



Research Article

AN AYURVEDIC APPROACH FOR ACUTE MYELOID LEUKAEMIA

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ABSTRACT

Acute myeloid leukemia (AML) is a type of blood cancer which starts in the bone marrow. In AML, bone marrow cells do not mature. The immature cells are called blast cells, keep building up. This type of leukemia can spread quickly to the blood and to other parts of the body such as Lymph nodes, Liver, Spleen, Brain and spinal cord. In the present case study, a patient of age 23 years of acute leukaemia who was advised for bone marrow transplantation by allopathic hospital, came to take Ayurvedic consultation. The patient was treated with the concept of rakt dusti janya vyadhi. Because the rakt is similar with pitta so the ayurvedic formulation which works on balance the pitta will also work in making the rakt in equilibrium. Therefore assuming the cause of leukemia as pitta dusti, the total line of treatment was planned which can corrects the pitta and inturns rakt. Also some medicines which works on liver as it has important role in formation of blood cells, are also incorporated in the line of treatment. After a treatment of two months, the patient represented with drastic changes in signs and symptoms, with simultaneous improvement in his blood investigations too. The patient is also advised to follow pathya apathya as mentioned.

INTRODUCTION

Leukaemia is a group of malignant disorders of the haemopoietic tissue characteristically associated with increased number of white cells in the bone marrow &/or peripheral blood (Stanley Davidson, 2002). Its incidence in population is about 10/100000 per annum. Males are affected more frequently than females.

It is of two types

1. Acute
2. Chronic

Which are further divided into:-

- Acute Lymphoblastic Leukaemia & Acute Myeloid Leukaemia
- Chronic Lymphoblastic Leukaemia & Chronic Myeloid Leukaemia

Case History

A male patient of age 23 years having complain of usual gum bleeding and weakness come in Ayurvedic hospital. On history taking the following signs and symptoms were present in patient:

1. Pyrexia with unknown origin not responding to antipyretics
2. Occasional haemorrhage
3. Malena
4. Tiredness
5. Abdominal pain & discomfort
6. Weight loss
7. Lethargy
8. Anorexia
9. Abdominal Fullness
10. Easy Bruising
11. Vague ill health

As he had also taken the opinion in allopathic hospital, where he was advised to do some blood investigations. The reports were-

Hb- 7.9%
TLC- 1,97,200 per cmm
N- 4%,
L-14%,
Blast cell-80%,
Platlets- 15000 per cmm
Alanine phosphatase - 728 U/L,
S. LDH- 2113 U/L,
Urea -21 mg/dl,
Creatinine- 0.8 mg/dl,
Hb_sAg – negative
Provisional diagnosis - Acute Myeloid Leukaemia

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The patient was further advised for bone marrow study and immune phenotyping. In modern science, the treatment prescribed are Chemotherapy, the use of anticancer drugs -- often two or three -- such as cytarabine, hydroxyurea, or prednisone etc. Radiation therapy, the use of high-energy radiation to kill cancer cells. A bone marrow transplant, which involves use of high doses of chemotherapy and possibly radiation, followed by a transplant of bone-forming stem cells. Other supporting treatment includes platelet transfusion to control bleeding. The anemia is corrected with Red cell concentrate infusion.

As the patient was not willing to take that therapy due to serious side effects caused due to chemotherapy etc. so he decided to take Ayurvedic Management for his disease. According to the Ayurvedic principles and concept, the *Rakta* is similar with *pitta* due to *Ashraya ashrayi bhav* (Vagbhat *et al.*, 2003), so the vitiation of *pitta* can lead to vitiation of *rakt*. Therefore if the vitiated *pitta* is corrected to maintain it in equilibrium, ultimately the *rakt* will also be in *sanya* (equilibrium). As according to Ayurvedic concept *vridha* dosha should be palliated through appropriate drugs which balance that dosha (Dr. Ambika Datta Shastri *et al.*, 2002). So *rakta vridha* can be controlled by *pitta shaman*. Therefore a total *pitta shamak* therapy is given to the patient which proved highly beneficial to the patient. The line of *t/t* and prescription was as follows:-

1. *Phaltrikadi kwath + Giloy kwath + Mulethi kwath - 50 ml twice a day empty stomach*
2. *Swarna basant malti - 3 gm*
Amrita satva - 20 gm
Praval panchamrit- 10 gm
Mukta pisti- 6 gm
Mukta shukti- 10 gm
Kahrava pisti - 20 gm
Heerak bhasma - 300 mg
Mulethi churn -50 gm
Godanti - 20 gm
Mix all the above and to make 60 doses. Take 1 dose three times a day with madhu
3. *Kashore Guggulu - 2 TDS*
Arogya vardhini vati - 1TDS, after meal with luke warm water.
Pathya - Ghrit kumari svarasa - 5 TSF + wheat grass juice - 5 TSF twice a day empty stomach.
Apathya - Ushn virya dravya

This treatment was given to the patient for one month and then he was advised for blood investigations again, which was as follows-

Hb - 10.9%
TLC - 7900 per cmm
DLC
N- 65%,
L- 26%,
M-0%,
E- 9%,

Blast cell- Absent,
Platelet - 2,45,000 per cmm.

The picture was normocytic, normochromic. The patient is still under follow up with the same medicines except adding *punarnava mandura* 2 tabs twice a day. This line of treatment is also followed on some other patients of acute leukaemia and all the patients have respond well.

DISCUSSION

In the above prescription, the *Phaltrikadi*, *mulethi* and *giloy kwath* is given. As they are said to be work on liver and metabolic fire which helps in correction of functioning of Agni. According to as if there is increase in *Kitta bhaga* of any *dhatu*, it means the *Dhatawagni* of that *dhatu* is poor. So first of all it is tried to correct the *jatharagni*, which is the principle *agni* and balance the all *agnis* (Agnivesha *et al.*, 2004). It is also a matter of fact that weak *raktagni* leads to vitiation of *pitta* (Vaidya Ranjeet rai Desai and Ayurvediya Kriya sharer, 2006). So the line of treatment is planned to correct the *raktagni* and to balance the vitiated *pitta*. So for *pitta shaman*, *sheet virya* drugs like *mukta pisti*, *kahrava pisti*, *mukta shukti*, and *amrita satva* is taken to treat the disease. As if there is not proper *Rakt dhatu* is formed so further nourishment of the successive *dhatu* will also be hampered, resulting in the symptoms like wt. loss, lethargy, weakness etc. Therefore the drugs which helps in immune-modulation as *swarn basant malti*, *heerak bhasm* etc. are added because they help in protecting the health and provide strength. Other medicines like *kashore guggulu* and *arogy vardhini vati* were used as they work on *pitta* and *rakta*. The patient is strictly advised to follow *Do* and *don'ts* because in absence of following *pathya-apathya* the disease can not be relieved.

Conclusion

As it is seen that by Ayurvedic approach, by understanding the concept of pathology involved in occurrence of a disease, any pathology can be disintegrated by considering the dosha - *dushya* involved. Here a very fatal and life threatening disease which was having not satisfactory treatment in modern science, is successfully treated with the Ayurvedic management. This wonderful achievement can be obtained only by Ayurveda. We are lucky to be an Ayurvedian. This line of treatment was tried on some other patient of same disease, and they all were responded well.

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