

A CASE REPORT AYURVEDIC MANEGEMENT OF HEPATITIS C.

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ABSTRACT

A successful case of HCV is treated with *ayurvedic* management. Hepatitis has resemblance with *yakrut vyadhis* like *kamala* which has *rakta pitta dosha dushti*. A 45 yr female with confirm diagnosis of HCV with classical symptoms since 3-4 yrs is assessed subjectively and objectively, keen follow up were taken periodically. Neausea, fatigue, dark urine, loss of appetite, pain in abdomen, depression, bloating, acidity were noted. Management done by administrating *kumariasavam* and *abhayarishtam* orally each 40 ml twice a day which is useful for *rakta, pitta vyadhi, yakrut vyadhi* given by acharyas. Assessment of symptoms is done for 1 month. All symptoms were relieved completely. Hcv quantitative test with LFT was done before and after the treatment showing promising results for chronic HCV.

this study showed that *Ayurvedic* management was not only safe but also was much faster and effective. This study is needed to be performed on large scale of patients to help fight people with HCV.

KEYWORDS: Ayurvedic management, rakta, pitta yakrut vyadhi.

INTRODUCTION

The hepatitis C virus (HCV) causes hepatitis C. It invades liver cells, causing inflammation, swelling, dysfunction, and eventual organ damage. The virus can cause both acute and chronic hepatitis, ranging in severity from a mild illness to a serious, lifelong illness including liver cirrhosis and cancer. Globally, an estimated 58 million people have chronic

hepatitis C virus infection, with about 1.5 million new infections occurring per year. WHO estimated that in 2019, approximately 290000 people died from hepatitis C, mostly from cirrhosis and hepatocellular carcinoma. A person can transmit the virus to someone else through blood-to-blood contact. According to the [Centers for Disease Control and Prevention \(CDC\)](#), most new cases of hepatitis C occur from contact with used needles or other equipment that people use to prepare or inject drugs. This is often from sharing needles or accidental contact in healthcare settings. Hepatitis C infections can be acute (short-term) or chronic (long-lasting). When a person has acute hepatitis, symptoms can last for [6 months](#). However, in more than 50% of cases, an acute infection becomes chronic, meaning the body cannot clear the virus.

Following assay is a quantitative assay used for monitoring patients on therapy. HCV-Hepatitis C viral load (QUANTITATIVE) test.

Result interpretation.

Result (IU/ML)	Log value	Comments
Target not detected	Not applicable	HCV RNA Not Detected
Below 15 IU/ml	Below 1.18	HCV RNA Detected, less than 15 HCV RNA IU/ml
More than 15-100000000	1.18-8.00	HCV RNA Detected within the linear range of the assay
Above 100000000	Above 8.00	HCV RNA Detected above the linear range of the assay

Hepatitis C infection that continues over many years can cause significant complications, such as: scarring of the liver (liver cirrhosis), liver cancer, liver failure.

AIMS AND OBJECTIVE

To assess the efficacy of *Ayurvedic* therapy in HCV.

MATERIAL AND METHODS

Type of study: A single observational case study.

Study Centre: Y.M.T. Ayurvedic Medical College and Hospital Kharghar, Navi Mumbai.

Case Presentation: A 45 yr old patient visited the OPD of Kayachikitsa with the following complaints.

Complaints of

- fatigue
- Acidity
- Rt hypochondric and epigastric pain
- Burning chest
- Depression
- Loss of appetite
- Bloating
- nausea

All above complaints were observed since 3-4 yrs.

History of present illness

This 45 yr old patient came to our hospital with the complaints of fatigue, acidity, rt hypochondric and epigastric pain, burning chest, depression, loss of appetite, bloating, nausea since more than 3-4 yrs [and severity increased from last 7-8 months] with confirm diagnosis of HCV presented to Opd in YMT Ayurvedic medical college and Hospital for the treatment. She was treated with kumariasava and abhayarishtam orally 40ml bd with warm water for 1 month along with arogyavardini vati, shankhvati, mustashunthi vati. Follow up was taken regularly.

