



# Ayush Muscular Dystrophy Society India

Assisting families of children with Neuro-Muscular Disabilities

Non-profit Social & Educational Organization

Registration No. : CG/DRG/ 3689

Unfortunately there is no cure of DMD and SMA but there are varieties of treatments that can help to manage the condition. Currently specialists recommend some treatment to slow down the deterioration in the muscle strength and mobility. You have to choose either a chemical Steroids or natural Rasayana. Physiotherapy, gentle yogic support and sensible nutritious diet are also recommended.

At some time after the age of 9 years, the leg muscles become very weaker so that walking gets more difficult. There is frequent falls. All this happens due to lack of [dystrophin protein](#). The muscle fibres break down and are replaced by fibrous or fatty tissue causing the muscle to gradually weaken.

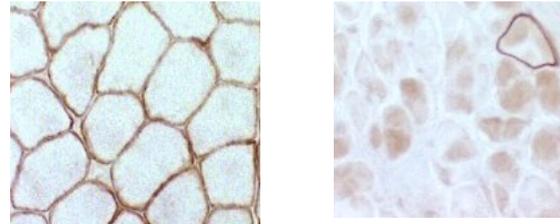
[Mamsagni Rasayana](#) is comparatively safer medicine for long term management of DMD because it improve “Mamsa Dhatvagni” a key enzymatic factor required to synthesize muscle protein. Mamsagni does not alter the child’s genetic code or introduce genetic materials in to the body.

New research is focusing on the protein [NF-kappa B](#), which may be interfering with muscle regeneration in DMD. Mamsagni molecules block these nuclear factors thus preventing inflammation and further destruction of muscle fibres.

Mamsagni Rasayana is an effective Rasayana developed and clinically used by the [AMDS India](#) since 1995.

[TMP procedure](#) is a specialized trans cutaneous nutrition to the muscle fibres. It is a gentle herbal massage using extract of [Asparagus racemosus](#), [Sida cordifolia](#), [Withania somnifera](#), [Vitex negundo](#), [curcuma indica](#), [Cyperus rotundus](#) and [Soymida febrifuda](#) as additional ingredients to sesame seeds, black lentil, unpolished rice and wheat bran, all cooked in milk. TMP procedure helps to stabilize the [Sarcolemma membrane](#) defect in the muscle fibres. It boosts muscle power and thus increases function ability.

DMD is caused by a change in the DNA for the dystrophin gene. Genetic testing is always necessary even if DMD is first confirmed by muscle biopsy. DNA analysis is performed on blood sample using sophisticated [Multiplex PCR testing](#).



Presence and absence of dystrophin around the rim of muscle fibres are seen in muscle biopsy test.

*Supportive care is essential to preserve muscle activity, to allow for maximal functional ability, and to prolong the patient's life expectancy. The primary concerns include prevention and correction of skeletal abnormalities, such as scoliosis, foot deformities, and [contractures](#), to maintain ambulation. Pulmonary and cardiac complications are the other main concern. Early monitoring and intervention to treat respiratory insufficiency is important because effective therapies can help to improve function and prolong life expectancy.*



### Physiotherapy & Yogic Support.

Many factors in DMD contribute to the tendency for joints to get tight or "contracted". These include the muscle becoming less elastic due to limited use and positioning or because the muscles around a joint are out of balance (one stronger than another). Maintaining good range of movement and symmetry at different joints is important.

Management of muscle extensibility and joint contractures is a key part of rehabilitation. The goal of stretching is to preserve function and maintain comfort. The program of stretching will be monitored by the physiotherapist but needs to become part of the family's yoga daily routine.

The Yogic support is focused to balance biological life forces being carried by the genetic material. It comprises of selected series of [Pawanmuktasana](#) and practice of deep breathing (Pranayama)



Ayurveda Treatment Strategy for Duchenne Muscular Dystrophy, introduced in Child Psycho-Neurology Research Hospital, Moscow in September 2011  
Down load video:Duration 1.5 hours  
<http://internettrading.net/mukesh/seminar.mp4>

### Diet Support: Sprouted protein

Sprouted seeds encourage good bacteria to thrive in the body and keep the colon clean. Recommended quantity of sprouted :-

Mung ([Phaseolus aureus](#)) 20 Gms  
Chana ([Cicer arietinum](#)) 10 Gms.  
Methi ([Fenugreek Seeds](#)) 5 Gms  
Ajwain ([Tachyspermum copticum](#)) 1 Gm.

Add slices of fine chopped onion, tomato, green coriander, ginger, black pepper and lime juice.

### Important Facts to Remember:

1. Keep a copy of your son's latest breathing tests to show any doctor who takes care of him.
2. Your son should never be given inhaled anaesthesia or the drug succinylcholine.
3. Your son's lung function should be checked before surgery. It is good to pick up silent problems so that they can be treated promptly.
4. Your son will need help with coughing and antibiotics if he has a chest infection.

Eat this power breakfast twice or thrice in a week.

### Important Facts to Remember:

1. *Boys and young men with DMD have weak bones, especially if they are taking steroids.*
2. *It is important for your son to have the right amount of calcium and vitamin D to help keep his bones strong.*
3. *The doctor should watch your son's spine closely after he stops walking, especially while he is still growing, as scoliosis can change quickly.*

*DISCLAIMER:* This information is not intended to replace the services of a specialist doctor. This advice should be taken in conjunction with medical advice from your doctor, whom you should consult in all matters relating to your health, in particular with respect to symptoms that may require diagnosis or medical attention.

### Questions & Comments to:

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