



Ayurvedic Management Of Vataja Atisara - A Case Report

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Abstract: Atisara is a *Purishavaha srotogata vikara*, with *Ati pravrutti* (excessive flow) of *Purisha* (Stools) as the main symptom. Vitiating of both *Saririka* (Physical) and *Manasika* (Mental) *doshas* along with the external factors contribute to the manifestation of this *Vyadhi* (Diseases). The present case report of a 27 years old female patient, who presented with the symptoms like loose stools associated with pain, along with few other symptoms, which are similar to that of *Vataja atisara*, caused due to the intake of incompatible food along with other factors, and an effective management was achieved through Ayurvedic interventions like *Dadimastak churna* and *Mustakarista*.

Key words: *Atisara*, *Mustakarista*, *Dadimastakachurna*

INTRODUCTION:

Atisara in Ayurveda, is a condition that has been recognized and treated since the vedic period, reflecting its longstanding significance in traditional medicine. The main causes of Atisara include *Guru ahara* (heavy for digestion), *Snigdha ahara* (unctuous), *Virudha ahara* (incompatible food), *Adhyashana* (excessive food consumption), *Ajeerna ahara* (Uncooked), *Mithyaahara* (irregular intake of meals), *Dustambu* (contaminated water), along with other factors like *Baya* (fear), *Shoka* (grief), *Krimidosha* (worm infestation) etc¹. *Vyadi Nama* (Name of the disease) reflects the *Lakshana* (primary characteristics) of the disease Atisara, which translates to "excessive flow" in Sanskrit. i.e in *Atisara*, *Ati pravrutti* (excessive flow) of *Purisha* (Stools) happens. When the *Atisara* is caused by the vitiating *Dosha* due to *vidagdha ahara* (undigested food), then the patient should undergo *Shodana* (Laxatives). If used patient will suffer from *Dandakalasaka* (Obstruction to intestinal peristalsis), *Adhmana* (Flatulence), *Grahani* (Sprue syndrome), *Arshas* (Hemorrhoid), *Shodha* (Oedema), *Panduamaya* (Anemia), *Pleeha* (splenic disorders), *Kushtha* (Skin disorders), *Gulma* (abdominal lumps), *Udara roga* (Ascites) and *Jwara* (fever)².

PATIENT INFORMATION

A female patient aged 27 years, moderately built with body weight 40 kgs, visited out patient department of S.D.M Ayurveda Hospital, with the complains of loose stools one day back. Also complains of squeezing type of pain, nausea from next day morning. Patient was apparently normal a day back. After the intake of fried rice in the afternoon she felt some uneasiness in the abdomen. Patient also took potato chips just before having lunch. And after few hours patient started with Loose stools. The next morning patient felt tiredness, difficulty to breath and squeezing type of pain and distention of abdomen. Also the patient felt nausea and aversion towards food. So the patient was treated with Ayurveda medicines.

CLINICAL FINDINGS

General Examination

Pallor -Absent
 Icterus -Absent
 Clubbing -Absent
 Cyanosis -Absent
 Lymphadenopathy -Absent
 Edema -Absent
 Gait -Normal
 Built -Moderate
 Weight-40 kgs

Systemic Examination

CVS - S1 S2 heard
 CNS - Conscious, Oriented
 RS - Bilateral Symmetrical, NVBS heard

GASTRO INTESTINAL :

➤ Per abdominal examination-

Inspection-

- Shape of the abdomen: flat
- Umbilicus: inverted
- Visible swellings: absent
- Distended veins: absent
- Visible peristalsis: absent
- Scars and sinuses: absent

Percussion-

- Tympanic sound

Palpation-

- Tenderness: Epigastric and Umbilical region (+)
- Organomegaly: absent
- Temperature: not raised
- Guarding & rigidity: absent

Auscultation-

- Bowel sounds: present

Asthasthana Pariksha

Nadi -105 bpm
 Mutra -Prakruta
 Mala -Vikruta
 Jihwa -Lipta
 Shabdha -Vyakta
 Sparsha -Anushna
 Druk -Prakruta
 Akrti -Madhyama

Dashavidha Pariksha

Prakruti-Vata Kapha
 Vikruti-Dosha: Vata Pradhana Tridosha
 Dushya: Rasa, Raktha Mamsa Medha
 Sara-Madhyama
 Samhanana-Madhyama
 Pramana-Madhyama
 Satva-Madhyama
 Satmya-Madhyama
 Aharashakti-Avara
 Vyavayamashakti-Avara

