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Research Article

THE EFFECTIVE MANAGEMENT OF VENTRICULAR ARRHYTHMIAS WITH INTEGRATED AYURVEDIC INTERVENTION: A CASE STUDY

Rana A. P*, Salve Nilesh., Baghel Prashant and Prafull Kotalwar

Govt. Ayurved College, Osmanabad, Maharashtra, India

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ABSTRACT

Cardiac arrhythmias are a group of condition in which the heartbeat is very fast, slow or irregular. Cardiac arrhythmias are common. Symptoms include dizziness, palpitations, syncope as frequent complaints. Sudden cardiac death rates are more than 6000,000 per year. There are many types of cardiac arrhythmias in which premature ventricular complexes are seen common. These are ectopic impulses originating from an area distal to the His purkinjesystem. Long standing obesity, hypertension and dyslipidemias ultimately leads to cardiac arrhythmias. In modern science, medications such as anti-hypertensives, anti-lipidemics, anti arrhythmics are given. Patient gets symptomatic relief from medications. According to Ayurveda, cardiac arrhythmias falls under the categories of hrudhroga (heart disease). Vitiated *Vatadosha* is responsible to cause irregular heart beat. Aggravated pitta dosha increases the heart beat and imbalanced *kaphadosha* result in slow heart beat. *Hrudyaushadhis* such as *Prabhakarvati*, *hrudayarnav rasa* describe for *hrudroga* (heart disease) are basically cardio protective and helps to strength the heart muscle in natural way, though herbs take time to show their significant effect. But they resolve the ailment from the root. On this basis a case study has been done with herbal interventions with ongoing modern medications on a single patient and got significant improvement which was not there when the patient was only on allopathic medications.

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INTRODUCTION

A 60 year old male patient suffering from malignant hypertension, with co morbid obesity and ventricular arrhythmias and dyslipidemia since 10 years. Patient was completely on modern medications including beta blockers alpha blockers, calcium channel blockers, anti- platelets and anti-lipidemics in initial five years. But patient was not getting relief. Then Ayurvedic medications were started along with ongoing treatment. The treatment includes *Prabhakarvati*, *hrudayarnav rasa* and other systemic medication according to symptoms. Patient has shown gradual improvement in symptoms like headache, heart aching, and breathlessness from time to time during the treatment in last five years. Pathological investigations and ECG also have shown significant sustainable improvement.

Aim-The effective management of ventricular arrhythmias with integrated Ayurvedic intervention, a case study

Objectives

1. To observe the symptoms of ventricular arrhythmias in patient

2. To prepare an Ayurvedic line of treatment according to *Samprapti*(pathogenesis) of disease.
3. To analyze results

METHODOLOGY

To fulfill the aims and objectives of the study this work has been carried out in the following phase wise manner.

1. Conceptual study
2. Case study
3. Discussion
4. Conclusion and summary

Conceptual study

Ventricular Arrhythmias- These are abnormal heart rhythms that originates in bottom chamber of heart i. e. ventricles. These rhythms can occur as a result of damage to the heart muscle from heart attacks or cardiomyopathies. Ventricular arrhythmias includes ventricular tachycardia, ventricular fibrillation, ventricular flutter, accelerated idioventricular rhythms, torsade de pointes etc. these ventricular arrhythmias if

*Corresponding author: Rana A. P

Govt. Ayurved College, Osmanabad, Maharashtra, India

not treated can develop in to acute infarcts or ischemia that are life threatening complications⁽¹⁾.

Case study

A 60 year old male patient, suffering from hypertension, dyslipidemia obesity and ventricular arrhythmias since 10 years. Patient was having complaints of headache, heart aching, breathlessness, palpitations, dyspnea on exertion etc.

Patient was on medication like beta blockers, alpha blockers, calcium channel blockers, anti- platelets and anti lipidemic drugs for last 5 years

But there was no improvement in any symptoms during these medications.

So an effort is made for ayurvedic interventions such as *prabhakarvati*, *hrudayarnav rasa*, *nagarjunabhra* along with *punarnavasav* & *arjunarista* for next 5 years with modern medications.

There was systemic relief in symptoms when the patient was treated. And also ecg shows significant changes. Patient was at relief after the ayurvedic interventions.

