



# Effectiveness of Ayurvedic Management in Reducing Symptoms of Diagnosed Case of Autoimmune Hemolytic Anemia - A Case Study

Anjana S<sup>1\*</sup>

From 1 <sup>st</sup> day to 7 <sup>th</sup> day	The Following internal medicines was given <ul style="list-style-type: none"> <li>• Amruthotharam Kashayam 50ml BD</li> <li>• Vaiswanarachoornam 1tsp BD before food</li> <li>• Simhanada guggulu 1 BD after food</li> </ul>
From 8 <sup>th</sup> to 10 <sup>th</sup> day	Abhyangam with Dhanwantaram taila Nadi sweda
On 10 <sup>th</sup> day	Virechana with Gandharva Eranda

## Abstract

Autoimmune hemolytic anemia is a state of body where there is decompensated acquired hemolysis as a result of destruction of red cell antigens by host immune system. Consequent complement activation also creates a huge impact on the clinical diagnosis, thus it becomes an emerging target for therapeutic intervention. The Study is aimed at to find out the effect of Ayurvedic management in Hemolytic Anemia. This is a case of 20-year-old female with pain on all over the joints for one year. The pain is of piercing and continuous in nature severe at bilateral metacarpal phalangeal, proximal interphalangeal joints. She also complains of tiredness, loss of appetite, hair fall and loss of weight thereafter. In Ayurveda classics most of these symptoms are similar to symptoms of disease Pandu. Physical examination showed non-scarring alopecia observed over the temporal scalp and mild tenderness and limitation in ROM. Lab investigation showed increased ESR, low Hb, positive direct coombs test, Anti dsDNA and ANA. Patient was given Amruthotharam Kashayam 50ml BD with Vaiswanarachoornam 1tsp BD before food and Simhanada guggulu 1 BD after food internally for first 7 days. Then patient was admitted in IP for next 7 days and was given snehapana with Dadimadi ghrutham, virechana with gandharva erandam. Discharge medicine included Manjishtadi kashayam 50ml BD with mandooravatakam 1tsp BD before food and Yogaraja churnam 1tsp with honey at night after food for one month. After the intervention there was reduction of pain in all over the joints within first 5 days and significant improvement in Hb count after intervention. Future studies are needed to evaluate the effect of medicines in large group of subjects.

**Keywords:** Autoimmune Hemolytic Anemia, Dadimadi Khrutham, Amruthotharam Kashayam

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### Meta History

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### Declaration

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### Evidence in Context

**What Know:** The Study is aimed at to find out the effect of Ayurvedic management in Hemolytic Anemia.  
**What New:** After the intervention there was reduction of pain in all over the joints within first 5 days and significant improvement in Hb count after intervention. Future studies are needed to evaluate the effect of medicines in large group of subjects.

### To view

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## Introduction

Haemolysis means destruction of RBCs<sup>1</sup> or reduction of lifespan of normal red cells i.e less than 120 days. To compensate this, the bone marrow increases the RBC production by 6-8 fold, resulting in expansion of active marrow volume and premature release of reticulocytes. Anaemia is when the rate of destruction exceeds the rate of production. 2. As there is compensatory erythroid hyperplasia, there will be folate deficiency along with megaloblastic anaemia. In case of autoimmune haemolytic anaemia, the antibodies responsible are IgG or M and rarely it will be IgE or A. 3 If there is weak complement activation, the hemolysis will be extravascular. Antibody coated red cells will lose their membranes to macrophages in the spleen and the spherocytes will be present in blood.

This is a case study of 20 year old female with pain on all over the joints for one year. The pain is of piercing and continuous in nature severe at bilateral metacarpal phalangeal, proximal interphalangeal joints. She also complains of tiredness, loss of appetite, hair fall and loss of weight thereafter. In Ayurveda classics most of the symptoms such as Angamarda, Ruja, Toda, and Parswaruja are similar to symptoms of disease Pandu.<sup>4</sup> So patient was treated with Amapachana, Snehapana followed by virechana. For Amapachana Amruthotharam Kashayam<sup>5</sup> 50ml BD with Vaiswanarachoornam<sup>6</sup> 1tsp BD before food and Simhanada guggulu<sup>7</sup> 1 BD after food was given internally for first 7days. Then patient was admitted in IP for next 7 days and was given Dadimadi ghrutham<sup>8</sup> in the dose such as 30, 60, and 90,120,150,180,210 for snehapana which is indicated for Pandu, which reduced the Vatika symptoms shown in the patient.

Patient was showed samyak Snigdha lakshanas on the 7th day. Then after 3days of Abhyanga with dhanwantaram tailam<sup>9</sup> and mild nadi sweda patient was given Gandharva Erandam for virechana which helped in samana of vata and reduced the shithilata of dhathus by srotosodhana property. After Discharge for correcting the alpa raktha, nisarata, ojo bala varna hani , she was administered Manjishtadi kashayam 50ml BD 10 with mandooravatakam 1tsp BD<sup>11</sup> before food and Yogaraja churnam<sup>12</sup> 1tsp with honey at night after food for one month. After intervention there was reduction of pain in all over the joints within first 5 days and significant improvement in Hb count after 30 days.

## Materials and Methods

### Source of Data

Ahalia Ayurveda Medical College, Kayachikitsa OPD

### Treatment Shedule

**Table 1:** Table showing details of Therapeutic Intervention

From 1 st day to 7th day	The Following internal medicines was given- Amruthotharam Kashayam 50ml BD- Vaiswanarachoornam 1tsp BD before food- Simhanada guggulu 1 BD after food
From 8th to 10th day	Abhyangam with Dhanwantaram tailaNadi sweda
On 10th day	Virechana with Gandharva Eranda

## Assessment and Result

**Subjective Parameters:** Symptoms of vatika pandu such as Angamarda, Ruja, Toda, Parswa ruja were assessed before treatment and got reduced after first 5 days of Amapachana treatment.

**Objective Parameters:** Hb Count which was 8g/dl got improved to 10mg/dl after intervention.

## Discussion

The case study is aimed to find out the effect of intervention in reducing the symptoms of Autoimmune Hemolytic Anaemia. Most of the clinical symptoms in this study resembles with symptoms of Vatika Pandu in Ayurveda Classics. In pandu pittapradhana tridosha get vitiate results in dhathunam gauravam, sithilatha, Alpa Raktha and Meda, Nisara. So For Reducing the gaurava of dhathus or srotorodha, Ama pachana is essential. For that Amruthotharam along with vaiswanaram and Simhanada Guggulu was given. These formulations are told for treating avarana or srotorodha condition which helped in cleansing the srotas. For pacifying the vata , snehapana was administered with Dadimadi ghrutha for 7days after attaining proper deepana and pachana. The ghrutha yoga is told to be effective in reducing the Vata symptoms like Ruja and as its mentioned for mudavata ,the yogam helps in balancing the proper vata gati.. In pandu samprapathi uttarothara dhathu poshana is arrested and results in depletion of raktha poshaka rasa due to vitiation of pitta pradhana Tridosha. Here also patient having the lakshanas of vatika pandu and oja kshaya associated with Bala Nasha as a result of impaired dhathu poshana .So for reversing the Alparaktha, Ojo bala varna hani , Nisarata Rasāyana and balya chikitsa is to done. For Raktha prasada and Rakta dhathu vardhana , Manjishtadi kashayam is administered to the patient. She was also administered Yogaraja churnam and mandoora vatakam after attaining proper sodhana and Agni deepana.

## Conclusion

The intervention is effective in reducing the symptoms and there was significant improvement in Hb. Future studies are needed to evaluate the effect of medicines in large group of subjects.

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