



## Research Article

### “A CASE STUDY – AYURVEDIC APPROACH IN THE MANAGEMENT OF DEEP VEIN THROMBOSIS (DVT).”

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## ABSTRACT

DVT (Deep Vein Thrombosis) is a formation of blood clots (thrombi) in the deep veins. It is the third most common vascular disease after IHD & Stroke. It affects approximately 0.1% of person per year. It commonly affects the deep vein of legs (such as calf veins, femoral veins, or popliteal veins) with specific signs and symptoms like pain, swelling, redness, warmth, itching, etc. Various treatment modalities and drugs of modern medicines such as surgical interventions, tissue Plasminogen activators, uses of anti-coagulants for life time to dissolve the blood clots have their own limitations, side effects and being more expensive now-a-days.

According to Ayurveda, the causes, signs & symptoms of DVT resemble the following conditions like *Raktavritta Vata*, *Siragata Vata*, *Gambhira Vatarakta*, etc. *Acharya Charaka*, *Sushruta*, & *Vagbhata* has explained treatment on these conditions. As these all are *Rakta Pradoshaja Vikara*, they exclusively mentioned treatment of *Raktamokshana*. But in present case study external application of *Ayurvedic lepa* along with *Jalaukavacharana* & *Bheshaja Chikitsa* i.e. *Raktashodhaka/Raktaprasadhana* medicines shown promising results especially in reducing swelling, redness, itching along with pain without causing any adverse effect.

**KEYWORDS:** Deep Vein Thrombosis; Jalaukavacharana; Sthanika Lepa Chikitsa; Bheshaja Chikitsa.

## INTRODUCTION

Deep Vein Thrombosis is a silent. The mechanisms underlying DVT, known as Virchow's triad, are venous stasis, hypercoagulability and endothelial injury. It have two types i.e. venous thrombosis (thrombophlebitis) and DVT (phlebothrombosis). Out of two DVT is more dangerous. The risk factors for development of DVT includes congenital factors like prothrombin deficiency, hereditary thrombophilia and acquired factors like advanced age, obesity, surgery, trauma, neoplasm, heart diseases, estrogen hormone therapy, pregnancy, immobilization, etc. DVT is often asymptomatic and is clinically manifested in 40% or less cases. It mainly represent as pain which aggravated by muscular activity at the site of thrombosis. Treatment of DVT in modern science is to reduce the propagation of thrombus which includes bed rest, foot elevation, elastic stockings and use of drugs like heparin,



coumarin derivatives (warfarin), aspirin, fibrinolytic drugs (streptokinase).

According to Ayurveda, there is no direct reference of any such disease but causes, signs & symptoms of DVT resemble the following conditions in Ayurveda. *Siragata Vata* in which there is pain in region of *Sira* along with narrowing or obstruction in the lumen of *Sira*. *Raktavritta Vata* has been described with symptoms of pricking pain, hyperaesthesia & numbness of affected area. According to *Charaka*, *nidana* of *Vatarakta* includes *Abhighata* (trauma), *Achankramansheeliam* (prolonged sedentary period), *Sthulata* (obesity), etc are also predisposing factors for DVT. *Ayurveda Acharyas* has explained *Raktamokshana* treatment on these *Rakta Pradoshaja Vikara*. *Jalaukavacharana* have been proved beneficial in the management of DVT, but in present case report *Jalaukavacharana* along with *Bheshaja Chikitsa* & local application of various *Ayurvedic Lepa* have tremendous effect on DVT.

## AIMS AND OBJECTIVES

1. To study the effect of Jalaukavacharana, Bheshaja Chikitsa, and Sthanik Lepa Chikitsa in DVT.
2. To study the DVT as a separate entity.

## CASE STUDY

A female patient of 63 yrs age came to our OPD on 05/04/2018 with the complaints of Both leg swelling, pain, & redness since 2-3 yrs. Patient having K/C/O Deep Vein Thrombosis (DVT) along with Hypertension. She has been taking Anti-hypertensive drug (Tab. Tamsan 40 1 OD) and Anti-coagulant (Tab. Warfarin 5mg & 6mg OD on alternate day). She was having H/O Thrombolysis in oct 2015. Patient didn't get satisfactory & sustained relief with these medicines so patient came to our hospital.

