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Traditional management of Pompe Disease: An Ayurvedic case Report

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ABSTRACT

Pompe disease is a serious and often fatal condition of glycogen metabolism. It is an autosomal recessive disorder that manifests clinically as a progressive neuromuscular disease with varying degrees of progression. Pompe disease that manifests as a clinical spectrum varies with age at onset, rate of disease progression, and extent of organ involvement. Here we present a case of Pompe disease which was treated with a combination of Ayurvedic oral medicines and Panchakarma procedures. The Ayurvedic diagnosis of this condition was considered to be *Mamsagata Vata* (~neuromuscular disease). The patient was treated with *Udwarthanam*, *Sankara swedam*, *Abhyangam*, *Chornapinda swedam*, *Kayasekam* and *Virechanam* along with oral medicines *Indukantham kashayam* and *Indukantham ghritham* with *Rasasindhoomam*. An improvement in the Quick Motor Function Test (QMFT) and a decrease in the level of serum creatinine phosphokinase (S. CPK) were observed on the 50th day of treatment. The study suggests that Pompe disease can be satisfactorily managed with Ayurvedic oral medicines and Panchakarma therapies.

KEY WORDS

Pompe disease; Ayurveda; Panchakarma; Mamsagata Vata

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