



## Tuberculosis and Shosha: Short Communication

**Dr. Parulkar Geeta M.D.(Chikitsa)(Mum),PhD(Chikitsa)(Mum) Professor (Chikitsa)**

R.A.Podar (Govt.) Medical College, Worli, Mumbai -18. Maharashtra

Email-geeta.parulkar@gmail.com

### What is Tuberculosis? (Modern View):

Tuberculosis is a specific infective disorder caused by Mycobacterium tuberculosis (Koch's tubercle bacillus)<sup>1</sup>. It spreads as infectious particle through air from person to person by coughing or indirectly by contaminated aerosols which remain suspended in the air for a long time.

Though Lungs are the most common site of TBs, Lymph glands, Bones, Genital organs (gynaec, testis, epididymis,) Kidneys and Abdomen are also regions for TB in India. Abdominal Tuberculosis is often associated with Pulmonary TBs (Ileocaecal TBs, Ulcerative TBs of small intestine, Glandular TBs, Plastic Peritonitis, Ascites due to TBs peritonitis)<sup>2</sup>

### What is Shosha? (Ayurvedic View):

In classical text of Sushrutasmhita, Nidansthana, Adhyaya no.5, we can see the reference about 'Shosha' can be correlated with 'TB'.

Following are the other references about the said disease:

### Other causative factors :-

Atishrama (Excessive exertion), Anashana (Fast), Chinta (Worry), Ruksha Alpa Ahara (Unbalanced diet), Tivra Vayu Sevana (Facing of storm), Tivra Aatap (Sunstroke), Dooshita Vayu, jala etc. (Pollution of air, water etc.), Abhighata (Injury, Trauma), Ativyavaya (Excessive indulgence in sex) etc.

### Samprapti (Aetiopathogenesis) of Shosha :-

<u>Doshadushti</u>	<u>Dushya</u>	<u>Strotasa</u>	<u>Adhishthana</u>
Tridoshaprakopa ,	Saptadhatu	(According to dushti)	(According to dushti
	And		Or dhatugatavasta)
Vatakapha Pradhana	Ojasa	Pranavaha	Rasa
		Annavaaha	Rakta
		Rasavaaha	Mamsa
		Raktavaaha	Meda
		Mamsavaaha	Asthi
		Medovaha	Majja
		Asthivaha	Shukra
		Majjavaha	Hrudaya
		Shukravaha	Vrikka
		Mastishka	

### **Modern aspect of TB according to this era:**

In our country, if any patient's complaint of low fever in evening, or "night sweats", loss of appetite or gradual loss of weight, diagnosis of 'Tuberculosis' made until and unless it is proved otherwise by investigation. Only one of the above three symptoms may be present. Two out of three symptoms should make more confident of diagnosis. All three symptoms when present for more than three to four weeks, are diagnostic of this disease. You can be more sure of your diagnosis, if any member of patient's family "has" or "had" suffered from Tuberculosis in past. Many G.Ps. are aware of the above facts. But an average G.Ps. think ok. TBs as "Lung TBs" only. This is where he goes wrong.

After suspecting T.Bs., the G.P. asks for an chest x-ray to be done. If the report is normal he changes his diagnosis. What need to be stressed is that T.Bs can affect any organ in body. Lungs are only one of the organs in the body, where fortunately T.Bs can be seen in x-ray plate. But, there are many other organs where T.Bs can occur. Unfortunately, these organs can not be x-rayed. Though Ultrasonography, CT scan helps. In these cases clinical examination alone would help. If the imaging of the organ can not be done or if the organ or area of tuberculosis can not be identified by G.P., Blood ESR should be done. If found raised, AKT can be started. HIV test should always be done in such patients as HIV infection predisposes patient to T.Bs. Rarely, in clear-cut TBs patient ESR may be found to be normal but this is not very common.

