



Case Study

## REDUCTION ON QUANTITATIVE VIRAL LOAD IN HEPATITIS B: A CASE REPORT OF SUCCESSFUL MANAGEMENT THROUGH AYURVEDA

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### ABSTRACT

Hepatitis B is one of the most prevalent causes of liver illness and is more likely to spread since people are not aware of the precautions. It is correlated with *Kamala* disease and shows chief symptoms like abdominal pain, vomiting, and yellowish discoloration in eyes, body, and urine etc. This case presents effectiveness of Ayurveda treatment in reducing symptoms and viral load in hepatitis case. A male patient of 64 years came to OPD of Ayushakti Ayurved Pvt Ltd. with hepatitis B positive result with complaints of weakness, fatigue, body pain, gas and acidity, pain in abdomen, recurrent throat infection. He was analysed clinically; the vitals were stable. After clinical examination, he was given tablet Livtone, D-vyro, for 3 months and Tablet *Jivanyoga*, Rejuliv, Immuno for next 3 months. Tab Gulkacid was kept continued across the treatment. After 6 months of treatment patient found good relief in symptoms and significant changes were reflected in laboratory parameters where viral load was decreased from 44 IU/ml (256 copies/ml) to 20 IU/ml (116 copies/ml), change in log value from 1.64 to 1.30. The ingredient of each tablet along with rational of prescriptions has been discussed in this paper.

### INTRODUCTION

Hepatitis is an inflammation of the liver parenchyma caused due to viral infection or by non-infectious factors such as toxicity, alcohol consumption, drug usage (including PSM overdose), and a number of metabolic diseases.<sup>[1]</sup>

Inflammation is the primary pathological factor for causing liver cirrhosis or HCC, the ultimate goals of treating hepatitis B is to reduce mortality by reducing hepatic inflammation and preventing the development of fibrosis. This, in turn, lowers the frequency of progression of hepatitis to liver cirrhosis or HCC.<sup>[2]</sup>


The main therapeutic option for hepatitis nowadays is antiviral therapy. Furthermore, the therapeutic setting may have an impact on these medications effectiveness and adverse effects.

Treatment goals or objectives may include sero-conversion, hepatitis B surface antigen loss, undetectable HBV DNA, or ALT normalization.

Hepatitis B and *Kamala* can be linked based on clinical characteristics. *Kamala* is brought on by the exacerbation of *Pittadosha*. Ayurveda provides guidelines for projecting a vision or objective for a complete state of health, which is also distinctive to each and every situation, as well as for managing treatment decisions.

### Case report

A male patient of 64 years came to OPD with hepatitis B positive result with complaints of weakness, fatigue, body pain, gas and acidity, pain in abdomen, recurrent throat infection. He was analysed clinically, the vitals were stable. The hepatitis positive results with quantitative load below 20 IU/ ml and log value below 1.30.

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Following medications were given for duration of 3 months. (Table 1)

**Table 1: Advised medicines for management of PCOD**

S.No	Name of medicine	Dose	Time	Anupana	Duration
1	Tablet Livtone	500 mg- 500 mg	After food	Warm water	16-03-20223 to 30-06-2023
2	Tablet D-vyro	500 mg- 500 mg	After food	Warm water	16-03-20223 to 30-06-2023
3	Tablet Gulkacid	500 mg- 500 mg	After food	Warm water	16-03-20223 to 02-12-2023
4	Tablet Jivanyoga	500 mg- 500 mg	After food	Warm water	1-07-2023 to 02-12-2023
5	Tablet Rejuliv	500 mg- 500 mg	After food	Warm water	1-07-2023 to 02-12-2023
6	Tab Immuno	500 mg 2 tablets	Night	Warm water	1-07-2023 to 02-12-2023

After 6 month of treatment there was reduction in quantitative viral load.

The ingredients of prescribed medicines along with mechanism of actions are explained in table 2.

**Table 2: Ingredients descriptions and mechanism of actions**

S.No	Formulations and ingredients	Mechanism of action
1	<b>Tablet Livtone</b> Sharpunkha Ghan 45 mg Haridra Ghan 35 mg Apamarga Kshara 27 mg Bhumyamalaki Ghan 44 mg Rohitak Ghan 30 mg Guduchi Ghan 30 mg Kalmegh Ghan 44 mg Triphala Ghan 15 mg Parijata Patra Ghan 15 mg Patola Patra Ghan 15 mg	Natural liver tonic to improve liver functions. Reduces fatty liver, viral hepatitis, improves fat metabolism and balances bilirubin levels. Mainly works on <i>Pitta Dosha</i> and <i>Rakta Dhatu</i> , increasing appetite and promotes digestion. Tab livtone was given to improve liver functions.
2	<b>Tablet Rejuliv</b> Bhumyamalaki Ghan 500 mg Haridra Ghan 100 mg Guduchi Ghan 100 mg Kalmegha Ghan 100 mg	Natural liver tonic to improve liver functions. Guards the liver from hepatitis insults
3	<b>Tablet D vyro</b> Pomegranate peel powder 100 mg Guduchi powder 500 mg Jati leaves 50 mg Kalmegha 85 mg Kantakari 25 mg Kutaja 85 mg Shunthi 30 mg Tulasi 25 mg	Useful in viral fever, improve strength, low immunity, viral infections, infection induced weakness, general debility, low <i>Ojasa</i> , chronic fatigue syndrome, recurrent respiratory infections, immunomodulatory.
4	<b>Tablet Jivanyoga</b> Guduchi Ghan 218 mg Godanti bhasma 100 mg Moti pishti 70 mg Vanshlochan 30 mg Shunthi 22 mg Pippali 20 mg Loha bhasma 12 mg Ela 15 mg Dalchini 15 mg Usheer 15 mg Parpata 8 mg Sariva 5 mg	Boosts immunity and helps fight infections. Rectifies digestive and metabolic process and increases <i>Agni</i> Removes mucus from body, gives strength and vitality, boosts immunity and rejuvenates. Anti-bacterial, anti-viral, immunomodulator

