

## A STUDY ON THE EFFECT OF *VIRECHAN KALPA* AND *GOMUTRA ARKA* IN THE MANAGEMENT OF CA GB WITH METASTASIS - A

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### ABSTRACT

Gall Bladder cancer is the most common Gastro intestinal cancer in the women. Early diagnosis of the disease is essential as the malignancy progress silently with a late diagnosis, often proving fatal. Ascites is a serious complication of GB cancer, which are usually found in treated cases of GB cancer by chemotherapy due to such treatment. A patient of GB cancer with ascites with severe dyspnea, pricking pain over abdomen, bilateral pedal oedema was treated at Govt. Ayurvedic College Hospital in speciality cancer clinic in the line of principle of treatment of *Jalodara*. *Virechan kalpa* along with *Gomutra* was used which shows tremendous good clinical prognosis and her quality of life was improved within a period of two months.

**KEYWORDS:** Gastro intestinal, malignancy, ascites, *Jalodara*,

*Virechan*, *Gomutra*.

### INTRODUCTION

A gall bladder cancer is the most common cancer among the malignancy of the biliary tract. This tumour is a highly lethal disease with an overall 5-year survival of less than 5% and mean survival of 6 months.<sup>[1]</sup> The histopathological type of GB cancer is always adenocarcinoma. In conventional method of treatment stage1 and stage 2, are potentially resectable ie surgery with curative intent. Stage 3 and stage 4 of GB cancer is non-resectable and can be treated with chemotherapy and radiotherapy.<sup>[2]</sup> But, the outcome of these two therapy shows some adverse effect on the patients. Therefore, alternative treatment like Ayurveda can be best adjuvant therapy to be adopted for overcoming such effects. In Ayurveda, there is no direct references of GB cancer but the disease can be treated by the

principle of anukta vyadhi vinischay. Depending upon the dosa vitiation, involvement of the srota and the type of srota dusti, agni pariksha, a line of treatment in Ayurveda is planned even in a cancer patient in Ayurveda.

In present day scenario, we come across many patients of GB cancer, hence an adjuvant therapy like Ayurveda is the need of the hour.

**CASE EXAMINATION:** A 37 year old female patient of known GB cancer (stage 3) with hepatic metastasis since August 2023 came from Posoria, Dist- kamrup (R) Assam attended cancer speciality clinic at Govt Ayurvedic College & Hospital, Guwahati 14, on 29/9/23. The patient was undergoing chemotherapy for the same in a private institution. But after she took 3<sup>rd</sup> chemotherapy, she developed fullness of abdomen, pain in right hypochondriac region, swelling over bilateral feet and breathing difficulty and with generalized weakness, pain over anus after passing constipated stool.

After taking consent of the patient, a detailed history and necessary clinical examination of the patient was done thereafter. On examination her BP =100/60mmHg, P/R=74/min, weight=53kg, height=4 feet 8 inch, Pallor=Absent, Icterus= Absent, lymph adenopathy= Absent with bilateral pedal oedema. She was having emaciated built with poor general condition. On systemic examination, there was mild tenderness on right hypochondriac region and on examination fluid thrill and shifting dullness examination was positive. There was no any abnormality in other system of the body.

Her USG (W/A) dated 21/8/23 reveals cholecystitis with nodular wall thickening and oedema (D/D- neoplastic etiology) and CT abdomen with pelvis reveals Carcinoma of GB with hepatic secondaries and abdominal lymphadenopathy. On blood investigation, CA-19-9 (cancer antigen) in serum dated 31/8/23 reveals 1467.0. her ECOG score was done which was 02 and KARNOFSKY score was evaluated as 70.

The patient was also examined under Ayurvedic parameters of diagnosis and found to have *udara utsedha*, *Jihva-saamaavastha*, *Agni- Mandagni*, vitiated *Srota- Rasavaha* and *udakavaha* and *swedavaha srotas*, *Dosa-vata* and *kapha*, *Mala-Baddhamala* and so the patient was ultimately diagnosed as *udara roga* in Ayurveda.

**TREATMENT PROTOCOL:** After a detailed clinical examination the patient was diagnosed as *Jalodara* of *udara roga*. The patient was having *mandagni*, *baddhamala*, *udara*

*utsedha* (*Jalodara avastha*) along with *vata* and *kapha doshas* were involved in the progression of the disease. So, a *virechan kalpa* and *Gomutra arka* table 1 has been chosen as the best medicine adopted for the treatment of the disease. The patient was treated with 6 gm of *haritaki churna* with 10 ml of *Eranda taila* daily at early morning for the 2 months along with complete vegetarian diet as advised to the patient. The patient was treated for 3 months along with a complete vegetarian diet was advised to the patient. The patient continued her treatment regularly and came to follow up for 2 follow up visit in the interval of 1 month. In the both visits clinical assessment was done both the general and systemic examination and the general and systemic examination. Status of the earlier complaints were noted along with any new fresh complaints. He was advised CA 19-9 (cancer antigen) and CT abdomen but due to financial instability, he could not perform PET CT and hence only CA-19-9(cancer antigen) was done.

