

Effect of a decoction in improving platelet count and clinical conditions of a patient with Idiopathic Thrombocytopenic Purpura (ITP):

A case report

Chandrasiri WAL¹, Adhikari AMCJ¹, Chandrakanthi RU¹, Wewalwala SL¹ and De Mel WKG¹

Idiopathic thrombocytopenic purpura (ITP) is a bleeding disorder caused by an abnormally low level of platelets in the peripheral blood and it is mediated by platelet autoantibodies that accelerate platelet destruction and inhibit their production. The chronic form of ITP is more common in adult females between 20 and 40 years. The annual incidence of ITP is thought to be approximately 3.3 per 100,000. Medical management often includes corticosteroids and immunosuppressants. Platelet transfusion may be considered in patients with severe hemorrhages and splenectomy also shows a beneficial effect. This paper presents a case report of ITP treated with Ayurvedic herbal decoction (*Sarivam trivritam draksa*).

A 30 years old Sri Lankan female patient visited Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka with a two months history of confirmed ITP. Patient complained of weight gaining, puffy face, facial hair growth, weakness of muscles, scattered reddish spots on the skin and unsatisfactory response for the previous treatments. She had a clinical history of similar episode before 10 years without confirming the diagnosis. 64 mg of Prednisolone per day and Cyclosporine had been recommended to continue under medical supervision. She was undergone a splenectomy assuming that it would be helpful during her platelet count was around 30,000 per cu mm. Ayurvedic treatment (*Sarivam trivritam draksa* decoction) was started in parallel to Prednisolone and Cyclosporine on tail off basis when her platelet count was 8,000 per cu mm. After 3 weeks platelet count was increased from 8,000 to 80,000 per cu mm. Administration of Prednisolone and Cyclosporine was discontinued when the platelet count reached at 200,000 per cu mm after 8 weeks of treatment with the decoction. Physical condition was improving gradually during the period of treatment and the administration of decoction was discontinued when the platelet count was 356,000 cu mm after 10 weeks. After 16 weeks, patient showed normal physical and psychological states. Patient was kept under follow up and no relapse was reported. According to the results, it can be concluded that selected herbal decoction shows beneficial effects in improving physical, psychological and hematological states of the patient with chronic idiopathic thrombocytopenic purpura.

Key words: *Sarivam trivritam draksa*, Idiopathic thrombocytopenic purpura, *Prednisolone*, *Cyclosporin*

1. Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka. e-mail: rpugwai@yahoo.com