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Preventive splenomegaly through Siravyadh during COVID-19

Arpit G. Vyavhare

arpitvyavhare@gmail.com

Shri K. R. Pandav Ayurved College and
Hospital, Nagpur, Maharashtra

Nitin Antarkar

nitinantarkar@outlook.com

Shri K. R. Pandav Ayurved College and
Hospital, Nagpur, Maharashtra

Dr. Reacha V. Deo

reacha2010@gmail.com

Shri K. R. Pandav Ayurved College and
Hospital, Nagpur, Maharashtra

ABSTRACT

This is to report a single K/C/O Splenomegaly experiencing benefits of Siravyadh for splenomegaly as well as Covid-19 during pandemic with supportive internal medication's. Splenomegaly is an enlargement of the spleen which is compared to "Plihavrudhi" in Ayurveda. As per modern science surgical removal of the spleen is the last option for splenomegaly. The experience of one Case reported here showed the effect of Siravyadh to prevent splenomegaly and its recurrence. This case was mainly treated with a surgical procedure in Ayurveda called Siravyadh every monthly scence 1997 along with snehan Sweden followed by matra basti once in a year for 7 days with internal medication vardhaman pippali as rasayan and mahasudarshan Kadha 15ml × BD for 21 days. This cycle was repeated after every 3 months. As we know Covid - 19 (SARS- cov2), viral diseases caused by novel Coronavirus Impacted 220 countries in 2019-20 / 2020-21. SARS - Covid - 19 virus mostly affects the lungs first and then it affects blood parameters (changes in D - Dimer, WBC, CRP, ESR, etc) in this case it was found that Splenomegaly was reduced with associated signs and symptoms and no recurrence was found. as well the patient is prevented from getting Covid - 19 infection although he is exposed to the covid positive patient.

Keywords- Splenomegaly, Plihodar, Plihavruddhi, Jirnajwar, Covid- 19-pandemic, Siravyadh, Vardhaman Pippali Rasayan

1. INTRODUCTION

No doubt splenomegaly is a serious condition which should be managed carefully but medications shows very less result on it and most problem is its recurrence finally only splenectomy was left which subject wants to avoid .

Siravydha(raktamokshan) is a invasive surgical procedure without hampering anatomical structure as in splenectomy. Siravyadh is mostly directed in blood related diseases (raktajrog) along with many other surgical procedure as treatment mentioned in sushrut samhita chikitsa sthan 14 for splenomegaly (Plihavrudhi) is Siravyadh and we decided to used it as mentioned.

Along with these treatment mentioned in charak samhita chapter 3 for janopadadhvansa (contagious diseases like COVID-19) is shodhan like Panchakarma and we already used it . In this subject it helps prevention of COVID-19 infection so we decided to give raktamokshan,shnehan,swedan followed by basti as shodhan chikitsa it is helpfull in both splenomegaly and COVID-19 pandemic.

2. CASE HISTORY

In this Case Study a male patient of 55 years old age a front line worker in Railway department was diagnosed with splenomegaly & liver Cirrhosis on date 23/12/1996 at age of 30 years old in K.E.M. hospital Mumbai They diagnosed as hereditary? & Unknown cause ?. After period of medication recurrence of splenomegaly with multiple recurrence of jaundice was happened. Respected Doctors from above mentioned hospital advised him splenectomy.

Patient was not willing to do surgery for this situation so he approached . Ayurveda for prevention of splenectomy. He visited shalyatantra OPD at Ayurvedic Collage pusad in 1997 and came in contact with DR . Reacha Deo (professor & HOD) the patient was diagnosed through Ayurvedic view as Plihavrudhi through jirnajwar on investigation patient found highly positive mantoux test. Scence he is in contact with Dr. Reacha Deo and her Assistant doctor till now . And he is performing Regular blood investigations for his health assessment annually and no dearrangment was found in investigations.

3. TREATMENT GIVEN

As The patient was treated with surgical approach including the siravyadh, Snehan Sweden followed by matra basti and supportive Internal medicine with proper pathyapathya. mentioned in Table 1. The Siravyadh procedure have been done under all aseptic precautions following proper standard guidelines of poorvakarma Pradhankarma and paschatkarma in department of shlyatantra.

Before performing the Siravyadh procedure following investigation was performed . CT - BT , HbsAg, HCV , HIV test in this all test were in normal limit . After observing the reports then patient was advised to take trifala ghrut as abhyantar 20ml for 3days prior to main procedure on the day of procedure bahya Snehan swedan was done Snehan with mahanarayan tail and swedan by peti - swed using Nimb decotation . After that under all aseptic precaution Siravyadh was done with 24G no scalp vein and approx 20ml blood was aspirated by 5ml syring . This procedure was repeated every month on full moon day .Along with the sthanik snehan swedan followed by matra basti with til tail was given for 7 continues days same process was performed after a period of every 3 months

The vardhaman pippali rasayan was given for 14 days started with 3 pippali on day -1 and gradually increases by 3 pippali on each day till day-7 and then same in reverse manner was done till day-14.

With the help of Siravyadh and associated Ayurvedic treatment we can prevent surgical removal of spleen .Really our ancient Indian science Ayurved has great value in preventing many more surgical management and we should acknowledge it.

