paap Karma* (sinful activities), i.e., not following *Achararasyana* which is an integral part of *Dincharya*. All activities mentioned in *Achararasyana* exert a positive impact on the mind, which leads to a reduction in stress. Unwholesome *Arthas* (object), i.e. unwholesome *Ahara & Vihara*, which withdrawals or restrain the mind is *Sattvavajaya* (Psychotherapy). Thus, lifestyle modification helps in the prevention & management of the *Visphotaka*.

Table No. 1: Ahara-Vihara Hetu of Kustha w.s.r. Pemphigus Folliculitis

S.N	Aharaj Nidana	Viharaja Nidana	Manasika Nidana
1.	Snigdha & Guru Ahara	Papakarma	Chinta
2.	<i>Drava Ahar</i> , i.e., liquid food	<i>Vegadharan</i> (suppression of natural urges)	Shoka,
3.	Viruddhaahara	<i>Atapasevan</i> (excessive exposure of sun)	Bhaya
4.	Frequently intake of <i>Gramya, Anupa & Jaliyamamsa</i> with milk.	Excessive exposure to air-conditioned	-
5.	Asatmya Ahar	Contradicting with a hot and humid environment	-
6.	Adhyasana	<i>Ativyayam</i> (over-exercise) & <i>Atishrama</i> (over exertion)	-
7.	Intake of cold water	<i>Diwaswapa</i> (day sleep)	-
8.	Praklinnaanna	<i>Ratrijagaran</i> (Late night sleep)	-
9	-	Complications of <i>Panchakarma</i> therapy	-
10	-	Various sinful, anti-social & anti-rituals behaviors	-

Table No. 2 : Diet (Ahara) recommendations for *Visphotaka* w.s.r.Pemphigus Folliculitis

S.N.	(Pathya)	(Apathya)
1	Diet rich in <i>Tikta Rasa</i> .	Amla, Lavana and Katu Rasa Pradhana Dravya
2	Purana Dhanya Godhum, Yava, tandoola Moonga, & Masoor	Dairy product, e.g., milk, curd
3	Arhar, Madhu	Guda (Jaggery)
4	<i>Triphala</i> , old Ghrita	Heavy diet
5	Single drugs like Patola, Neem, Garlic.	Diet, which aggravated <i>Kapha dosha</i> .

Table No. 3: Wholesome behavioral regime (Vihara) recommendations for *Visphotaka* w.s.r.to Pemphigus Folliculitis

S.N.	(Pathya)	(Apathya)
1	Proper sleep	<i>Vegadharan</i> (Suppression of natural urges)
2	Avoid stressful activities	<i>Atapasevan</i> (Excessive exposure to sunlight)
3	Achara Rasayana	Excessive exposure to air-conditioned environment
4	Dincharaya & Rutucharya Palana	Alternate exposure to excessive hot and excessive humid environment
5	Proper dietic regimen	<i>Atishrama</i> (Overexertion) and <i>Ativyayam</i> (over exercises)
6	Yoga	<i>Diwaswapa</i> (Day sleep)
7	-	Chinta
8	-	Shoka,
9	-	Bhaya
10	-	<i>Ratrijagaran</i> (Late night sleep)
11	-	Avoid sinful activities such as anti-rituals and anti-social activities

Conclusion

Shaman Chikitsa, lifestyle modification, dietic regimen, etc. play an essential role in curing any disease and maintain a healthy life. Lifestyle-related factors like proper sleep, surrounding environment, the discipline of food intake, state of mind, energetic activities, etc. play a significant role in the positive & negative impact of health and disease, respectively. Various extrinsic factors such as financial and social status, literacy, social awareness about rights & regulations, family backgrounds, social & family supporting systems, sanitation etc. are some lifestyle-related factors that strongly affects the psychosomatic health of any person. Therefore, such lifestyle modification is significant for the management of any skin disorders, including Pemphigus folliculitis.

Maintaining proper dietic regimen, regular exercise, breaking the causative factor of the disease is the most effective treatment to be followed to suppress the Pemphigus folliculitis and maintain the normal state of an individual. Various pharmacological &

non-pharmacological i.e. *Dincharaya*, *Ritucharya*, *AcharaRasayana*, *Rasayana*, *Sadvratta* & *Yoga* recommendations of Ayurveda are excellent lifestyle modification for healthy & disease-free life. Ayurveda has exclusively described the proper implementation of *Trayaupastambha*, i.e., *Ahara* (diet), *Nidra* (sleep) and *Brahmacharya* (celibacy) in daily life, which are three basic pillars for the promotion of somatic as well as psychological health and better living in patients of Pemphigus folliculitis.

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