No H/O DM/ BA/Kochs/ any other illness

S/H- Tubal Ligation done 25 yrs back

M/H- Menopause since 15 yrs

O/H- G<sub>3</sub>P<sub>3</sub>L<sub>3</sub>A<sub>0</sub>D<sub>0</sub>

### Personal History-

Occupation- Housewife

Addiction- not any

Aahar- eating spicy foods like green chilly, red chilly, pickles, udid papad, dahi, sprouts 4-5 times a week.

Vihara- Divaswap

### Local Examinations-

Right leg	Left leg
Swelling + (circumference-51cm)	Swelling (circumference-53cm)
Redness +	Redness ++
Local temperature ↑	Local temperature ↑
Itching-Present	Itching-Absent
Tenderness ++	Tenderness++



Pulsation –Normal

Pulsation – Normal

## Investigations reports-

Date	Name of investigation	Report
4/11/2017	Left lower limb venous doppler	E/O Thrombus in FV,SFV,DFV S/O Deep Vein Thrombosis
14/11/2017	Right lower limb venous doppler	Finding S/O Acute Thrombosis with thrombophlebitis above decreased segment of vein.
9/4/2018	Haemoglobin	9.9 gm%
	WBC	7200/cumm
	BSL(R)	71 mg/dl
	Serum creatinine	1.2 mg%

*Dosha – Vata, Pitta*

*Dushya – Rakta, Mamsa*

*Updhatu – Sira, Dhamani*

*Strotodushti – Sanga, Vinmargagamana*

*Adhithana – Sira*

*Vyadhi Swabhava – Mainly chirkari*

## Intervention-

### 1) *Jalaukavacharana-*

At a time 1-2 *Jalaukavacharana* done at both lower limb on alternate day for 5 times.

Approximately 15-20 ml blood sucked by 1 *Jalauka*.

### 2) *Bheshaja Chikitsa-*

- *Mahamanjishthadi Kwatha* 20ml twice a day
  - *Sarivadyasava* 20ml twice a day
  - *Punarnawadi Kwatha* 20ml twice a day
  - *Kaishor Guggulu* 500mg twice a day
  - *Gandhaka Rasayana* 250mg twice a day
  - *Laghumalini Vasanta* 250mg twice a day
  - *Punarnava Mandur* 250mg twice a day
- } For 20 days



### 3) *Sthanik Lepa Chikitsa-*

- *Punarnava churna*
- *Musta churna*
- *Duruharidra churna*
- *Devdaru churna*
- *Patha churna*
- *Kankshi (Alum)*

Mix with water and applied gently for 15 days

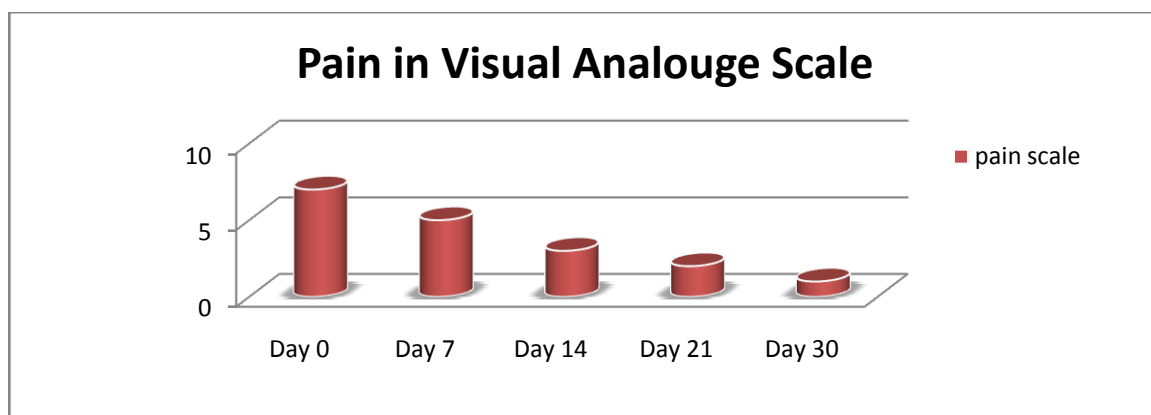
### OBSERVATION AND RESULT:

#### Pain-

Total treatment period was four weeks. On the basis of visual analogue scale (VAS), patient was assessed weekly. Pain gradation was as follows.

0-1	No pain
2-3	Mild pain
4-5	Uncomfortable
6-7	Distressing
8-9	Intense
10	Worst possible

As we observed in VAS, before treatment pain grade was 7, after 1 week of treatment pain grade came down to 5, further on the completion of 2<sup>nd</sup> week, 3<sup>rd</sup> week & 4<sup>th</sup> week pain grades was 3, 2, & 1 respectively.



#### Swelling-

Before treatment patient was having Swelling on both leg which later subside after treatment.



	Before treatment circumference	After treatment circumference
<b>Right leg</b>	51 cm	42 cm
<b>Left leg</b>	53 cm	42 cm

## Redness-

Before treatment the patient was having redness and raised local temperature which is relatively decreased after this treatment.

## Itching-

Before treatment patient was having continues itching sensation which also reduces after this Ayurvedic treatment. There was no itching sensation observed on last day of treatment.

Patient was suggest to continue the *Aushadhi Chikitsa* & *Lepa Chikitsa* and advise to attend the OPD after 1 month.

## DISCUSSION –

Here we used 3 types of treatment which are as follow

### 1) *Jalaukavacharana* –

The saliva of leech act as a anti-coagulation agent (Hirudine) by which blood becomes thinner and allowing it to flow freely through the vessels. Anti-clotting agent also has thrombolytic effect on blood clots which reduces the risk of complications.

### 2) *Bheshaja Chikitsa* –

*Mahamanjisthadi Kwath*, *Sarivadyasava*, & *Laghmalini Vasanta* acts as *Rakta Shodhana*, *Pachana*, *Deepana* which will lead to *Rakta Prasadana*. As we know *Sira* is *Upadhatu* of *Rakta Dhatu*, So it relatively act on *Sira*, which may helpful for reducing redness in DVT.

*Punarnavadi Kwatha*, *Punarnava Mandura* act as *Shothaghna* by diuretic property, which reduced swelling. *Mandura* having property of *Rakta Prasadana* and *Rakta Poshana* which help for nourishment of blood.

*Kaishor Guggulu* having *Shoolaghna* property which help to relive pain & tenderness. It also have *Rasayana* and *Deepan* property which will may increase *Dhatubala*.

*Gandhaka Rasayana* have *Kaphaghna* and *Kandughna* property which may reduceses Itching of dependent part.

### 3) *Sthanik Lepa Chikitsa* –

In this *Lepa* all these contents are having property of *Rakta Shodhana*, *Shothaghna*, *Rakta Prasadana*, *Kandughna*, and *shoolaghna* property which may reduces pain, swelling, itching and redness of the patient.



## Before treatment



## After treatment



## CONCLUSION –

In the present case *Jalaukavacharana* along with *Bheshaja Chikitsa* and *Sthanik Lepa Chikitsa* is found to be effective. All these are beneficial in reduction of pain, swelling, redness, itching, tenderness in the patient of DVT. In this case we had also reduced the dose of anti-coagulant i.e from T.warfarin 6mg & 5mg A/D to T.warfarin 5mg A/D. we can't conclude that, the size of thrombus was decreased or nor but the signs and symptoms were definitely reduced which improve quality of life without any side effects. These medicine will may increases Dhatubala by taking it for long period. Present study findings can't generalized and further long term follow up studies with large sample are required for better results.

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