Pic.1)siravyadh



Table 1

Procedure and medicine name	Medicine used(doses)
Siravyadh	20ml blood at a time was aspirated by Siravyadh with 24G no.Scalp vein from left cubital vein (performed every month)
Matra Basti	With 20m til Tail for continues 7 days (repeted after every 3 months)
Mahasudarshan vati/ Mahasudarshan Kadha	250mg*2times a day for 21 days/ 15ml×BDfor 21 days (repeted after every 3 months)
Vardhaman pippali rasayan	Stat dose was 3 pippali at day-1 gradually increased with 3 pippali every day upto day 7 i.e. at 7 th day the amount of pippali was 21 after these gradually same 3 pippali were decreased every day pippali rasayan was given with milk/ghrut (this procedure was done once in a year)

pathya (Wholesome diet)-

- 1) Some foods are very useful for the patient of plihodara. In the wholesome diet must be intake by plihodara patients such as rakhtasali (red rice), moong dal (Green gram), milk, barley, cow urine, meat of animals, madhu (honey),
- 2) meat of birds inhabiting arid zone (.Jaangala mansa) etc.
- 3) sleep with early on bed and early woke up in morning
- 4) diet with appropriate food intake
- 5) exercise
- 6) of mask and sanitizer during pandemic
- 7) Use of Mask

Apathya –

- 1) to Ayurveda, some foods are strictly prohibited to intake in plihodara
- 2) Such as aquatic meat and animals inhabiting marshy land, vidaahi (food causing burning sensation), sour and saline food.
- 3) Stressful life
- 4) Heavy weight lifting
- 5) Divaswap (day time sleeping)
- 6) Avoid going to crowded places during pandemics

4. RESULTS

The Results was assessed based on the improvement of subject

His splenomegaly was reduced and no any recurrence episode of splenomegaly was seen. In early stage the duration of repeated attacks of jaundice was reduced. After one year of continues treatment the patient ESR was came back to normal with negative mantoux test which was highly positive earlier with no repeated attacks of jaundice in later stage as well as no symptoms of jirnajwar was seen .

No any covid like symptoms or No covid-19 infection during pandemic and till now. Although their own children was covid positive and he came in contact with them .

The main cause for splenomegaly is vitiated blood and medokshya which is due to jirnajwar hence Siravyadh remove impurities from blood.

After the Siravyadh natural steroids were secreted from body which strengthen the body to fight any disease and allergic condition which include covid-19 with its sign and symptoms.

Hence it worked miraculously in splenomegaly, jirnajwar and COVID-19 pandemic.

5. DISCUSSION

The spleen is the largest lymphoid organ in the body . The spleen and the lymph nodes are the major components of the mononuclear - phagocyte system (MPS) . They serve as filters that remove damaged cells , microorganisms , and particulate matter and deliver antigens to the immune system . The MPS , originally called the reticuloendothelial system , consists of fixed phagocytic cells in different organs common . One of the primary functions of the spleen is the filtration of defective cells . The spleen is also critical for clearing circulating , particularly encapsulated , bacteria . In splenomegaly Bone pain , fever , malaise , lethargy , or bruising , Weight loss , fevers , night sweats and Jaundice are common . Portal hypertension usually increases flow through minor collateral vessels between the portal circulation and the systemic circulation . The Udara is Ayurveda develops with the obstruction phenomenon in sweat and water metabolism . It vitiates the Pranavata , Apanavata and Jatharagni . (Digestion) . The common symptoms narrated are weakness to walk , indigestion , emaciation of the limbs , weight loss , burning sensation or fever with malaise and constipation . The specific symptoms developed for " Yakrut - Plihodara is enlargement of liver and spleen . The Dosha predominance is noticed with the symptoms associated with in . If bloating abdomen is noticed the involvement of Vata , associated with fever it is Pitta association , and the anorexia and nausea conforms the association of Kapha . The mixed symptoms instigate dual or all Dosha involvements . Charaka affirms that the plihodara is produced because of Agni vitiation . The Agni in terms of Pachaka Pitta & Ranjaka Pitta from stomach under goes provocation and disturbs the seats of Pitta and Rakta i.e. the Liver and Spleen . There by the either of these organs undergoes the megaly . At the extreme organomegaly , it is observed with Neela Rāji (spider nevus) on abdominal wall . Sushrut introduces the Shira Vyadha (Vein Puncture) of Left cubital vein at cubital fossa . He explains the procedure in sequence of 1) Food intake - 2) vein puncture - 3) squeezing the spleen . This procedure pacifies the splenomegaly . The medicines given have the following combination and proportions shown in table no.1 So patient was diagnosed with as jirnajwar and treated according to that finally the patient latest mantoux report was negative.

6. CONCLUSION

Siravyadh is beneficial in Plihavrudhi it help's to avoid splenectomy and also act as a preventive measure in pandemic like covid-19.

In this case subject has came frequently in contact with Covid positive patient as he was found front line worker but he haven't developed any symptoms due to increase in immunity by performing regular Siravyadh.

Considering above result we can politely say that Siravyadh has miraculous result in splenomegaly and any blood disorder and for Covid – 19 Pandemic too.

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“Rashtra hitaya Ayurveda”!

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Arpit G. Vyavhare

Shri K. R. Pandav Ayurved College and Hospital, Nagpur, Maharashtra, India



Nitin Antarkar

Shri K. R. Pandav Ayurved College and Hospital, Nagpur, Maharashtra, India



Dr. Reacha V. Deo

Shri K. R. Pandav Ayurved College and Hospital, Nagpur, Maharashtra, India