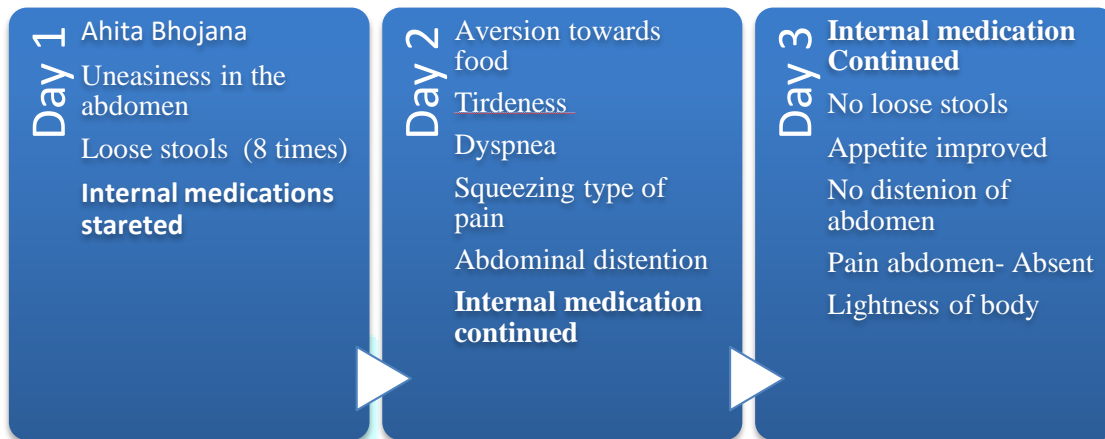
Vaya - Madhyama

Laboratory Investigations

Nil

TIMELINE

Table 1: Showing time line



DIAGNOSTIC ASSESMENT

Roga pareeksha

- **Nidana:**
 - *Guru vistambi ahara sevana* (Consumption of heavy meals)
 - *Ruksha ahara sevana* (Consumption of dry food)
 - *Virudhahara sevana* (Consumption of incompatible food)
 - *Adhyashana* (Consumption of meal before the digestion of previous meal)
 - *Gatravasadana* (General malaise)
 - *Admana* (Distention of abdomen)
 - *Kukshi toda* (Pricking type of pain abdomen)
- **Roopa:**
 - *Sashoola mala pravrutti* (Diarrhoea with Pain)
 - *Sagandha mala pravrutti* (Associated with foul smell)
 - *Muhur muhur pravruiti* (Patient passes the stool frequently)
 - *Alpa mala pravrutti* (little quantity of stool)
 - *Vinishwasa vardhana* (Tachypnea)
 - *Kostashula and sabdha* (Pain and gurgling sound of abdomen)
 - *Sadana* (Tirdeness)
 - *Annadweshha* (Aversion towards food)
 - *Utklesha* (Nausea)

THERAPEUTIC INTERVENTION

Table 2:Therapeutic intervention

DATE	INTERVENTION	DOSE	OBSERVATIONS
Day 1	1. Dadimastaka churna with butter milk 2. Mustakarista	½ tsp, TID, After food 10ml with 10ml water, BD, After food	-
Day 2	1. Dadimastaka churna with butter milk 2. Mustakarista	½ tsp, TID, After food 10ml with 10ml water, BD, After food	<ul style="list-style-type: none"> • Appetite,Anorexia, improved by 70% • Pain abdomen, reduced by 80% • Frequent defecation reduced. (One time)
Day 3	1. Dadimastaka churna with butter milk 2. Mustakarista	½ tsp, TID, After food 10ml with 10ml water, BD, After food	<ul style="list-style-type: none"> • No loose stools • Appetite improved • No distention of abdomen • Pain abdomen- Absent • Lightness of body

OUTCOME

Parameters was assessed on first day and third day
Improvements were observed in signs and symptoms

Table 3:Outcome of the treatment

Parameter	Before treatment	After treatment
Bowel movements	8 times/day	1time/day
Pulse rate (>100 bpm)	Yes (105 bpm)	No (78 bpm)
Abdominal distention	Present	Significantly reduced
Pain abdomen	Present	Significantly reduced
Dyspnea	Present	Significantly reduced
General debility	Present	Significantly reduced
Weight	40 kg	40.5 Kg

DISCUSSION

As the patient consumed *Guru vistambi ahara* (Consumption of heavy meals), *Virudha ahara* (Incompatible food), *Adhyashana* (Consumption of meals before the digestion of previous food), she started experiencing *Gatrasadana* (General malaise), *Adhmana* (Distention of abdomen) and *Kukshitoda* (Pricking pain in abdomen) initially, few hours later, started with Loose stools, tiredness, difficulty to breath and squeezing type of pain and distention of abdomen. Also the patient felt nausea and aversion towards food. By analyzing these, the signs and symptoms were similar to that of *Vataja ama atisara* and later progressed to *Niramavastha*.

Dadimastaka churnaTable 4: Ingredients of Dadimastaka Churna^{3,4}

Ingredients	Quantity	Rasa	Virya	Vipaka	Action on Dosha
Tawaksheeri (<i>Curcuma angustifolia</i> Roxb.)	1 part	Madhura kashaya	Sheeta	Madhura	Vata pitta hara
Chaturjatha (Group of four aromatic drugs)	1 part	-	Ushna	-	Kapha vata hara
Yavani (<i>Trachyspermum ammi</i> Linn.)	2 parts	Katu Tiktha	Ushna	Katu	Vata kapha hara
Dhanyaka (<i>Coriandrum sativum</i> Linn.)	2 parts				
Ajaji (Jeeraka) (<i>Cuminum cyminum</i> Linn.)	2 parts	Katu	Ushna	Katu	Kapha vata hara
Granthi (Roots of Piper longum Linn.)	4 parts	Katu	Anushna	Madhura	Vata kapha hara
Vyosha (Trikatu) (Group of 3 pungent drugs)	4 parts	Katu	Ushna	Katu	Kapha vata hara
Dadima (<i>Punica granatum</i> Linn.)	32 parts	Madhura amla (Kashaya Anurasa)	Sheeta	Madhura	Tridosha shamaka
Sita (Sugar)	32 parts	Madhura	Sheeta	Madhura	Vata hara

