International Journal for Multidisciplinary Research (IJFMR)
E-ISSN: 2582-2160 ● Website: www.ijfmr.com ● Email: editor@ijfmr.com

Immune Thrombocytopenia (ITP): A Clinical Case Study on Diagnosis, Treatment, and Patient Outcome

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Abstract

This case study presents a 53-year-old female diagnosed with Immune Thrombocytopenia (ITP), with an initial platelet count of 8,000/µL. Following Ayurvedic intervention, her platelet count gradually increased to 150,000/µL in May 2022 and reached 233,000/µL in March 2025, without ongoing medication. This case highlights an observed improvement following Ayurvedic management and the need for further clinical research.

Introduction

Idiopathic thrombocytopenic purpura (ITP), also called immune thrombocytopenia, is a condition characterised by a low platelet count in the blood. It is commonly associated with an immune response in which antibodies target platelets, leading to their increased destruction and reduced platelet levels [1]. Immune thrombocytopenia (ITP) is a diagnosis of exclusion, characterised by a platelet count below $100 \times 10^9/L$ in the absence of another identifiable cause. ITP is classified into three phases based on disease duration: newly diagnosed (less than 3 months), persistent (3–12 months), and chronic (12 months or longer). In children, the condition often resolves spontaneously, whereas adults are more likely to develop a chronic form of the disease [2]. In children, it commonly presents with purplish skin patches (purpura), unexplained bruising, and small red or purple spots caused by bleeding beneath the skin (petechiae). Approximately one-third of affected individuals may experience bleeding from mucosal surfaces, including the nose and gums. Other possible bleeding sites include the gastrointestinal and urinary tracts, vaginal mucosa, retina, and conjunctiva [3].

Ayurveda does not classify immune thrombocytopenia (ITP) as a separate disease, but its clinical features may be conceptually correlated with Raktapitta, particularly Tiryakgata Raktapitta. From an Ayurvedic perspective, the excessive consumption of Pitta-aggravating foods and lifestyle factors can lead to Pitta Dosha (biological energy responsible for transformation) aggravation. Due to the Ashraya-Ashrayi Bhava (inseparable relationship between Pitta and Rakta), aggravated Pitta may contribute to the vitiation of Rakta Dhatu (blood tissue), a condition described as Rakta Dushti (Vitiation of Blood Tissue). When the affected Rakta (Blood) moves through the Tiryak Marga (peripheral channels), it may manifest as bleeding through the skin and hair follicles. These features bear a clinical resemblance to petechiae, purpura, and ecchymosis observed in ITP. This correlation offers a traditional Ayurvedic perspective for interpreting the clinical manifestations of ITP within the framework of Raktapitta [4].

The management plan of ITP may include detoxification, Pitta pacification, rejuvenation, and Immune modulation. This can be achieved with herbs like Carica Papaya, Ashwagandha, Yashtimadhu, Giloy, etc. Here, we report a case of a 53-year-old female from Udaipur, Rajasthan, who had a low platelet count, which was managed using Ayurvedic herbomineral preparations.

Keywords: Idiopathic thrombocytopenic purpura (ITP), Tiryakgata Raktapitta, Pitta Pacification, Ayurvedic Management, Rakta Dhatu (blood tissue), Rasayan (Rejuvenation).

Patient Information and Clinical Findings

A female patient of 53 -year-old female had a history of early-stage breast cancer diagnosed in 2019. She underwent surgery, followed by six cycles of chemotherapy at 21-day intervals and subsequent radiotherapy. During the final four sessions of radiotherapy, she noticed dark spots appearing on her body. She visited her local hospital, and her doctor suggested regular blood tests and Anti-Nuclear Antibody (ANA) tests. Her platelet count remained around 20,000/µL despite conventional treatments, including platelet transfusions, intravenous immunoglobulin (IVIG), corticosteroids, Revolade (eltrombopag), and others. During steroid dose reduction, her platelet count reportedly fell to 8,000–13,000/µL. She also experienced generalised body swelling and muscle weakness associated with prolonged steroid use. Due to the inadequate response to treatment, her doctor recommended splenectomy. After exploring alternative treatment options, she consulted Planet Ayurveda on 1 October 2020 and began treatment under the guidance of Dr Vikram Chauhan. At that time, her platelet count was 8000/µL. She reported gradual improvement in her platelet count, reaching approximately 71,000/µL within six to eight months and around 105,000/µL after two years. In March 2025, her platelet count was 233,000/µL even after discontinuing all medications.

