

TO EVALUATE THE ROLE OF RAJAYAKSHMA SYMPTOMS IN HIV POSITIVE PATIENTS

Dr. K. Priyanka & Dr Subhendra Yadav, Assistant Professor, Faculty of Ayurveda & Research, Desh Bhagat University, Mandi Gobindgarh

ABSTRACT

Aim: To evaluate the role of Rajayakshma symptoms in HIV positive patients

Material and methods: A Cross-sectional Survey Study, conducted in Department of Ayurveda Samhita & Sidhhanta. Questionnaire was prepared to assess the presence symptoms of *Rajayakshma* in HIV. positive patient and to find out Ayurvedic perspective of AIDS Questionnaires were filled by collecting inputs from the HIV positive patients which includes a consent form duly signed by them. Compiled references from Ayurvedic Compendia of Symptoms of *Rajayakshma*³ were used for assessment of relation of symptoms of HIV Positive

Results: In this study, the maximum number of HIV patient was in age group between 36-40 years and 31-35 year i.e., about 58.75%. In this study, 61.6 % patients were on antiretroviral therapy Medication and only 2.4% patients were not given antiretroviral therapy Medication. Ansatapa, Jwara and Parshwashulathese three symptoms were observed in all 100 % patient. 98.75% patient with Shirashula; 95% patient with Aruchi; 92.5% patient with Swarabheda; 83.75% patient with Shwasa; 75% patients with Kasa Symptom; 88.75% patients with Atisara; 13.75 % patients history of Raktasthivana and only 6.25% patients history of Raktavamana. In this study, 75% cases were observed with 8 to 11 symptoms out of 11 symptoms of Rajayakshma. 23.75% cases in between 5 to 7 symptoms and only 1.25% cases in between 1 to 4 symptoms of Rajayakshma. In this study, 75% cases were observed Maximum symptoms of Rajayakshma that was more than 7 out of 11 Symptoms. In Maximum symptoms, Rajayakshma 75% symptoms resembling with symptoms observed in HIV positive patient in total volume of patients decided in patient of Advance stage HIV infection.

Conclusion: this disease is more related to mental status of the person. Following *Dinacharya*, *Rutucharya*, *Sadvrittupalana*, *Aachararasayana* etc. explained in Ayurveda will definitely help in treating AIDS and improving patient's health

Key Words: *Ayurveda*, AIDS, HIV, *Rajayakshma*

Introduction

Medical sciences identify new diseases every year. But at similar junctures, Ayurveda views and responds to it on the basis of the changes in signs, symptoms and corresponding change in *Samprapti*, *Dosha Dushya Sammurchana* is used for the treatments of various diseases at different Vyadhi Avastha in Ayurveda. Knowledge of *Samprapti* is essential for treating the disease as early as possible by breaking the pathogenesis at starting stage¹. According to Ayurveda, the HIV Symptoms may be correlated with *Rajayakshma (Kshaya)*². The Symptoms, causative factors and treatment for the latter were found mentioned in many ancient Ayurvedic texts like, *Charaka Samhitha*, *Bhavaprakasha*, *Vaidyachintamani* and *Chakradatta* etc. *Kshaya Roga* is mentioned in all Ayurveda texts as name of *Rajayakshma*. In this they explained that all *Rasadi Sapta Dhatu* goes to harass one by one either in ascending order or descending. AIDS, an acronym for Acquired Immune Deficiency Syndrome, one of the major health problems encompassing the whole world in a vice like grip, is caused by a Retroviral called Human Immunodeficiency Virus (HIV). Unlike other epidemics AIDS falls heavily on young adults in their prime, posing a great challenge in the areas of health, social and economic development. Today it is clear that virtually every practicing physician in the country and worldwide will be required to have degree of familiarity with the workup, diagnosis, management and specific treatment of HIV infected individuals. Ayurveda text never had being edited since 5000 yrs, when it had written. In present time many more new diseases adding in our life. It is curing by Ayurveda medicines with the help of its *Siddhant*, Symptoms, *Agni* etc. This is specialty of Ayurveda that it can cure diseases of any type and give better life of diseased

person without having any harm, if it will be taken with proper methods and time. Present study was aimed to assess the correlation of *Rajayakshama* symptoms described in *Charak Samhita* and symptoms seen in HIV positive patient.