MUSTAKARISTATable 5: Ingredients of Mustakarista^{5,6}

Ingredients	Quantity	Rasa	Virya	Vipaka	Action on Dosha
Mustha (<i>Cyperus rotundus</i> Linn.)	100 parts	Katu Tikta Kashaya	Sheeta	Katu	Kapha pitta hara
Guda (Jaggery)	150 parts	Madura	Sheeta	Madhura	Vata hara
Dhataki (<i>Woodfordia fruticosa</i> Kurz.)	8 parts	Katu	Sheeta	Katu	Pitta hara
Yavani (<i>Trachyspermum ammi</i> Linn.)	1 part	Katu Tiktha	Ushna	Katu	Vata kapha hara
Vishwabheshaja (Shunti) (<i>Zingiber officinale</i> Roscoe)	1 part	Katu	Ushna	Madhura	Kapha vata hara
Maricha	1 part	Katu	Ushna	Katu	Kapha vata

(<i>Piper nigrum</i> Linn.)					hara
Devapushpa (<i>Syzigium aromaticum</i> M.P)	1 part	Katu Tiktha	Sheeta	Katu	Kapha pitta hara
Methika (<i>Trigonella foenum- graecum</i> Linn.)	1 part	Katu	Ushna	Katu	Vata kapha hara
Vahni (Chitraka) (<i>Plumbago zeylanica</i> Linn.)	1 part	Katu	Ushna	Katu	Vata kapha hara
Jeeraka (<i>Cuminum cyminum</i> Linn.)	1 part	Katu	Ushna	Katu	Kapha vata hara

Probable mode of action

Dadimashtaka Churna is advised to the patient with *buttermilk*. *Dadimashtaka churna* has a direct indication for *Vataja atisara*⁷. Almost all ingredients in *Dadimashtaka churna* has *Katu rasa*, *Laghu Rooksha guna* and *Ushna veerya*. The *Katu rasa* and *Ushna veerya* helps in *Deepana* (Appetizers), *Pachana* (Digestive) *karma*^{8,9}. The *Laghu guna* is *pathya* (Wholesome) and *sheegra paaki* (Easily digestible)¹⁰. Whereas *Ruksha guna* helps in attaining *Shoshana karma* (Dries up)¹¹. The *Takra* (Butter milk), which is used as *Anupana* (Adjuvants) for *Dadimashtaka churna* possess *Madhura-Amla rasa*, *Kashaya anurasa*, *Laghu guna*, *Madhura vipaka*, *Ushna veerya*, *Deepana* (Appetizers) *karma*, and is indicated in *Atisara*¹². Hence this will help in attaining the digestion of undigested particles and helps to control the excessive loose stools. The main ingredient of *Mustakarista* is *Musta* (*Cyperus rotundus* L.), which is known for its *Agrya karma* (foremost substances) as *Sangrahika*(Constipative) *Deepana*(Appetizers) *Pachana* (Digestive)¹³. Also the *Katu rasa*, *Laghu Ruksha guna*, *Ushna veerya* of other ingredients also helps in attaining *Deepana* (Appetizers) *Pachana* (Digestive) *karma* and also to attain *dravashoshaka* (Dries up the moisture) *karma*. The ingredients like *Shunti* (*Zingiber officinale* Roscoe), *Maricha* (*Piper nigrum* Linn.), *Chitraka* (*Plumbago zeylanica* Linn.) and *Pippali* (*Piper longum* Linn.) belongs to *Deepaneeya* (Group of appetizers)¹⁴ and *Shoolaprashamana mahakashaya* (Group of Anti spasmodics)¹³ and *Dhataki* (*Woodfordia fruticosa* Kurz.) belongs to *Purishasangraganeeya* Mahakashaya (Group of Bowel binders)¹⁵.

Previous study on phytochemical analysis of the alcoholic extracts *Musthakarista* shown the presence of tannins, flavanoids, alkaloids, glycosides and volatile oils¹⁷. All these phytoconstituents are responsible for achieving the anti diarrhoeal activity.

The present study, was treated by considering the principles like *Deepana*, *Pachana*, and *Grahikarma*. *Dadimashtaka churna* with *buttermilk* and *Musthakarista* were administered for two days. The patient showed marked improvement in signs and symptoms with minimal interventions.

Patient perspective

The patient reported satisfaction with the treatment, noting a decrease in bowel movement frequency, abdominal distention, abdominal pain, dyspnea and general weakness.

Patient consent

Informed consent for the publication of this case study was taken from the patient.

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