

# GLOBAL ACADEMIC RESEARCH INSTITUTE

COLOMBO, SRI LANKA



## GARI International Journal of Multidisciplinary Research

ISSN 2659-2193

**Volume: 03 | Issue: 04**

On 31<sup>st</sup> December 2017

<http://www.research.lk>

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GARI Publisher | Panchakarma | Volume: 03 | Issue: 04

Article ID: IN/GARI/02ICATMMP/2017/133 | Pages: 30-36 (07)

ISSN 2659-2193 | Edit: GARI Editorial Team

Received: 27.08.2017 | Publish: 31.12.2017



## CASE STUDIES ON PANCHAKARMA THERAPY : SUCCESS STORIES

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### ABSTRACT

*Panchakarma therapy is an integral part of Ayurveda. The word Panchakarma symbolizes 5 procedures for internal purification of the body. Thus, it is a bio-cleansing regimen, which facilitate better bio-availability of the pharmacological therapies, it helps to bring about homeostasis of body humors and eliminate disease from its root. Panchakarma is an effective therapy in managing autoimmune, neurological, psychiatric and musculo-skeletal diseases of chronic and metabolic origin. Diseases such as Hypothyroidism and Psoriasis are considered to be an autoimmune conditions that needs attention with respect to management, as these conditions can't be cured completely, one must manage it with panchakarma therapies in order have a healthy life. Hypothyroidism is a clinical syndrome resulting from deficiency of thyroid hormones due to their insufficient synthesis which results in generalized slowing down of metabolic process. In Ayurveda, there is no exact mentioning of the disease. In the case study, Hypothyroidism managed with Dwipanchamooladi niruha basti in the yoga basti schedule, where the ingredients of this basti does kaphamedho hara, agnideepana and lekhana action on the body. And the second case, Psoriasis is a long-lasting autoimmune disease which is characterized by patches of abnormal skin. In ayurveda, it is correlated to Kushta. And in the case study, it is managed with yastimadhu bhavita kutaja gulika Vamana karma after Snehapana with Murchita gritha. The results of these two case studies were significant with marked reduction in the signs and symptoms. A considerable improvement were seen in both the cases. Keywords: Panchakarma, Hypothyroidism, Psoriasis, Basti, Vamana*



## INTRODUCTION

Panchakarma therapy is an integral part of Ayurveda. The word Panchakarma symbolizes 5 procedures for internal purification of the body. Thus, it is a bio-cleansing regimen, which facilitate better bio-availability of the pharmacological therapies, it helps to bring about homeostasis of body humors and eliminate disease from its root<sup>1</sup>. *Panchakarma* has a wide field of application such as *sodhana* (purification), *brihmana* (nourishing therapy) or *shamana* (palliative measures).<sup>2</sup> It is an effective therapy in managing autoimmune, neurological, psychiatric and musculo-skeletal diseases of chronic and metabolic origin. Among these an autoimmune disease is a condition in which the immune system mistakenly attacks once own body. Women are prone to get autoimmune diseases at a rate of about 2 to 1 compared to men - 6.4 percent of women vs. 2.7 percent of men.<sup>3</sup> Diseases such as Hypothyroidism and Psoriasis are considered to be an autoimmune conditions that needs

attention with respect to management, as these conditions can't be cured completely, one must manage it with panchakarma therapies in order have a healthy life. Hypothyroidism is a clinical syndrome characterized by elevated levels of thyroid stimulating hormone (TSH) or by low levels of triiodothyronine (T3) and thyroxine (T4). In ayurveda, there is no exact mentioning of the disease but it can be correlated to *Mandagni*.

## MATERIALS AND METHODS

In the case report 1, Hypothyroidism managed with *Dwipanchamooladi niruha basti* in the *yoga basti* schedule, where the ingredients of this *basti* does *kaphamedho hara*, *agnideepana* and *lekhana* action on the body. *Basti* can help in dealing the pathology at gut thyroid level<sup>4</sup> based on its probable mode of action. The symptoms which patient said like decreased appetite, mood swings, increased weight, hairfall and irregular menstruation were subsided and the thyroid function test showed considerable fall in the TSH levels. And the case report 2, Psoriasis is a long-lasting autoimmune disease which is characterized by patches of abnormal skin. This is correlated with the disease *Eka kusta* in ayurveda and is treated with *Yastimadhu bhavita kutaja gulika Vamana karma* after *Snehapana* with *Murchita gritha*. Remarkable improvement were seen in the signs and symptoms of the disease. Both the cases



were taken from Sri Dharmasthala Manjunatheshwara Ayurvedic Medical College and Hospital, Hassan.

### CASE REPORT 1

A female patient aged about 34yrs came to our hospital with the complaints of decreased appetite, mood swings, increased weight, associated with hairfall, impaired memory and irregular menstruation since 10 years.

