

Ayurvedic Management of Fibromyalgia- A Case Report

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ABSTRACT:

Fibromyalgia is a chronic condition estimated to be affecting 3-6% of the global population. New treatments and management strategies are emerging that offer relief and a path to a better quality of life. While analysing the symptoms of fibromyalgia in an Ayurveda perspective, majority of symptoms are due to *vata* followed by *kapha* and then by *pitta*. So it can be considered to be a *vata pradhana tridoshaj vyadhi*. The majority of the symptoms of fibromyalgia can be seen in *gatavatha lakshana*. Mainly *maamsagata vata lakshana*, *uttarotharam* it will affect *asthi* and *majja*. While considering the *avarana*, we can see the *kaphavrita vata lakshana*. So we can't adopt a common treatment protocol for every condition. Here I am highlighting a case report of a patient complaints of generalised body pain and sleep disturbance, which shows considerable improvement through internal and external Ayurveda management.

KEYWORDS: Ayurveda, Fibromyalgia, *Kaphavrita vata*, Neurasthenia, *Pitta pradhana*, *Tridosha*.

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INTRODUCTION:

Fibromyalgia derived from three words, Fibro (tissue) + my (muscle) + algia (pain). It is characterised by chronic wide spread musculoskeletal pain associated with considerable distress, generalised fatigue, disturbances of sleep, anxiety and depression. It's also known as neurasthenia or fibrositis. [1] It's not an autoimmune, inflammatory joint or muscle disorder. There are certain genes that can make people more prone to getting fibromyalgia. More recently, Fibromyalgia has been described as central pain amplification disorder, meaning the volume of pain sensation in the brain is turned up too high. Women are more prone due to hormonal and physiological changes due to

menstruation, menopause or pregnancy. Fibromyalgia leads to significant decreased function and work capacity and the quality of life is seriously affected. [2]

Proposed etiology of fibromyalgia include, specific gene mutations, polymorphism in catechol-o-methyl transferase enzyme gene and serotonin transporter are potentially associated with fibromyalgia. [3] Life style management is important like, stress management, maintain good sleep pattern and maintain healthy lifestyle.

A case report was published on 2018 titled Fibromyalgia syndrome: A case report on controlled remission of symptoms by a dietary strategy. This reports shows a remarkable improvement in fibromyalgia syndrome by a strict exclusion diet. [4]

Panchakarma therapy in the management of fibromyalgia – a pilot study was published on 2023. In this report fibromyalgic condition correlate with maamsagata vata. [5] Yoga therapy for fibromyalgia syndrome; A case report published on 2020. Patient underwent 9 months of yoga therapy and given special yoga. The result was found to be reduction in muscle fatigue and improvement in quality of life and sleep. [6] *Kaphavrita vata chikitsa*, mainly *vireka*, *niruha vasthy*, *samana* and *baahya abhyanthara sneha* are adopted. *Takradhara* planned to reduce mental disturbances.

CASE REPORT:

A female patient of 45 ears visited OPD with complaints of generalised body pain all over body mainly lower back, nape of neck and shoulder region and sleep disturbance since 6 months. A not known case of any metabolic disorders complaints of generalised body pain all over body and sleep disturbance

which was started on 2004. She had no history of trauma. She started lower back pain first, catching type of pain was more on standing position from a sitting posture. Gradually pain increased and also appear on shoulder region associated with sleep disturbances. She underwent Ayurveda IP level treatment on 2013, got relief. She was a writer by her profession, as part of her job she used to sit a long time & stressful job. So, her complaints again started. She admitted in our hospital on 11/10/2023. She had a Past history of GERD 2010 onwards. While analysing the personal history, appetite was good, had irregular bowel habits and disturbed sleep. All other parameters including laborator reports were found to be normal (Table-1).

THERAPEUTIC INTERVENTION:

Internal medications and external treatments are mentioned in table2 and table-3 respectively.