Previous complaints of patient (between 2007-2012)

- Chest pain
- Dyspnea
- Palpitations in night
- Occasional fainting

Biochemical findings (between 2007 -2017)

Sr. no.	Tests	Observed values (21/8/07)	Observed values(2/1/13)	Observed values(12/8/13)	Observed values 15/10/14	Observed values(29/5/17)
1	Triglycerides	178 mg/dl	147 mg/dl	129 mg/dl	174 mg/dl	118 mg/dl
2	Total cholesterol	179 mg/dl	174 mg/dl	112 mg/dl	139 mg/dl	157.9 mg/dl
3	HDL cholesterol	26 mg/dl	22 mg/dl	26 mg/dl	46 mg/dl	38.68 mg/dl
4	LDL cholesterol	117.40 mg/dl	123 mg/dl	60 mg/dl	58.2 mg/dl	95 mg/dl
5	VLDL	35.60 mg/dl	29 mg/dl	26 mg/dl	34.80 mg/dl	23.78mg/dl
6	LDL/HDL Ratio	4.52	5.59	2.31	1.27	2.47
7	Serum calcium	9.1mg/dl	8.9 mg/dl	8.8 mg/dl	9.3mg/dl	9.3 mg/dl
8	Serum creatinine	0.96 mg/dl	0.98 mg/dl	0.99 mg/dl	0.93 mg/dl	0.94 mg/dl
9	Random blood sugar	96 mg/dl	90 mg/dl	94 mg/dl	99.9 mg/dl	98 mg/dl

IHD Screening reports- Reports shows baseline trigemini and bigemini in ECG

Previous medication of patient (between 2007-2012)

Sr. no	Drug	Chemical composition	Classification
1	Tablet Prolomet R 50 mg BD	Metoprolol 50 mg, Ramipril 5mg	Beta blocker and angiotensin converting enzyme inhibitors
2	Tablet Sotalol 40 mg BD	Sotalol 40 mg	Beta adrenergic receptor blocker
3	Tablet Ecospirin AV 75 mg OD	Aspirin 75 mg, Atorvastatin 10 mg	NSAID and lipid lower agents
4	Tablet Ranx 1 gm OD	Ranolazine 1 gm	Drug used to treat angina pain
5	Tablet Trika 0.25 mg HS	Alprazolam 0.25 mg	Short acting Benzodiazepine Anxiolytic

Patient was on treatment with above medication for 5 years. But there was no relief in symptoms.

Then patient was shifted to ayurvedic interventions with same line of treatment that of allopathic medication

Ayurvedic treatment includes (from 2012 till now)

Sr. No.	Drug	Composition	Medical use
1	<i>Prabhakarvati</i> ⁽²⁾ 250 mg BD	Makshikabhasma, Lohabhasma, Abhrakbhasma, Tugakshiri, Shudhdha Shilajatu, Arjun kwatha	<i>Hrudayarog Bhaisajya Ratnavalli</i>
2	<i>Hrudayarnav rasa</i> ⁽³⁾ 125 mg BD	Triphala, Parada, Gandhaka, Tamra, kakmachiswaras	<i>Hridayarogachikitsa Rasendra Saar Samgraha</i>
3	<i>Nagarjunabhra rasa</i> ⁽⁴⁾ 125 mg BD	AbhrakBhasma, Arjun kwath	<i>Hridya Roga Chikitsa, Hikka Swasha Chikitsa, Shothrogadhikara,</i>
4	<i>Punarnavasav</i> ⁽⁵⁾ 20 ml bd		<i>Bhaisajya Ratnavalli Hrudhrogadhikara,</i>
5	<i>Arjunarista</i> ⁽⁶⁾ 20 ml bd		<i>Bhaisajya Ratnavalli</i>

During the treatment of 5 years the patient got relief from the symptoms. Ventricular premature complexes seen on ECG got normal and overall relief from symptoms occur.

DISCUSSION

Ventricular arrhythmias are major health risks. But it is important to note that in ayurvedic prospective it is *hrudayroga*, While treating such patient one should have line of treatment that of *hrudayroga*⁽⁷⁾ with treatment of associated symptoms. Ayurvedic interventions relieve the symptoms as well as do *Sampraptibhanga* (remove aetiopathology) Therefore ECG changes get reverted. It is a notable thing that after ayurvedic interventions, the patient got its symptoms relieved. The palpitations, intermittent chest pain, dyspnea got relieved.

CONCLUSION

From above case study we can confirmly say that it is very important to have ayurvedic thought in cardiac disorders. *Kaphadusthi*⁽⁸⁾ in *hrudaya*, *dhamanikathinya* (atherosclerosis), *Hruddaarbalya* (cardiomyopathy) are some of the prime thoughts which should be considered while treating hru rog patients. *Samprapti* of such roga should be understood. And proper ayurvedic interventions for *Sampraptibhang* should be administered. If such ayurvedic view along with modern medications applied, the *Samprapti* can be reverted back. And patient can have significant relief from symptoms.

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