

# A Retrospective cohort to study the mortality and survival rate amongst Chronic Heart Failure (CHF) patients after Ayurvedic Sampurna Hruday Shudhikaran (SHS) therapy.

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## Introduction

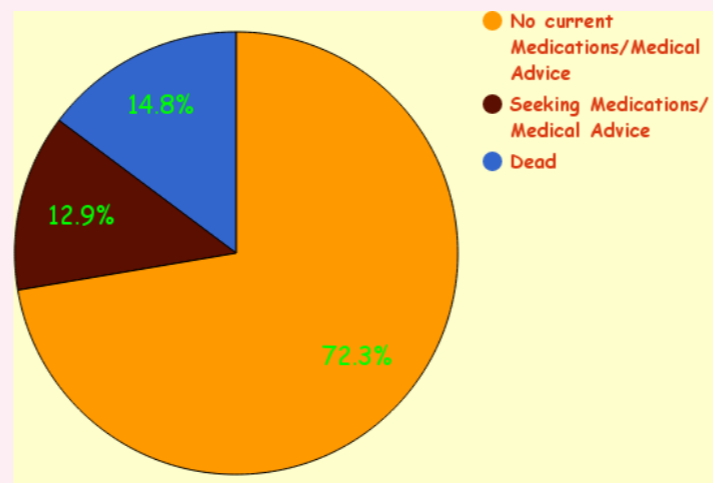
In India, by 2015, the cases of Coronary Heart Disease detected will be rising to 61,522,343 and the deaths due to Coronary Heart Diseases are predicted to reach 3,420,752. [1]. These figures seem to be really alarming. Cardiac diseases are seen affecting majority of population these days irrespective of age. Many modern drugs like beta blockers, inotropes, diuretics, along with upcoming interventional therapies like Cardiac resynchronization therapy (CRT), Implantable cardiac defibrillator (ICD) are currently ceasing the worsening of cardiac conditions. But these methods bring in lifetime dependency in patients, and so the affordability of treatment becomes a major concern [2]. In such scenarios, a novel Ayurvedic Non-interventional therapy Sampurna Hruday Shudhikaran therapy (SHS) of six days can be believed to bring in genuinely promising and convincing results. The present study was conducted to assess the effectiveness of SHS treatment among CHF patients after three years of completion of therapy.

## Materials and Methods

In this retrospective cohort study, 690 patients who were admitted in Madhavbaug centres across Maharashtra during the year 2010 - 2011, were contacted by phone, out of which 542 patients were willingly to participate in this survey and were consented verbally. Primary data was collected using a tailored questionnaire over phone and analyzed for mortality, survival and re-hospitalization rates. Secondary data analysis was done for outcomes like 6 Minutes Walk Test (6MWT) in meters and Metabolic Equivalents (METs) done before and after the patients were treated with SHS therapy.

## Results

Figure 1 explains that 72% had a remarkable improvement measured using New York Heart Association Class (NYHA). These 72.32% patients improved from NYHA Class II and III to NYHA Class I, 12.96% still possessed NYHA Class II, III and IV symptoms and 14.76% were dead.



The rehospitalization rate was 9.39% which covered elderly age group 50-59 years.

The mean improvement after six days of SHS therapy was found to be 65 meters in 6MWT and 1.6 METs value.

## Conclusions

SHS is a therapeutic Ayurvedic treatment consisting of four major steps of Snehan, Swedan, Hridhara, Basti followed in same order. This procedure is carried out twice on patients for six consecutive days. Highly efficacious naturally medicated oils and other formulations are used only on external basis for this treatment. This treatment has proven to reduce the drug dependency and improved quality of life amongst Chronic Cardiac Failure patients to a significant extent. The results were found positive even after three years of treatment showing the sustainability of SHS treatment.

## References

1. Indrayan A. Forecasting Vascular Disease Cases and Associated Mortality in India. Background papers. Burden of disease in India. National Commission on Macroeconomics and Health, Ministry of Health and Family Welfare, Government of India, New Delhi, India. 2005
2. Reddy S, Bahl A, Talwar KK. Congestive heart failure in Indians: How do we improve diagnosis & management? Indian J Med Res. 2010 Nov;132(5):549-60.

## Further Information

SHS treatment can be made available at Madhavbaug clinics spread across Maharashtra and Goa. The website of Madhavbaug can be visited <http://www.madhavbaug.org/> for further details and complete guidance.

## SHS 4-step procedure