Diagnosis

S. No.	Date	Before Treatment	After Treatment
1.	1 October 2020	**Platelet count**- 8000	
2.	9 November 2020		**Platelet count**-38000
3.	12 March 2021		**Platelet count**- 71000
4.	15 May 2021		**Platelet count**- 71000
5.	21 August 2021		**Platelet count**- 73000
6.	24 September 2021		**Platelet count**- 105000
7.	28 May 2022		**Platelet count**- 150000

She discontinued the medication in June 2022. We contacted the patient and followed up with her in March 2025. At that time, her platelet count was 233,000.

Investigation

The patient's condition was evaluated through an Antinuclear Antibody (ANA) test, haematological investigations, including a Complete Blood Count (CBC), and assessment of physical symptoms. The following table presents the changes in clinical symptoms and findings before and after treatment.

Timeline

The patient's treatment timeline is presented in the table below:

S. No.	Date	Before Treatment	After Treatment
1.	1 October 2020	Red spots, Bruises, Weakness, Feverish feeling, pain in calf muscles	
2.	9 November 2020		Red Spots, Bruises, Weakness, Feverish feeling (Better), pain in calf muscle
3.	12 March 2021		Red spots (Better), Bruises, Weakness, Pain in calf muscles (Better)
4.	15 May 2021		Red spots (Better), Bruises (Better), Weakness (Better), Pain in calf muscles (Better)
5.	21 August 2021		Weakness (Better), Pain in calf muscles (Better)
6.	24 September 2021		Asymptomatic
7.	28 May 2022		Asymptomatic

Therapeutic Intervention

The management approach in Ayurveda mainly focus on supporting platelet levels, modulating immune system etc. as per her condition, following are some Ayurvedic formulations that were incorporated into her management plan:

1. **Hemo Plan Syrup:** This is an effective formulation of Planet Ayurveda that contains *Rubia cordifolia* (Manjistha), *Asparagus racemosus* (Shatavari), *Vitis vinifera* (Grapes), *Hemidesmus indicus* (Indian Sarsaparilla) and many more. In Ayurveda, Manjistha, Gorakhmundi, and Sariva are valued for supporting skin health, while Shatavari and Ashwagandha are known for their rejuvenating and revitalising properties. Draksha provides natural plant compounds that support general well-being. Together, these herbs contribute to the formulation's traditional role in supporting overall health and nourishment in people managing ITP.
   Dosage: 10 ml twice daily after meal with plain water

2. **Ashwagandha Capsules:** Planet Ayurveda's Ashwagandha Capsules contain Withania somnifera, a well-known Ayurvedic herb traditionally valued for its adaptogenic and rejuvenating properties. In the context of immune thrombocytopenia (ITP), Ashwagandha is relevant for its traditional role in helping the body cope with stress, supporting stamina, and maintaining general well-being. Its bioactive compounds, including withanolides, have been studied for their effects on stress responses, inflammation, and immune pathways. These properties make Ashwagandha an area of interest when exploring supportive approaches to overall health in people living with ITP.
   Dosage: 1 Capsule twice daily after meal with plain water
3. **Gandhak Rasayan:** It is a classical formulation that acts as a powerful immunomodulatory and blood-purifying formulation that directly targets underlying systemic imbalance. Formulated with Shuddha Gandhak (purified sulfur), it works at the cellular level to clear Ama (endotoxins) from the Raktavaha Srotas (blood channels) and pacify aggravated Pitta dosha, creating a stable environment for healthy blood tissue (Rakta Dhatu). By regulating immune system responses, it helps protect existing blood components from premature degradation and supports healthy platelet regeneration within bone marrow microenvironments. Furthermore, its rejuvenating (Rasayana) properties optimize tissue metabolism, strengthen vascular integrity, and enhance capillary resistance to naturally improve platelet survival. Combined with its natural antimicrobial and anti-inflammatory qualities, it reinforces the body's defensive mechanisms and promotes long-term cellular repair.
   Dosage: 2 tablets twice daily after meal with plain water
4. **Green Essentials Capsules:** Planet Ayurveda Green Essentials, formulated with Grape Seed, Wheatgrass, Spirulina, and many more, acts as a potent natural blood builder and cellular rejuvenator for managing ITP. Wheatgrass and Spirulina deliver chlorophyll and vital micronutrients that stimulate hematopoiesis and encourage healthy cellular production within bone marrow microenvironments. The high Vitamin C and polyphenol concentration from Amla and Grape Seed strengthens capillary wall structures and optimizes vascular resistance to help reduce subcutaneous bruising. Botanically, the cooling (Sheeta Virya) properties of Amla pacify aggravated Pitta dosha and soothe inflamed Rakta Dhatu (blood tissue). Additionally, the immunomodulatory actions of Green Tea catechins and Spirulina's phycocyanin help balance immune responses, protecting circulating blood cells from oxidative stress and premature destruction while promoting overall tissue vitality.
   Dosage: 1 Capsule twice daily after meal with plain water
5. **Immune Booster Capsules:** Planet Ayurveda Immune Booster Capsules, featuring *Vitis vinifera* (Grape Seed), *Bovine colostrum* (Cow Colostrum), *Phyllanthus niruri* (Bhumi Amla), and *Emblica officinalis* (Amla), provide targeted immunomodulatory and vascular support for managing ITP. Go-Piyush supplies natural growth factors and immunoglobulins that regulate autoimmune reactivity and support healthy bone marrow function. Bhumi Amla (*Phyllanthus niruri*) and Amalaki (*Emblica officinalis*) act as liver-protective and blood-purifying agents that cleanse systemic Ama (endotoxins) and balance aggravated Pitta dosha. Grape Seed (*Vitis vinifera*) extract delivers rich proanthocyanidins that strengthen fragile capillary walls, enhancing micro-vascular resilience against spontaneous bruising. Together, this combination fortifies vital energy (Ojas), shields circulating blood components from oxidative damage, and helps maintain sustained platelet count stability.
   Dosage: 1 Capsule twice daily after meal with plain water
6. **Pitta Balance Capsules:** Planet Ayurveda Pitta Balance Capsules, containing Jahar Mohra Pishti, Kaharawa Pishti, Giloy Satva (*Tinospora cordifolia*) and many more, offer targeted cooling,

