

ROLE OF AYURVEDIC TREATMENT IN DOWNS SYNDROME IN CHILDHOOD

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ABSTRACT

DOWNS SYNDROME or Mangolism is commonest chromosomal aneuploidy characterised by triplicate copy of entire chromosome 21. It is genetic disorder caused when abnormal cell division results in extra genetic material, this material causes Developmental changes. It causes Growth delays, Mild to moderate intellectual disabilities and some characteristic facial features. According to Ayurveda this kind of disease explain under Garbhaj Vikara. It occurs due to Vata Dosha and Beeja Dosha abnormality. This case study deals with Ayurvedic management of Down syndrome with BASTI, ABHYANGA, JIVHA PRATISARAN. **Aim:** To study Role of Ayurveda In Down syndrome. **Material and Method:** child with above complaints Bring by parents in opd of Dr.D Y Patil Ayurveda college and research centre, Pune. Medhya Drugs orally along with panchkarma given. **Observation and Results;** Activity of child improves, can speak Bisyllabus words, walking improved. **Conclusion:** Ayurvedic Treatment has positive effect on child with Down Syndrome.

KEYWORDS: DOWN SYNDROME, Jivha pratisaran, Basti, Abhyanga.

INTRODUCTION

Down syndrome may be divided into 2 types:

a) Regular trisomy (95%): Entire extra chromosome 47xx/xy

b) Translocation (5%)

Advanced Maternal age, is the most important risk factor for this. With an estimated risk of 1:1000 below 30 yrs, 1:350 by 35 yrs This abnormalities may vary from presence of few dysmorphic features to mental retardation. This babies are friendly, playful and enjoy music. Motor development is slower than social development which trends to improve with Age. Confirm diagnosis made with help of investigation like karyotype, Maternal serum markers(Triple test), short femur.

In Ayurveda, it can be explain under Sahaja _Beeja_Beeja Bhaga, Beeja _Bhaga avayva janya vikara.

CASE STUDY

Ipd no.2400002051

NAME: XYZ

AGE: 9 yrs

Informer: Mother

C/o: Improper speech Delayed milestones

Neck holding at 9 months

Left ring and middle finger webbed Depressed nasal bridge

Low set ear

B/H: FT/LSCS/NCIAB_cried after stimulation/MCH/2.75 KG /Phototherapy given /NO NICU stay

IMMUNISATION: AS per Government schedule

F/H: Not significant

Diet history: vegetarian

O/E : T _97 F

HR_ 80/MINRR_26/MINSPO2_97%

BP _90/54 MM HGPPWF

S/E : RS _AEBE

CVS _S1S2 N

CNS _Concious, Delayed milestones

Anthropometry

Height _129 cm Weight _26 kg CC_68 cm Hc_59 cm

Developmental History

Milestones Achieved at Age

1. Neck Holding 9 months
2. sitting with support. 15 mo
3. sitting without support. 22 mo
4. stand withuot support. 25 mo
5. Walk withuot support. 30 mo
6. monosyllabus words. 36 mo
7. Social smile 4 mo
8. Eye contact. 15 mo

Treatment

Treatment given for 4 sittings each of 8 days;

1. Jivha pratisaran :vacha churna with madhu × Daily 2 times
2. Orally Medhya Drugs
 - A. Ashwagandha Ghanwati 125 mg 1 ×2 times for 15 days
 - B. Bramhi wati 125 mg 1 ×2 times with madhu for 15 days

3. ABHYANGA

Sarvanga snehan with Bala Ashwagandha Tail Sarvanga swedan with shashtika shali pinda sweda.

4. **Basti:** Samvardhana Ghrita 10 ml × 8 days Daily.

RESULT AND DISCUSSION

As per ayurveda, in Down syndrome Vata dosha mainly involves, so we prefer Vata Shamaka chikitsa. Snehan, swedana karma helps Vata shaman and helps mind strengthening. Medhya dravyahelps to decrease mental retardation. After first sitting there is improvement in child's Daily activities. After second sitting walking improved. At the end of 4th sitting child's speech improve 30 to40%.

After completion of course, child is able to walk properly, it improves his speech and involvement inschool.

CONCLUSION

Case study reveals significant results of Ayurvedic treatment on child suffering from Down syndrome. It helps patient to improve his day to day life.

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Genetic Diagnostic Centre
(PMDT Registration No.: BMCIPHDI43NMGH-GH/2-92-97)

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Consulting Geneticist
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Patient Name : Master Vikrant Parave
Date of Birth :
Gender : Male
Referred by Dr. : Vyankatesh Hospital, Solapur.

Ref No : L-14999
Coordinates : R1 - 144 X 14
Report Date : Monday, April 26, 2021
Diagnosis : 47,XY+21 (Abnormal - Trisomy 21).

Indications :
Specimen : Peripheral Blood

Culture was set up for 72 hours. Culture indicated metaphases with 47,XY chromosome complement. There is extra chromosome 21 observed in all the metaphases (Abnormal - Trisomy 21).
Total metaphases studied 15.
Such chromosome complement is associated with Down syndrome.
In view of this finding, parent chromosome analysis should be done before planning next pregnancy and prenatal fetal chromosome analysis during next pregnancy should be offered.
Please consult your doctor in Vyankatesh Hospital, Solapur with this report

Leucocyte culture metaphase karyotype - 'G' Banding

Dr. (Mrs.) S.V Kotwa
Consulting Gen