Material and methods:

A Cross-sectional Survey Study, conducted in Department of Ayurveda Samhita & Sidhanta. Study was approved by institutional ethical committee.

Patients with age group of 25 - 50 years irrespective of sex, religion, economic & marital status, diagnosed patients of HIV antibody test positive minimum 2 year ago were included in this study. Patients having HIV antibody test positive but not willing to this survey were excluded from the study.

Methodology

Questionnaire was prepared to assess the presence symptoms of *Rajayakshma* in HIV. positive patient and to find out Ayurvedic perspective of AIDS Questionnaires were filled by collecting inputs from the HIV positive patients which includes a consent form duly signed by them. Compiled references from Ayurvedic Compendia of Symptoms of *Rajayakshma*³ were used for assessment of relation of symptoms of HIV Positive⁴ Patient with Ayurvedic perspective. Data was collected and compiled using Microsoft Excel, statistical analysis was done using descriptive statistics.

Results

In this study, the maximum number of HIV patient was in age group between 36-40 years and 31-35 year i.e., about 58.75%.

Table 1: Age

25-30 YRS	30-35 YRS	35-40 YRS	40-45 YRS	45-50 YRS	
10	21	26	15	8	Number of patients

Table 2: Sex

Number of patients	Male	female
	20	60

Table 3: Classification According to Duration from HIV. Antibody Test Positive.

Diagnosed Time Duration	Number of Patients
2 to 10 years	63
Above 10 years	17
Total	80

Table 4: antiretroviral therapy Treatment Distribution among Subject

Antiretroviral Treatment Distribution Of Patients	Therapy wise	On medication	Not on medication
		77	3

In this study, 61.6 % patients were on antiretroviral therapy Medication and only 2.4% patients were not given antiretroviral therapy Medication.

Table 5: Rajayakshama Symptoms

Observed Symptoms	Symptomatic	Asymptomatic
Kasa	60	20
Ansatapa	80	0
Swarabheda	74	6
Jwara	80	0
Parshwashul	80	0
Sirshula	79	1
Raktasthivana	11	69
Raktawamana	5	75
Shwasa	67	13
Atisara	71	9
Aruchi	76	4

Ansatapa, Jwara and Parshwashul these three symptoms were observed in all 100 % patient. 98.75% patient with Shirashula; 95% patient with Aruchi; 92.5% patient with Swarabheda; 83.75% patient with Shwasa; 75% patients with Kasa Symptom; 88.75% patients with Atisara; 13.75 % patients history of Raktasthivana and only 6.25% patients history of Raktavamana.

Table 6: Total No. of Rajayakshma Symptoms Observed in Patient

No. of Rajayakshma Symptoms Observed in Patient	Number of patients
1 to 4	1
5 to 7	19
8 to 11	60
Total No. of Patient	80

In this study, 75% cases were observed with 8 to 11 symptoms out of 11 symptoms of Rajayakshma. 23.75% cases in between 5 to 7 symptoms and only 1.25% cases in between 1 to 4 symptoms of Rajayakshma.

Table 7: Symptoms category wise Distribution

Total No. Symptoms Observed out of 11 symptoms of Rajayakshma	Percentage
Maximum symptoms (more than 7)	75%
Medium symptoms (5 to 7)	23.75%
Minimum symptoms (up to 4)	1.25%

In this study, 75% cases were observed Maximum symptoms of Rajayakshma that was more than 7 out of 11 Symptoms. In Maximum symptoms, Rajayakshma 75% symptoms resembling with symptoms observed in HIV positive patient in total volume of patients decided in patient of Advance stage HIV infection.

Discussion

The aim behind this study was not only to compare AIDS with any disease mentioned in Ayurveda, but also to help of management and treatment of AIDS according to Ayurveda. AIDS is non-treatable disease mentioned by modern medicine. Ayurveda treated many more disease which was non-treatable. Survey part was concluded by many points as below,

AIDS disease can't diagnose earlier because of its symptoms is much related with normal flue. At the dangerous stage this disease can be identified by its symptoms.

