



Case Study

**AYURVEDIC TREATMENT IN A PATIENT WITH HEPATITIS B
: A CRITICAL CASE STUDY**

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ABSTRACT:

Ayurveda is excellent system of medicine having its perfect base of fundamental principles which makes its way of treatment unique and success in various critical diseases. Hepatitis is one of the critical diseases occurring worldwide having limitations in treatment. So, here an effort has been made to present an extraordinary case treated with Ayurveda in patient with Hepatitis B. Hepatitis B viral load is the parameter taken for assessing the results. And the results were surprising, the Hepatitis B viral load values came down drastically in one month of treatment and became absolutely normal (less than 3.8) after 15 months of treatment.

KEY WORDS: Hepatitis, Hepatitis B virus, *Ayurveda*, *Panchakarma*.

INTRODUCTION:

Hepatitis is one of the critical diseases occurring worldwide having limitations in treatment.^[1] There is Hepatotoxicity of most of the modern drugs. And it is difficult to treat and to operate the patients with Hepatitis. *Kaamala* is the disease described in classical Ayurvedic texts which is closely resembles to the Hepatitis of Modern medicine having most of the signs and symptoms merely same. *Ayurveda* being itself a better system of medicine having its perfect base of fundamental principles which makes its way of treatment unique and success in various critical diseases. Here an effort has been made to present an extraordinary case treated with Ayurvedic treatment of a patient with Hepatitis B positive.

METHODOLOGY:

Case Details:

The details of patient in current case are as follows: 31 Yrs, Male from a village in Maharashtra, India. Patient was diagnosed with Hepatitis B in Feb 2012 and was under treatment of modern medicine (Antiviral drugs).

Patient having following complaints:

Abdominal Pain,
Headache
Appetite decreased

Constipation

Systemic Examination:

When patient was examined in clinic following signs were observed,

Per Abdomen (P/A): Tenderness in Right hypochondriac and epigastric Region.

Respiratory System(R/S): NAD, Air Entry Equal on Both Sides.

Physical Parameters:

Pulse: 88 / Minute

Blood Pressure: 140/100 mm of Hg

Temperature: 98.4 °F

Pathological Parameters:

S. Bilirubin (Total): 1.2

S. Bilirubin (Direct): 0.2

S. Bilirubin (Indirect): 0.9

S. SGOT: 67

S. SGPT: 124

Hepatitis B surface Antigen (HBsAg) : Positive (Dated 30.1.2012)

Hepatitis B e-antigen : 7.33 i.e. Positive (Dated 01.02.2012)

Table 1: Hepatitis B viral load (By Real time PCR method):

Before Treatment	After 1 month	After 3 Months	After 8 Months	After 15 Months
IU/ml	IU/ml	IU/ml	IU/ml	IU/ml
46500000	41100	6940	24	3.8

* Note: Hepatitis B viral Load has its normal value less than 3.8 IU (<3.8 IU)

Treatment:

Tab. Arogyawardhini Vati - 500mg twice a day before meal. [For 45 days]

Tab. Sutshekhara Rasa - 125 mg twice a day before meal. [For 45 days]

Phalatikadi Kwatha - 40 ml twice a day before meal. (Fresh prepared - Kadha/Nikadha) [For 30 days]

Tab. Triphala - 500 mg 2 tablets at Bedtime with warm water.

After 45 days: There is change in medicines:

Bhunimbadi Kwath - 30 ml BID

Amrutadi Guggul (500 mg) - 2 tablets TDS

OBSERVATIONS AND RESULTS:

Patient was Pre-diagnosed for Hepatitis B and having HBsAg and HBeAg tests positive, Suggesting there is active virus replication in body.^[2] Another important pathological parameter which was assessed was Hepatitis B viral load (by Real Time PCR) which was

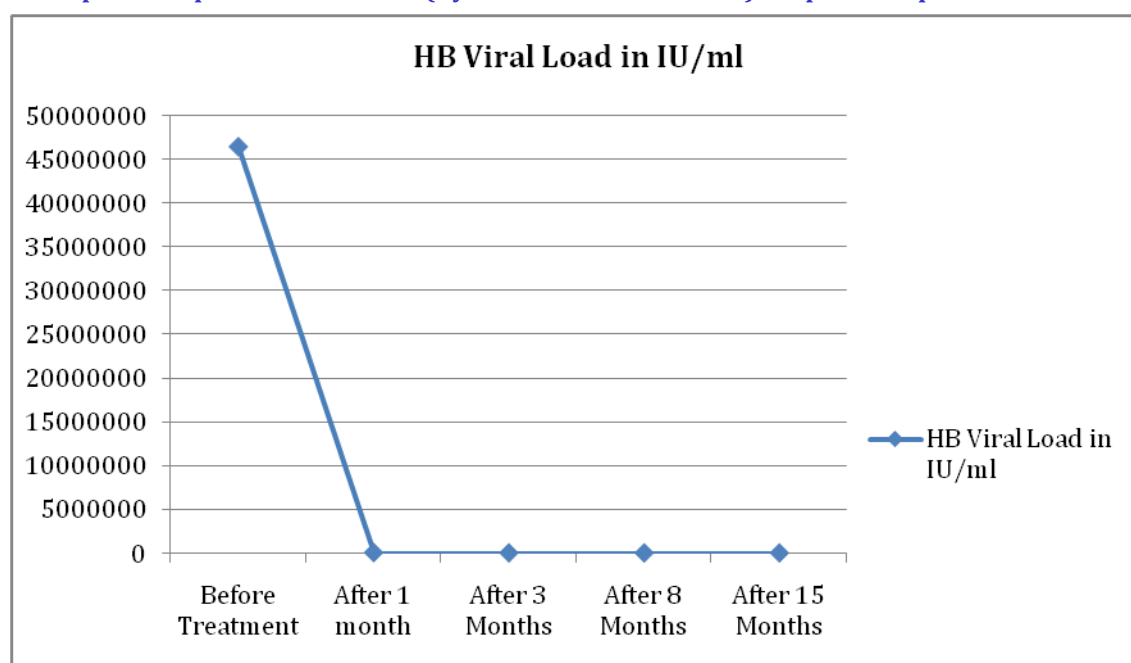
an important parameter in relation to prognosis of disease and effect of treatment.^[3]

When Patient was treated with above described Ayurvedic treatment, including Nityavirechana with Triphala. It was observed that there is dramatical decrease in HB viral load in one month which was decreased by 1131 times than previous value.

The similar test(HB viral load) was repeated after 3 months of treatment and results were surprising the value HB viral load was decreased by 6700 times than initial value.

The similar test(HB viral load) was repeated after 8 months of treatment and results were even surprising the value HB viral load was decreased by 19000 times than initial value.

And after the 15 months of treatment it was very surprising that the Hepatitis B viral load of patient was **Absolutely Normal** and was **less than 3.8 (Which is Normal)**. [Check table No. 1 above]

Graph 1: Hepatitis B viral load (By Real time PCR method) Graphical Representation:

The treated case of Hepatitis B as described above shows that there is marked improvement in patient with Ayurvedic treatment without use of any Antibiotic or Anti viral therapy, which is currently line of treatment in patients with Hepatitis B positive.

CONCLUSION:

So that, from the current case of Hepatitis B, it can be concluded that the treatment as described above was seen very beneficial in patient with Hepatitis B and if implemented properly it could save lives and may improve Quality of Life. Thus, it provides us an evidence of Potential in Ayurvedic Treatment.

There is further scope for study (Clinical Trials) to scholars of Ayurveda to prove it on scientific basis.

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