haemostatic, and vascular-stabilising support for managing ITP. The classical Pishtis deliver natural bioavailable calcium and cooling energy (Sheeta Virya) that pacify vitiated Pitta and Rakta dosha, correcting thermal imbalances tied to bleeding tendencies. Kaharawa Pishti acts as a powerful Raktastambhaka (haemostatic agent) to support blood clotting mechanisms, while Mukta and Akik Pishti strengthen micro-vascular walls and soothe tissue inflammation. Additionally, Giloy Satva (*Tinospora cordifolia*) provides vital immunomodulatory benefits that regulate immune activity and nurture bone marrow health. Together, this synergistic blend purifies Rakta Dhatu (blood tissue) and promotes sustained platelet stability.

Dosage: 1 Capsule twice daily after meal with plain water

7. **Spleen Detox Capsules:** Planet Ayurveda Spleen Detox Capsules, containing Jhavuk (*Tamarix gallica*), Dudhal (*Taraxacum officinale*), Sharpunkha (*Tephrosia purpurea*), and Rohitika (*Tecomella undulata*), provide specialised splenic-protective and lymphatic-cleansing support for managing ITP. Sharpunkha (*Tephrosia purpurea*) and Rohitika (*Tecomella undulata*) act as potent Pleeha-shodhak (splenic detoxifiers) that regulate hyperactive splenic functions and reduce excessive premature sequestration and destruction of platelets. Jhavuk (*Tamarix gallica*) and Dudhal (*Taraxacum officinale*) promote healthy portal circulation, relieve splenic congestion, and encourage optimal lymphatic drainage. Together, this targeted formulation protects circulating blood elements, enhances splenic resilience, and assists in maintaining stable platelet counts.

   Dosage: 1 Capsule twice daily after meal with plain water
8. **Carica Papaya Capsules:** Planet Ayurveda Carica Papaya Capsules, made from pure extracts of Papaya leaves (*Carica papaya*), provide direct thrombopoietin-stimulating and bone marrow-supportive benefits for managing ITP. *Carica papaya* leaf extract contains key bioactive compounds, such as papain, chymopapain, and carpaine, which help upregulate the expression of the thrombopoietin receptor (c-Mpl), directly stimulating megakaryocytes to enhance natural platelet production. Additionally, its high concentration of flavonoids and vitamin C neutralizes free radicals, stabilizing platelet membranes and extending their life cycle in peripheral circulation.

