



AYURVEDIC FORMULATIONS : A SILVER LINING FOR THE MANAGEMENT OF HEPATITIS B – A CASE STUDY

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ABSTRACT As the technology advances, life style changes so increases the susceptibility towards diseases. Earlier there used to be fewer cases related to virus but today a number of diseases can be encountered behind which viruses can be a major causative organisms. Hepatitis B is one such inflammatory diseases of the liver. Its prevalence can be conferred from the estimated statistical value that there have been 350 million chronic hepatitis B virus carriers throughout the world. In contemporary science, vaccines can prevent the disease to some extent but there's no permanent cure once the disease has already occurred. Ayurveda has always been a silver lining for the diseases which are less likely to be permanently get rid of. Presented here is a case of 26 yrs old female patient with chief complaint of acute weakness, nausea, gas formation and weight loss for 2 months. This was the diagnosed case of Hepatitis B with high viral load. Shamana aushadhis like Sarvakalpa kwath, Totla kwath, LIV52 HB, Punarnavadi mandur, Cap Stresscom were administered and substantial reduction in viral load was observed within 2 months of treatment and in the next 2 months viral load further got reduced. An increase in the level of haemoglobin and reduction in SGOT level was also observed. Thus it can be concluded that Ayurveda has the potential to cure Hepatitis B and the patient can live his/her life without any complication and reoccurrence.

KEYWORDS : Hepatitis B, Sarvakalpa kwath, Totla kwath, Punarnava mandur, LIV52 HB, Cap Stresscom

INTRODUCTION

There are various disorders related to liver, most common being Hepatitis B. It is a life threatening liver infection caused by Hepatitis B virus and can cause both acute and chronic disease. Mode of transmission of virus is most commonly from mother to child during delivery as well as through contact with blood or other body fluids during sex with infected partner or sharing of infected needles.¹ Hepatitis B virus is a hepadnavirus, highly resistance to extremes of temperature and humidity that invades the hepatocytes. The viral genome is partially double stranded DNA linked to a DNA polymerase which is surrounded by an icosahedral nucleocapsid which is further surrounded by lipid envelope. Within the nucleocapsid are Hepatitis B core antigen and precore antigen, HBeAg and on the envelope is surface antigen, HBsAg.² Clinical manifestation occurs because of the Hepatitis B virus antigen and immune system interaction.

If we define Hepatitis in literal terms it should hold similarity to *Yakrut shotha* but surprisingly it's clinical features are similar to that of *Kamala*. Features like yellowish discoloration of skin, nails, urine and eyes, fever, weakness, loss of appetite, indigestion etc closely resembles to that of *Kamala*.³ *Kamala* is caused due to the aggravation of *Pitta-dosha*.⁴ Modern medical science focusses on subsiding the symptoms and not eliminating the cause. So if the treatment is withdrawn, relapse is seen. But Ayurveda focusses on the cause and treatment protocol is designed accordingly and cases of relapse are barely seen.

Case Report

A 26 yrs old married female patient visited our OPD of Kayachikitsa deptt. on 1/12/2021 with chief complaint of nausea, gas formation, loss of appetite, weakness and weight loss for 2 months. She was diagnosed with Hepatitis B during her second pregnancy. She gave the history of Hepatitis B but has got no reports suggesting one.

We got her Hepatitis marker, LFT, ESR and CBC done where she was found Hepatitis B positive with high viral load and raised ESR. She took treatment from many physicians of different pathies but all in vain. Then someone guided her to our hospital where she was thoroughly examined and treatment was planned accordingly. She had no history of HTN, DM2, Hyperthyroidism etc. No family history of the disease was present.

MATERIALS AND METHOD

Single Case Study:

consent was obtained from patient prior to the treatment.

Treatment Protocol:

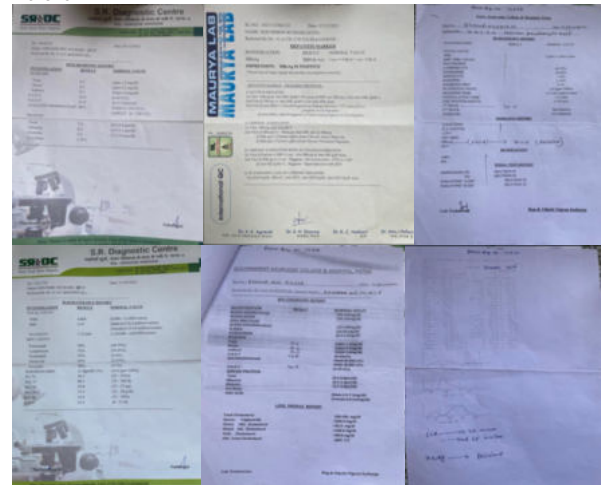
patient was managed in OPD by *Shamana aushadhis*. She was advised LIV52 HB, *Totla kwatha*, *sarvakalpa kwath*, *Punarnavadi mandur* and *Cap stresscom*.

