



Case Study

THE AYURVEDIC MANAGEMENT OF VATAJA GULMA

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ABSTRACT

Gulma is the disease described specifically among eight diseases in *Nidana sthana* of *Charak Samhita*. Although, the symptoms are commonly found in patients, still diagnosis of *Gulma* is rarely made. The disease has itself so many variations in their symptoms that they cause confusion in diagnosis. But on careful examination and proper knowledge of the disease, it is found that so many people suffer from the disease. This is the reason why our *Samhitakaras* have given so much attention to it. An attempt has been made to properly manage *Vataja Gulma* through Ayurvedic system of medicine. **Case:** Present case study deals with a male patient of age 25 years, suffering from on and off pain all over the abdomen and chronic constipation. **Treatment:** Patient is treated with *Dipana*, *Pachana*, external *Abhyanga* and *Sarvanga Swedana*, *Shodhana* through *Virechana* after 7 days internal *Snehapana* and lastly *Shamana* drugs are given. **Results:** After treatment, patient got significant relief from the pain and easy bowel evacuation with no recurrence thereafter. **Conclusion:** From the above study it can be concluded that *Vataja Gulma* can be managed successfully.

INTRODUCTION

Gulma has been known to mainly affect gastro intestinal tract. Since the symptoms widely changes according to predominance in *Doshas*, treatment also changes accordingly. But one thing that remains common is the *Agni* (digestive fire).^[1] There is a significant relation between *Gulma* and *Jatharagni*. If *Mandagni* occurs, *Gulma* progressively increases and with the increase in *Agni*, *Gulma* decreases. Thus, any factor that can alter the *Agni* like excessive eating or fasting etc. can alter the *Gulma* symptoms significantly. ^[2] In *Vataja Gulma*, the intensity, frequency and even location of pain changes all over the abdomen. This is considered to be the cardinal symptom of *Vataja Gulma*.^[3] *Vata* aggravating causative factors provoke *Vata* in GIT & becomes hard due to its dry nature and produces round lump and cause pain in the heart, abdomen, both lateral sides or the whole abdomen, hence *Vatashamak Chikitsa* is the choice.^[4]

It is mentioned that *Snehana* and *Swedana* should be done firstly not only in *Vataja Gulma* but also in any type of other *Gulma*. *Snehana* involves both external application and internal intake of *Sneha* or *Sneha Basti Siddha* with *Vatashamak* medicines and *Swedana* involves either local medicated steam like *Nadi Swedana* or *Sarvanga Swedana*.^[5] It is clearly mentioned in our classics that if *Gulma* appears above the umbilicus, then *Snehapana* is beneficial and if below the umbilicus, then *Sneha Basti* is beneficial and if symptom occurs both above and below the umbilicus, then both are beneficial to be used. ^[6] Thus, it can be said that *Brumhan Chikitsa* is the key of *Vataja Gulma* treatment and^[7] if it is done again and again, then patient get very good result.

AIM AND OBJECTIVES

To evaluate the effect of Ayurvedic treatment in *Vataja Gulma*.

Case Report

It is a single case study.

Informed consent was taken from the patient in his own language.

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Patient Details

A 24 Years old male patient reported at Panchakarma OPD of Government Ayurvedic Hospital, Patna. The case details of which has been discussed here-

Marital Status- Unmarried

Religion- Hindu

Occupation- Student

Address- Madhubani, Bihar

Chief Complaints

On and off pain in abdomen with change in intensity and location of pain for 3 months.

Associated Complaints

- Pain in chest region for 3 months.
- Reduced appetite, constipation and excessive gas formation for 4 months.

History of Present Illness

Patient was apparently normal 4 years back. Gradually he started feeling pain in abdomen on and off with change in intensity and location all over the abdomen.