   Dosage: 1 Capsule twice daily after meal with plain water
9. **Punarnava Mandur:** Punarnava Mandur, a classical iron-rich mineral preparation infused with herbs like Punarnava (*Boerhavia diffusa*), Mandoor Bhasma (Incinerated Iron), and Triphala, offers essential hematinic, anti-edematous, and micro-vascular support for managing ITP. Mandoor Bhasma delivers bioavailable iron that directly stimulates Rakta Dhatu Agni (blood tissue metabolism), accelerating healthy red blood cell and platelet formation within the bone marrow. Punarnava (*Boerhavia diffusa*) acts as a powerful Sroto-shodhak (channel cleanser) that reduces fluid retention, relieves micro-vascular congestion, and optimizes fluid dynamics in systemic blood vessels. Furthermore, its rejuvenating (Rasayana) properties strengthen capillary membranes, protecting blood tissue components from oxidative degradation and premature destruction. Together, this formulation purifies Raktavaha Srotas (circulatory channels), boosts hemoglobin vitality, and supports sustained platelet count stabilization.

   Dosage: 2 tablets twice daily after meal with plain water
10. **Plato Plan Syrup:** Planet Ayurveda Plato Plan Syrup, formulated with *Carica papaya* (Papaya), *Tinospora cordifolia* (Giloy), *Triticum aestivum* (Wheatgrass), *Withania somnifera* (Ashwagandha), *Emblica officinalis* (Amla), *Moringa oleifera* (Drumstick), *Leptadenia reticulata* (Jeevanti), and *Vitis vinifera* (Grapes), acts as a synergistic haemopoietic, immunomodulatory, and cellular rejuvenator for

managing ITP. Erand Karkati (*Carica papaya*) and Giloy (*Tinospora cordifolia*) directly stimulate bone marrow megakaryocytes to enhance endogenous platelet production while modulating aberrant immune responses. Ashwagandha (*Withania somnifera*) and Jeevanti (*Leptadenia reticulata*) function as potent adaptogens and *Balya* (strength-promoting) herbs that revitalise bone marrow tissue (*Majja Dhatu*) and support overall cellular endurance. Shigru (*Moringa pterygosperma*), Wheatgrass (*Triticum aestivum*), and Draksha (*Vitis vinifera*) supply bioavailable minerals and antioxidants that preserve vascular integrity and protect circulating blood cells from premature destruction. Additionally, Amalaki (*Emblica officinalis*) pacifies vitiated Pitta dosha and purifies Raktavaha Srotas (blood channels) to ensure steady, long-term platelet stabilization.
Dosage: 10 ml twice daily after meal with plain water

11. **Plato Plan Capsules:** Planet Ayurveda Plato Plan Capsules, formulated with Amalaki (*Emblica officin*alis), Jeevanti (*Leptadenia reticulata*), Giloy (*Tinospora cordifolia*), Shigru (*Moringa pterygosperma*), Erand Karkati (*Carica papaya*), and Ashwagandha (*Withania somnifera*), deliver targeted thrombopoietic, adaptogenic, and cellular-rejuvenating benefits for managing ITP. Erand Karkati (*Carica papaya*) and Giloy (*Tinospora cordifolia*) work synergistically to stimulate bone marrow megakaryocytes, encouraging healthy platelet synthesis while modulating aberrant immune activity. Ashwagandha (*Withania somnifera*) and Jeevanti (*Leptadenia reticulata*) act as potent Balya (strength-imparting) adaptogens that nourish bone marrow matrix (Majja Dhatu) and enhance cellular endurance. Shigru (*Moringa pterygosperma*) supplies rich micronutrients and bioavailable minerals that strengthen capillary walls and improve vascular resistance against bleeding tendencies. Furthermore, Amalaki (*Emblica officinalis*) cools vitiated Pitta dosha and purifies Raktavaha Srotas (blood micro-channels) to support long-term platelet stability.
Dosage: 1 Capsule twice daily after meal with plain water
12. **Swarn Vasant Malti Ras:** Swarn Vasant Malti Ras of Planet Ayurveda, composed of Shuddha gandhak, Kali maricha (*Piper nigrum*), Mukta Bhasma, Shuddha parad, Swarn Bhasma, Kharpara (Rasaka), and Shuddha hingula, offers extraordinary immuno-rejuvenative and bio-energetic support for managing ITP. Swarna bhasma acts as a high-potency Rasayana that deeply penetrates Majja Dhatu (bone marrow tissue) to stimulate hematopoiesis, strengthen megakaryocytes, and normalize autoimmune surveillance. Mukta Bhasma supplies bioavailable calcium and cooling energy to soothe internal vascular inflammation, pacify vitiated Pitta, and reinforce capillary strength. Kharpara alongside purified minerals (Shuddha parad, Shuddha gandhak, Shuddha hingula) enhances cellular metabolism, activates tissue immunity, and protects blood components from premature destruction. Additionally, Kali maricha (*Piper nigrum*) acts as a bio-enhancer (*Yogavahi*) that clears micro-channel blockages, maximizes nutrient absorption, elevates vital *Ojas*, and fosters long-term platelet recovery.
Dosage: 1 tablet twice daily after meal with cow ghee

