

AYURVEDIC TREATMENT: A SINGLE CASE STUDY OF HYPOPLASTIC ANAEMIA

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Abstract

A single case of Hypoplastic Anaemia took treatment for study. The duration of treatment roughly for 1 year 10 months. The clinical pathological study done in periodical manner. Patient examined both clinically and pathologically and diagnosed as Hypoplastic Anaemia outside and advised to under go for bone marrow transplant which cost's nearly 35 - 40 lakhs rupees with no assurance.

Initially patient complaint of Malena, Pruritic skin rash all over the body on and off fever with chills and sweatings all over the body since 3 months. Visual disturbances followed gradually along with exertional dyspnoea, palpitations of heart with weight loss nearly 5 kgs. Recurrent blood transfusion's RDP, SDP, PRP, whole blood transfusion's received according to the need outside. Patient having pancytopenia and severe thrombocytopenia and suggested to undergo Bone marrow transplant out-side institute.

ABRIVATION : Stem cells are produced in bone marrow. Bone marrow produces stem cells converted as RBC, WBC and platelets in normal

conditions. In Hypoplastic Bone marrow stem cells are damaged. As a result the bone marrow either empty (Aplastic) or contains few blood cells (Hypoplastic).

OBSERVATION : Right Eye vision loss ↓ ; MRI brain T2 flair byper intensity or noted in Right parietal lobe adjacent to sylvian fissure extending to capsuloganglionic region. Left occipital lobe and left cerebellum and left side of mid brain.

VISUAL ACUITY: 6/60 in Right Eye and 6/6 (Hazy) and in left eye. His best corrected visual acuity was 6/6 N36 in right eye and 6/6 N6 in left eye.

Intra ocular pressure was 11mm of Hg in right eye and 13mm of Hg in left eye colour vision test abnormal in right eye and Normal in left eye. Slit lamp study – within normal limits in both eyes. Dilated fundus showed ROTHS SPOTS and subhyoid haemorrhage in right eye and impending CPVO in left eye.

BONE MARROW : Peripheral blood pancytopenia with Hypocellular bone marrow – Highly suggestive of Bone marrow Hypoplasia.

Patient came for treatment and on Date : 10-12-2014 with loss of vision Exertional dyspnoea. Patient took treatment local and non local institutions. During the past 3 months.

On examinations – Patient grossly anaemic B/L pedal oedema; heart S1, S2 +; Lethargic with general weakness. Routine examination CBP done TWBC 2200 cells /Cumm, HB 7.0gm / dl, PCV 17% ; platelets 10000cells / Cumm; TRBC 2.2 million cells / Cumm; Eosinophills 0.6% poly morphs 69%. Smear report – Dimorphic with anisopoikilocytic; TWBC counts appears to be low 2200cells /Cumm; Shift to left present; Platelets severe thrombocytopenia 10000cells / Cumm.

MATERIAL & METHODS : Without assurance of success started treatment and advised to bear the cost of medicines only for a period of 6 months and regular observation of both clinical pathological for regular study. Note :- Patient strictly advised not to consume any type of tobacco products Non-vegetarian food even eggs also. Any type of Alcohol and adulterated oily & spicy food.

Patient started with – Tab: Yogaraja
Guggulu – DS

Tab : Lakshadi
Guggulu – DS

Each 2 tablets 12th hrly with 30ml of AMLA juice mixed with 10ml of Punarnava Swarasa (Crude extract of roots) and 10ml of honey for a period of 6months study.

After 25 days treatment CBP done his platelets improved mildly from 10000cells /Cumm to 22000cells / Cumm; TWBC 2200cells /Cumm to 2700cells /Cumm; TRBC 2.2millions to 2.0 millions; ESR 55/hr to 54/hr; PCV 17% to 18% I got little hope of improvement.

Patient improved after regular continuation of treatment for a period of 6months. Patient clinically improved. Exertional dyspnoea declined ↓ No gumbleed, no fever with chills, no palpitation of heart. The CBP report showed HB 14.00gm / dl; WBC 5000cells /Cumm; PCV 45%; TRBC 6.0 million cells /cumm; platelets improved to 60000cells/Cumm – I advised him to continue for some more time. Only thrombocytopenia present.

After 9 months treatment patient clinically improved no fever, no palpitation of heart, no exertional disenea. The CBP reports are platelets rouse to 70000cells / Cumm; HB 14gm /dl. Only Thrombocytopenia present on date :09-12-2015. I advised patients to continue treatment until you get sustained platelets improvement i.e. 1lakh and above.

