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Clinical Evaluation of Integrative Supportive Treatment on QOL, Survival for DMD boys: 28 patients.

Introduction – Duchenne muscular dystrophy (DMD) is common muscle disease in India as well as the world. DMD is a genetic disorder caused by mutations in the dystrophy gene, which leads to myofiber degeneration and muscle wasting. The disease is characterized by progressive loss of muscle functional ability, poor quality of life and premature death due to cardiac and respiratory complication. DMD boys are also suffering from affective disorders, depressive issues and hypochondriac fears. With no cure for DMD, current treatments aim to help control the symptoms and slow disease progress. Health care providers routinely prescribe glucocorticoid steroids to improve muscle strength. We propose to integrate Steroid therapy with Ayurvedic treatment agenda for better QIL and longer survival.

We present Clinical study of integrative approach of Ayurveda and Modern steroid therapy on QOL Survival within a regional cohort of DMD boys who were managed in a single centre in India. Methods – The records of all DMD boys who were born between 1980 and 2014 and who had received at least 12 months of integrative therapy were reviewed from the date of registration until they reached the study end points (death, loss of follow up or last follow up).

A survival and QOL analysis was used to account for the follow-up duration within this cohort. Results - Twenty Eight DMD boys from this cohort were exposed to continuous steroid use.

Ayurvedic treatment using Mamsagni Rasayana, TMP procedure along with Yogic breathing was initiated for 19 boys between 2001 and 2012 at a median age of 8.2 years. Three DMD boys had died at the time of last follow-up in 2015 at average age of 16 years. The QIL measures and survival curves demonstrated that the integration of steroid therapy with Ayurvedic and Yoga therapy was associated with a significant improvement in quality of life and survival rate.

Conclusion - Integrative approach is efficient with promising results such as (i) better quality of life (ii) improvement in the functional ability (iii) prevention and correction of skeletal abnormalities, and contractures, and to maintain ambulation. (iv) Prevention of pulmonary and cardiac complications to improve function and prolong life expectancy. The details of the Integrative supportive treatment methods their safety and efficacy will be presented in the Congress.