Due to more awareness of AIDS by W.H.O. and government most of the patients start antiretroviral therapy plan earlier.

This data concludes that, AIDS is more near with Rajayakshma. All 11 symptoms of Rajayakshma were seen in Advance stage HIV infection.

In present study, 36 to 40 years of age group was noted in 26. According to Ayurveda Samhita Madhyamavastha of age were starts from 30 years till 60 years. One more thing added at that time in Ayurveda Samhita that average life span mentioned 100 years. But in this era average life span is 80 years. So, middle is considered according to this statement is 31 to 40 years. For this disease middle age is very prone to affect. Other age groups were 31 to 35 years of age group (26.25%), 41 to 45 years (18.75 %) & 46 to 50 years (10%).

In present study, female were found affected with this disease 75% while male was 25% of total volume of patient. Mostly females were found in widow condition that their husband had died due to AIDS This disease is socially not accepted due to Transmission way of HIV so, patients having fear to expose themselves in front of society.

Some diseases were very proportional to time duration they detected. AIDS is one of them in this type of diseases. Incubation period of AIDS is 2 years. & 2-10 years of duration of diagnosed is having peculiar symptoms of HIV or AIDS, From 2-10 years of detection period grouping most of the patient categorized 63 among 80 patients. More than 10 years of diagnosis period is very dangerous period than can be fetal too (21.25%).

This disease is untreatable type of disease. Antiretroviral therapy is the only medicine provided by W.H.O. for this disease. But about this treatment expert says that these medicines do not kill the virus. Only controls growth of this virus. But this virus has special quality to change their shell so no medication effect on this virus. To improve patient's condition these medicines were provided by the government.

According to this division many of patients were having antiretroviral therapy after efforts of the government and mass education about mode of infection. Patients were following antiretroviral therapy were found 77 among 80 and only 3 patients were found who left antiretroviral therapy due many complications or normal CD4 Count. Rajayakshma is one of the ayurveda diseases which can correlate with AIDS among 80 patients, most of them were found to have Rajayakshma symptoms. Rajayakshma symptoms were charted and searched in survey study in all patients. Kasa is one of the symptoms found in 60 patients among whole sample of this dissertation. Ansatapa is symptom in which patient complaint pain at shoulder region with or without exertion. All the patients were complaint with this symptom. Swarbheda is included in this disease. Hoarseness of voice or any changes in voice in patients come under this category. 7 4 patients were complained with this symptom. Jwara is mentioned in Ayurveda as a disease but at some condition it is taken as a symptom in some disease. In Rajyakshma jwara is one of the symptoms. In present study, all the patients were found with this symptom of on and off fever. Parshvashoola is also explained in Rajayakshma as symptom i.e. Pain in back region complained by all most every patient in this survey study. About 98.75 % of patient complained with shirashula in this survey study. Raktasthivana is one of the critical symptoms written by Ayurveda Samhita. History of Raktasthivana was seen in 11 patients. Only 4 patients were complained having symptom of Chardi. In which patient told history of Raktavamana (hematemesis). Almost all Patients were taking Antiemetic medicine with antiretroviral therapy medicine. So, there was error to find out chardi symptom. Shwas is explained as a disease in ayurvedic texts. But here in Rajayakshma, shwas is mentioned one of symptom. In this study 67 patients reported to have symptom breathlessness after any small work or short duration exertion. Again, Atisarais one of the diseases described in Ayurveda. Itself it is one of symptom of Rajayakshma. In survey study among 80 patients 41 were complained repeatedly loose motion with Sapichchhilaam (mucous). Aruchi is mentioned Rajayakshma main symptom. Among all patients participated in study 76 were complained about Aruchi. They were not interested to eating or they were not foodie person.

In patients, 1 to 4 symptoms were found only 1.25%, 23.75 % patients were affected with 5 to 7 symptoms of Rajayakshma & 75 % patients of HIV were found with 8 to 11 symptoms of Rajayakshma. Last category of patients i.e. 8 to 11 symptoms were observed Advance stage of HIV. (I.e. AIDS). Due to Antiretroviral therapy medication, Some Symptoms of Rajayakshma were Suppressed likes Chardi and Aruchi.

