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Ayurvedic Management in Myasthenia Gravis – A case study

ABSTRACT:

Myasthenia Gravis is a long-term neuromuscular disease. Myasthenia Gravis presents with weakness and fatigability of skeletal muscles. It involves defects in the part of the nervous system that sends messages from your brain to your muscles telling them when to work. As a result, muscles fatigue easily and often weaken, leading to reduced physical function. The prevalence of Myasthenia Gravis is 50 to 200 per million people. There is still no cure for myasthenia Gravis in Modern Science other than symptomatic management. Ayurvedic therapies can give much better results. It can be understood on the basis of *Srotorodha* and *Agnidushti*.

KEYWORDS

Myasthenia Gravis, neuromuscular disease, *Sarvanga snehana*, *til tail*

INTRODUCTION

Myasthenia gravis is the most common autoimmune disorder that affects the neuromuscular junction^[1]. Myasthenia Gravis is a Greek word MYS means muscle and ASTHENEIA means weakness and the Latin word gravis means serious^[2]. Myasthenia results from dysfunction of the neuromuscular junction. It usually affects the extra-ocular muscles, but can also affect all skeletal muscles leading to generalized weakness and fatigability usually due to autoantibodies directed against acetylcholine receptors at neuromuscular junctions^[3]. This disease is caused by weakness, especially in the eyes, neck, face and skeletal muscles. Myasthenia Gravis is caused by an error in the transmission of nerve impulses to muscles. In *Ayurveda*, it is mainly due to *Srotorodha* and *Agnidushti* both in *Kostha* and *Dhatu* levels. *Agnidushti* leads to the formation of *Ama*, which leads to the *Doshakopa* mainly *Vata* and *Kapha*, and which affects the function of *Rasadidhathu*.

Materials and methods

Aims and objectives: To evaluate the effect of Ayurvedic treatment in a case of Myasthenia Gravis.

Case Details

Chief complaints

A 4 year old female child was brought by her parents to the *kaumarbhriya* OPD of Government Ayurveda College and Hospital Nanded, with the complaints of;

- Drooping of left eyelid
- Weakness in the left hand of the body

Birth history -

- A full-term Fch Delivery by LSCS.
- Birth weight 2.25 kg
- Cried immediately after birth

Neonatal history – NICU management for 4 days For ? LBW

Drug history:

- Tab *gravitor* (Pyridostigmine) 60 mg ½ BD
- Tab *Renodapt* (mycophenolate mofetil) 200 mg BD

Family history-

- History of hypothyroidism to patient's mother in pregnancy.
- H/O Consanguineous marriage of parents II⁰

General examination

- Weight - 14kg
- Height -105 cm
- Pallor, cyanosis, and icterus were absent

Systemic examination

CVS -S1, S2 heard, No murmur

RS – normal vascular breathing

CNS –conscious and oriented

Coordination test – intact

Gait – normal

Reflexes		Right	Left
Upper limbs	Triceps	+2	+1
	Biceps	+2	+1
	Supinator	+2	+1
Lower limbs	Knee	+3	+4
	Ankle	+2	+2
	Plantar	Flexion of all Toes	Flexion Of all toes
MUSCLE TONE	Upper limbs	Normal	Mild hypotonic
	Lower limbs	Normal	Normal
MUSCLE POWER		Right	Left
Upper limbs	Shoulder	+5	+5
	Elbow	+5	+5
	Wrist	+5	+5
Lower limbs	Hip	+5	+5
	Knee	+5	+5
	Ankle	+5	+5

Intervention-

	Treatment	Dose	duration
1	<i>Sarvanga Abhyanga with til tail Sarvanga Bashpa Sweda.</i>		Daily
3	<i>Tarpana with Triphala Ghrita</i>		7 Days (III setting s)
2	<i>Nasya Karma with Panchendriyavardhana taila .</i>	2 drops in	daily

Muscular system examination

		each nostril	
4	<i>Vishtindukadi vati</i>	¼ tab OD	40 days with interval of 7 days
5	<i>Brahmi Vati</i>	½ tab BD	30 days
6	<i>Aamdoshantak kadha</i>	5 ml BD	7 days

Observation After Treatment:

Reflexes		Right	Left
Upper limbs	Triceps	+2	+2
	Biceps	+2	+2
	Supinator	+2	+2
Lower limbs	Knee	+3	+3
	Ankle	+2	+2
	Plantar	Flexion of all Toes	Flexion Of all toes
MUSCLE TONE	Upper limbs	Normal	Normal
	Lower limbs	Normal	Normal
MUSCLE POWER		Right	Left
Upper limbs	Shoulder	+5	+5
	Elbow	+5	+5
	Wrist	+5	+5
Lower limbs	Hip	+5	+5
	Knee	+5	+5
	Ankle	+5	+5



Before Treatment



After Treatment

Assessment criteria :

The assessment was done based on complaints of the patient and also using a gradation system developed by the Myasthenia Gravis foundation of America^[5]

Grade	BT	AT	Results
Talking	0	0	
Chewing	2	0	100%

Swallowing	0	0	
Breathing	2	0	100%
Eyelid droop	3	1	75%
Muscle weakness	2	0	100%
Double vision	0	0	
Impairment in ability to brush teeth or comb hair	2	1	50%
Impairment of ability to arise from a chair	1	0	100%

Result-

After the course of *Abhyanga* and *Swedana*, Left hand weakness was reduced. *Tarpana* with *Triphala ghrita* to strengthen the muscles of the upper eyelids. It aids in reducing eye stress. *Nasya* therapy with *Panchendriyavardhana Taila* It helps balance the *doshas* and supports eye health^[6]. After the course of comprehensive management, there was relief in chewing and swallowing and muscle weakness.

Discussion-

In *Ayurveda*, Myasthenia Gravis is mainly due to *Srotorodha* and *Agnidushti* (both in *Kosta* and *Dhatu*). *Agni dusti* leads to the formation of *Samavastha* in the body. Which hamper the proper functioning of *Dosha*, mainly *Vata* along with *Kapha*. Since *Vata dosha* is mainly responsible for the proper functioning of neurotransmitters, here the

functioning of *Vata* is obstructed by the *Samadhathu*. *Dhatwagni* is responsible for the formation of the *Utarotara dhatu*. Impaired *Dhatwagni* leads to *Rasa-Raktadi dhatu dushti*.

Discussion on treatment

In Myasthenia gravis, patient will have varying degree of weakness of skeletal muscles. Therefore, *Sarvanga snehana* with *til tail* was effective in nourishment of *dhatu*s and increases their strength and helps in proper functioning of *Vata Dosha*.

Sarvanga Nadi swedana which helps in beneficial for reliving *stambha*, *Gaurava* and *shula* and also nourishing the body.

Vishtindukadi Vati^[7] is prepared from purified *kuchala* (*Strichnus Nux-vomica*) along with *Maricha*, *Chincha Phala* and *Supari* which having properties like *Vata-Kapha Shamana*, and does *Aamapachan*^[8]. This medicine used for nerve disorders. *Vishtinduk* is a nerve tonic. It also acts on nerves, senses, and muscles. It stimulates the functions of these organs.

Brahmi capsules helps to enhance the *Agni*.

Conclusion- The analysis of Myasthenia gravis in *Ayurveda* concludes that it is a symptom complex and it is not correlated with specific *Ayurveda* term. So myasthenia

gravis was treated according to *Ardita vata*^[9].

The treatment methods explained in the classics is helpful in giving Significant relief in signs and symptoms of disease. Proper nutrition, such as moistening solid foods to reduce fatigue from chewing.

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