

INTERNATIONAL JOURNAL OF AYURVEDA360



**AYURVEDA
360**

**PEER-REVIEWED
BIMONTHLY JOURNAL**



ISSN

PRINT:

3048-7382

ONLINE:

3048-7390

2025

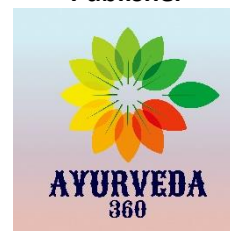
VOLUME 1

ISSUE 6

MAY-

JUNE

| www.ayurveda360.in/journal

DOI: [10.63247/3048-7390.vol.1.issue6.6](https://doi.org/10.63247/3048-7390.vol.1.issue6.6)**Ayurvedic Management of Systemic Lupus Erythematosus with Respect to
Vatapradhana Vatarakta: A Case Report**Singh R¹, Khagram R²

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ABSTRACT


Introduction: Systemic Lupus Erythematosus (SLE) is a multisystem autoimmune disorder affecting connective tissues, where the immune system attacks healthy body tissues like skin, joints, kidneys, and other organs. Symptoms include fever, fatigue, myalgia, arthralgia, arthritis, malar rash, and oral ulcers. SLE can be correlated with *Vatarakta* in Ayurveda, presenting symptoms such as pain, swelling, and stiffness at multiple joints with blackish discoloration.

Objective: To explore the Ayurvedic management of Systemic Lupus Erythematosus (SLE) with reference to *Vatapradhan Vatarakta*.


Materials and Methods: As vitiated *Vata* is involved in the pathology of *Vatarakta*, *Basti* (an Ayurvedic enema therapy) is considered the most effective treatment for relieving this condition. *Mridu Virechana* (mild purgation) was selected before *Basti* to detoxify the body, considering the patient's history of steroid use.

Results and Discussion: Both *Vata* and *Rakta* were vitiated, which contributed to the symptoms. The management plan focused on addressing both *Vata* and *Rakta Dushti* (imbalance). The detoxifying effects of *Virechana* were aimed at reducing the harmful impact of steroids, followed by *Basti* to balance *Vata*.

Conclusion: This case report highlights the potential of Ayurveda in managing autoimmune disorders like SLE by targeting the vitiation of *Vata* and *Rakta* through specific treatments like

CORRESPONDING AUTHOR	HOW TO CITE THIS ARTICLE?	TO BROWSE
Dr. Rashmi Singh, PG Scholar, Dept. of Pancakarma, ITRA, Jamnagar. Email: singhrashmi250841@gmail.com	Singh, R., & Khagram, R. (2025). Ayurvedic management of systemic lupus erythematosus with respect to Vatapradhana Vatarakta: A case report. <i>International Journal of Ayurveda360</i> , 1(6), 475-483, https://doi.org/3048-7390.vol.1.issue6.6	

Manuscript Received	Review Round 1	Review Round 2	Review Round 3	Final Updated Received
11/04/2025	25/04/2025	28/04/2025	18/05/2025	11/06/2025
Accepted	Conflict of Interest	Funding	Ethical Approval	Plagiarism Checker
12/06/2025	NIL	NIL	Consent Received	9%

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