



## A STUDY ON THE PROSPECTS OF AYURVEDIC MANAGEMENT OF DUODENAL ULCER

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### ABSTRACT

Duodenal ulcer is an ulcer on the mucosa of the duodenum, the beginning of the small intestine caused by the action of the gastric juice. It is the leading cause of physician visits worldwide. Pre-existing *Helicobacter pylori* infection increases the risk for the subsequent development of either duodenal or gastric ulcer disease. Patients with duodenal ulcer will complain of pain that awakens them from sleep. Duodenal ulcer pain would manifest mostly 2–3 hours after the meal, when the stomach begins to release digested food and acid into the duodenum. Parinaam Shoola has almost similar symptomatology and causative factors as duodenal ulcer. Parinaam Shoola as the name itself suggests is a disease characterized by pain during the digestion of food. Management primarily aimed at patient's education, avoidance of known causative factors, hospitalization, bed rest and prescription of special bland foods. Antacids and medications that block acid production have become the standard of therapy. Patients with *H. pylori* infection can be treated with antibiotics. Despite this treatment, there was a high recurrence of ulcers and some unwanted side effects. In Ayurveda, a treatment includes administration of Sanshodhana, Sanshamana, Nidan Parivarjana, Pathya-apathya and prevention of recurrences. Ayurvedic medicines are cost effective, easily available and safe for long term use.

**KEYWORDS:** Ayurveda, Duodenal Ulcer, Parinaam Shoola.

### INTRODUCTION

An ulcer on the mucosa of the duodenum caused by the action of the gastric juice is known as duodenal ulcer. These ulcers vary in shape- circular, oval crescentic, pear shaped or triangular. Multiple duodenal ulcers occur in 10-15% of cases. Patients with duodenal ulcer will complain of pain that awakens them from sleep. Duodenal ulcer pain would manifest mostly 2–3 hours after the meal, when the stomach begins to release digested food and acid into the duodenum. The other symptoms are bloating and abdominal fullness, water brash, nausea, malena. The most significant complication is hemorrhage, perforation, and probably obstruction appears in a random fashion during an ulcer's course. Treatment focused on hospitalization, bed rest, and prescription of special bland foods. Antacids and medications that block acid production became the standard of therapy. Patients with *H. pylori* infection can be treated with antibiotics.

**Concept of Duodenal ulcer in Ayurveda** - Parinaam Shoola has almost similar symptomatology and causative factors as duodenal ulcer. Various conditions like

Asatmya, Vishama bhojana, Atibhojana, Vidahi Virudhahara, Manasik and Aushadi-vyadhikrit are common etiological factors for these diseases which can be correlated with acid secretions and indigestion.

#### Nidana

- 1. Annavaha srotodusti nidana:** Atimatra bhojana, Akala bhojana, Ahita bhojana, Agnivaigunya.
- 2. Agnidushti nidana:** Vidhityakta bhojana, Abhojana, Ajirna, Ati bhojana, Asatmya bhojana, Vishamaasan, Guru, Shita, Ruksha bhojana, Vibhrama of Sneha, Vamana, Virecana, Karshana due to longstanding disease, Vaishamya of desh, kala and ritu.
- 3. Aharaja nidana:** Adhyasana leads to Ajirna as the previously ingested meal is yet to be digested. Vishama bhojana in the form of Akala bhojana produces Ama while Atita kala bhojana suppresses the Jatharagni due to prakupita vata. Atimatra bhojana is also Amapradoshakara. Vidahityakta bhojana can lead to Agnidushti.
- 4. Viharaja nidana:** Abhighata, Ayasa, Ativyavayu, Vyayama, Vishama sayana, Nisha jagarana, Bharavahana etc. all lead to Vataprakopa. Hence,

indulgence in these acts as provoking factors in the causation of Parinaam shoola. Anala sevana, ravi pratapa etc. aggravate Pitta dosha. Prajagarana, dukkha sayana also leads to Ajirna.

- 5. Manasika nidana:** During emotional disturbances even the food consumed in the stipulated quantity remains undigested. In addition to this, these nidana are also capable of aggravating the individual dosha like Vata prakopa by Chinta, Shoka, Trasa, Pitta prakopa due to Bhaya, Krodha.
- 6. Anya vyadhikrit:** Jwara and Atisara being a Jatharagnimandyajanyavikara, the Grahani dushti may itself produce Parinaam Shoola secondarily. In this regard, Amlapitta leading to Parinaam Shoola has also been explained. Further, if the lakshana of Pittaja gulma are evaluated, the presence of Parinaam Shoola as a lakshana is seen.
- 7. Aushadha/Vaidyakrita:** Panchakarma vyapad may cause Agnimandhya leading to Parinaam Shoola. Non-compliance with Astamahadoshakara bhava also causes Agnimandhya.