#### History of present illness

Patient was said to be apparently healthy before 10 years, gradually she started noticing changes in her menstrual cycles, associated with hairfall. After few years the symptoms like weight gain, memory impairment,

decreased appetite were noticed by the patient for which she consulted a gynaecologist. They advised for blood check-up. They diagnosed the disease as Hypothyroidism. Thus started the medication with Thyronorm 100mcg. But she found no relief with the symptoms thus she came to SDM for better treatment.

#### Family history

Mother is said to be a Hypothyroid patient since 5 years and under thyronorm medication.

#### Treatment history

Thyronorm 100mcg - 1 in the early morning on empty stomach daily.

#### Treatment protocol

Table no. 1

Day	Treatment given
1	<i>Sadhyo Vamana</i> followed by <i>Pathya</i> for that day and night
2	<i>Sarvanga Udwarthana</i> + <i>Bhaspa Sweda</i> <i>Anuvasana Basti</i> with <i>Brihat Saindhavadi Taila</i> - 100ml
3	<i>Sarvanga Udwarthana</i> + <i>Bhaspa Sweda</i> <i>Niruha Basti</i> – <i>Dwipanchamooladi Niruha Basti</i> – 790ml <i>Anuvasana Basti</i> with <i>Brihat Saindhavadi Taila</i> - 100ml
4	<i>Sarvanga Udwarthana</i> + <i>Bhaspa Sweda</i> <i>Niruha Basti</i> – <i>Dwipanchamooladi Niruha Basti</i> – 790ml <i>Anuvasana Basti</i> with <i>Brihat Saindhavadi Taila</i> - 100ml
5	<i>Sarvanga Udwarthana</i> + <i>Bhaspa Sweda</i> <i>Niruha Basti</i> – <i>Dwipanchamooladi Niruha Basti</i> – 790ml <i>Anuvasana Basti</i> with <i>Brihat Saindhavadi Taila</i> - 100ml
6	<i>Sarvanga Udwarthana</i> + <i>Bhaspa Sweda</i> <i>Anuvasana Basti</i> with <i>Brihat Saindhavadi Taila</i> - 100ml
7	Patient was discharged with <i>Chitrakadi Vati</i> 2tds b/f <i>Kanchanara guggulu</i> 2tds a/f for 2 months



## CASE REPORT 2

A male patient aged about 40 years came to our hospital with the complaints of scaly patches on the extensor surface of both hands, legs, abdomen and low back region associated with roughness, itching and erythema since 8 months.

### History of present illness

Patient was said to be apparently healthy before 8 months. On Jan 2017 he got severe greenish coloured vomiting, which did not subside even after taking anti-emetic drug, thus he got admitted in nearby hospital and there they put him on higher doses of anti-emetics. Details unknown. Also he used to work in sun daily for 7-8 hours in the field

### Treatment protocol

Table no. 2

Day	Treatment given
1	<i>Deepana and pachana with Agnitundi vati and Panchakola phanta</i>
2	<i>Snehapana with Murchita ghrita – 30 ml</i>
3	<i>Snehapana with Murchita ghrita – 70 ml</i>
4	<i>Snehapana with Murchita ghrita – 110 ml</i>
5	<i>Snehapana with Murchita ghrita – 160 ml</i>
6	<i>Vishrama kala with Kaphothkleshakara ahara Sarvanaga abhyanga with Murchitha tila taila and Bashpa sweda</i>
7	<i>Sarvanaga abhyanga with Murchitha tila taila and Bashpa sweda Vamana with Yastimadhu Bhavitha Kutaja Gulika</i>
8	<i>Samsarjana karma for 7 days</i>

After 7 days of *Samsarjana karma*, the patient was discharged with *nimbamruthadi eranda taila* for *nithya virechana* for five days along with *Panchavalkala kwatha churna* for bathing

where pesticides etc were used. After a month from this incident, he started noticing scaly patches on the extensor surface of both hands and then it gradually started in legs and abdomen. Nearby clinics when he consulted, they gave topical ointments which did not give him much result. Thus when the severity increased he came to our hospital for better treatment.

### Family history

All the family members are said to be healthy

### Treatment history

Topical medication. Details unknown.

and internally given with *Mahamanjishtadi kwatha*.