History of past illness: Patient is not having any history of DM, HTN, thyroid, Koch's.

History & Lifestyle Religion: Hindu Education: Graduate Occupation: Housewife Marital status: Married.

Socioeconomic status: Middle class Associated conditions: fatty liver, liver cirrhosis Family history: Diabetes mellitus (father)

Diet: Veg and Nonveg

Type of Ahara: Adhyashana Dominant Guna in diet: Guru, Singha

Dominant Rasa in diet: katu

Sleeping hours: 1 hour in day time and 7-8 hours in night

General Examination of Patient

Pulse: 86/min.

BP: 130/90 mm of Hg Height: 159 cm.

Weight: 80.5 kg.

Temp: 98.5 °F.

Ashtavidha Parikshan

Nadi: pittaj kaphaj, regular Mutra: 3-4 times a day, yellowish.

Mala: Unsatisfactory; Constipated on and off Jivha: Saam.

Shabda: Spashta Sparsha: Ushna Druk: arakta Aakruti: sthoola.

TREATMENT

1. Kumariasavam
2. Abhayarisham

PATHYAPATHYA

DO's

- 1 warm water for drinking
- 2 salt restricted diet
- 3 veggies : bottled guard, bitter guard, ridge guard, smooth guard, pumpkin which contains water: easy for digestion.
- 4 Walking 30 min every day.

DON'Ts

- 1 spicy oily food
- 2 Fast food
- 3 AC exposure
- 4 Day sleeping and going to bed immediately after just having food
- 5 Overeating
- 6 Non veg

Management and outcome: Before starting the *Ayurvedic* treatment the patient was examined thoroughly keeping *Ayurvedic* principles of treatment in mind. Patient was given above mention *Ayurvedic* treatment for the period of 1 month. He was advised to follow certain dos and don'ts regarding his diet and routine during the treatment and kept under the observation. He had taken all allopathic medication for this, But no marked improvement was observed. He was examined before starting of *Ayurvedic* treatment and after treatment all this c/o were re-evaluated; After the period of 1 month. The patient showed very promising results

with relief in his complaints and all the data are given in table at the end of the article.

RESULT: After the period of 1 month treatment.

SYMPTOMATIC ASSESSMENT

Symptom	Before treatment	After treatment
Fatigue	Present++	Absent
Acidity	Present++	Absent
Pain at Rt hypochondric and epigastric region	present	Absent
Burning chest	present	Absent
Depression	Anxiety attacks present	Absent
Loss of appetite	Present	Absent
Bloating	Present	Absent
Nausea	Present	Absent

OBJECTIVE ASSESSMENT

INVESTIGATION	15-11-21	16-12-2021
HCV quantitative	3,71,936 IU/mL	Below 15 IU/mL
SGOT	141.4	65 U/L
SGPT	114.9	61 U/L
Albumin	3.19	4.2
Globulin	4.71	3.6
A/G ratio	0.68	1.17
Hb	13.3	13.8

DISCUSSIONS

Hepatitis can be correlated to *yakrut vyadhi* in *ayurveda*. As per given in *sharangdhar samhita* Kumariasava is used in *agnidushti*, *yakritvikara*, *rakta pitta dushti*. It is useful in rectifying, modifying, pacifying all *pitas.rakta* being *updhātu* of *pitta*, helps in purification and detoxification of it. Considering all subjective and objective criteria i. e all symptoms present in case and pathological investigations show complete success of the given treatment. Within a month of the treatment we can see HCV quantitative test shows huge difference. Not only that also the liver function test values are seen more normal than the previous ones, confirming the results of the treatment, it also increased Hb levels. That is the treatment worked in this case in all aspects.

CONCLUSION

Ayurveda management of hepatitis C ensures faster clearance of symptoms. It can also be proven and seen in biochemical parameters. It also shows improvement in overall health conditions. *Ayurvedic* formulations with dietary and lifestyle changes can lead to better cure

of the patients and boosting their health in less time. This should be studied on the large scale to find a better treatment option to avoid death and diseased conditions caused by the same.

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