

**A STUDY ON EFFECTIVENESS OF A RASAYANA COMPOUND  
ALONGWITH VARUNADI KWATHA IN IMPROVING THE QUALITY  
OF LIFE IN NON-HODGKIN'S LYMPHOMA – A CASE STUDY**

**\*<sup>1</sup>Dr. Hemen Kalita and <sup>2</sup>Dr. Ibtisam Mehzebin**

<sup>1</sup>Associate Professor, Department of Roga Nidan, Government Ayurvedic College and  
Hospital, Guwahati-14.

<sup>2</sup>PG Scholar, Department of Roga Nidan, Government Ayurvedic College & Hospital,  
Guwahati-14.

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**\*Corresponding Author**

**Dr. Hemen Kalita**

Associate Professor,  
Department of Roga Nidan,  
Government Ayurvedic  
College and Hospital,  
Guwahati-14.

### **ABSTRACT**

Lymphomas constitute the 3<sup>rd</sup> most common neoplasm in head & neck region arising from lymphoreticular system and they are treated by Radiotherapy, Chemotherapy, Monoclonal antibody therapy, Targeted therapy, Transplantation, HSCT (Haematopoietic stem cell transplantation), CAR-T cell therapy (Chimeric antigen receptor- T cell). But in most of the cases quality of life gets deteriorated. So, supportive treatment to improve the quality of life is a must for these patients. Rasayana plays a vital role in the management of quality of life in cancer patients. A 64 years old female patient suffering from Non-Hodgkin's Lymphoma was treated in Government Ayurvedic College & Hospital, Guwahati with an aim of improving her quality of life. A Rasayana compound made of some Generic Ayurvedic formulations was prescribed for 1.5 years. Moreover, Varunadi Kwatha which is very effective was also prescribed. A significant clinical improvement in the quality of life was observed after the treatment.

### **INTRODUCTION**

Lymphomas constitute the 3<sup>rd</sup> most common neoplasm in head & neck region arising from lymphoreticular system. Malignant lymphomas are divided into Hodgkin's Lymphoma (HL) & Non-Hodgkin's Lymphoma (NHL). Non-Hodgkin's Lymphoma comprises approximately 5% of head & neck malignancies. Extranodal disease with or without lymph nodes is more

common in Non-Hodgkin's Lymphoma.<sup>[1]</sup> NHL represents a monoclonal proliferation of lymphoid cells of B cells (90%) or T-cells (10%) origin. The incidence of these tumors increases with age, to 62.8/million population per annum at the age of 65-75 years and overall rate is increasing at above 3% per year.<sup>[2]</sup>

The most important risk factors for Non-Hodgkin's Lymphoma are HIV infection, Epstein Barr virus (EBV), Human Herpes Virus 8 (HHV8), H.Pylori infection, Congenital immunodeficiency, Immunosuppressed patients & Organ transplantation. The clinical features of Non-Hodgkin's Lymphoma are weight loss, sweats, fever, itching, hepatomegaly may be present, sites of extranodal involvement includes the bone marrow, gut, thyroid, lungs, skin, testis, brain and more rarely bone. The patient is treated by Radiotherapy, Chemotherapy, Monoclonal antibody therapy, Targeted therapy, Transplantation, HSCT (Haematopoietic stem cell transplantation), CAR-T cell therapy (Chimeric antigen receptor- T cell).<sup>[3]</sup> But above all, the quality of life plays an important role as many of the patient's general health condition is deteriorated due to noted side-effects of Conventional Treatment. Their quality of life decreases which includes restricted movements, physical activities, etc. So, supportive treatment to improve the quality of life is a must for every cancer patient.

Rasayana is one of the comprehensive disciplines of Ayurveda, which comprises a specialised use of herbs, herbomineral formulations, food articles & lifestyle alongwith self-discipline with social etiquette to achieve optimum state of tissues & systems of the body so that there is the least effect of etiological factors on the body. It is a way to achieve homeostasis, thus retarding the ageing process.<sup>[4]</sup> It is used to increase longevity, memory, intelligence, health, complexion, voice, lustre, etc.