#### Samprapti Ghataka

- Dosha: Samana, Udana Vata, Pachaka Pitta, Kledaka Kapha
- Dusya: Anna rasa
- Srotas: Annavaha, Rasavaha
- Agni: Jatharagni, Rasa dhatvagni
- Shrotodushti prakara: Sanga, Vimargagamana, Atipravritti
- Udbhava: Aamashaya
- Sanchara: Annavaha, Rasaraktavaha
- Adhithana: Grahani
- Rogamarga: Abhyantara

#### Roopa

- 1. Pratyatma lakshana:** The appearance of Shoola during the Parinaam of ahara is the Pratyatma lakshana of the disease. During this avastha, uddirana of the pachaka pitta aggravates the condition.
- 2. Samanya lakhshana of Parinaam Shoola:** Bhuktejiryati shoola, Bhuktamatre prashamyati, Vante prashamayanti, Jirne anne Shoola.
- 3. Vishishta lakshana:-**
  - 1. Vataja Parinaam Shoola** – Adhmana, Atopa, Vibandha, Arati, Vepana.
  - 2. Pittaja Parinaam Shoola** – Trishna, Daha, Arati, Sweda.
  - 3. Kaphaja Parinaam Shoola** – Hrilasa, Chardi, Sammoha, Swalpa Ruk.

#### Upashaya Anupashaya

**Upashaya** – After meal, vomiting and on completion of Aharapachan.

- Vataja Parinaam Shoola: Snigdha, ushna annapana.
- Pittaja Parinaam Shoola: Shita annapana.
- Kaphaja Parinaam Shoola: Katu, tikta annapana.

#### Anupashaya

- 1. Aahar:** Masha, simbi dhan, madya, amla padarth, tila, pichila anna, dadhi, lawan and katu rasa.
- 2. Vihar:** Aatap sewan, diva-swapna, stri-sevan, krodh etc.

#### Upadrava

- 1. Sthanika upadrava:** Anaha, Gaurav, Chardi, Trisna, Aruci.
- 2. Sarvadaihika upadrava:** Bhrama, Jwara, Krisatva, Balahani.

#### Sadhya-asadhyata

- Tridoshaja Parinaam Shoola is Asadhyata.
- It is Asadhyata in a person of Kshina bala, Kshina mansa and Kshina anala.
- Parinaam Shoola associated with Upadrava is Asadhyata.

#### Chikitsa

The main aim is:

- To alleviate the excited Vata.
- To control or reduce the hyperactivity of Pitta i.e. Jatharagni.
- To reinstate the Kapha upto the normal level both in quality and quantity.
- Repair and maintenance of integrity of the Rasawahi srotas.

Thus to achieved this aim treatment may be classified into following heads.

#### Sanshodhana chikitsa

- Acharya Chakrapani Dutta and Acharya Govind Das have suggested Vamana, Virechana and Basti.
- Acharya Bhavaprakash says that Langhana should be employed before Vamana and Virechana. Parinaam Shoola and Annadrava Shoola both are cured by purification of Amashaya and Pakwashaya.
- Harita advocates that Langhana, Vamana, Virechana, Anuvasana, Niruha and various types of Bastis should be employed.
- In Yoga Ratnakara, the treatment has been planned according to predominance of vitiated doshas. Snehana should be employed in Vatik type, Virechana in Paittika type, Vamana is Kaphaja type and Sneha yogas in Dwandwaja Parinama Shoola and by the combination of all the measures Tridoshaja Parinaam Shoola should be treated.
- Due to much similarity between Amlapitta and Parinaam Shoola, Raktamokshan may also be applied in the treatment of Parinaam Shoola.

#### Various drugs used in sanshodhana therapy

- 1. Niruha Basti** - Ashwagandha decoction
- 2. Anuvasana** - Pure honey and oil
- 3. Vamana** - Nimb, kaduvi tumbi, patolapatra, karaila, priyangu, mocharasa, mulethi and madanaphala etc. + with milk or ikshurasa.

4. **Virechana** - Danti, nishotha, anantamoola, amalataas, kutki and shunthi + castor oil.