If society and patients' relatives will given mentally and physically support to patient and provide confidence then patient can be at least mentally stable. It also affects patient's diet and Sattvic life style on immunity.

Ayurveda is best for the treatment covered on the level of mentally, physically and socially too. This is opportunity to fulfill definition of healthy person by W.H.O. After this study we can go far treatment part of AIDS which will be Rajayakshma treatment together. Sapta dhatu Vardhaka Ahara -Vihara and chikitsa, Sadvritta, Rasayana sevana, Bramhacharya, Sattvic life style etc. Rajayakshma chikitsa will be helpful to decrease symptoms of HIV or AIDS opposite from this will increase the symptoms of AIDS. Aahar, Nidra and Bramhacharya are Trayopastambha of our body⁵. Maintaining of these three pillars will be helpful for health of an Individual.

Mental illness of person is treated by Sadvritta Palana and Achararasayana mentioned in Charaka Samhita⁶. Ashwasana (Counselling) and Sattvavajaya Chikitsa can help to improve Mental illness in patient⁷. AIDS disease have one of the very common cause observed that is bad life style. In Ayurveda Dinacharya, Rutucharya and Ratricharya were mentioned which grip this point on physical level in this era. Due to wrong publicity and socially placed value AIDS has become more dangerous than its actual nature. Positive way awareness is needed to make patients devoid from this life-threatening disease. This study reveals that, symptoms of AIDS is resembles with Rajayakshma. AIDS is very newly found disease, so it was not mentioned in ayurvedic texts. To get rid of AIDS type of life threatening disease Ayurveda should put its role. So, symptoms which resembles with AIDS can be treated by Ayurveda limbs.

Conclusion: we concluded that the disease is more related to mental status of the person. Following *Dinacharya, Rutucharya, Sadvrittapalana, Achararasayana* etc. explained in Ayurveda will definitely help in treating AIDS and improving patient's health.

Reference

1. Nilam Jadhav and Manjiri S. Deshpande, a review on types of samprapti in charaka chikitsasthana, wjpps, August 2018, Vol 7, Issue 9, 674-684. https://storage.googleapis.com/journal-uploads/wjpps/article_issue/1535764872.pdf
2. Saurabh Bajirao Kadam, Shital Rahul Rasane and Preeti Mishra, a conceptual study of symptoms of aids with ayurvedic perspective with special reference to charak samhita, WJPR, jan 2021, Volume 10, Issue 2, 412-417, https://wjpr.net/archive_show/2021/VOLUME%20FEBRUARY%20ISSUE%202
3. Harish Chandra Singh Kushwaha, charaka samhita of agnivesh revised by charaka and drudhabala with ayurveddipika commentary by chakrapanidatta, chikitsasthan, Reprint Edition 2016, Varanasi; Chaukhambha Orientalia publishers, 2016, Page No.222.
4. Preeti N. Malani, MD, MS J, Human Immunodeficiency Virus, JAMA. 2016;316(2):238. <https://jamanetwork.com/journals/jama/fullarticle/2533069>
5. Ashwini B. Jaiswal, ayurveda perspective on concept of *trayostambh*, correlation with diseases and their management, *wjpmr*, 2020,6(4), 117-119, <https://www.wjpmr.com/download/article/66032020/1585909193.pdf>
6. Baid Aslesha & Kamath M.S., role of achara rasayana - in prevention and cure the diseases, International Ayurvedic Medical Journal (IAMJ), Nov– Dec 2013, Volume 1; Issue 6; page 42-49. http://www.iamj.in/images/upload/42_49.pdf
7. Tripathi J.S., dimensions of *sattvavajaya chikitsa*, ayurvedic psychotherapy and their clinical applications, annals of ayurvedic medicine, Jan-Jun 2012, Vol-1 Issue-1 & 2, page 31-38 <http://aamjournal.in/fulltext/70-1339062656.pdf>