



Case Study

MANAGEMENT OF SPLENOMEGALY (PLEEHODARA) WITH CLASSICAL HERBOMINERAL DRUGS

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ABSTRACT

With proper knowledge and timely intervention, Ayurvedic herbomineral drugs can reverse diseases without any side effect. Splenomegaly is a rare disorder that affects 2% of Americans in total, according to estimates of prevalence. It is need of time to work more over the traditional medicine like Ayurveda to search new dimension in this field. Some Ayurvedic seers have mentioned *Yakritodar* in separate chapters and some others has included under *Udararoga* heading. It was assumed as *Kapha-pitta* disorders among various herbal and herbomineral drugs they have focused in prescribing *Kshara* and drugs which can pacify *Kapha-pitta*. Drugs like *Yakritplihari lauha*, *Pippali churna*, *Rohitakarista*, *Arogyavardhini vati* are not only effective in reducing the size of spleen but also provide relief in many other systemic symptoms. The total duration of treatment was 3 months. The patient was assessed for improvement in hematological parameters, ultrasound report and signs and symptoms. Hence, presenting this case is evidence to demonstrate the effectiveness of 3 months of Ayurvedic treatment in managing splenomegaly.

INTRODUCTION

The spleen is the 2nd largest of the secondary lymphoid organs. It is highly effective at filtering blood and is an important site of phagocytosis of senescent erythrocytes, bacteria, immune complexes and other debris, and of antibody synthesis.^[1] A normal spleen poses no risk to normal red blood cells. But splenomegaly exaggerates the damaging effect to which red cells are exposed. Beside hemolytic anemia, splenomegaly is usually associated with pancytopenia. The spleen may be enlarged due to involvement by lympho-proliferative disease, the resumption of extramedullary hematopoiesis in myeloproliferative disease, enhanced reticuloendothelial activity in autoimmune hemolysis, expansion of the lymphoid tissue in response to infections or vascular congestion as a result of portal hypertension.^[2] An enlarged spleen may cause abdominal discomfort, accompanied by back pain and abdominal bloating and early satiety due to stomach compression.^[3]

In splenomegaly bone pain, fever, malaise, lethargy, bruising, weight loss, night-sweats and jaundice are common.^[4]

If we define splenomegaly in literal terms it should hold some similarity to *Pleehodara*. According to *Acharya Charaka*, the *Pleehodara* is produced because of *Agni* vitiation. The *Agni* in terms of *Pachak pitta* and *Ranjak pitta* from stomach undergoes provocation and disturbs the seat of *Pitta* and *Rakta* i.e., liver and spleen. There by either of this organ undergoes megaly.^[5] The major symptoms of *Pleehodara* are *Daurbalya* (weakness), *Arochaka* (anorexia), *Avipaka* (indigestion), *Varchamutragraha* (retaining of stool and urine), *Tamapravesha* (entering into darkness), *Pipasa* (thirst), *Angamarda* (bodyache), *Chardi-* (vomiting), *Murcha* (fainting), *Kasa* (cough), *Swasa* (dyspnea), *Mridujwara* (mild fever), *Anaha* (immovability of wind in abdomen), *Agninasha* (loss of digestive power), *Karsya* (loss of weight), *Aasyavairasya* (distaste of mouth), *Parvabheda* (joint pain), *Kosthavatashula* (abdominal distension with colic pain), *Neela-harita-haridra-raaji* (look of veins having coloured green, blue, or yellow).^[6]

Modern medical science only focuses on subsiding symptoms and not eliminating the cause. So if the treatment is withdrawn, relapse is seen. But

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Ayurveda focusses on the cause and according to that the treatment protocol is designed.

Case Report / Case Presentation

A 18yr old male patient visited OPD of Kayachikitsa of our hospital, GACH, Patna, on 24/01/2024 with chief complaint of mild abdominal pain with discomfort, nausea, loss of appetite, weakness, weight loss since 2 years. Initially these symptoms were mild, but gradually severity increased by time to time. On examination, tenderness was felt around left hypochondrium and patient has palpable spleen. He didn't have any prior history of comorbidities. He experienced chills, mild fever, and appetite loss. Physician suspected the malaria, typhoid, Kala-azar and further investigated Widal test, PCR test, Mantoux test, Coombs test, Malaria test, Leishman Ab. Test, Dengue NS1 Ag. Test; and revealed negative; found abnormalities in CBC, ESR, LFT, USG of whole abdomen.

The diagnosis of Ayurveda to the presented complaints provisionally is *Udara roga*. He was admitted and again advised for the CBC, ESR, LFT, USG of whole abdomen.