#### Sanshaman chikitsa

1. Avaleha – Narikelamrit, Chatusham leha, Lauhadi leha.
2. Bhasma – Erandadi bhasma, Lauha bhasma, Shambooka bhasma, Tamra Bhasma.
3. Churna – Akshadi churna, Saktu prayoga, Yawanyadi churna, Avipattikar churna, Kalaya churna, Pathyadi yoga, Krishana Abhaya churna, Shankha churna.
4. Ghrita – Pippali ghrita, Pippalyadi yoga, Beeja pooradya ghrita.
5. Gutika/Vati – Hingwadi vati, Kalaya gutika, Tiladi gutika, Loha gutika, Shambookadi gutika, Shoolavajrini vati, Shankha rasa gutika, Kshudavati gutika.
6. Guda – Taramandoor guda, Tiladi guda.
7. Guggulu – Ayo guggulu.
8. Kalka – Nagaradi kalka, Vishnukranta kalka, Sunthi kalka, Sunthayadi kalka.
9. Kashaya – Patoladi Kashaya.
10. Kshara – Erandadi kshara, Chinchka kshara, Narikela kshara, Kshara raja.
11. Lauha – Lauha churna, Lauha bhasma, Mandoor bhasma, Krishnadi lauham, Chatusma lauham, Triphala lauha, Dhatri lauha, Pathyadi lauham, Loha gutika, Vaishwanar lauha, Saptamrita lauha, Shambookadi lauha, Shoola raj lauha.
12. Lavana – Narikela lavana.
13. Mandoor – Koladi mandoor, Guda mandoor, Chavikadi mandoor, Ras mandoor, Shatavari mandoor, Vrihat Shatavari, Kshir Mandoor, Punarnavadi Mandoor, Vrihaat Trayushanadi Mandoor.
14. Modaka – Vidangaadi modaka, Chitrakadi modaka.
15. Rasaushadi – Trinetra Rasa, Tripura Bhirava, Bhaskar Amrit bhasma, Vidhya Dharobhra Rasa, Shoola Dawanala Rasa, Shoola Gaja Kesari, Shoolantaka Rasa, Shoola Shekhar.
16. Taila – Shoola Gajendra taila.
17. Kajjali – Shatavari kajjali.
18. Kshara – Erandadi kshara.

#### Nidana parivarjana

1. **Ahara** - Food stuffs possessing Lavana, Amala, Ushna, Tikshna and Vidahi properties should be avoided. e.g. Alcohol, tobacco, cigarettes, opium, garlic and onion.
2. **Interdiction of Vidahi dravyas** - Alcohol, pickles, mustard etc.
3. **Prohibition of Vata prakopaka ahara.**

#### Samprapti vighatana

**Restoration of Shleshma to its original site** - can be achieved by employing Kapha vardhaka ahara, vihara, therefore milk, ghee, etc, should be given to the patient. Shleshma increases after food, so frequent snacks are

indicated. Mental rest, sleep and rest after meal, contributed in increasing the shleshma.

**Conquering Vata** - Vata shamaka foods, drugs and habits should be encouraged. Suppression of natural urges is the main cause of vitiation of Vata. Therefore, the excretory impulses of body should not be delayed on any ground or excuse. Pakwashaya is the site of Vata, so, Basti should be used to clear it. Mild drugs such as castor oil, isabgol, roughage and sufficient diet should be taken to achieve this goal.

**Sanshamana of Pitta** - Pitta is the most potent factor. So, this should be subdued by Pitta shamaka drugs, diet and Virechana. Virechana is the best method to achieve this goal and ghee and milk are used for this purpose.

**Correction of Raswaha Shroto Dushti** - This can be achieved by light diet, rest and mental calmness. Proper rest and sleep is essential for this purpose. Abhishyandi foods are contraindicated in Parinaam Shoola.

**Prevention of recurrence** - A man whose mind, speech and actions are fair, whose mind is under control, who is established in knowledge and yoga, is not haunted by disease.

#### Pathya

1. Ahar dravya- cream, milk, curd, cow's ghee, coconut oil, saktoo, mulethi, barley mater.
2. Rasa- Tikta, madhura, kashaya.
3. Vihara- Morning walk, mental and physical rest.
4. Mental:- Achaar rasayana, yoga therapy and measures producing tranquility of mind.

#### Apathya

1. Ahar dravya- Pulses, alcohol, kanji, tila, taking food during indigestion (ajeerna), lemon.
2. Rasa- Amala, lawana and katu.
3. Vihara- Excessive sexual acts, sun-rays, heavy exercise and vega rodha.
4. Mental - Anxiety and tension, quarrel and rancor, unquenchable desires, anger and sorrow etc.

#### DISCUSSION

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 is Parinaam shoola (duodenal ulcer).

Shaman Aushadis having Vatanulomana, Pittasaraka, Deepan, Pachan, Udarshool Nashak properties are excellent for Parinaam shoola. Since Vata is the most predominant and most potent factor in initiating and maintaining the pathogenesis of Parinaam Shoola, so Vatanulomana property might probably helped in disease regression. Pitta dosha is also taken as the predominant Dosha in Parinaam Shoola, so we can say that Pittasarak property might help in removing Saam Pitta. It is a

Rasaja Vyadhi, Langhan is one of the treatments of Rasaja vyadhi. Ingestion of Pachak Aushdhi comes under the process of Langhan. Deepan activity might help in stimulating the appetite. Udar Shoola Shamak properties of drugs might be beneficial in shoola.

Thus we summarize that the measures are useful in the management of Parinaam Shoola are Snehana, Swedana, Langhana, Vamana, Virechana, Niruha, Anuvasana Bastis, Rakta mokshna etc.

## CONCLUSION

It can be concluded that Annavaha stoatas dusti and Agni dusti plays a major role in causation of this disease. Thus the approach of Ayurveda in this field is essentially preventive, curative and the medicines can be provided permanent and better cure for the disease.

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