Discussion

The history of immune thrombocytopenia (ITP) spans several centuries, with progressive discoveries clarifying its clinical presentation, underlying mechanisms, and treatment. In 1735, the German physician Paul Gottlieb Werlhof described two young girls presenting with epistaxis (nosebleeds) and purpura (purple spots on the skin). One patient experienced spontaneous remission, whereas the other suffered recurrent episodes. Werlhof named the condition Morbus haemorrhagicus maculosus, and it later became historically known as Werlhof's disease [5]. During the nineteenth century, advances in haematology

helped establish the role of platelets in bleeding disorders. Giulio Bizzozero identified platelets in the 1880s, and subsequent work by George Hayem contributed to understanding the relationship between reduced platelet counts and purpura. In 1883, Brohm and Kraus, and independently Denys, reported the association between thrombocytopenia (a reduced platelet count) and the clinical syndrome previously described by Werlhof. In 1916, Paul Kaznelson proposed that the spleen played a major role in platelet destruction and reported the first successful splenectomy for ITP, establishing an important milestone in its treatment. Later, in 1951, Robert Evans and William Harrington and John Moore independently contributed to demonstrating the immune-mediated nature of the disorder, helping establish that circulating immune factors can accelerate platelet destruction. These discoveries laid the foundation for the modern understanding of ITP as an immune-mediated condition characterised by a reduced platelet count and an increased risk of bleeding.

Consumption of Ushna (hot), Tikshna (sharp), Amla (sour), Katu (pungent), and Lavana (salty) foods, along with activities that generate excessive body heat, aggravates Pitta Dosha. The aggravated Pitta vitiates Rakta Dhatu (blood tissue), resulting in Pitta-Rakta Dushti (vitiation of Pitta and blood). This disturbance affects the Raktavaha Srotas (blood-carrying channels), associated with the heart, liver, and spleen, and may lead to bleeding from various sites, a condition described in Ayurveda as Raktapitta [6].

Aggravating factors (Nidanas) increase Pitta Dosha (the principle of heat and transformation), especially its Drava (liquid) and Ushna (hot) qualities.

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Aggravated Pitta affects Rakta Dhatu (blood tissue), causing Pitta-Rakta Dushti (vitiation of Pitta and blood).

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Excessive heat and liquidity disturb Sneha (unctuous components) and Lasika (lymphatic fluid), which are described as mixing with the blood.

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This leads to increased fluidity of Rakta Dhatu (blood tissue) and pressure within Raktavaha Srotas (blood-carrying channels).

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Increased pressure and aggravated Pitta may weaken or rupture blood vessels, described as Sira Sada (vascular weakening) or Sira Bheda (vascular rupture).

↓

Blood escapes through bodily openings (Nava Dwara) and the skin, causing petechiae (tiny red or purple spots), ecchymosis (larger bruises), and bleeding.

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This abnormal movement of Pitta-vitiated blood is described in Ayurveda as Tiryakgata Raktapitta (abnormal bleeding through different channels).

Ayurvedic treatment focuses on pacifying aggravated Pitta Dosha and restoring the balance of Rakta Dhatu (blood tissue). It aims to support the proper functioning of Srotas (body channels) and maintain vascular health. Rasayana Chikitsa (rejuvenation therapy) is traditionally used to promote strength and overall well-being. These principles form the Ayurvedic approach to managing blood-related disorders. In this patient

the above target is achieved by using herbs and formulations like Ashwagandha, Swarn Vasant Malti Ras, Immune Booster, Platoplan Capsules etc.

Conclusion

After starting treatment at Planet Ayurveda, the patient's platelet count gradually increased over the following year. Within approximately one and a half years, her platelet count returned to the normal range. Along with this improvement, her symptoms, including red spots on the skin, bruising, calf muscle pain, and weakness, also resolved. The swelling she had experienced while taking conventional medicines also reduced. During follow-up in March 2025, her platelet count was 233,000/µL, even though she had stopped taking all medicines.

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