

A REVIEW ARTICLE ON PAIN MANAGEMENT BY TRIPHALA CHURNA IN PARINAAM SHOOL

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ABSTRACT :-

Ayurveda is recognized as foremost life science and describes ways to prevent and manage many diseases, the world is being attracted towards its potential. Ayurveda provides better solution in the forms of proper treatment, dietary management, lifestyle advises. The present time is the era of fast food, irregularities in daily meal-time, sedentary life style and mental stress. All these factors ultimately disturb the digestive system resulting in the manifestation of various diseases. Among them the Prevalence of Parinama Shoola is increasing day by day.

Etymological derivation of shool is combination of *Rujayam(dhatu)+k(prataya)*. Generally the term shula is commonly used for shira shula, kukshi shool, akshi shool etc. Parinaam shool has been described for the first time in Madhav Nsidan. The Main characteristic of parinama shool is the abdominal pain at the end of the digestion and suggest a pain predominant disease. It is related to the Annavaha srotas. The cardinal feature of this disease is Ahara jiryamana kala shoola. The site effected with parinama shool is Grahni. Shool normally appear as rupa (symptom) or updrava. Parinama shool can be compared with Duodenal ulcer. It develops in duodenum. It is the upper portion of the small intestine.

Many type of ayurvedic formulation given in our texts. In which triphala is the best remedy for parinama shool. Which is given in chakradatta. A Pharmacological activity of Triphala (haritaki vibhataki aamlaki) is vatanulomk, pittashamak etc. Which is helpful in relieving the pain and cure the parinama shool.

Keywords: *parinama shool, triphala churna, pain management*

INTRODUCTION :-

Parinama Shoola is a vyadhi of annavaha srotas. NIRUKTI – “*BHUKTE JIRYATE YAD SHOOLM TADAV PARINAMAJAM*” given by Madhukosh. The colic which produce on soon after the digestion this is known as parinama shool. It is a tridoshaj vyadhi in which aawaran of vata dosha by pitta and kapha and circulation of vata dosha create abdominal pain. Treatment includes administration of Sanshodhana, Sanshamana, Nidan Parivarjana, Pathya-apathya and prevention of recurrences. In Ayurveda, The symptoms, etiopathogenesis of Parinama Shoola resembles with duodenal ulcer. Duodenal Ulcer is a common problem. It is a type of ulcer that occurs in the duodenum, the beginning of the small intestine. The most common cause of duodenal ulcer is a stomach infection associated with the Helicobacter pylori bacteria. With rapid economic development and increasing westernization of lifestyle in the past few decades. We have not given a time for proper and timely intake of food so diseases of gastrointestinal disorder increases.

ETIOLPATHOGENESIS OF PARINAMA SHOOL:- On consuming or getting exposed to the causative factors which aggravate Vata, the Vata gets vitiated out of proportions. This vitiated Vayu gets mixed (association) with morbid pitta and kapha and later gets consequently blocked by these 2 doshas. This vitiated Vata mixed and blocked by pitta and kapha causes severe shoola. This is called Parinama shool

TYPES OF PARINAMA SHOOL ;-It is firstly described as a disease in Madhava nidan in chapter number 26, Atha sula, parinama shool, annadrava shool nidanam. Madhav described eight type of shool, later on madhava described as vataj, pittaj, kaphaj, dwandwaj, sannipataj parinama and annadravashool.

SYMPTOM :- parinama shool due to vata – distension, gurgling noise in the intestine, obstruction to the movement of feces and urine, restlessness, severe suffering.

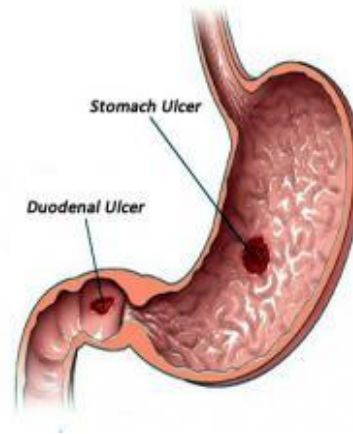
Parinama shool due to pitta – thirst, burning, sensation, pain increase by use of pungent sour and salty food.

Parinama shool due to kaphaja- vomiting, nausea, delusion, long continued mild pain.

Parinama shool due to tridoshaj – emaciation, loss of strength, digestion as considered impossible to cure.

DUEODENAL ULCER:- Now a day Duodenal Ulcer is a common worldwide problem. Infection of Helicobacter pylori, Prolonged use of NSAIDS, smoking, hereditary, uses of corticosteroid are main causes of duodenal ulcer.

Heartburn/GERD is a one of the most noticeable signs of a duodenal ulcer symptom are pain in epigastrium region,



Relation ship to food, nocturnal awakening, Anorexia etc

In the Pathogenesis of duodenal ulcer increased gastric acid secretion and reduced duodenal bicarbonate secretion lowers the pH in the duodenum, which promotes the development of gastric metaplasia (the presence of gastric epithelium in the first portion of the duodenum).

MODE OF ACTION:- Many type of ayurvedic formulation given in ayurvedic texts. In which triphala is the best remedy for parinaam shool. Which is given in chakradatta. Parinama shool is tridoshaj vyadhi .Action of triphala is tridoshagn. In triphala haritaki is vata anulomak acts as niyantrak of acetylcholine secreted by autonomous nervous system. Amlaki being madhur ras ,madhur vipaka and sheet virya which leads to reduction of acid. so the property of triphala give very good effect on parinama shool.

DISCUSSION AND RESULT :- The present time is the era of fast food, irregularities in daily meal-time, sedentary life style and mental stress. All these factors ultimately disturb the digestive system resulting in the manifestation of various diseases. Every year over three lacks people round the world have ulcer related surgeries, because of persistent symptoms or complications. In modern medical science The treatment which has been advocated for this condition is usually symptomatic and has its own limitations the operations for Duodenal Ulcer have achieved their aim to some extent but post-operative side effects persist. Because of this condition, the person always remains in the state of discomfort. Dietary modification in such patients have proved to be successful, Various drugs have been used for the treatment of Parinaam Shoola in Ayurvedic system. In parinama shool Vata is the most predominant and most potent factor in initiating and maintaining the pathogenesis, so Vatanulomana property of haritaki might probably helped in disease regression. Pitta dosha is taken as the predominant Dosha in Parinaam Shoola, so we can say that Pittashamak property of Amlaki might helped in removing dushit Pitta. Parinama Shoola is a tridoshaj vyadhi and triphala is tridoshnashak. The Pathogenesis of duodenal ulcer increased gastric acid secretion and reduced duodenal bicarbonate secretion lowers the pH in the duodenum, Our chosen drug triphala break this pathogegesis It reduces acid secretion, increase bicarbonate secretion and normal the PH level.

CONCLUSION:- Prinama shool is disease of annavaha srotas. According to present knowledge the normal functioning of the Agni, Pachaka Pitta means the secretoenzymatic functioning of gastrointestinal tract which is deranged in this disease. Present lifestyle that has disturbed the food habits gives rise to Agnimandya, Vidagdhajirna and finally leads to Parinaam Shoola. From this study it can be concluded that healthy eating is important to achieve early and better result of the treatment as Nidana Parivarjana. 4. The drug triphala have tridoshgn property break the pathogenesis of parinama shooland and it will be effective on relieving the parinama shool.

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