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**GUILLAIN-BARRÉ SYNDROME – A CASE STUDY****DR. VIDYADHAR BALIKAI<sup>1</sup> DR. . PRASHANTH. A. S<sup>2</sup> DR. S.G.CHAVAN<sup>3</sup>**<sup>1</sup>P G Scholar, <sup>2</sup>Prof. and HOD, <sup>3</sup>Prof. & Guide. Department of Kayachikitsa, Ayurveda Mahavidyalaya, Hubli, Karnataka, Karnataka**ABSTRACT:**

The effect of Udwartana, Vasti along with Shamanaoushadi Viz., Astavarga Kashaya, Danada Nayanadi Kashaya, Brihatvata chintamani along with Kaidaryadi Kashaya as Anupana (Ayurvedic formulations) were studied clinically on a case of Guillain-Barré syndrome confirmed by modern diagnostic tools with NCS and Hematological investigations. The review of the patient was done on daily basis in IPD and weekly basis after discharge, the clinical features like Tremors and tingling sensation of hand, Pain in the joints, Not able step up, and Unable to hold the things along with weight gain etc. were completely subsided during the 2<sup>nd</sup> month of treatment.

**Key Words:** Guillain-Barré syndrome, GB Syndrome, Udwartana, Vasti

**INTRODUCTION:**

**Guillain-Barré Syndrome (GBS)** is a rapid-onset muscle weakness caused by the immune system damaging the peripheral nervous system. The initial symptoms are typically changes in sensation or pain along with muscle weakness, beginning in the feet and hands. This often spreads to the arms and upper body with both sides being involved. The symptoms develop over hours to a few weeks. During the acute phase, the disorder can be life-threatening with about 15%

developing weakness of the breathing muscles requiring mechanical ventilation. Some are affected by changes in the function of the autonomic nervous system, which can lead to dangerous abnormalities in heart rate and blood pressure<sup>1</sup>.

BP fluctuation and cardiac arrhythmias can be severe in Guillain-Barré syndrome. Autoimmune autonomic anglionopathy presents as the subacute development of autonomic failure with OH, enteric neuropathy (gastroparesis, ileus,

constipation/diarrhea), flaccid bladder, loss of sweating, sicca complex, and a tonic pupil. Onset may follow a viral infection; serum antibodies to the ganglionic ACh receptor (A3 AChR) are diagnostic, and some pts appear to respond to immunotherapy. Rare pts develop dysautonomia as a paraneoplastic disorder. There are five known hereditary sensory and autonomic neuropathies (HSAN I–V) <sup>2</sup>

### CASE REPORT:

A female patient of 27years approached the OPD of PG Kayachikitsa Department Ayurveda Mavidyalaya & Hospital Heggeri, Hubli. with the chief compliant of Tremors of hand, Pain in the joints, Not able step up, and Unable to hold the things along with weight gain since 6-8 months. Patient was diagnosed as Guillain-Barré syndrome (GB Syndrome) 8 months before. And took treatment for the same, After treatment also patient again developed same complaints and then approached our hospital for further treatment.

### CLINICAL PROFILE

Name:SK, Age: 27yrs, Sex : Female, Occupation : DOCTOR, Diet

:Veg, IPD NO :236 Date : 20-07-2016 Adress : Sahadeva Nagar, Hubli.

### CASE PRESENTATION AND CLINICAL EXAMINATION:

The above said patient approached on 20<sup>th</sup> July 2016 with the complaints of Tremors and tingling sensation of hand, Pain in the joints, Not able step up, and Unable to hold the things along with weight gain. She diagnosed by family doctor as Guillain-Barré syndrome (GB Syndrome)

No H/o Diabetes or Hypertension and family history was not contributory.

General examinations and examinations of CVS,RS revealed no abnormality, CNS shows tremors of upper limb, difficulty in stretching limbs and sensitivity was observed.

