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## Overview On Ayurvedic Gastroprotective Management Of Annadravashoola W.S.R. To Pangastritis

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### ABSTRACT

*Annadrava shoola* is one of the diseases of the Digestive tract in which there is Burning / Painful sensation occurs in Epigastric / Retrosternal region occurs after digestion, during digestion or at any time. It can be co-relate with Pangastritis on the basis of its signs and symptoms. *Ayurveda* promote lifestyle interference and natural therapies to retrieve a balance between the body, mind and the environment. In this paper a case study of *Annadrava Shoola* has been explained. A 52 yrs old male patient having complaint of pain in epigastric region after having meals radiating to back since 12-14 months. The nature of pain is of gradual onset with burning type & exaggerated after having meals, On the ground of history of the patient and endoscopy report, he was diagnosed as pan gastritis. With H.Pylori Infection ( Patient consumed H.Pylori KIT) We have done *Deepana Pachana Chikitsa* with *Tab.Raspachak Vati*, *Tab.Laghusutashekhara Rasa*, *Tab. Kamdudha Vati* , *Avipattikar churna* + *Yashtimadhu choorna*, *Syp.Acivin*, *Yashtimadhu ghrita* for 1 month then Planned for *Shodhan chikitsa*(*Virechan Karma with Prior Yashtimadhu Ghrita pana*) . After the treatment, symptoms relieved. So, there is prospect in *Ayurveda* for treatment of *Annadrava Shoola*.

**KEYWORDS:** Pangastritis, Annadrava shoola, H.Pylori

### INTRODUCTION

Indian people used to have too much spicy food. As a result, they need to face many health problems. Among these health problems, the problems related to the alimentary canal is more common. *Annadrava shoola* is one of them. The pathogenesis of Pangastritis is mainly explained on the basis of impaired gastric mucosal defence against acid-pepsin secretions. The colic which occurs after digestion, during digestion or on indigestion and which does not lenify either by wholesome or unwholesome food and by eating or fasting, is named as *Annadrava shoola*. There is continuous pain in the abdomen ( epigastric and Retrosternal Region).<sup>[1]</sup>

As in all kind of Shoola there is vitiation of *Vata Dosha*. This override is mostly caused by *Virudhasevan*, *Asatmyabhojana*, *Abhojana*, *Atibhojana* & *Ahara*. The diet which is having *Rukshyatikshna*, *Ushnaguna*, *Lavana*, *Katu*, *Amla-Rasa-Sevana*, *Vegadharan*, *Ratrijagarana*, *Krodha*, *Chinta* etc. *Nidanasevana* also aggravates *Vatadosha*.

*Annadravshoola* can be correlated Pangastritis on the basis of similarities of symptoms. It comes under peptic ulcer disease.<sup>[2]</sup>

In modern science the main cause of Pangastritis is *H. pylori* infection and use of NSAIDs. In modern science, treatment for pangastritis focused on *H. Pylori* irradiation therapy and reduction of NSAIDs and aspirin.<sup>[6]</sup>

## CASE REPORTS

A male of 52 years of age came to the hospital complaining of moderate abdominal pain for 2 years. The pain was gradual on onset. Patients used to feel continuous Epigastric pain which was burning type in nature and of no radiating type. It was associated with belching, sour eructation, and burning sensation on the chest region, irregular bowel evacuation. Pain was relieved by vomiting and aggravated by eating spicy foods. There was no complaint of fever, bloating. He had no history of DM, HTN, Thyroid disorder and any surgical intervention. He had a normal bowel and bladder habit but he used to Irregular Food habits, and Habitual for Tobacco consumption. On examination, there was epigastric tenderness of grade II on deep palpation. Then he was advised for esophago-gastro duodenoscopy. Report showed with Pangastritis *H. Pylori* Infection. On the basis of investigation and history of patient he is diagnosed with Pangastritis. The case was treated with Oral medicine as mention.

### DEEPAN PACHAN CHIKITSA

1. *Tab. Raspachak Vati 2 BD (Before meal)*
2. *Tab. sutashekhara Rasa 2BD (After meal)*
3. *Tab. Kamdudha Vati 2 TDS (Before meal)*
4. *Avipattikar churna + Yashtimadhu choorna (1tsf... BD)*
5. *Syp. Acivin (10 ml TDS)*
6. *Yashtimadhu ghrita (15 Ml Morning empty stomach)*

### SHODHANA CHIKITSA (VIRECHAN KARMA)

*Vardhman Matra Ghritpana - Yashtimadhu Ghita*

Day 1- 30ml, Day 2- 60 ml, Day 3- 90 ml, Day 4-120ml, Day 5-150ml

*Virechan Purva Vishranti- Day 6, Day 7 with Sarvang snehan svedana*

*Virechan Karma Kalpa- Erand Sneha 70 ml Pittakala ( 10 am to 12 pm) Day 8- Madhyam veg 15-20 vega*

## RESULT AND DISCUSSION

Agreeing to the principle of Ayurveda, the purpose of *Shaman chikitsa*. It is explained in *Pitodara chikitsa in Charak Samhita*. *Yashtimadhu* has ulcer-protective effect of the methanolic extract from the fresh roots of it. It protects mucosal lining of the stomach, by increasing mucus secretion and keeping the acid and pepsin stable. Research said it also act on *Helicobacter pylori* and *Kapha dosha*.<sup>[4]</sup>

As *Yashtimadhu* is having *Madhura Vipaka* which subsides the aggravated Pitta & Vata Dosha. It is having the properties like Anti-microbial, Anti-inflammatory, Anti-ulcer, Anti-oxidant. It acts by inhibiting growth of *Helicobacter pylori*. Flavonoids present in *Yashtimadhu* helps in healing the ulcer & has good acid neutralizing capacity. *Yashtimadhu* acts as H<sub>2</sub> receptor antagonist. We have used it in *Yashtimadhu Ghrita* form.<sup>[10]</sup>

*Sutashekhara rasa* contain *Parada, Gandhak, Dhatura, Pippali, Sankh Bhasma, Bhiringraj*, is a medicine that acts on Pitta dosha, having *Agnishamaka* property and reduces symptoms like heartburn, nausea, vomiting, abdominal pain, epigastria tenderness etc

*Syp Acivin* also has anti-ulcer effect and good acid neutralizing capacity

*Avipattikar churna* which plays the main role not only in irregular bowl evacuation but also ulcer protective effect. We prescribed all medications that are potent to heal ulcers<sup>[3]</sup>.

*Erand Sneha* act as a Purgative and hence excessive *pitta and vata dosha* are removed

Other formulations ( *Kamdudha vati*, *Raspachak vati* sre potent acidity regulator and having anti-inflammatory properties so it is also used in gastric ulcer. It is *Sheetala*, *Amlapitta nashak*, *Parinama shoolahara* it has the properties of healing the gastric ulcer.[11] Methanolic extract of it reduces the offence factors (acid, pepsin), and increases the defensive factors (mucin secretion, cellular mucous).<sup>[9]</sup>

We prescribed all medications that are effective to heal ulcers. Thus, treatment given to the patient healed the gastric ulcer within 1 month.

## CONCLUSION

*Annadrava shoola* is the disease of the alimentary canal where there is colic which is not relief either by any health-giving or unpleasant food. 52 years male patient with gastric ulcer cured with oral medication which is very operational to heal gastric ulcer. Thus, with *Ayurvedic* treatment and lifestyle management, *Annadrava shoola* can be managed. Since it is a single study, it may be the clue point for the researcher for the further studies.

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