

Ayurveda intervention in autoimmune disorders: A holistic approach to immune modulation and disease management

D. H. I. S. Weerasinghe¹, L. D. C. Sandun²

¹*Institute of Biochemistry, Molecular Biology and Biotechnology,
University of Colombo, Sri Lanka*

²*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

Autoimmune disorders depict a root global health challenge, characterized by an abnormal immune response that attacks the body's own tissues, resulting from chronic inflammation and damage. Allopathic treatments primarily use immunosuppressive drugs that relieve symptoms but often cause serious side effects and seldom target the underlying cause of immune imbalance. In this context, Ayurveda—the traditional medical system of India—plays an important role in a holistic approach to understanding and managing autoimmune illnesses through personalized, multiple strategies and therapies. This study focuses on Ayurvedic strategies and approaches for autoimmune disorders, depicting how basic concepts such as Ama (toxins), Agni (digestive fire), Dosha imbalance, and Vyadhikshamatva (immune resistance) are combined into novel immunology. Also, Ayurvedic treatment procedures such as herbal formulations, Panchakarma detoxification, rejuvenation methodologies, and diet and lifestyle modifications, uplift the potential to elevate immunological health, reduce inflammation, and boost overall balance. Herbs such as Ashwagandha (*Withania somnifera*), Guduchi (*Tinospora cordifolia*), Turmeric (*Curcuma longa*), and Guggulu (*Commiphora mukul*) are specified for their distinct roles in enriching immunity, contributing to antioxidant properties, and curtailing inflammation. Evolving evidence from clinical trials and preliminary studies suggests these herbs can influence the body's cytokine levels, regulate T-cell responses, and support a healthy gut microbiome—main factors in the enhancement of autoimmune diseases. The review emphasizes the hardships in standardizing Ayurvedic treatments and points out the need for scientific validation. It researches the possibility of expanding integrative methodologies that merge Ayurvedic knowledge with novel medicinal knowledge. By bridging Ayurveda and immunology, it facilitates a step toward holistic, patient-oriented care for autoimmune diseases, stressing prevention, personalized strategies, and long-term health to build stability.

Keywords: *Autoimmune disorders, Ayurveda, Herbs, Integrated medicines*