Effect of “Faradarmani” on a Cirrhotic Patient Infected with Hepatitis C Virus: A Case Report

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Abstract

Infection with hepatitis C virus is one of the main causes of liver cirrhosis and liver transplant worldwide. Faradarmani is a Persian mind-body medicine which is based on the “consciousness bond of the parts” theory. A 53 years old man with advanced liver cirrhosis due to hepatitis C infection had been putted in waiting list for liver transplantation. Faradarmani treatment was conducted for him for 5 min three times a day, parallel to his conventional treatment. After one and half a month, his quality of life improved in addition to his laboratory data. Such a safe and effective treatment approach should be tested scrutinizingly in future clinical experiments as a potential beneficiary recommendation for the patients.

Keywords: Liver cirrhosis; Hepatitis C; Liver transplant; Faradarmani; Mind-body therapies

Introduction

Infection with hepatitis C virus is one of the serious health problems around the world. It is considered as one of the main causes of chronic liver cirrhosis and hepatic cancer. Moreover, it is accounted as the main reason for liver transplantation [1]. However, liver transplant as the only definite treatment for advanced liver failure has its own troubles.

Unfortunately, a great portion of the patients will lose their lives before liver transplant [2]. Regardless of the social and financial costs, shortage of organs for transplant is a worrying issue especially when upcoming doubled number of liver failure incidence by 2020 comes to our mind [3]. Such a disastrous situation would naturally force the medical scientists and researchers to find a way for decreasing the burden of the disease.

In this regard, Complementary and Alternative Medicine (CAM) could play an important role in compensating the defects and complications of conventional medicine. CAM treatments are more common and acceptable today by showing their effectiveness in evidence based investigations [4]. These treatments are generally categorized to five main sub-groups, one of which is mind-body medicine.

In recent years Faradarmani, as a new brand of mind-body medicine founded by Mohammad Ali Taheri in Iran, has scientifically proven to be effective in a vast range of mental, psychological, and physical ailments [5-10]. This method is based on the “consciousness bond of the parts” or “parts having consciousness bond” theory (Figure 1). According to this theory, when a connection/link is established in between the whole consciousness and consciousness of the part, the part's consciousness would be able to correct and repair the part. Such Etesal (linkings) with the Whole Consciousness would lead to scanning of all known and unknown dimensions of our being by the said Universal Consciousness; the process which is the initial stage of healing [11].

Case Report

The patient was a 53 year old man in waiting list for liver transplantation in Shiraz Namazee hospital, affiliated with Shiraz University of Medical Sciences (SUMS). His hepatic failure was due to chronic liver cirrhosis caused by hepatitis C infection. While the patient was waiting for transplantation, he was receiving the conventional treatments during his regular follow-ups. Meanwhile, he underwent Faradarmani treatment under the supervision of a physician who was a Faradarmangar (Faradarmani therapist) as well. As a complementary treatment, the patient was asked to determine 3 times in a day to get in a resting position without any thinking in those times for at least 5 min. During his treatment period, the patient was being followed weekly by the Faradarmangar on the phone, in addition to his routine follow-ups. Such a treating approach was parallel to the conventional treatment without any interaction.

For the first time, 1.5 months after starting this mind-body intervention, the result of the PCR (polymerase chain reaction) test for detecting HCV RNA became negative. One month later, this result was repeated by the quantitative PCR. Moreover, other objective measurements of the patient regarding liver function were improved at the end of 6 months period of our study (Table 1). Worthy of mention is beneficiary recommendation for the patients.

Table 1: Results of objective outcome measures after intervention.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Before intervention</th>
<th>After intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCV PCR</td>
<td>Positive</td>
<td>Negative</td>
</tr>
<tr>
<td>MELD score</td>
<td>15</td>
<td>9</td>
</tr>
<tr>
<td>Total Albumin</td>
<td>2.8</td>
<td>3.9</td>
</tr>
<tr>
<td>Alkaline Phosphatase</td>
<td>526</td>
<td>462</td>
</tr>
<tr>
<td>Total Bilirubin</td>
<td>4.8</td>
<td>1.1</td>
</tr>
<tr>
<td>Direct Bilirubin</td>
<td>2.8</td>
<td>0.4</td>
</tr>
<tr>
<td>WBC</td>
<td>3800</td>
<td>6000</td>
</tr>
<tr>
<td>Hb</td>
<td>7.3</td>
<td>11.7</td>
</tr>
</tbody>
</table>

HCV: Hepatitis C Virus; PCR: Polymerase Chain Reaction; MELD: Model for End Stage Liver Disease; WBC: White Blood Cell; Hb: Hemoglobin

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the fact that patient's generalized jaundice, mild ascites, and 1+ pitting edema, which were observed before intervention, were also resolved. In addition to objective outcomes, the improvement of the patient in quality of life, as a subjective measurement, was significant according to SF36 questionnaire filled by the patient.

In a one-year follow-up, patient was found to be symptom-free with a good health status.

Discussion

Chronic liver cirrhosis as an end-stage organ damage was formerly thought to be irreversible; however, this understanding has been changed [12]. In line with the results of previous studies especially our own investigation in cirrhotic patients [13], Faradarmani shows its positive effects even on such an end-stage disease; a finding which could not be denied easily. Since this mind-body treatment is completely safe and effective without any interaction with other treatment modalities, it could be used complementary to conventional treatments without any cost and/or complication. Nevertheless, well-designed clinical trials should be considered in further studies to fully confirm the effectiveness of Faradarmani in addition to searching for possible mechanisms of action.

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References


