Macrophage activation syndrome (MAS) is a life-threatening complication of rheumatic diseases, requiring immediate and appropriate treatment. MAS is a disorder related to hemophagocytic lymphohistiocytosis (HLH), which may be divided into primary and secondary HLH. Primary HLH is an inherited disease, whereas secondary HLH is triggered by other diseases, including infections, malignancy, and autoimmune diseases. MAS is a secondary HLH, which is associated with autoimmune diseases (Ravelli et al., 2016; Grom, 1996). The most common autoimmune diseases associated with MAS are systemic juvenile idiopathic arthritis (SJIA), followed by systemic lupus erythematosus (SLE), Kawasaki disease (KD), and juvenile dermatomyositis (JDM) (Lin, 2012). MAS is caused by an imbalance of the immune system, leading to uninterrupted hyperstimulation of the immune cells. The symptoms of MAS are quite similar to those of many active autoimmune diseases or severe sepsis; therefore, it is quite difficult to make a diagnosis. MAS is still under-recognized, and its treatment is usually delayed, which then leads to high morbidity and mortality. The classical signs and symptoms of patients with MAS are a persistent high-grade fever, hepatosplenomegaly, lymphadenopathy, and hemorrhagic manifestations. Abnormal results of investigation include cytopenia, coagulopathy, and hyper-ferritinemia. These distinctive features usually occur in the later stages of MAS; this leads to a delay in the diagnosis of the condition, resulting in a worse outcome. Therefore, early recognition of MAS is important and is the key to improving the morbidity and the mortality associated with this condition. Here we are going to bring into attention that MAS could be associated with documented acute HAV infection in a tertiary care hospital.

**Case presentation:** 23 years young male presented to us with complaints of fever for 10 days associated generalised weakness, jaundice for 4 to 5 days and altered sensorium one day prior to admission. He was previously treated elsewhere before being referred to us. He was admitted and evaluated as per protocol. On examination, he had features of Gr-III Hepatic encephalopathy having deep icterus, tachycardia and was tachypneic. He was admitted in the ICU. Initial investigations showed Hb 5.6, TLC 21.9 X 1000, platelet-236000, Total bilirubin -47.9, SGOT -461, SGPT - 726, ALP - 94, GGT - 84, Albumin -2.9, ammonia -71, INR-1.55, Creat -0.98, Na -123, K -3.6. Hepatitis A virus IgM was positive, HEV IgM-negative, Scrub Typhus-negative, Lepto, MP and Dengue and Widal was negative. HBsAg and Anti-HCV were non reactive. Blood and urine culture on admission showed no growth. LDH was raised 1670.

---

**INTRODUCTION**

Macrophage activation syndrome (MAS) is a life-threatening complication of rheumatic diseases, requiring immediate and appropriate treatment. MAS is a disorder related to hemophagocytic lymphohistiocytosis (HLH), which may be divided into primary and secondary HLH. Primary HLH is an inherited disease, whereas secondary HLH is triggered by other diseases, including infections, malignancy, and autoimmune diseases. MAS is a secondary HLH, which is associated with autoimmune diseases (Ravelli et al., 2016; Grom, 1996). The most common autoimmune diseases associated with MAS are systemic juvenile idiopathic arthritis (SJIA), followed by systemic lupus erythematosus (SLE), Kawasaki disease (KD), and juvenile dermatomyositis (JDM) (Lin, 2012). MAS is caused by an imbalance of the immune system, leading to uninterrupted hyperstimulation of the immune cells. The symptoms of MAS are quite similar to those of many active autoimmune diseases or severe sepsis; therefore, it is quite difficult to make a diagnosis. MAS is still under-recognized, and its treatment is usually delayed, which then leads to high morbidity and mortality. The classical signs and symptoms of patients with MAS are a persistent high-grade fever, hepatosplenomegaly, lymphadenopathy, and hemorrhagic manifestations. Abnormal results of investigation include cytopenia, coagulopathy, and hyper-ferritinemia. These distinctive features usually occur in the later stages of MAS; this leads to a delay in the diagnosis of the condition, resulting in a worse outcome. Therefore, early recognition of MAS is important and is the key to improving the morbidity and the mortality associated with this condition. Here we are going to bring into attention that MAS could be associated with documented acute HAV infection in a tertiary care hospital.

**Case presentation:** 23 years young male presented to us with complaints of fever for 10 days associated generalised weakness, jaundice for 4 to 5 days and altered sensorium one day prior to admission. He was previously treated elsewhere before being referred to us. He was admitted and evaluated as per protocol. On examination, he had features of Gr-III Hepatic encephalopathy having deep icterus, tachycardia and was tachypneic. He was admitted in the ICU. Initial investigations showed Hb 5.6, TLC 21.9 X 1000, platelet-236000, Total bilirubin -47.9, SGOT -461, SGPT- 726, ALP -94, GGT- 84, Albumin -2.9, ammonia -71, INR-1.55, Creat -0.98, Na -123, K -3.6. Hepatitis A virus IgM was positive, HEV IgM-negative, Scrub Typhus-negative, Lepto, MP and Dengue and Widal was negative. HBsAg and Anti-HCV were non reactive. Blood and urine culture on admission showed no growth. LDH was raised 1670.
He received Blood transfusion and Anti - coma regimen. He was started on broad spectrum antibiotics. Patient continued to have fever spikes but sensorium and other parameters improved. He was shifted to ward. However he continued to have fever, tachycardia, tachypnea requiring NIV support and he had significant epigastric pain and vomiting and his serum lipase was found to be raised 1132. He was again shifted to ICU. He continued to have fever spikes and repeat CBC showed that his Leukocyte count had dropped to 700 cell per cu.mm. Serum triglycerides were mildly raised and serum ferritin was found high. Bone marrow aspiration and biopsy was planned in view of progressive pancytopenia which established the diagnosis. EBV IgM and Parvo B19 were negative.