**OUTCOME:** After continuing the Ayurvedic treatment given to the patient, there was tremendous change in quality of life of the patient. Her all the chief complaints were subsided gradually up to the 2<sup>nd</sup> visit and also her physical performance on ECOG showed improvement from 02 to 01 and Karnofsky score showed improvement from 70 to 80 table 2. From the blood test of CA-19-9 (cancer antigen), there was change in value from 1467 to 1200 table 3. Moreover, she is now relieved from abdominal ascites, bipedal oedema. Pricking pain over chest and abdomen, also breathing difficulty table 4.

The findings of the parameter before and after treatment are described below in tables.

**Table No. 01.**

Sl. No.	Name of the Medicine	Dose	Frequency	Main Ingredient	Anupan
1.	<i>Haritaki Churna</i>	5 gm	OD	<i>Haritaki</i>	<i>Eranda Tail 20 ml</i>
2.	<i>Gomutra Arka</i>	20 ml	OD	<i>Gomutra</i>	No any

**Table No. 02.**

Sl. No	Name of the investigation	Before treatment	After treatment
1.	CA-19-9 (cancer antigen)	1467 on 31-08-2023	1200 on 27-11-2023

**Table No. 03.**

Sl. No	Name of the performance	Before treatment	After treatment
1.	ECOG Score	02	1 <sup>st</sup> visit (07-10-23): 01 2 <sup>nd</sup> visit (18-11-23): 01 3 <sup>rd</sup> visit (30/12/23): 01

Table No. 04.

Sl. No	Name of the performance	Before treatment	After treatment
1.	Karnofsky Score	70	1 <sup>st</sup> visit (07-10-23): 70 2 <sup>nd</sup> visit (18-11-23): 80 3 <sup>rd</sup> visit (30/12/23 ): 80

Table No. 05: Clinical Parameters.

Sl. No	Sign.	Before treatment	After treatment
1.	Pedal Oedema	Present B/L	1 <sup>st</sup> visit (07-10-23): Absent B/L 2 <sup>nd</sup> visit (18-11-23): Absent B/L 3 <sup>rd</sup> Visit (30-12-23): Absent B/L
2.	Abdominal Girth	90 cm	1 <sup>st</sup> visit (07-10-23): 80 cm 2 <sup>nd</sup> visit (18-11-23): 70 cm 3 <sup>rd</sup> Visit 30-12-23): 69 cm
3.	Shifting dullness	Present	1 <sup>st</sup> visit (07-10-23): Mild present 2 <sup>nd</sup> visit (18-11-23): Mild present 3 <sup>rd</sup> Visit (30-12-23): Absent
4.	Fluid thrill	Present	1 <sup>st</sup> visit (07-10-23): Mild present 2 <sup>nd</sup> visit (18-11-23): Absent 3 <sup>rd</sup> Visit 30-12-23): Absent

## DISCUSSION

So, the present case study shows effective treatment by an Ayurvedic principle of treatment like use of *virechan kalpa* and *Gomutra arka* in complications like ascites of GB cancer. After diagnosis of GB carcinoma of the patient, with intervention of chemotherapy her quality of life was deteriorated due to the side effect of the therapy along with the various complications due to the metastasis. But, after intervention of the Ayurvedic treatment along with chemotherapy, the outcome was very much encouraging. We observed improvement of the quality of life along with improvement of clinical parameters table 5.

As the case was having *jalodara*, *nitya virechan* was best choice of treatment for the patient.<sup>[3]</sup> As per *Charak*, *Haritaki* has been considered in *virechanaupaga mahakashay*.<sup>[4]</sup> *Bhavaprakash* has mentioned *haritaki* as *malasodhini* i.e. laxative.<sup>[5]</sup> Moreover, after giving *virechana* yoga to the patient she used to have 4-5 vegas of stool and gradually her abdominal girth decreased. *Eranda taila* is *Vatahara* and *Virechak*.<sup>[6]</sup>

On the other hand, *gomutra arka* has been used in this case. *Gomutra* is *Tikshna*, *ushna*, in *gunas*. It enhances *agni*. It helps in removing *srotasanga* which ultimately helped in relieving

the pathogenesis in *udakavaha srotas*.<sup>[7]</sup> According to *Sushruta*, *gomutra* is indicated in *udara roga*, *shula*, *gulma* and *anaha*<sup>[8]</sup> and hence *Gomutra* was also used in this case. In modern *Gomutra* has been proved to prevent the effect of pathogens and also free radicals which causes damage to the cells. *Gomutra* has apoptosis inhibitor which reduces apoptosis in lymphocytes and help them to survive, thus the body can avail tumour fighting abilities.<sup>[9]</sup>

A combined effect of *Virechan Kalpa* of *Haritaki churna* & *Gomutra arka* showed tremendous outcome in case of GB Cancer and also helped to improve the quality of life. Her Ecog performance score and kernofsky score shows improvement after the treatment above and the improvement of clinical parameter.

## CONCLUSION

From the present case study it can be concluded that by using a *Virechan Kalpa* with *Gomutra arka* in case of CA GB with metastasis continuously for 3 months shows improvement in quality.

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