



Case Study

A CASE STUDY ON AYURVEDA'S ALLEGED MIRACLE EFFECT IN REDUCING CA 19-9

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ABSTRACT

A carbohydrate antigen called CA19-9 is used to identify pancreatic cancer patients. Pancreatic cancer patients and those with some other gastrointestinal carcinomas have been reported to have increased levels of CA19-9. Additionally, recent research suggests that this antigen plays an etiological function in pancreatitis and pancreatic cancer. Decreasing levels of the marker are indicative of a good prognosis and are commonly used to evaluate the effectiveness of therapies offered for pancreatic cancer.

Lowering CA19-9 levels in patients with pancreatitis from the start of treatment has been demonstrated to be successful using Ayurvedic approaches. Research on this formulation as a preventive treatment for pancreatic cancer in people with pancreatitis may find fresh direction as a result of this observation. In this case report, the author and his team discuss Ayurvedic features of patient treatment through the use of Ayurvedic therapy. The pancreatitis patient with increased CA 19-9 levels who received treatment with Ayurvedic medicines is the subject of this report's observations.

INTRODUCTION

Recurrent episodes of abdominal pain, nausea, and vomiting together with exocrine and endocrine abnormalities are typical symptoms of pancreatitis, a progressive inflammatory illness of the pancreas [1]. Individuals with chronic or recurring pancreatic inflammatory conditions are thought to have a 2.7–16.5 fold increased chance of developing pancreatic cancer [2]. The condition known as hereditary pancreatitis carries the highest risk, up to 55% [3].

One well-known serological marker for tracking pancreatic cancer progression is CA19-9. It is extensively utilized in pancreatic cancer diagnosis and follow-up. With a cutoff level of 37U/mL, the assay has an overall sensitivity of 80% and a specificity of 90% for the diagnosis of pancreatic cancer [4]. While values less than 37U/mL are considered normal, those exceeding 300U/mL are thought to be clear signs of pancreatic cancer [5,6]. Regarding the auto-decrease of CA19-9 levels, no information is currently available.

Following chemotherapy or surgery, the levels are known to drop in cancer patients and are indicative of a favorable prognosis [7, 8].

Patients suffering from various forms of pancreatitis have found that taking Ayurvedic medications significantly reduces the frequency and intensity of bouts. In addition to enhancing the quality of life for these patients, Ayurvedic treatment has been demonstrated to dramatically increase patient survival and decrease the need for traditional palliative care therapies.

Here, we report the results of an observation on one patient who had increased CA19-9 values and a confirmed diagnosis of pancreatitis.

Methodology

Expert gastroenterologists used the right diagnostic methods to diagnose the enrolled patient with pancreatitis.

The 63-year-old male patient had a history of pancreatitis spanning over two decades. Serum CA19-9 (30.3U/ml) was high in him, indicating a tumor marker. The goal of treatment was to protect the pancreatic structure and function, stop the spread of the disease, improve patient survival, and relieve patient symptoms using different herbomineral formulations. A balanced daily diet of 1600–1800

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calories, a controlled lifestyle, and moderate relaxation were advised for him, along with Ayurvedic medicines at a fixed dosage based on body weight. Nutritionists advised consuming about 600 grams of fruits for

breakfast, 350 grams of cooked green vegetables and cereal for lunch, and 600 grams of chapati and vegetables for dinner. Serum CA19-9 levels were to be monitored on him on a regular basis.

Table 1: Symptomatic Relief Obtained by Patient

At-Basis Symptoms	Alleviation of symptoms during Ayurvedic intervention	Time needed to experience symptom relief
Appetite loss, anorexia, nausea, abdominal pain, gas, distension of the belly, overall weakness, and bilateral edema over the lower extremities	Notable improvement in weakness, nausea, and anorexia. Notable decrease in gas and rather modest alleviation of abdominal pain.	15 days

Treatment Strategy: Considering the patient's advanced stage of illness, our primary treatment strategy focused on improving quality of life, relieving symptoms, and increasing patient survival, as indicated in Table 2. To address this, we primarily included illness formulations such as *Kravyad Rasa*, *Abhayarita*, *Dashmularista*, and *Bhunimbadi Kashaya*.

Table 2: Medications Used to Treat the Patient

Drug Name	Dose	Frequency	Anupan	Duration
<i>Kravyad Rasa</i>	1 Tab	TDS	<i>Ksheera</i>	15 Days
<i>Abhayarista + Dashmularista</i>	15ml + 15ml	BD	<i>Sitoshnajala</i>	15 Days
<i>Bhunimbadi Kashaya</i>	20 ml	BD	-	15 Days

RESULT

A tendency toward reduction was observed in the CA19-9 data analysis following the initiation of therapy. In just 15 days, the patient's levels were observed to decline significantly. Along with treatment, the patient is receiving ongoing monitoring.

DISCUSSION

As a biomarker, CA19-9 is being used to monitor the advancement or remission of pancreatic disorders. It is more frequently utilized when assessing whether a therapy is effective or ineffective in preventing or treating pancreatic cancer. A rise in CA 19-9 levels is thought to signify the advancement of the disease, whereas a decrease in levels signifies the remission of the cancer after treatment. While values exceeding 300U/mL are thought to be suggestive of pancreatic cancer, the typical threshold is 37U/mL. This could mean that there was a greater chance of pancreatic cancer for the research patient. It is known that cancer patients' levels can be lowered by radiation and chemotherapy. There have also been reports of post-operative reductions in CA 19-9 levels in patients with masses and tumors of the pancreas. On the other hand, auto-lowering of CA19-9 levels to the usual limit has not been reported.

In addition to providing patients with pancreatitis with total and long-lasting comfort, Ayurvedic treatment can stop the disease's progression in certain cases. Research has demonstrated that several medications have anticancer, immunomodulatory, non-cytotoxic, anti-angiogenic, and antioxidant qualities. The primary component of

our therapy, *Kravyad Rasa*, has demonstrated a great deal of promise to increase therapeutic efficacy.

The patient in the aforementioned scenario visited us at a fairly advanced stage of the recurrent illness. Palliative chemotherapy is typically available at this time to extend life, but at more advanced stages, patients typically do not react to chemotherapy, which presents a difficult problem for oncologists. In these cases, we found that Ayurvedic therapy works well as a palliative measure when it reaches an advanced stage. The patient's improved appetite, food intake, sleep quality, and overall well-being following the initiation of therapy may have contributed to the digestive system's response to herbo-mineral compounds.

In addition, the composition is completely safe and shows preventive qualities against pancreatitis [9]. A new finding employing Ayurvedic preparation in pancreatitis patients is the reducing effect of CA 19-9.

CONCLUSION

The study's conclusions point to the ability of Ayurvedic medications to decrease CA19-9. In addition, the example demonstrates a really notable increase in survival. All of these findings suggest that Ayurvedic treatment can significantly enhance patients' therapeutic results. To develop Ayurvedic parlance as a preventive approach for pancreatic cancer in patients with pancreatitis, more research could be conducted. Ayurvedic treatments have been demonstrated to significantly improve patients' quality of life and reduce symptoms.

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