

AYURVEDIC MANAGEMENT OF DEEP VEIN THROMBOSIS- A SINGLE CASE STUDY

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ABSTRACT

This study was intended to have a theoretical audit of the disease DVT and its Ayurvedic management specifically by Ayurvedic Panchkarm therapy. DVT, also known as Siraj Granthi which means swelling of vascular origin in Ayurvedic Literature. It is a kashtsadhya vyadhi. Due to its etiological components, it causes a network consisting of compressed, tortuous, raised and somewhat squeezed veins. As the disease is severe, it requires a compelling line of treatment which can be proceeded for quite a while with no evil impacts on general body health. Among the other treatment options, oral herbal drugs, external

oleation and leech therapy that is jalaukaavcharan has been chosen in this case & the impact was promptly assessed. In the current logical examination, a 70 year old male patient was encountered in OPD having complaints of swelling over leg accompanied by pain and warmth at the affected site. Further investigation revealed the diagnosis of DVT. In the current case report, patient was required to get treated with Ayurvedic plan so as to avoid any kind of surgical intervention. Attending the OPD of GAC Osmanabad & treating with preliminary medication along with Leech therapy, patient was assessed over a period of 45 days. Venous Doppler results and girth of the affected leg were taken into consideration. In the wake of assessing the absolute impacts of the treatment carried out, it was seen that the given oral drug therapy and leech therapy gave good alleviation.

KEYWORDS: DVT, Siraj Granthi, Leech Therapy.

INTRODUCTION

Swelling over feet along with pain can mean much more than just joint pain or muscular pain. This cannot be neglected. It may be a result of an underlying condition known as DVT. DVT is nothing but a swelling of vascular origin. It occurs generally in lower extremities. DVT is a

lifestyle disorder in which both the groups High and low income groups are affected because of the working lifestyle. Long time standing at one place also long distance travelling in a constant standing posture is causing them to suffer the disease. So for such disease accountably good results are seen when Ayurvedic treatment is chosen.

In Ayurveda Sushruta had described various types of *granthi* and its various treatment modalities including Bahya, abhyantar and aushadhi chikitsa among them *Jalaukaavacharana* is one of them.

Management of DVT by western medicine comprises of bed rest, elevation of legs, elastic stockings, use of drugs like heparin, coumarine derivatives (warfarins), fibrinolytic drugs (streptokinase) and aspirin etc⁷; Such treatment modalities and surgical interventions have their own limitations and side effects apart from being expensive. Hence Ayurved is the best and the simple solution for diseases like DVT.

WHAT IS DVT?

Abnormal dilated, elongated tortuous alteration in saphenous vein and the tributaries is called as Varicose veins. Deep vein thrombosis (DVT), a subset of venous thromboembolism (VTE), is a major preventable cause of morbidity and mortality worldwide. Venous thromboembolism (VTE), which includes DVT and pulmonary embolism (PE), affects an estimated 1 per 1,000 people and contributes to 60,000–100,000 deaths annually⁶. In simpler terms, DVT is the formation of blood clots in one of the deeper veins of the body. This occurs usually in the lower extremities. This may occur due a slower blood flow due to weak valves in the veins. In some cases, this may be fatal too. It is characterized by pain, swelling and warmth over the affected leg.

DVT as per Ayurveda-

वातादयो मांिमिक ृ च दष् ुटाः िथदष् ूय मेदश्च कफान ु ववद्धम ् | वत ृ ोथनतं तु शोफं क ु ववथयतो
ब्रन्थथररतत प्रददष्टः ||

INVESTIGATIONS

Hb- 12 gm/ dL

BT- 1'20" As per Ayurveda we can co relate DVT with Siraj granthi described in the texts. Due to Vataprakopaka nidanas (causative factors increasing vata) such as, physical exertion,

straining, causes vitiated vata to enter in the Siras(veins) causing Sampeedana(Squeezing), Sankocha(constriction), and Vishoshana resulting in protrusions called Granthis.

AIM

To assess the efficacy of herbal drugs and leech therapy in management of DVT.

EPIDEMIOLOGY.

- ❖ 59% as undetected
- ❖ 34% develop Sudden pulmonary embolism
- ❖ 7% diagnosed and treated

CASE PRESENTATION

A 70 years old man visited to the OPD of hospital. The patient is Farmer by Occupation. He was complaining of - Swelling and pain over Left leg since 20 days.

Further details of her case

O/E- G.C fair, afebrile

N/H/O- DM/HTN/BA/Koch's

N/H/O- Any other medical illness

S/H/O- Nil

Allergy- nil

Addiction- tobacco

S/E-

R.S- clear, AEBE

CVS- s1s2 Normal

CNS- Conscious, well oriented.

CT-5'00"

Urine- R & M- NAD

BSL- 110 mg/dL

HBSAg- NR HIV-NR

Treatment Given

1. Abhyantar Chikitsa
2. Bahya Chikitsa
3. Panchkarm
4. Apunarbhav chikitsa

ABHYANTAR CHIKITSA

From the day of admission internal medication were started including Kaishorguggulu 500mg with twice a day with sahan of Koshna Jala. Mahamanjishthadikwath 40 ml with sahan of lukewarm water. Fours ittings of Jalaukavacharanawas planned once in a weekforonemonth. Patient was advised to continue oral medicines at homeduringjalaukavacharanaand after four sittings of jalaukavacharanaalso for onemonth. The overall reduction in Pain, burning sensation, swelling, tortuosity andskin changes were graded based on patient's presentation andphysician's observation andweremanually documented.