### CASE EXAMINATION

A 64 years old female patient suffering from Non-Hodgkin's Lymphoma from Khanapara, Assam (Registration no. - 880, ICC no. – 07) attended cancer speciality clinic at Government Ayurvedic College & Hospital, Guwahati, Guwahati-14 on 8/01/2022. The patient had undergone 1 cycle of chemotherapy but due to severe complication she couldn't complete the treatment. So, her quality of life was deteriorated. She cares for herself but was unable to carry out normal activities or do any active work alongwith some of the symptoms like secretion from the nose and throat, nasal tone of voice, loss of appetite, generalised weakness, more than 50% of her waking hours she feels like resting on her bed, occasional dry cough and pain in the right hypochondriac region. After taking a consent for her treatment, a

detailed history and necessary clinical examination of the patient were done thereafter. The patient was diagnosed as Non-Hodgkin's Lymphoma in 2021. Her weight was 44kg, height 5'2", BP- 120/70mmHg, PR- 82/min. Pallor, clubbing, oedema, cyanosis absent and no palpable lymph nodes were found. No family history of malignancy was found. On systemic examination, there was tenderness in Right Hypochondriac region. She was conscious and oriented to time, place and self. CECT - neck dated 20/03/2021 shows heterogeneously enhancing mass lesion in nasopharynx extending anteriorly to nasal cavity, inferiorly upto oropharynx, with extensive cervical and left supraclavicular necrotic lymphadenopathy. Largest conglomerated node in left level V measures 68 x 32mm, largest in left level II measures 30 x 19mm, level III measures 19 x 17mm, level IV measures 20 x 13mm, left supraclavicular lymph node measures 10 x 10mm. CECT-PNS dated 20/03/2021 shows heterogeneously enhancing mass lesion in posterior nasopharynx extending anteriorly to nasal cavity from B/L posterior choana. B/L sphenoidal pattern (L>R) and fronto nasal pattern (L>R) of sinusitis. HPE dated 30/03/2021 shows Non-Hodgkin's Lymphoma and metastatic tumor. PET-CT study dated 23/04/2021 shows lymphomatous involvement. ECOG performance score was done which showed a score of 03. Moreover, KARNOFSKY performance score was evaluated and found to be 80. Clinical assessment as per Ayurveda was done and found that she was habituated of taking more Madhura rasatmaka dravya's. While assessing her Viharaja karana's, Adhyasana was found to be more prominent. Her Agni status was found to be mandagni. Ashtavidha pareeksha was done and it was found that Nadi is Kapha Vata, Mala is prakrit, Mutra is prakrit, Jihwa is Sama, Shabda is Nasika vaak, Sparsha is Anushna sheeta, Drik is Kapha Vata and Akriti is Kapha Vata.

### TREATMENT PROTOCOL

The patient was treated by a Rasayana compound (Table-01) & Varunadi kwatha (Table-02), which is a classical Ayurvedic formulation in an appropriate dose. The patient continued her treatment with 7 regular follow up visits for 1.5 years. During this period, she was asked to report the clinic at monthly intervals. At every monthly visit, all the clinical assessment was done like general and systemic examinations and status of earlier and fresh complaints were noted. The assessment of quality of life was done by using ECOG and KARNOFSKY performance scale. She underwent 3 investigations during her treatment period i.e. HRCT Thorax dated 11/07/2022 shows thin atelactic bands in inferior lingual segment of right middle lobe and medial basal segment of left lower lobe- likely sequelae changes, USG(W/A) dated 11/07/2022 shows left renal cortical cyst and lastly CECT Thorax including neck dated

25/11/2022 shows subtle enhancing thickening in the right posterolateral wall of nasopharynx, oropharynx and adjacent base of tongue causing mild asymmetry of the oropharyngeal air column, few homogenously subcentric IA, left level II, B/L level III & V lymph nodes. B/L lung fields appear grossly normal. No mediastinal lymphadenopathy. She was also asked to do a PET scan but due to financial instability couldn't do it.

## OUTCOME

After continuing Ayurvedic treatment for 1.5 years, the patient showed improvement in quality of life. Her physical performance on ECOG showed improvement from 03 to 01 (Table-04), similarly KARNOFSKY score showed improvement as well i.e., from 80 to 90 (Table-05). She was now able to carry out her day-to-day activities but restricted to physically strenuous activities. She is less confined to bed as compared to before. Her symptoms like secretions from throat and nose, nasal tone of voice, loss of appetite, generalised weakness, occasional dry cough, tenderness in Right Hypochondriac region were improved in each visit. On her last visit (19/08/2023) all the above-mentioned symptoms were improved completely. CECT of neck showed improvement in the number of lymph nodes affected. Earlier, before treatment 4 lymph nodes were involved in the level of V, IV, III & II on 20/03/2021 but after treatment the number of lymph nodes involvement was reduced to III i.e., at the level of II, III & V on 25/11/2022 (Table-03). Moreover, the mass lesion of Nasopharynx seems to be stable as earlier.