Investigations

S.No	Investigation (normal Range) Objective Parameters	Before treatment	After treatment	Difference	Remarks
1.	Total WBC (4500-10800)/cmm	6500	6800	300	WNL
2.	Neutrophil (45-75) %	41	56	15	Brought to the normal range
3.	Eosinophil (1-6) %	18	09	-8	Brought towards the normal range
4.	Lymphocyte (25-45) %	41	35	-6	WNL
5.	Monocyte (2-10) %	00	00	00	WNL
6.	Basophil (0-1) %	00	00	00	WNL
7.	Hemoglobin (12-16) gm/dl	6.7	13.7	7	Brought to the normal range
8.	RBC Count (4.5-5.8) million/cmm	2.3	3.76	1.46	Brought towards the normal range
9.	Hematocrit (40-52) %	22.3	43.9	21.6	Brought to the normal range
10.	MCV (80-95) fl	96.1	90.3	-5.8	Brought to the normal range
11.	MCH (30-34) pg.	28.8	30.5	-8.3	Brought to the normal range
12.	MCHC (32-36) gm/dl	30	33.3	3.3	Brought to the normal range
13.	Platelet (1.5-4.5) lac/cmm	21000	95000	74000	Brought towards the normal range
14.	RDWs (30-50) fl	73.4	52.0	-21.4	Brought towards the normal range
15.	MPV (7-13) f	14.5	11.5	-3	Brought to the normal range
16.	Size of Spleen 12 cm	15.5	13.9	-1.6	Brought towards the normal size

Treatment Protocol

Patient was managed in IPD with reg. no. 174 by *Shamana Ausadhis*.

Vyavastha Patra

1. *Yakritplihari Lauha* - 250mg BD
2. *Arogyavardhini Vati* - 500mg BD
3. *Rohitakaista* - 20ml BD (with equal amount of water)
4. *Pippali Churna*- 3gm BD (with lukewarm milk)

Pathya-Apathya

Acharya Lolimbaraaj has emphasized role of *Pathya apathya* in curing any disease. A good *Pathya* diet helps in alleviation of *Doshas*. On other hand, *Apathya* diet and lifestyle aggravates *Doshas* and leads to complications.

Here, we have advised some *Pathya* to patient and restricted some *Apathya* lifestyle and diet as mentioned below-

Pathya- Papaya leaves, kiwi, pomegranate, *Pippali*, *Raktashali dhan*, *Yava*, *Moong*, *Dudh*, cow urine, *Asaav*, *Arishta*, honey

Apathya- Excess oily, sour and saline food, packaged food items, fish, rice flour, Sesame, excessive exercise.

DISCUSSION

The treatment protocol adapted was in accordance with patient's signs, symptoms and *Prakriti*. Patient was *Vata-pittaja prakriti* and disease is also supposed to be *Pitta-rakta pradhana vyadhi*, so drugs used mostly targeted *Vata*, *Pitta* and *Rakta dosha*.

Yakritplihari Lauha

Yakritplihari Lauha is a classical formulation that keeps the *Vata*, *Pitta* and *Kapha* balanced. It is efficient therapy to treat liver, spleen related disorders. It is an Ayurvedic medicine composed of *Shuddha Parada* (herbal purified mercury) *Shuddha Gandhaka* (herbal purified sulphur), *Loha Bhasma* (*Bhasma* prepared from iron), *Abhraka Bhasma* (purified and processed mica), *Tamra Bhasma* (*Bhasma* prepared from copper), *Haridra* (*Curcuma longa*), *Shuddha Jayapala* (*Croton tiglium*), *Tankana Bhasma* (borax), *Shilajatu* (*Asphaltum*), *Danti* (*Baliospermum montanum*), *Trivrit* (*Operculina turpethum*), *Chitraka* (*Plumbago zeylanica*), *Nirgundi* (*Vitex negundo*), *Trikatu*, *Adraka* (*Zingiber officinale*), *Bhringraj* (*Eclipta alba*) and also helpful in *Udara*, *Anaha*, *Jwara*, *Pandu*, *Kamala*, *Halimaka*, *Sotha*, *Mandagni*, *Arochaka*.^[7]

Arogyavardhini vati

The drug has been mentioned in *Rasaratnasamucchaya* in the context of *Kustha* (skin disorder) and in *Bhaishyajaratnavali* in the context of *Yakritvikara* (liver disorder).^[8,9]

The medicine *Arogyavardhini vati* is suggested for one *Mandal* (14 days) and has the pharmacological action of *Kusthanasaka*, which can treat all forms of skin disorders, according to *Rasaratnasamucchaya*, *Bhaishyajaratnavali*, and *Bharatbhaisyajaratnakar*.

Tridoshaja Jwara nashaka (fever arising due to involvement of three humors) - indicated for 5 days. Additionally, the medication with the qualities of *Pachani* (digestive), *Dipani* (appetizer), *Pathya* (wholesome for channel), *Hridya* (cardio protective), *Medonasaka* (can alleviate the diseases arising from hyperlipidemia), *Malashuddhikari* (cleaning of waste materials from body), increase *Kshudha* (appetizer), *Sarbaroga prashamani* (can alleviate all types of disorders from body).

