

Name – X

Age – 40 yrs

Profession – Computer engineer

Ref – The article in Hindu

Medical History –

In Nov 2012 the patient started having difficulties with writing and typing. He went to Vijaya Hospital, and after some tests and MRI scans was diagnosed with demyelination and possibility of Multiple Sclerosis. He was hospitalized for fifteen days and put on steroids. He was continued on steroids for a month. Subsequently he has been having an Avonix injection, an interferon medicine, every week.

In Jan 2013 he went to Kotakkal, Kerala where he underwent treatments as an inpatient. He improved considerably. But he never discontinued his Avonix injection.

His symptoms have been occasional tremor, limb heaviness and occasional burning of hands and feet.

Treatment

The patient first came on May 2013 with complaints of occasional tremors, heaviness and burning sensation in hands and feet. He had been diagnosed with Multiple Sclerosis. He was advised *Shaddharanam* and *Navaka Guggulu*, and asked to stop his Avonix injections.

The next week he reported that the tremors had stopped. He was advised *Ashtakatvara Tailam* and *Navaka guggulu*.

Two weeks later he said that the tremors had stopped, and the sense of heaviness had reduced. He was advised to also take *Silajith*. He was asked to regularly swim and walk on sand.

By June 2013 he was much better and was off allopathic medication. He felt better when he swam. He was advised *Dasamoolarishtam*, which was replaced by *Ayaskriti* later. *Pippali churnam* and *Sahacharadi Tailam* were also added.

By Sept 2013 he reported feeling normal. In December he underwent abhyangam and mrdu swedanam. He has been on *Haritaki churnam*, *Navaka Guggulu* and *Ashtakatvara Tailam*.

As on May 2014, his symptoms are very occasional and almost negligible. He continues the above basic medicines, and yoga and exercise.

He has completed one year with Sanjeevani.