By the end of October 2016 he was under continuation of treatment until he reaches the platelets to 1 lakh on date : 05-10-2016; The CBP reports are – TWBC 5600cells / Cumm; HB 14gm/dl; platelets 1 lakh cells/Cumm; TRBC 5.4 millions Cells / Cumm; PCV 48%; There is mild Thrombocytopenia present. I advise the patient to discontinue medicines for observation of postvoidal

of medical treatment. Meanwhile I advised the patient to go for serum creatinin – no elevation.

After one year stopping the medicines on Date : 21-11-2018 he underwent routine blood examination of CBP; HB 14.5gm/dl; TWBC 58000cells/cumm; PCV 42%; ESR 8/hr; TRBC 4.8million cells/cumm; Platelets 1.5lakhs cells /cumm; RBC – normocytic normocromic; WBC counts appear to be with in normal limits, no abnormal cells seen, platelets improved to normal limits and adequate. No hemoparasites.

No specific complaints from the patient till the article presentation.

DISCUSSION : A married boy aged about 27 years Divorced with his wife due this health hazard who undervent treatment and local and nonlocal big institutions diagnosed as Hypoplastic Bone Marrow advised to undergo BONE MARROW TRANSPLANT. Which is costly as nearly 40 lakh of rupees with no assurance took treatment for a period of nearly 1 year 10 months with Ayurvedic Medicines, with regular periodical checkup of the patient both clinically and pathological investigations got good improvement and leading normal healthy life without any past problems.

As per Ayurveda we can compare with Asthimajagata Vatha as symptoms and sings of which mentioned in Ayurvedic texts.

Guggulu, Laksha, Asthi Samhari, Katuki, Punarnava, Amla, Vidanga, Triphala, Honey,

Pippali are the ingredients in the above combination of drugs.

GUGGULU : It is anti-inflammatory, Athero, Arterio, Sclerosing, agent, Anti pyretic, Best Analgesic and Rasayana works as a scavenger.

Laksha & Asthi Samhari : Both these drugs used in Bone fractures, Both this drugs stimulates osteophyte cells function in the bone. Strengthens the bone density by improving the action, also these are haemocogulents and activates the bone marrow cell production by reducing the bone marrow inflammation.

Katuki : Improves the functioning of liver cells by activating the individual cell of liver, and works as a bowel softener and regulates the bowel movements and works as a catalyst in functioning of liver by detoxifying the liver Best anti oxidant.

Vidanga : Best haemoparicidal, intestinal paricidal works as viricidal, haemo antibiotic when combined with amla.

Triphala & Pippali : Haritaki, Vibitaki, Amla these three ingredients combined together called as Triphala in Ayurveda. Triphala and Pippali are best bowel regulator Appetizer improves the function of spleen and pancreas. Improves the gastro instainal secretions and digestive enzymes and works as rasayana (stimulates and activates functioning of each cell in the body) best rejuvenator of cell. Improves the function of spleen and liver and regulates body metabolism and works as detoxifier combined with honey. Here Honey works as a

Yogavahi for penetrating of each micro particles ingredient in the individual cell of the body. Honey works for quick absorption and assimilation of bone marrow cells. Work's as energy booster as it contains monosachrides and minerals.

Amla & Punarnava : Amla contains rich natural vitamin C and rejuvenator, best immunomodilator, artero, athero, selerosing agent. It improves the quality of blood and haemopoetic system. Reduces cholesterol. Improves the appetite, controles the blood sugar levels. Punarnava is a best diluretic it stimulates the nephrons in the filtering the blood. In Sanskrit it means Purujjevaka means improves vital capacity of the weaken cells and about to die cells reproduction. So it improves the anabolic activity of the cell when combined together with amla and honey.

Punarnava, amla, Pippali, Vidanga, Triphala, Katuka Rohini, Arjuna in Lakshadi Guggulu with honey worked as immunomodulator, rejuvenator. Revival of anabolic activity natural appetizer like pippali by increasing the digestive enzymes and by correcting the spleen cell activity, Katuka Rohini worked as bowel softener with improving the liver function and by detoxification of liver, Amla and Laksha worked as haemocoagulent. Asthi Samhari which is bone marrow cell activator by improving the osteophytes and stem cells in bringing patient to normal by improving his metabolic activity.

Now the patient remarried and doing normal life by having a male child aged about 8 months by this article presentation.

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