### **Ayurvedic aspect of Shosha according to classical texts:**

Keeping in view the Ayurvedic Concept, all the 3 vitiated Doshas (Vata, Pitta, Kapha)- deeply penetrated in Shariradhatus through Strotasas (body Channels) ultimately create Strotodushti (Obstruction of body Channels), by producing (Samprapti) Pathogenesis.

Also, as per Ayurveda, Samshamana therapy (drug therapy) is used in such patients. So a physician must be very conscious while treating Shosha cases according to following basic principles:

Nidanparivarjana (Avoiding the causative factor).

Kshina Dhatu Samvardhana through Santarpana Kriya (Creating Baladhanam through Rasayana therapy Strength)

To remove the Obstruction of Strotasas (Cleansing the body channels).

Agni Samrakshana (Improving digestive power).

Ojovardhana through suitable specific drugs/diet etc. (Maintaining immunity and vitality).

### **Following is the list of Modern drugs:-**

- 1} Inj.Streptomycin
- 2} INH (Isoniazide)
- 3} Rifampicin
- 4} Ethambutol
- 5} Pyrazinamide

### **And the list of Ayurvedic drugs :- I] (Single Drug)**

To reduce Kaphaprakopa (Congestion)

Yashtmadhu (Glycyrrhiza glabra)

Pippali (Piper longum)

Vasa (Adhatoda vasica)

Pushkaramoola (Inula racemosa)

To gain up Immunity

Amalaki (Embllica officinalis)

Guduchi (Tinospora cordifolia) (Samshamani Vati)

To maintain Strength

Bala (Sida cordifolia)

Shatavari (Asparagus racemosus)

Ashvagandha (Withania somnifera)

Kapikachu (Mucuna pruriens)

## II] Combinations

To reduce Kaphaprakopa (Congestion)

Sitopaladi churna

Pippalyasava

Gojhivadi kwatha

Vasavaleha

To maintain Strength and gain up Immunity

Amritarishta

Chyavanaprasha

## III] Ghritas

To maintain Strength and gain up Immunity

Vasa ghrita

Kantakari ghrita

Yashtimadhu ghrita

## IV] Pathya (Food articles) :

To maintain Strength and gain up Immunity

Cow's pasturised milk, butter, ghee etc.

Cereals: Mudga, Godhuma, Raktashalu, Shashtika Yava etc.

Vegetables: Shobhanjana , Vastuka, Punarnava , Kushmanda, Karvellaka, Patola etc.

Fruits: Kharjura, Draksha, Parushaka, Tala, Narikela, Amra etc.

Meats/ Soups Of Goat, Hen, etc.

## Practical work:

30 patients of Pulmonary TB kept on combination of Ayurvedic therapy of Sitopaladi choorna (1gm), Yashtimadhu choorna (1gm) and Samshamani Vati (500 mg) thrice a day after food for three months. This was to gain up resistance power against the disease simultaneously while Anti-Koch's modern therapy by modern drugs opd in M.A.Podar (Govt.) Hospital from worli area of Mumbai. It showed remarkable symptomatic results in 70% cases for feeling of well-being (WHO criteria).

## Conclusion:

The applied aspect of Modern immunology by Modern medicine is to create immunity against a particular pathogenic organism in the body.

In Ayurveda, the equilibrium of Tridoshas, i.e. the state of Sharira doshas, is to be maintained in such a firm bondage that these pathogens should be capable of deranging the equilibrium. Ayurvedic drugs enhance 'Ojovridhi' (the immune power of the body), which not only help to cure the disease, but also avoids the recurrence.

So, it is better to use Ayurvedic drugs simultaneously while treating the patient by modern drugs also according to severity of Shosha for curation as well as to avoid the recurrence.

## References:

1. Nancy Roper,(editor),Churchill Livingstone Pocket Medical Dictionary,14<sup>th</sup> Edition,p.271,New York 1987
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3. Dr.Anantaram Sharma (editor), Sushruta Samhita Of Maharshi Sushruta.Nidansthan Chapter no 5 p.500,Volume I reprint 2008,Chaukhambha Surbharati Prakashan Varanasi.