## DISCUSSION

The present case report shows an effective treatment by Ayurveda Rasayana compound with Varunadi Kwatha in case of Non-Hodgkin's Lymphoma. The general health was deteriorated after receiving conventional treatment, may be due to serious side-effects. But after the intervention of Ayurvedic Treatment the result was fruitful. We observed the quality of life was improved and also the tumor was stable. The Rasayana was mainly used for her general health and immunity. According to Charaka, Rasayana is the means of attaining excellent qualities of Dhatu's i.e., body cells & tissues.<sup>[5]</sup> Quality of life deterioration ultimately leads to dhatu and oja kshaya(vitality/immunity). The Rasayana compound includes Swarna Malini Vasanta, Mahalakshmi Vilas Rasa & Yashtimadhu churna. Swarna Bhasma<sup>[6]</sup> present in Swarna malini Vasanta and Mahalakshmi Vilas Rasa is an excellent Rasayana that promotes life expectancy, anti-ageing, improves nourishment of the body tissues and cells, etc. Again, Maricha<sup>[7]</sup> and Shuddha hingula<sup>[8]</sup> which is present in Swarna Malini Vasanta are excellent

deepaniya dravyas which increases Agni and decreases Kapha. Moreover, Yashtimadhu churna which was used in the compound is one of the excellent Rasayana<sup>[9]</sup> and Kasahara Dravya.<sup>[10]</sup> On the other hand, Varunadi Kwatha is indicated in Antra viddradhi, Gulma, Shirashoola and is Kapha Medohara.<sup>[11]</sup> So, the use of Varunadi Kwatha was necessary for the treatment of the enhancing mass & lymph nodes which may be understood as Kapha Meda dushti. The combined effect of Rasayana compound with Varunadi Kwatha shows a synergistic effect in improving the quality of life and reduction in the number of Lymph nodes involvement.

## CONCLUSION

From the present case it can be concluded that by the use of an Ayurveda Rasayana compound with Varunadi Kwatha in a case of Non-Hodgkin's Lymphoma for 1.5 years, the quality of life of the patient has improved and the tumor remains stable.

**Table 01: Ayurveda Rasayana Compound.**

SI. NO.	Name of the medicine	Dosage	Frequency	Main ingredient	Vehicle (Anupana)
01	Swarna Malini Vasanta	1 tab	BD	Generic	Lukewarm water
02	Mahalakshmi Vilas Rasa	1 tab	BD	Generic	Lukewarm water
03	Yastimadhu Churna	200mg	BD	Single drug	Lukewarm water

**Table 02: Varunadi Kwatha.**<sup>[12]</sup>

SI. NO.	INGREDIENTS	PARTS
01	Varuna	1 part
02	Baka puspa	1 part
03	Bilva	1 part
04	Apamarga	1 part
05	Chitraka	1 part
06	Laghu agnimantha	1 part
07	Brihat agnimantha	1 part
08	Shigru	1 part
09	Madhu shigru	1 part
10	Brihati	1 part
11	Kantakari	1 part
12	Shweta saireyaka	1 part
13	Peeta saireyaka	1 part
14	Neela saireyaka	1 part
15	Murva	1 part
16	Meshashringi	1 part
17	Kiratatikta	1 part
18	Ajashringi	1 part

19	Bimbi	1 part
20	Karanja	1 part
21	Shatavari	1 part
22	Water	16 parts

**Table 03: Findings of The Investigation Done Before and After The Treatment.**

Name of the investigation	Before treatment	After treatment
CECT-NECK	Cervical lymph nodes in the level of V, IV, III & II (20/03/2021)	Cervical lymph nodes in the level of V, III & II (25/11/2022)

**Table 04: Ecog Performance Score.**

SI. NO.	No. of visits	ECOG Score
01	01	03
02	02	02
03	03	02
04	04	02
05	05	01
06	06	01
07	07	01

**Table 05: Karnofsky Performance Score.**

SI. NO.	No. of visits	Karnofsky Status
01	01	80
02	02	80
03	03	80
04	04	80
05	05	90
06	06	90
07	07	90

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