Ingredients of *Arogyavardhini vati*- *Sudhha Parada*, *Sudhha Gandhaka*, *Lauha Bhasma*, *Abhraka Bhasma*, *Tamra Bhasma*, *Triphala*, *Shilajatu*, *Guggulu*, *Chitrakmoola*, *Katuki*.

Haritaki (*Terminalia chebula*), an astringent and laxative, is one of the constituents of the medication. It is helpful in treating fatty liver and liver cirrhosis and is efficient in treating liver problems. The herb *Bibhitaki* (*Terminalia belerica*) is a laxative and a valuable remedy for digestive disorders and effective

anti-helminthic. Another ingredient *Amalaki* (*Emblica officinalis*) is an antibacterial, carminative, hypoglycaemic, stomachic, hypotensive and astringent agent. It possesses immune-modulating, antioxidative, and anti-hepatotoxic qualities. *Shuddh Shilajit*, a mineral, helps treat mental illness, liver disease, kidney disease, and digestive issues by turning cholesterol into bile. The oleo-gum-resin *Guggulu* (*Commiphora mukul*) aids in the removal of cholesterol. It is a useful treatment for cutting off excess fat and bringing cholesterol levels back into balance. *Chitrak*, also known as *Plumbago zeylanica*, is a herb that works well to treat digestive issues such as indigestion, piles, worms, colitis, and a variety of liver illnesses. Another important ingredient *Kutaki* (*Picrorrhiza kurroa*), has *Pitta-virechaniya*, *Deepana*, *Raktashuddhikara* and *Malabhedini* properties. Hence, inflammation of the spleen, liver, bladder, kidneys, uterus, and intestine is reduced by *Arogyavardhini vati*.

It is a good remedy for removal of excessive fat, clearing of various types of toxins from the body and helps in reduction of accumulated cholesterol in the body.^[10]

Rohitakarishtha

The amazing spleen-protecting herb known as *Rohitakarishtha* is recommended by the Ayurvedic texts. When used to treat splenomegaly and other illnesses connected to the spleen, it works quite well. Regardless of the disease's fundamental origin, it offers alleviation and works toward a long-term solution. It lessens the toxins produced by bacterial, viral, or parasite infections; enhances the synthesis of lymphocytes, or white blood cells; calms low-grade splenic inflammation; and clears any obstructions that may be present in the enlarged spleen, returning the spleen to its usual activities.

Ingredients of *Rohitakarishtha*- Course powder of *Rohitaka*- is added with 1 part of water, boiled and reduced to 1/4th and filtered. Thus obtained *Kashayam* is added with the following (*Prakshepa Dravyas*) ingredients- *Dhataki*, jaggery, *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Sunthi*, *Twak*, *Ela*, *Patra*, *Triphala*. All these are taken in a vessel and kept closed for a period of about one month. In This period, the sugar in the jaggery undergoes fermentation. The contents of this drug pacify *Kapha Dosha* and *Pitta Dosha*. Hepatoprotective, antidiuretic, antitoxic, hepatic stimulant are also properties. Important Therapeutic Uses - *Pliha* (diseases of spleen); *Udara* (diseases of the abdomen); *Gulma* (localised abdominal swelling or tumors); *Grahani* (malabsorption syndrome or sprue); *Asthila* (enlarged prostate).^[11]

It is effective in the treatment of splenomegaly (spleen enlargement), splenomegaly in malaria, Anemia associated with enlarged spleen, bloating or

abdominal distension, Irritable Bowel Syndrome (IBS), anorexia, hepatomegaly (liver enlargement), chronic loss of appetite. Its antiviral, antibacterial, and antioxidant qualities function as a protective agent, shielding the liver from harm. It is effective in treating abdominal colic. It is used in the treatment of ascites, liver disorders, sprue, piles, and jaundice. It is useful in skin diseases, inflammatory conditions, and anorexia.

[12]

Pippali churna

Pippali – Katu Rasa, Laghu, Teekhna guna, Usna Virya, Madhura vipaka, Tridosahara property. It acts as carminative, antihelminthic, mild purgative. Facilitate proper movement of *Vata dosha*. Stimulate liver and indicated in splenomegaly. Also beneficial in abdominal cramp, bloating, loss of appetite, Constipation, splenic disorders etc. [13]

CONCLUSION

Up to 80% of people in tropical regions where schistosomiasis and malaria are endemic can have splenomegaly. In Ayurveda many ancient authors have mentioned splenomegaly in separate chapter. Drug treatment suggested by Ayurvedic *Acharyas* are very effective and less costly. In present study we found that, after giving proper Ayurvedic medications along with accurate diet and regimen, recovery of patient was smooth and no side effect are noticed in the treatment area. Further large-scale clinical study is needed to establish the fact.

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