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Effect of *Punarnavadi Mandoor* and *Shiva Gutika* in Acute Deep Vein Thrombosis - A Case Report

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ABSTRACT

Objectives: To minimise the dose of Anti-platelet drugs and to treat the acute case of DVT through Ayurvedic oral medications. **Methods:** The present diagnosed case of DVT approached to OPD of KLE BMK Ayurveda Hospital with a complaints of swelling and pain in the calf muscle of the left lower limb associated with reddish brown discoloration in the foot and occasionally nasal and gum bleeding was treated consequently for 5 months with *Punarnavadi Mandoor* and *Shiva Gutika* orally. **Results:** There is significant decrease in the symptoms of DVT and also major changes seen in Venous Colour Doppler study of the left lower limb. **Conclusion:** Acute DVT is caused by a blood clot in a deep vein and can be life threatening as it may leads to serious complication like pulmonary embolism which can be cured through Ayurvedic oral medications.

Key words: DVT, *Punarnavadi Mandoor*, *Shiva Gutika*, Pulmonary embolism.

INTRODUCTION

Deep vein thrombosis (DVT), is the formation of a blood clot (thrombus) within a deep vein, most commonly the legs.^[1] The rate of DVT's increases from childhood to old age; in adulthood, about one in 1000 adults is affected per year. Approximately 9,00,000 people are diagnosed with Venous Thrombo Embolism annually, with 1 in 20 Americans experiencing a DVT during their lifetime.^[2] Venous stasis, hypercoagulability and changes in the endothelial blood vessel lining (such as physical damage or endothelial activation contribute to DVT and are used to explain its formation. DVT often develops in the calf and thigh veins and "grows" in the

direction of venous flow, towards the heart. A blood clot (thrombus) in the deep venous system of the leg is not dangerous in itself. The situation becomes life threatening when a piece of the blood clot breaks off (embolus, plural=emboli), travels downstream through the heart into the pulmonary circulation system, and becomes lodged in the lung. Diagnosis and treatment of a deep vein thrombosis (DVT) is meant to prevent pulmonary embolism.

CASE DETAILS

A male patient aged 36 years came to our care at 29/9/16, complained of pain and swelling in the left leg associated with occasionally gum and nasal bleeding. Patient was a K/C/O of Tuberculosis, before 3 months he had a fall and after one month he complained of swelling and pain in left lower limb which is gradual and progressive in nature associated with discolouration of the left foot and restricted movements of the affected part. For that he consulted surgeon, he advised him for the arterial and venous color doppler of the affected limb, and after seeing the report diagnosed him as left leg deep vein thrombosis , for which he received Anti-platelet and Anti-coagulant drugs, but he didn't got any relief, so

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for further management he came to OPD of Panchakarma, KLE Ayurveda Hospital.

Investigation and Treatment

Colour doppler venous study study of left lower limb was done on 16th April 2016 showing acute - subacute deep venous thrombosis, involving left external iliac vein, common femoral vein, superficial femoral vein, deep femoral vein and popliteal veins and then after 5 months he approached us and was advised to once again go for the venous doppler study and prothrombin time (PT) for the same. Follow up with the said treatment is shown in table no. 1

F/U (month)	Investigation	Treatment	Improvement
1 st (Sep)	Subacute - chronic thrombosis in left superficial femoral veins. Partial recanalisation of proximal superficial veins and popliteal veins. Left external iliac and common superficial veins appears normal. PT : 25 INR : 2.21	1. <i>Punarnavadi Mandoor</i> 1 BD 2. <i>Shivagutika</i> 1 TID	-
2 nd (Oct)	PT : 62.6 INR : 5.49	-same-	Pain in left lower limb and discoloration
3 rd (Nov)	PT : 27.1 INR : 2.40	Added : <i>Mahamanjsthadhi Kashaya</i> 3tsf TID <i>Kaishor Guggulu</i> 1 TID	Pain decreases Mild swelling in left lower limb
4 th (Dec)	PT : 39.4 INR : 3.43	Added : Cap.	Discoloration and above

		<i>Yastimadhu Rasayan.</i> 4 OD	complaint reduced upto 50 %
5 th (Jan)	PT : 24.2 INR : 2.12	Added : <i>Bala Guduchyadi Kashaya</i> 3tsf TID	Pain and swelling reduced upto 70%
6 th (Feb)	PT : 21.9 INR : 1.93	-same-	Totally relieved of complaints

RESULT

There is complete relief from pain, swelling, discoloration and nasal and gum bleeding. There is no thrombus seen in left external iliac, common femoral vein, deep femoral vein, distal superficial femoral vein, anterior and posterior popliteal vein. But proximal superficial femoral vein is fibrosed secondary to chronic thrombosis which shown in Fig no. 1 & 2.

