



CASE REPORT

EFFECT OF AYURVEDIC TREATMENT IN CHRONIC MALARIA

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Summary:

Malaria is one of the main reasons for the cases of Pyrexia of Unknown Origin in modern days. In this case, a Male patient, aged 48 years presented with features of Pain in legs and lassitude for a long time. On laboratory investigation he was found to have a blood smear positive for Malarial parasite (*Plasmodium vivax*). Patient was suffering from this from more than 7 years and was under treatment from a number of allopathic physician but without any results. The patient was under Ayurvedic treatment for approx. 2 months and the report of blood smear for Malarial parasite was negative. It was a case of Chronic Malaria (*Plasmodium vivax*). In Ayurveda it was a case of Vishma Jwara. Amritarishta, Vardhaman Pippali along with some other Ayurvedic formulations have given excellent response. The MP test was negative after treatment.

Keywords: Chronic Malaria, Malarial Parasite, Amrita, Pippali, Vishma Jwara.

Introduction:

Malaria is one of the leading causes of disease and death in the world. It is estimated that there are 300-500 million new cases every year, with 1.5 to 2.7 million deaths worldwide. Malaria is a mosquito-borne infectious disease of humans and other animals caused by protists the genus *Plasmodium*. It begins with a bite from an infected female Anopheles mosquito, which introduces the protists through saliva into the circulatory system. In the blood, the protists travel to the liver to mature and reproduce. Malaria causes symptoms that typically include fever and headache, which in severe cases can progress to coma or death. Chronic malaria is seen in both *P. vivax* and *P. ovale*, but not in *P. falciparum*. Here, the disease can relapse months or years after exposure, due to the presence of latent parasites in the liver.

Case History:

A male patient aged 48 years from Sonipat presented with complaints of lassitude and pain in legs at OPD No. 6 (Neuromuscular) of Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera

Dabar, Najafgarh, New Delhi on 21/9/2013. On general examination all the vitals were within normal limits. On per abdominal examination, there was no tenderness, rigidity or guarding. But spleen was palpable. Then on detailed history patient explained that he suffered from Malaria 6 years back and he was treated with the medicines. With the medicines all the symptoms of fever with chills etc. disappeared. But the peripheral Blood Smear for Malaria consistently showed Positive results. The treatment of the patient was started in the following manner:

1. Tab. *Sudarshan Ghanvati* – 2 BD
2. Cap. *Ayush 64* – 1 TDS
3. Liq. *Exol* – 2 tsf TDS

Patient was asked to come with the report of the MP Test on next visit. On 26th September 2013, patient again visited the OPD with positive MP test report and then following medicines were added:

4. *Amritarishta* 4 tsf BD with equal water after meal.
5. Combination of *Punarnava mandoor* -500 mg + *Guduchi* powder- 3 gms+

Muktashukti-250 mg twice a day with water after meal

6. *Pippali Ksheerpaka* once a day in morning starting from a dose of 500 mg Pippali powder and gradually increasing to 5 gms. And then reducing it in same manner.

This treatment was continued till patient presented in OPD again on 26th November 2013 with feeling of weakness. Then following medicines were added and patient was asked to repeat MP test.

7. Loha Bhasma -250 mg + Amalaki Powder 3 gms were added.

On 9th November, patient checked his MP test again and the result was negative.

Discussion:

In Ayurveda, Malaria is summarized under the broad umbrella of Vishma Jwara.

Vismo vishamarambh kriya kalaanushrangvan¹

The medicine used for the treatment of *Vishma Jwara* includes *Vardhaman Pippali Rasayan* (*Piper longum*) which is also indicated in *Plihavriddhi* as mentioned in *Charak Samhita Rasayana* Chapter.

Also *Amritarishta* mentioned in classics is used for the chronic fever. Ayush - 64 is a formulation developed by the CCRAS for the treatment of Malaria.

As far as Modern system is concerned, Malaria is caused by Plasmodium species which is *krimi* as far as Ayurveda is concerned. *Acharya Charaka* advocated three types of treatment for *Krimi* viz. *Apakarshana*, *Nidanaparivarjana* and *Prakritivighata*². *Prakrivighata* means the person by use of particular diet and lifestyle, should maintain an environment in the body which is opposite to the growth of the microorganisms (*Krimi*). So this concept can be useful for the treatment of the diseases which are asymptomatic or carrier stage e.g. Chronic Malaria and Hepatitis B carrier stage.

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