

A case report on selected herbal decoction in improving physical and psychological conditions of a patient with Benign Intracranial Hypertension (BIH)

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Benign Intracranial Hypertension (BIH) is (also known as Pseudotumor cerebri and Idiopathic benign hypertension) a disease of the brain characterized by increased pressure in the brain without any evidence of brain pathology by imaging studies and normal cerebrospinal fluid. Studies from various countries estimate that the annual incidence is at the figure of 0.9 per 100,000 of general population. The best studied medical treatment for intracranial hypertension is acetazolamide, which acts by inhibiting the enzyme carbonic anhydrase, and it reduces CSF production and also medical management includes steroids, diuretics, analgesics, low dose of antidepressant and anticonvulsants. Surgical treatments may be considered if medical therapy is either unsuccessful or not tolerated and two main surgical procedures include optic nerve sheath decompression and fenestration and shunting. Shunt surgery involves the creation of a conduit by which CSF can be drained into another body cavity and the initial procedure is usually a lumboperitoneal (LP) shunt, which connects the subarachnoid space in the lumbar spine with the peritoneal cavity.

This paper presents a case report of BIH treated with Ayurvedic herbal decoction (*Leekhaniya mahakashaya*) without going further for a surgery. Patient was a 75 years old Sri Lankan male who had one week history of confirmed BIH with deviated mouth, muscular rigidity, incontinence, expressive aphasia, poor intellectual and memory functions. LP shunt has recommended to the patient and Ayurvedic treatment was applied simultaneously with the allopathic medicines as the guardians of the patient had refused the surgery. Herbal decoction was given in standard methods for 06 months of period in tail off basis as patient became much better. He was continent and his intellectual and memory functions turned into normal within this period. After another 06 months, he was completely recovered with normal day to day activities. It can be concluded that the selected herbal decoction shows beneficial effects in improving physical and psychological symptoms of the patient with Benign intracranial hypertension.

Key words: *Leekhaniya mahakashaya*, Benign intracranial hypertension, Lumboperitoneal shunt

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