	<i>Madhavi 5 mg</i> <i>Kalmegh 5 mg</i>	
5	<b>Tablet Gulkacid</b>	
	<i>Amalaki Ghan 75 mg</i> <i>Shatavari Ghan 75 mg</i> <i>Yashtimadhu Ghan 70 mg</i> <i>Shalmali gum 50 mg</i> <i>Guduchi Ghan 45 mg</i> <i>Bilva Garbha 41 mg</i> <i>Mukta Shukti pishti 40 mg</i> <i>Rose petal powder 25 mg</i> <i>Shankha Bhasma 25 mg</i> <i>Kapardik Bhasma 20 mg</i> <i>Khas powder 20 mg</i> <i>Nishhotar Ghan 8 mg</i> <i>Chitrak 5 mg</i> <i>Dalchini 5 mg</i> <i>Ela 5 mg</i> <i>Karchura 5 mg</i> <i>Shunthi 5 mg</i> <i>Tejapatra 5 mg</i> <i>Yashad Bhasma 5 mg</i> <i>Triphala Ghan 12 mg</i> <i>Maricha 3 mg</i>	Improves digestion, increases <i>Agni</i> , removes <i>Aama</i> , harmonizes gastric enzymes. Stimulates liver secretions, balances the stomach acids. Balances aggravate <i>Pitta</i> .
6	<b>Tab Immuno</b>	
	<i>Shunthi ghan 5 mg</i> <i>Maricha ghan 5 mg</i> <i>Pippali ghan 5mg</i> <i>Haridra ghan 500 mg</i> <i>Guduchi ghan 100 mg</i> <i>Shatavari ghan 50 mg</i> <i>Karchura ghan 20 mg</i>	Tab Immuno is generalised immunomodulator. <i>Trikatu</i> enhances bioavailability.

## DISCUSSION

Hepatitis shares symptoms with *Kamala* in Ayurveda. The main symptoms observed in *Kamala* are: *Aruchi* (anorexia), *Avipaka* (indigestion), *Daurbalya* (generalized weakness), *Hatendriya* (weakness of senses), and *Haridra Netra* (yellowish discoloration of eyes), as well as *Haridra Twak Nakha Aanana* (yellowish discoloration of skin, nails, and face).<sup>[3]</sup> According to Acharya Vagbhata, it is comparable to toxic jaundice and can be presented as a consequence of various illnesses.<sup>[4]</sup> The treatment of *Kamala* has been extensively discussed in Ayurvedic literature. The basic principles are *Pittashamana*.

When *Pitta* is disturbed excessively, it vitiates *Rakta Dhatu* (blood components); and it's manifested in the form of *Kamala*.<sup>[5]</sup> The disease has its root in *Raktavaha Srotasa*, which affects its base site i.e. *Yakruta* (liver).<sup>[6]</sup> Thus, *Kamala* falls under the categories of *Rakta Pradoshaja Vyadhi* (diseases caused by *Rakta Dosha*) and *Pittaj Nanatmaja Vyadhi* (diseases caused only by vitiated *Pitta Dosha*).<sup>[7,8]</sup> Hence, treatment principles consists of use of *Pittahara* medications, which reduce *Pitta dosha*.<sup>[9]</sup> In this case,

Tab Gulkacid is given across the treatment duration to balance vitiation of *Pitta*.

Hepatitis B is of viral infection in nature. Tablet D-vyro is prescribed to check viral aetiology in liver. The disease makes patient immune compromised which further makes vulnerable to multiple infections and may reach upto the level of development of cancer aetiology.<sup>[10]</sup> Tab. Jivanyoga is given to give broad spectrum coverage for whole body organs immunity. It contains *Lohabhasma* which supports the functioning of *Rakta dhatu* and takes care of symptoms of *Pandu* which are observed in *Kamala*. It is generally manifested in the form of low haemoglobin count and generalised weakness. Hence, addition of immunomodulator which will take care of viral and bacterial load is highly essential. Tab. Immuno helps in boosting immunity in patient.

The basis of pathogenesis is *Agnimandya* (low digestive fire) which is reflected at *Jatharagni* and *Dhatvagni* level. The ingredients like *Shunthi*, *Maricha*, *Pippali*, *Chitraka*, *Twak*, *Ela* etc. helps in boosting *Agni*.

Constipation is common symptoms in Kamala also during administration of *Lohabhasma* which is managed by *Triphala*. Ingredients like *Kalmegha*, *Bhumyalaki*, *Guduchi* helps in improving liver functions. *Virechana* is important treatment in patients of *Kamala* as it removed vitiated Pitta from body. *Nishottara* from Tablet *Gulkacid* takes care of removal of *Pitta*. The *Pittashaman* is achieved by *Godanti bhasma*, *Mukta Shukti bhasma*, *Usheer*, rose petals etc. ingredients. *Haridra* is potent blood purifier. It helps to improve blood vitiation. Overall, the treatment protocol prescribed helps in breaking the pathogenesis of hepatitis B as reflected through decreased quantitative viral load.

### CONCLUSION

Though there are advanced medical facilities are available for diagnosis, Hepatitis B is certainly a fatal disease. The Ayurvedic medicinal protocol prescribed by considering principles of *Kamala* disease management proved to be successful in improving symptoms and educing quantitative viral load of disease.

### Future scope

The similar treatment protocol shall be applied in hepatitis B positive cases and a definite protocol guideline should be developed.

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