### PATIENT UNDERWENT FOLLOWING INVESTIGATIONS.

#### HAEMOGRAM:

Hb- 12.3gm%  
 TC- 8300cells/cumm  
 DC- P-76%, L-18, E-01%, M-05%  
 PLATELET COUNT:3,52,000  
 Cells/cumm

#### BLOOD CHEMISTRY

RBS- 109mg/dl, Blood Urea- 10mg/dl,  
 Creatinine- 0.56mg/dl

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Sodium- 142 mEq/L, Potassium- 3.98 mEq/L, Chloride- 109mEq/L

### NERVE CONDUCTION STUDY

revealed Axonal demyelinating motor neuropathy.

❖ **AYURVEDIC APPROCH:** Patient symptoms were correlated to Kaphavrita Vata laxanas viz., Shaitya(Coldness), Gourava (Heviness), Shoola (Pain)<sup>3</sup>

**UPASHAYA :** Katwaadi Rasas (Pungent things), Langana, Ayasva , Rooksha, Ushnakamaita (affinity towards hot things)

### MATERIALS AND METHODS:

Drugs selected for the Study:

1. Udwartana with Kolakulattadi Churna and Swedana for 7 days,
2. Matra Vasti with Eranada Taila in Yoga basti shedule
3. Astavarga Kashaya<sup>9</sup> (AVN Pharmacy)
4. Danada Nayanadi Kashaya<sup>10</sup> (AVN Pharmacy)
5. Brihatvata Chintamani Rasa<sup>11</sup> with Gold ( Swadeshi Pharma)
6. Kaidaryadi Kashaya<sup>12</sup> ( Nagarjuna Pharma )

### TREATMENT SHEDULE:

Udwartana<sup>4</sup> with Kolakulattadi Churna<sup>5</sup> and Swedana<sup>6</sup> for 7 days, Matra Vasti<sup>7</sup> with Eranada Taila<sup>8</sup> 30ml in Yoga basti schedule, Shamanoushadis

Astavarga Kashaya, Danada Nayanadi Kashaya 1Tab BID before food along with Kaidaryadi Kashaya as Anupana and Brihatvata chintamani Rasa with Gold after the food with Honey.

### DIET:

Patient was advised to avoid Tomato, Cauliflower, Nonvegetarian, Cheese, Curds and Excessive intake of fried and Spicy foods.

Fruits, Vegetables like Cucumber, Snake guard, Bitter guard, Green gram and Poddridge etc were advised as regular food items.

### OBSERVATION AND RESULTS:

Chronology of clinical observations:

1. Patient admitted in the IPD on 20-07-2016 with laboratory findings as above.
2. Patient was subjected to the above said scheduled treatment and kept under regular observations.
3. Patient got completely relived from the clinical symptoms like Tremors and tingling sensation of hand, Pain in the joints, Not able step up, and Unable to hold the things during the 2<sup>nd</sup> week of the treatment.
4. Patient was discharged with said above treatment to continue for 3 months.

### DISCUSSION AND COMMENTS:

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A condition in which the immune system attacks the nerves. The condition may be triggered by an acute bacterial or viral infection. Symptoms start as weakness and tingling in the feet and legs that spread to the upper body. Paralysis can occur. Special blood treatments (plasma exchange and immunoglobulin therapy) can relieve symptoms. Physical therapy is needed.

Guillain-Barré syndrome is a challenging problem in neurology where the immune system attacks the nerves. The condition may be triggered by an acute bacterial or viral infection. Symptoms start as weakness and tingling in the feet and legs that spread to the upper body. Paralysis may occur if neglected and which can be correlated as Kaphavruta vata in Ayurveda. For that one should administer such drugs which helps in removing the avarana of khapa on vata and hence improves the nerve conduction.

The effectiveness of the Ayurvedic preparations may be attributed to the Kapha hara and Srotoshodhana properties hence in this study drugs are found to be effective in reliving possible avarana at the level

of Mamsa and Asthivaha srotas. Long term clinical studies with large sample size and comparative /control trial may provide further observations on Guillain-Barré syndrome conditions.

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