Vyavastha Patra:

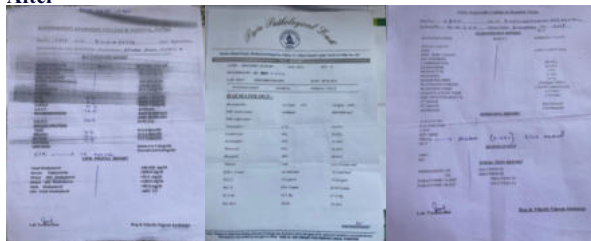
- 1) *Totla Kwatha* - 5gm BD (decoction made in 2 glasses of water and reducing it to 1 glass)
- 2) *Sarvakalpa Kwatha* - 5gm BD (decoction made in 4 glasses of water and reducing it to 1 glass)
- 3) *LIV 52 HB* - 1 tab BD
Punarnavadi mandur - 250 mg BD
- 4) *Cap Stresscom* - 2 cap with milk HS

RESULTS:

Before

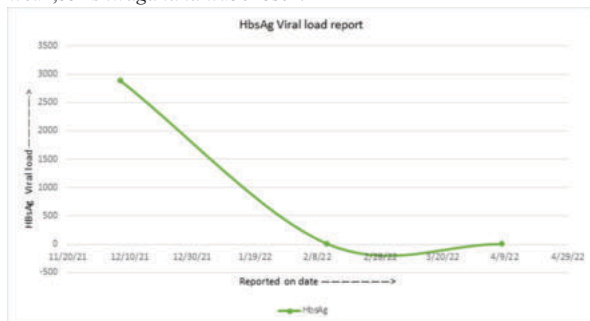


After



DISCUSSION:

The treatment protocol adapted was in accordance with the patient's signs, symptoms and *prakriti*. Patient was *vata-pittaja prakriti* and disease is also supposed to be *pitta pradhana vyadhi*, so drugs used mostly targeted *vata* and *pitta dosha*. *Totla Kwath* used in treatment consists of *Shyonaka* which is anti-inflammatory and pacifies *vata dosha*. It has several uses but major use is that it is hepatoprotective. Animal researches have proved that leaves extract of *Sonapatha* has markedly reduced AST, ALT, ALP and total bilirubin in rats.⁵ *Sarvakalpa Kwath* is a formulation of *Punarnava*, *Bhuamalki* and *Makoy*.⁶ A program for the screening of *Punarnava* extract against a wide range of phytopathogenic virus was done by researchers years ago and they concluded that *Punarnava* had broad spectrum and very high anti viral activity.⁷ *Punarnava* is *madhura*, *tikta* and *ksaya* in *rasa*, possesses *laghu* and *ruksha guna* and its *vipaka* is *madhura* and is *Shothahara*, *Panduhara* and *tridoshaghna* and Hepatitis is considered to be a *pitta pradhana tridoshaja vyadhi*.⁸ An aqueous extract of *Bhuamalki* inhibits endogenous DNA polymerase of Hep B virus and binds to the surface of antigen of Hep B virus in vitro; thereby restricting the virus from causing further damage to the liver.⁹ *Bhuamla* is *madhura*, *tikta*, *ksaya* in *rasa*, *laghu* and *ruksha* in *guna* and *madhura* in *vipaka* and is *Pittasaraka* and *Shothahara*.¹⁰ All these properties make it a very efficient drug in liver diseases. *Makoy* is *katu* and *tikta* in *rasa*, *laghu* and *snigdha* in *guna*, *katu* in *vipaka* and is *tridoshaghna*. It is used in *Shotha* and *Yakrut vriddhi*.¹¹ *Makoy* contains most important antioxidant compound flavonoid which fights the free radicals and prevent hepatotoxicity.¹² Another medicine used was LIV52 HB which is a potent medicine for curing Hepatitis B virus with high viral load. Key ingredient used in LIV52 HB is *Musta* which is reported to inhibit Hep B and has anti inflammatory and hepatoprotective function.¹³ Capsule Stresscom contains *Ashwagandha* as its major ingredient. *Ashwagandha* is an antioxidant, immunobooster and stress buster.¹⁴ Animal trial of *Ashwagandha* root extract has shown significant effect in reducing serum ALT, AST levels in Gentamicin intoxicated rats.¹⁵ Moreover patient was stressful and weak, so *Ashwagandha* was chosen.



CONCLUSION:

From the above discussion it can be concluded that Ayurveda can prove to be a boon in terms of liver diseases. There are ample formulations and drugs mentioned in Ayurvedic texts which are hepatoprotective and are highly effective in combating liver diseases. The only thing required is that the trial should be done on a larger sample in order to establish this as a fact.

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Conflicts Of Interest :- There are no conflicts of interest

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