## DISCUSSION

Hypothyroidism is an autoimmune condition. There is currently no treatment to cure Hypothyroidism. Many studies are looking at treatment that might improve some of the symptoms of Hypothyroidism. In Ayurveda, considering it as *mandagni*, *samprapti* is formed where, *kapha vata kara ahara vihara nidana sevana* leading to *kapha pradana tridosha prakopa*, further leads to *jataragni mandya (ama utpatti)* causing *dhatwagni mandya* leading to *uttarottara dhatwagnimandya* manifesting various symptoms like *agnisada* (decreased appetite), *asrugdara* (menstrual irregularities), *galaganda* (swelling in the neck), *atistula* (over weight) etc.<sup>5</sup> The ayurvedic line of management for hypothyroidism is as follows i.e., *agni deepana*,<sup>6</sup> Where overall panchakarma procedures starting from *purva karma* i.e., *deepana pachana* till *samsarjana krama* help in maintaining *agni*. As *agni deepana* occurs there will be *dhatu gata mala pachana*. Later on *Srothoshodana* by various Panchakarma can be done. Also *kapha vata shamana* as per *dosha* involved in Hypothyroidism. *Mano harshana* as depression is one of the symptoms in Hypothyroidism, *Shirobhyanga*, *Virechana*, *Nasya* and *Basti* help in balancing emotional disturbances.

In the first case of Hypothyroidism, *Sadhya Vamana* was advised on the first day in an empty stomach to remove the *utklita doshas* out of the body, then from the next day *dwipanchamooladi niruha basti*<sup>7</sup> in modified *yoga basti* schedule was planned, the properties like *kapha medho hara*, *lekhana* and *agnideepana* action of this *basti* directly acts on the mechanism causing Hypothyroidism. Starting with one *brihat saindhavadi taila*<sup>8</sup> *anuvāsana basti* and ending with two *brihat saindhavadi taila anuvāsana basti* and alternating with *dwipanchamooladi niruha basti* for 8 days was the *basti* schedule planned. Here *Brihat saindhavadi taila* has many ingredients which has the *deepana*, *pachana* and *amahara* action on the body which is again beneficial in treating the disease Hypothyroidism. Along with the *Basti*, *Sarvanga Udwarthana* and *Bashpa sweda* were also given, where this helps in removing *srotoavaroda* caused by *kapha dosha*, and causes *rukshana* effect on the body. After 7 days of treatment, when the investigations were done after *dwiguna parihara kala* of the *basti*, the result showed considerable improvement in thyroid function test and the symptoms like decreased appetite, menstrual irregularities etc were improved.

Table no. 3

Investigations	BT(07/12/2016)	AT(07/01/2017)
T3	79ng/dl	81ng/dl
T4	4.3mcg/dl	4.45mcg/dl
TSH	91.76mcIU/ml	42.77mcIU/ml



Psoriasis is a common, immune mediated, chronic, disfiguring, inflammatory and proliferative condition of the skin, in which both genetic and environmental influences have a critical role. Psoriasis cannot be compared, as described as, to 18 types of *Kusta* mentioned in *Buhatrayees*. Near comparison can be done to *Eka kusta*, *Kitiba kusta* and *Mandala kusta*. *Vamana karma* is a shodhana therapy which is adapted for *Kaphaja nanatmajavyadhi*, *Kapholbana samsarga* and *sannipata*<sup>9</sup>.

In the second case study, Psoriasis is considered as a variety of *Kusta* called *Ekakusta*<sup>10</sup>. Due to *chardi vega dharana*<sup>11</sup>(anti-emetics), *atapa sevana*(field work in sun) etc which are considered to be the causative factors in the disease manifestation, *ekakusta* might have occurred. When there is such vitiation of *doshas* takes place in the body, *shodhana* is the best treatment modality. As morbid *Kapha* and *Pitta* plays a major role in the manifestation of psoriasis. There is an *Ashrayashraye* relation between *Rakta* and *Pitta*. So the morbidity in the *Pitta* is leading to *Rakta dushti*, which inturn vitiate the skin after associating with *Kapha*. Thus, *Vamana* plays the major role in expelling the complex morbidity. *Vamana Karma* was planned followed by *nithyavirechana*. During *Snehapana* with *Murchita ghrita*,

*Samyak snigda lakshana* was attained on the 4<sup>th</sup> day and there was slight improvement during *Snehapana* itself with the signs and symptoms like itching and roughness. Soon after the *vamana karma* the symptoms like roughness of skin, itching and erythema reduced. When *nithyavirechana* of 30ml per day with *Nimbamruthadi eranda taila* was taken for five days continuously along with *Panchavalkala kashaya snana*, the signs and symptoms like scales, roughness, itching and erythema reduced.

## CONCLUSION

**A new study has proved an old saying 'healthy mind lives in a healthy body'.** And to have a healthy body, one must adopt ayurvedic principles in their lives. Panchakarma is one such ayurvedic treatment which has the ability not only to prevent the diseases but also to treat and to cure them. Thus, when the diseases like Hypothyroidism and Psoriasis manifest in a person, apparently they become the serious health issues which needs proper medical attention. Panchakarma can treat them better with minimal or no complications. In both the cases, the result was remarkable with the Panchakarma therapies. A considerable improvement were seen in both the cases.

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## International Conference on Ayurveda Traditional Medicine and Medicinal Plant



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