He was isolated in view of severe neutropenia. He was started on IV methylprednisolone 500mg IV for 3 days and Granulocyte stimulating factor (Grom, 1996; Lin, 2012; Henter et al., 2004). MAS is caused by an imbalance of the immune system, leading to uninterrupted hyperstimulation of the immune regulatory cells. It is quite difficult to make a diagnosis. MAS is still under recognized, and its treatment is usually delayed, which then leads to high morbidity and mortality. The classical signs and symptoms of patients with MAS in our case were not present only a persistent high-grade fever, acute pancreatitis, hepatic encephalopathy and pancytopenia. Abnormal results of investigation include cytopenia, coagulopathy, and hyperferritinemia had clue to clench the diagnosis. These distinctive features usually occur in later stages of MAS; this leads to a delay in the diagnosis of the condition, resulting in a worse outcome. We proceeded for bone marrow biopsy (Figure-1) which established the diagnosis. He required IVIG to control the disease activity where steroid alone was unsuccessful. Therefore, early recognition of MAS is important and is the key to improving the morbidity and the mortality associated with this condition. Here we are going to bring to an attention that MAS could be associated with documented acute HAV infection which could subsequently responded to IVIG.

Summary

An early diagnosis and prompt initiation of treatment are both key factors for a positive outcome in MAS. Although the clinical presentations of both MAS and active autoimmune diseases were quite similar, there were some clues from the serial monitoring of laboratory parameters, which helped the physicians in making an early diagnosis of MAS. This patient had acute HAV infection and hepatic encephalopathy which was managed with all supportive care.

Table 1. Laboratory investigations

<table>
<thead>
<tr>
<th>DATES</th>
<th>HB</th>
<th>TLC (x10^3)</th>
<th>PC</th>
<th>T.BILIRUBIN</th>
<th>S.ALBUMIN</th>
<th>AST</th>
<th>ALT</th>
<th>GGTP</th>
<th>ALP</th>
</tr>
</thead>
<tbody>
<tr>
<td>25.6.19</td>
<td>5.6</td>
<td>21.9</td>
<td>236</td>
<td>47.9</td>
<td>2.9</td>
<td>461</td>
<td>726</td>
<td>84</td>
<td>94</td>
</tr>
<tr>
<td>29.6.19</td>
<td>7.5</td>
<td>14.94</td>
<td>180</td>
<td>23.8</td>
<td>2.4</td>
<td>62</td>
<td>167</td>
<td>45</td>
<td>70</td>
</tr>
<tr>
<td>1.7.19</td>
<td>8.2</td>
<td>8.72</td>
<td>172</td>
<td>21.9</td>
<td>3.1</td>
<td>106</td>
<td>88</td>
<td>110</td>
<td>90</td>
</tr>
<tr>
<td>2.7.19</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>10.8</td>
<td>3.1</td>
<td>143</td>
<td>181</td>
<td>143</td>
<td>128</td>
</tr>
<tr>
<td>3.7.19</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>13.1</td>
<td>2.8</td>
<td>133</td>
<td>70</td>
<td>169</td>
<td>107</td>
</tr>
<tr>
<td>8.7.19</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>14.2</td>
<td>2.7</td>
<td>242</td>
<td>111</td>
<td>161</td>
<td>144</td>
</tr>
<tr>
<td>10.7.19</td>
<td>8.5</td>
<td>0.7</td>
<td>26.1</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>15.7.19</td>
<td>9.3</td>
<td>6.3</td>
<td>306</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>16.7.19</td>
<td>10.2</td>
<td>18.5</td>
<td>348</td>
<td>10.2</td>
<td>3.0</td>
<td>112</td>
<td>86</td>
<td>134</td>
<td>125</td>
</tr>
</tbody>
</table>

Oedematous marrow with erythroid hyperplasia, Megakaryocytes were increased in number, Macrophages were markedly increased with haemophagocytosis. Courtesy adapted from Department of Pathology, Apollo Hospital Bhubaneswar.

DISCUSSION

MAS is a disorder related to hemophagocytic lymphohistiocytosis (HLH), which may be divided into primary and secondary HLH. Primary HLH is an inherited disease, whereas secondary HLH is triggered by other diseases, including infections, malignancy, and autoimmune diseases (Ravelli et al., 2016; Grom, 1996; Lin, 2012; Henter et al., 2004).
The relative changes in the laboratory parameters during the early stages of this MAS included changes haemoglobin and white blood cell counts, as well as levels of ferritin, LDH, and liver enzymes which were present in our patient. Subsequent bone marrow biopsy established his diagnosis as Macrophage activation syndrome. At present, diagnostic criteria have been proposed for MAS in the various autoimmune diseases. Selecting the proper diagnostic criteria to diagnose MAS is essential, because not all of the criteria are suitable for every autoimmune disease.

**Prior Publication:** This article has not been published or submitted for publication elsewhere, in whole or in part, before submission to the Case

**Consent:** The authors declare that they have provided written informed consent from the described patient for the case report to be published.

**Conflict of Interests:** The authors declare that there is no conflict of interests regarding the publication of this paper.

**Acknowledgements**

I would like to extend my thanks for the manuscript to be published.

**Abbreviation:** MAS-Macrophage activation syndrome. IVIG-IV Immunoglobulin. HAV-Hepatitis – A virus.

**REFERENCES**


********