DISCUSSION

At the time of first approach of the patient, he complained of pain and swelling, the *Samprapti* (pathogenesis) goes with the *Pittaja Vata-rakta*. For that *Shothahara* (anti-inflammatory) and *Raktaprasadana Karma* (Blood purification) is needed, so *Punarnavadi Mandoor*^[3] is selected. For the *Lekhana* (scrapping) of the thrombosis, *Shiva Gutika*^[3] is administered as it is having *Ushna* and *Teekshana* property. At 3rd visit, *Mahamanjsthadhi Kashaya*^[4] has been added for the discoloration as it has the property of *Raktashodhana* (*Nimba*, *Triphala*), *Bhedana* (*Katuki*), *Guduchi* (best *Vataraktahara*). *Kaishor Guggulu*^[5] is best *Rasayana* for the *Tridoshaja Vata-rakta* as it contains *Virechaka* drugs (*Danti*, *Trivrit*, *Triphala*), *Ushna Veerya* and *Tikta Rasa Pradhana Dravyas* along with *Guduchi* and *Guggulu*. *Yastimadhu* is having *Rasayana* property, *Sheeta Veerya* (*Dahahara*), *Madhura Rasa* and *Guru* and *Snigdha Guna* (*Vatahara*), contains natural steroids and anti-oxidant property which reduces the swelling. *Balaguduchyadi Kashaya*^[6] is added because it is indicated in *Sadaha* (burning sensation), *Saruja* (pain), *Sasopha* (swelling) *Vata-Rakta*.

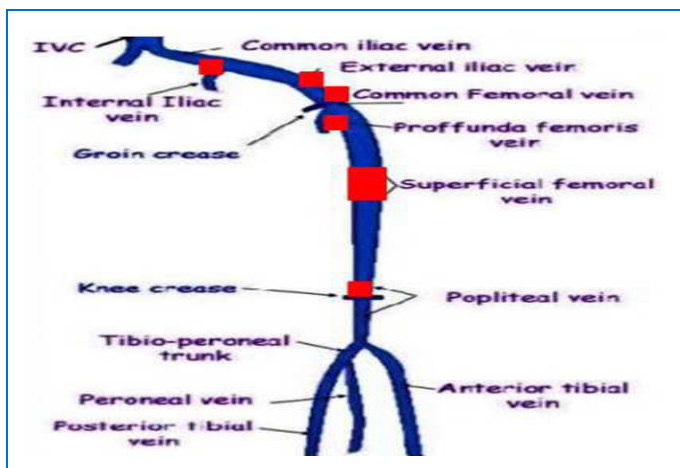


Fig. 1: ■ indicates thrombus

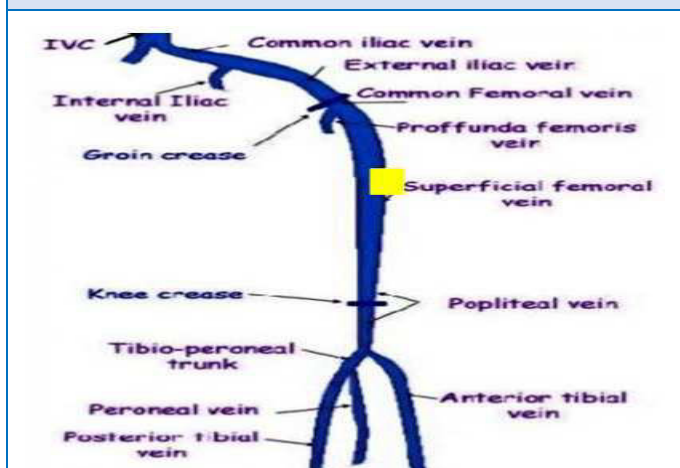


Fig. 2: ■ indicates fibrosis

CONCLUSION

The present study, DVT can be managed through Ayurvedic medicines very effectively. Pain, swelling, discoloration can be decreased through Ayurvedic medicine without any complication. Anti platelets and Anti coagulant drugs having their own complication (nasal and gum bleeding). We can avoid the hazard of prolong use of Anti-platelets and Anti-coagulant

drugs through Ayurvedic medicine, which is cost effective and safe to use.

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