His appetite gets reduced, excessive gas formation and difficulty in getting rid of it. He started feeling constipated and faced difficulty in passing stool. The symptoms were progressive in nature and from last 3 months, the problem started affecting his day-to-day life. He took allopathic medicines but got only temporary relief. To get proper treatment, he consulted the Panchakarma OPD of GACH, Patna, where he was diagnosed as a patient of *Vataja Gulma* with initial *Sama* condition.

Past History

- H/O eye dryness
- H/O crepitus found in left leg
- No H/O hypertension, diabetes mellitus 2, thyroid disorders etc.
- No H/O any surgery

Family History

No significant family history.

Personal History

Aahar- Mixed diet mainly *Katu*, *Lavana* and *Amla Rasa*

Vihar- Preparation of government job leads to irregular hours of sleep and stress.

Appetite- Low

Bowel- Hard and incomplete stool evacuation.

Micturition- Normal

Addiction- Tea and coffee 2-3 times a day.

Sleep- 6 hours of sleep after 2:00 A.M

General Examination

Blood pressure-140/80 mm of Hg

Pulse rate-80/min

Respiratory rate-20/min

Height-5 feet 7 inches

Weight- 68 kg

Temperature- Afebrile

Lymphadenopathy- Absent

Pallor- Absent

Icterus- Absent

Clubbing- Absent

Cyanosis- Absent

Systemic Examination

Respiratory system- Centrally placed trachea, normal breathing sounds and airway entry.

Cardiovascular system - S1S2 normal, no murmur.

Per abdomen- Slightly hard in touch and tender in epigastric region.

Central nervous system- Fully conscious and well oriented to time, place and person. All cranial nerves are intact.

Musculo-Skeletal System

Gait- Normal

Upper limbs - Normal

Lower limbs- Normal

Redness and warmth- Slight warmth in epigastric region

Weakness- Absent

Swelling- Absent

Deformity- Absent

Abdominal Examination

Inspection- Shape and movement normal, slight distension present, no prominent veins or visible peristalsis present.

Palpation- Slight tenderness present in umbilical region, no palpable mass present, no involuntary guarding present.

Percussion- Resonant sound present.

Auscultation- Bowel sounds present.

Assessments**Ashtavidha Pariksha**

Nadi- Sama

Mutra- Prakrita

Mala- Saama evum kathin (*Krura Koshtha*)

Jinhwa- Nirlipta

Shabd- Prakrita

Sparsh- Samshitoshna

Druka- Prakrita

Aakriti- Madhyama

Dashavidha Pariksha

Prakriti-Kapha- Pittaja

Vikriti- Madyama

Saara- Madhyama
 Samhanana- Madhyama
 Pramana- Madhyama
 Satmya- Madhyama
 Satva- Madhyama
 Aahara shakti- Avara
 Vyayama shakti- Madhyama
 Vaya- Yuvavastha
Samprapti Ghataka
 Dosha- Vata Pradhan Tridosha

Dushya- Nirashraya
 Shrotasa- Mahashrotasa (Aamashaya and Pakvashaya)
 Shrotodushti- Sanga
 Agni- Mandagni
 Adhistaana- Paarshdvaya, Hridya, Naabhi, Basti
Investigations
 Ultrasonography of whole abdomen.
Final Diagnosis
 Vataja Gulma

Therapeutic Intervention

Process	Drugs	Duration
Deepana-Pachana	Dhanyak- Shunthi medicated water Panchakola Phant (50ml twice)	7 days
Bahya Abhyanga (external oleation)	Mahanarayan Tailam	7 days
Nadi Swedana (sudation)	Dashamool Kwath	7 days
Abhyantar Snehapana (internal oleation)	Indukantam Ghritam (30ml, 60ml, 90ml, 120ml, 150ml, 180ml, 210ml) on 7 consecutive days.	7days
Bahya Abhyanga and Swedana	Mahanarayana taila Dashmool Kwath Nadi Sweda	2 days
Virechana	Trivrita Leha (40gm) with Triphala Kwath each 10gm Haritaki, Bibhitaki and Aamalaki	1 day
Vega	21(Madhyama Shuddhi)	
Samsarjana Krama (a diet regimen after panchakarma for improving digestion)	Peya-2 Annakala Vilepi- 2 Annakala Yusha- 2 Annakala (Akrita and Krita) Krishara- 2 Annakala *Annakala- 1 evening and 1 another day morning diet.	5 days
Shamana drugs	1. Hinguadi Churna (just before food intake) 2. Lashunaadi Kshira Paka 3. Dashamool Kwath 4. Pippalyadi Ghruta	45 days