MEDICINE	DOSE	TIMING
Guduchi Swaras	20 m.l.	Rasayan kala (Early morning on empty stomach)
Mahamanjishthadi kwath	40 m.l.	Vyanodaan (Twice daily after both meals)
Kaishor guggul	500 m.g.	Vyanodaan (Twice daily after both meals)
Guduchi Ghrut	10 m.l.	Sabhakt

BAHYA CHIKITSA

Oleation therapy (Snehan) was done with Til oil mixed with Saindhav lavan for 45 days.

Leech therapy ie, Jalaukaavcharan inclusive of 4 leeches in each sitting. 2 such sittings per week for total 4 weeks were done. 1 sitting per week for 2 weeks was done.

How to use?

Guduchi swaras used was fresh.

Guduchi ghrit was liquefied just before consumption.

Kwath was mixed in equal quantity of water while consuming.

BEFORE TREATMENT

Pain, swelling, warmth and skin discoloration were predominant.

AFTER TREATMENT- All mentioned symptoms reduced to a greater extent. Only mild swelling persisted.

RESULTS

Improvement in subjective signs and symptoms was found. Also, there was marked reduction in pain and swelling. Doppler studies revealed improvement in affected veins of left leg.

Sr. NO.	SIGNS AND SYMPTOMS	BEFORE TREATMENT	AFTERTREATMENT
1.	Pain	Moderate to severe	Mild
2.	Swelling	+++	Nil
3.	Tenderness	Mild	Nil
4.	Warmness	++	Nil
5.	Skin discoloration	++	Nil

Sr no	Girth of left leg	13/01/18	23/01/18	2/02/18	12/02/18
1.	Mid point between ASIS & Knee joint	56 cm	51 cm	49 cm	48 cm
2.	At Knee joint	42 cm	39 cm	36 cm	35 cm
3.	15cm below Knee joint	37 cm	34 cm	33 cm	32.5 cm
4.	At Ankle joint	28 cm	22 cm	21.5 cm	21 cm
5.	Dorsum of foot	23 cm	23 cm	22.5 cm	22 cm

Table 4: Effect of treatment on Venous Doppler of left leg

Sr NO	AFFECTED VEIN	BEFORE TREATMENT	AFTER TREATMENT
1.	External iliac vein	Over distended with hypoechoic thrombus	Complete obliteration
2.	Superficial femoral vein	Over distended with hypoechoic thrombus	Complete recanalization
3.	Popliteal vein	Hypoechoic thrombus	Partial thrombus
4.	Posterior tibial vein	Hypoechoic thrombus	Normal in calibre with thickened wall

BEFORE TREATMENT



Figure 1

AFTER TREATMENT

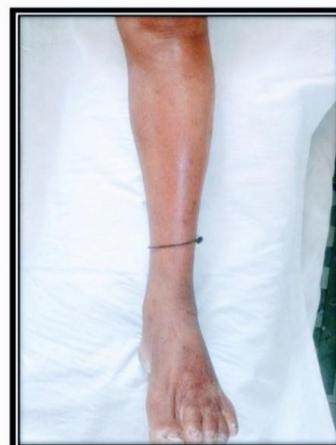


Figure 2



DISCUSSION

When patient arrived in OPD, he was having signs and symptoms of DVT. For treating this patient, oral treatment of herbal drugs was selected as per reference. External treatment was also finalized so as to minimize the chances of surgical intervention. This treatment was continued over a period of 45 days and patient was advised to follow a proper regimen and diet.

MODE OF ACTION

Preliminary medication is demonstrated in a wide range of Siraj Granthi. Siraj Granthi occurs by vitiation of vata, pitta and kapha doshas. The dushtyas affected are mans, rakta and kapha yukta meda. In its clinical component, the network of veins is said to have squeezed, compressed raised and turns circular in appearance. The fundamental driving force for Siraj Granthi for most of the part are over-exertion, obesity, incorrect posture. These factors are responsible to bring about anatomical changes in network of veins to cause Siraj Granthi. This is a type of Shonit Vibandh which also means obstruction in the normal physiology of blood circulation in veins. The preliminary medication consists of Guduchi swaras, Guduchi Ghrut, Mahamanjishthadi kwath & Kaishor Guggul. Leech therapy and oleation was a part of external treatment. These drugs and procedures cause improvement in the said symptoms of DVT. The saliva of medicinal leech (used in case of jalaukavcharan) contains the anticoagulant hirudin which helps in de-clotting of blood. It also has vasodilators & anesthetic substance. Thus it causes minimal harm while sucking infected blood of patient. Guduchi is said to be Shonit Vibandh nashini which also means that it helps to clear the

obstruction in veins. Til tel extracted from the seeds of *Seasamum indicum*, that is, Til strengthens the bodily tissues and helps to increase blood circulations in body. Mahamanjishthadi kwath excels in blood purification. The preliminary medication and jalaukavcharan is viewed as fit for simple organization having no side effects as such. Inspite of the bitter taste of Guduchi swaras and a little pricking pain at the initiation of jalaukavcharan, it was all endured willingly by the patient.

CONCLUSION

The modern age idea of DVT ensnares the triad of Sir Virchow, consisting of Circulatory Stasis, endothelial injury & hypercoagulable state which leads to thrombosis. The ancient depiction had not contacted this idea of circulation, however they have more extensive idea of Raktdushti which incorporates thrombus formation liable for the circulatory stasis. Despite huge headway of current modern surgical interventions, till date there is no such treatment which ensures that the disease will not occur again. Still, researchers are battling to look through powerful & innocuous treatment . So, to have a sheltered & successful medicare for a drawn out use, above said oral drugs and jalaukavcharan turns around or breaks the samprapti and is perfect for this condition. The combined effect of oral herbal drugs & jalaukavcharan is result- oriented in case of DVT. This type of treatment is also cost effective & time saving.

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