Table-1: Laboratory Reports (29/07/23)

Before Treatment	After Treatment
ESR – 25mm/hr	ESR – 20mm/hr
FBS – 106 mg/dl	FBS – 112 mg/dl
RA – 9.4 IU/ml	RA – 9.4 IU/ml
CRP – 5.2 mg/dl	CRP -1 mg/dl
T3 – 0.96 nmol/l	T3 -0.96 nmol/l
T4 – 1.51 ng/dl	T4 – 1.51 ng/dl
TSH – 3.55 IU/ml	TSH – 3.55 IU/ml
Vit .B12 – 395pg/ml	Vit.B12 - 400 pg/ml

Table-2: Internal medicines

Medicines	Dose	Time
1. <i>Saptasaram kashayam</i> + <i>Rasnasundyadi kashayam</i> + 5 gm <i>Hinguvachadi churna</i>	<i>Kashaya</i> dose 15 ml <i>kashaya</i> +60ml lukewarm water	6am & 6pm
2. <i>Guluchyadi kashayam</i> + <i>Dhanwatharam gulika</i> (125 mg)	<i>Kashaya</i> dose 15 ml <i>kashaya</i> +60ml lukewarm water	11am
3. <i>Brahmi drakshadi kashyam</i> + <i>Manasamitram gulika</i> (125*2)	<i>Kashaya</i> dose 15 ml <i>kashaya</i> +60ml lukewarm water	Bed time

Table-3: External treatment:

Date	Procedure	Medicines	Days
11/10/23 to 15/10/23	<i>Karaskara kashaya dhara without oil</i>	<i>Karaskara + medicinal drugs</i>	5 days
11/10/23 to 17/10/23	<i>Marsa Nasyam</i> –starting with 4 drops, increased by 2 drops in	<i>Anutailam</i>	7 days
11/10/23 to 28/10/23	<i>Lepanam</i> done in affected area , especially in lowerback & shoulder region	<i>Nagaradi Churna+ Kottamchukkadi churna+ Karutha vatu+ Dhanyamla</i>	18 days
16/10/23 to 17/10/23	<i>Karaskara kashaya dhara with oil</i>	<i>Kottamchukkadi tailam+ Sahacharadi tailam</i>	2 days
18/10/23 to 22/10/23	<i>Podikkizhi with oil</i>	<i>Salya churna+ Triphala</i>	5 days
18/10/23 to 22/10/23	<i>Marsa Nasyam</i> - changed the medicine	<i>Ksheerabala 7 A</i>	5 days
24/10/23 to 31/10/23	<i>Pizhichil</i>	<i>Kottamchukkadi tailam+sahacharadi tailam</i>	7 days
24/10/23 to 30/10/23	<i>Sirodhara (Thakradhara)</i>	<i>Yashti+ Musta+ Hareetaki</i>	7 days
29/10/23 to 30/10/23	<i>Matravasthy</i>	<i>Dhanwatharam mezhu</i>	2 days
31/10/23	<i>Panchatikthaka ksheera vasthy</i>	<i>Guggulu tikthakam gritam</i>	1 day
31/10/23 to 2/10/23	<i>Sneha vasthy</i>		3 days
02/11/23	<i>Ekaika prasrutha vasthy</i>	<i>Guggulu tikthakam gritam</i>	1 day

DISCUSSION

During the treatment patient reduced her complaints within 5 days. This condition taken as kaphavrita vata condition. So, first we address the avarana of kapha by giving ama pachana drugs internally and rooksha karma externally. Internally given a mixture of saptasaram kashaya, rasnasuntyadi kashaya and hinguvachadi churna for the

pacifying the vata & correcting the prana, udana and samana vayu gati. Given Guluchyadi kashaya for pittasamana , because the patient had a history of GERD. Brahmidrakshadi kashaya with manasamitra gulika was given for correcting the manovaha srotas. Externally started with karaskara kashaya dhara without oil for removing the avarana,

simultaneously given marsa nasya with anutaila started with 4 drops. Lepana was done on the affected area for reducing the inflammation. Pain little bit increased after the rookshana kriya then, snigdghata was introduced with kottam chukkadi tailam & sahacharadi tailam. Nasya medicine changed to ksheerabala 7 avarthy, considering the brimhana. Sleep disturbances reduced after sirodhara. Vasthy given, mainly yoga vasthy. Guggulutikthaka grita was given as rasayana in discharge medicine. Advise to exercise regularly, mainly sookshma vyayamas. Advise pranayama and meditation.

CONCLUSION:

Fibromyalgia is a physical and mental illness, stress is a major cause in this disease. So considering all these factors along with internal & external treatment, mind relaxing meditation, yoga & sookshma vyayama are beneficial. We can't completely cure fibromyalgic disorder, we can control it by proper life style management.

Declaration of Patients consent:

In the form the patient has given her consent for her clinical informations to be reported in the journal.

Limitation of study:

Meditation & sookshma vyayama are not given during the course of treatment, advised after treatment.

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