

Case report of a patient presenting with cushings syndrome following consumption of ayurvedic treatment

Abstract

42 year old mother of 1 child, who was a previously healthy patient presented with generalized papular non itchy rash, facial swelling, osmotic symptoms, polyphagia with weight gain, easy bruising, alopecia of scalp with excessive growth of body hair, oligomenorrhea and hoarseness of voice for two months duration. She consumed ayurvedic medicatons for two months duration. On examination there was central obesity, alopecia of scalp, round face, hirsutism, oral candidiasis, acanthosis nigricans, increased dorsal fat pad, generalized erythematous papular eruption with monomorphic acne, vilolaceous purple striae, multiple bruises and ecchymotic patches at venupuncture sites. Systemic examination revealed systolic hypertension. Investigations revealed high fasting blood sugar levels with low serum cortisol and ACTH. Ultrasound scan of the abdomen didn't reveal any supra renal tumours or ovarian pathology.

Diagnosis of ACTH independent cushings syndrome with hypothalamo pituitary adrenal suppression was made. Ayurvedic medication consumed by her was the exogenous source of corticosteroids. Some traditional medications used for allergies and asthma are adulterated by adding corticosteroids. The patients who consumed these medications present with cushings syndrome and after abrupt discontinuation they present with addisonian crises.

Key words: cushings syndrome, adulterated traditional medications