

The Role of Neo-Ayurvedic Treatment in Managing Pancreatitis by Healing the Dysfunctional Exocrine Gland of the Pancreas: A Case Study

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Abstract

Pancreatitis, marked by inflammation of the exocrine gland of the pancreas, poses significant therapeutic challenges with conventional treatments often failing to provide long-term relief. This study investigates the efficacy of a Neo-Ayurvedic treatment protocol, which includes herbal supplements and dietary modifications, in the management of chronic pancreatitis. The case study of a 23-year-old male patient with a three-year history of chronic pancreatitis demonstrates significant symptomatic relief and normalization of pancreatic enzyme levels within a short period after initiating the Neo-Ayurvedic treatment. This novel approach highlights the potential of integrative medicine in treating complex gastrointestinal disorders and restoring overall health without headaches and abdominal pain, allowing normal digestion of all types of food.

Keywords: Pancreatitis; Neo-Ayurvedic treatment; cell regeneration; herbal supplements; integrative medicine

Introduction

The pancreas has two primary roles: the exocrine function, which produces digestive enzymes such as lipase and amylase, and the endocrine function, which involves insulin production by beta cells. Pancreatitis, a condition characterized by inflammation of the pancreas, can occur when digestive enzyme production becomes abnormal. Pancreatitis is increasingly common worldwide, likely due to rising alcohol intake, gallstones, and lifestyle changes, with some cases having unknown causes. It presents in two main forms: acute and chronic, both associated with upper abdominal pain, nausea, vomiting, fever, lack of appetite, weight loss, and greasy stools. Diagnosis is supported by radiological imaging, epigastric discomfort, and serum lipase and amylase levels exceeding three times the normal range. Conventional treatment typically involves intravenous fluids, pain management, antibiotics, and dietary restrictions but often fails to provide complete satisfaction.

The Neo-Ayurvedic approach aims to restore and rejuvenate the system at a cellular level by detoxifying cells, regulating cellular metabolic activity, and nourishing undernourished cells through phytochemicals derived from herbal compounds and natural food items. This approach triggers gut-beneficial microbes to release specific enzymes, catalyzing the release of particular nutrients deprived by damaged organs.

Materials and Methods

Case Report and Diagnostic Assessment

A 23-year-old male with a three-year history of chronic pancreatitis presented with persistent abdominal pain, headache, sleep disorders, constipation, abnormal stools with bleeding, acid reflux, and fatigue. Despite treatment with modern medicine, including painkillers, antibiotics, and enzyme supplements, the patient experienced no significant improvement and was advised to continue medication indefinitely. The patient sought alternative treatments and discovered the Neo-Ayurvedic Cell Regeneration Process through Miracle Drinks.

Details of Herbal Formulations

- **S1 [Anti-Aging]:** Neem (stem bark), Arjun (stem bark), Bael pather (leaves), Jamun (stem bark), Brahmi (whole plant), Amla (dry fruit), Gokhru (fruit), Asgandh (root), Haritaki (fruit), Chiraita (aerial parts), Karanja (stem bark).
- **S3 [Cardiovascular Support]:** Neem (stem bark), Arjun (stem bark), Bael pather (leaves), Jamun (stem bark), Bibitaki (fruit), Brahmi (whole plant), Amla (dry fruit), Gokhru (fruit), Haritaki (fruit), Asgandh (root), Karanja (stem bark), Chiraita (aerial parts).
- **S4 [Liver Health]:** Neem (stem bark), Arjun (stem bark), Bael pather (leaves), Vibhitaki (fruit), Gokhru (fruit), Asgandh (root), Haritaki (fruit), Chirayata (aerial parts), Bringraj (whole plant).
- **S5 [Renal Care]:** Neem (stem bark), Arjun (stem bark), Gokhru (fruit), Haritaki (fruit), Asgandh (root), Chiraita (aerial parts), Karanja (stem bark), Chirayata (aerial parts).
- **S7 [Immune Care]:** Guduchi (stem), Arjun (stem bark), Haritaki (fruit), Chiraita (aerial parts), Jamun (stem bark and leaves), Karanja (stem bark), Neem (stem bark and leaves), Asgandh (root).

Treatment Protocol

The patient commenced the following Miracle Drinks supplements and diet on June 20, 2023:

Morning: 15 ml of Anti-Aging Support (S1), 15 ml of Cardiovascular Support (S3), and 15 ml of Immune Care (S7) on an empty stomach. Additionally, 2-3 cloves of raw garlic, 1 inch of sliced ginger, and ½ teaspoon of soaked fenugreek seeds as prebiotics. For breakfast, a flax diet comprising 15 grams of freshly ground raw flax seeds, 15 ml of cold-pressed flax oil, and 100 grams of curd followed with fruits.

Afternoon: 15 ml of Liver Health Support (S4) and 15 ml of Renal Support (S5) before meals.

Evening: A second dose of the flax diet as a snack.

Night: 15 ml of Anti-Aging Support (S1), 15 ml of Cardiovascular Support (S3), and 15 ml of Immune Care (S7) before meals.

Dietary Guidelines: Restricted Foods:

- Salt > 5 grams.
- All forms of oils and fats.
- Milk and milk-based products (except curd/yogurt without cream).
- Processed baked foods (cookies, biscuits, etc.).
- Pulses (consumed in high quantities).

- Coarse grains like millets and minor millets.
- 25% rice and chapati or roti.
- Alcohol, aerated beverages, and fruit juices.
- Mutton, beef, pork, skinned chicken.

Allowed Foods:

- **Pre-Biotics:** Garlic 3 small pods , ginger 1 inch , soaked fenugreek seeds ½ tea spoon soaked one.
- **Banana Stem Juice:** Twice daily (50-60 ml each time).
- **Raw Vegetable Juice:** Twice daily (50-60 ml each time).
- **Leached Vegetable Salad:** Limited quantity.
- **Fruits:** Limited quantity, observing potassium levels.
- **Flax Drink:** Twice daily with edemax powder.
- **Leached Cooked Leafy Vegetables:** >60% of the meal.
- **Cereals:** Only rice, wheat, jowar (25-30% of each meal).
- **Fish:** 15-20% baked with herbs.
- **Chicken:** Baked, ≤5% of the meal.
- **Mushrooms:** 15-20% baked with herbs.
- **Spice Drink:** For allergies, fever, cold, and cough.

Results

Upon initiating the treatment, the patient experienced significant relief:

- Abdominal pain, acid reflux, indigestion, and fatigue reduced within 3-5 days.
- Normal stool passage resumed.
- Pancreatic enzyme supplements were discontinued on the first day of treatment.
- Within 15 days, pancreatic enzyme levels normalized: amylase reduced from 198 U/L to 64 U/L, and lipase from 2236 U/L to 72.4 U/L.

Discussion

The rapid improvement in the patient's condition suggests that the Neo-Ayurvedic treatment protocol effectively addresses the underlying causes of chronic pancreatitis by enhancing cellular health and organ function. The integration of specific dietary guidelines and herbal supplements provides a holistic approach to managing and potentially reversing pancreatitis symptoms.

Conclusion

The Neo-Ayurvedic treatment protocol demonstrates significant potential in managing chronic pancreatitis by promoting cell regeneration and overall health.

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