Assessment Criteria (Grading)

Nature of pain in abdomen

No- 0
 Mild- 1
 Moderate- 2
 Severe- 3

Nature of discomfort in chest

No- 0
 Mild- 1
 Moderate- 2
 Severe-3

Frequency in symptoms recurrence

No recurrence- 0

Once a month- 1

Once a week- 2

Once a day- 3

> Once a day- 4

Nature of bowel evacuation

Complete evacuation with normal consistency- 0
 Incomplete evacuation with normal consistency- 1
 Incomplete evacuation with hard consistency- 2
 Extreme difficulty to pass out due to hard consistency- 3

Nature of Agni (Jarana Shakti and Abhyawarana Shakti)

Good appetite and can digest any food stuff easily- 0

Appetite but only simple food stuff can be digested- 1

Extremely low appetite- 3

Appetite but difficulty in digesting any food stuff- 2

RESULTS

S.No	Symptoms	Before Treatment	After Treatment
1.	Pain in abdomen	2	0
2.	Chest discomfort	2	0
3.	Pain frequency	3	0
4.	Bowel evacuation	2	0
5.	<i>Agni</i>	2	0

DISCUSSION

Though *Gulma* mainly depends on *Agni* and *Agni Mandya* affects food digestion and produce *Aam Rasa*. That's why the first choice of treatment should be *Agni Vardhana* and *Aam Pachak Chikitsa*.

Dhanyak Shunthi medicated water acts through *Vatanulomana*, *Aam Pachana* and *Agni Vardhana*.^[8]

It contains *Pippali*, *Pippalimool*, *Chavya*, *Chitraka* and *Shotha*. They all are *Deepana* in nature and thus used to increase appetite.

After *Aam Pachana* and *Agnivardhana*, *Brumhana* and *Vatanulomana Chikitsa* is done.

Brumhana and *Vatanulomana Chikitsa* is done by external application of *Mahanarayana Taila* on whole body and *Nadi Swedana* by *Dashmool Kwatha* all over the body.^[9]

Maha Narayana Taila- It mainly contains ingredients that are *Vata* pacifying and *Brumhana* in nature like *Erandamool*, *Shaalparni*, *Prushnaparni*, *Punarnava*, *Devadaru*, *Sahachara*, *Saalparni*, *Ashwagandha*, *Triphala*, *Chandana*, *Jatamansi* etc. Thus, very beneficial in pacifying *Vataja Gulma*.^[10]

Dashmool Kwath - *Nadi Swedana* is considered to be best in *Vata Roga* also, *Dashmool* is considered to have best *Vata* pacifying properties. Thus, considered best for *Vataja Gulma*.

After Vatanulomana Shodhana Chikitsa is done

Patient is asked to taken^[11] *Indukantam Ghrita* for 7 days in *Aaraohan Krama* in early morning (during *Kapha Kaal*) after *Koshtha Pariksha* (*Krura Koshtha* is found). After examining *Samyak Snigdha Lakshana* in patient, *Snehapana* is stopped. *Snehapana* makes *Dosha Mrudu* and loose. Patient is then told to take rest for 2 days and take easily digestible semi solid food like *Mudga Daal Krushra* not too *Abhishyandi* nor too *Ruksha*. External *Abhyanga* and *Swedana* is done on these 2 days both in morning and evening. This liquifies the *Dosha* and brings it to the *Koshtha* from *Saakha*. On 2nd day, at evening time patient is told to take *Pitta Vardhaka Aahara* like tomato soup in order to ease next day *Virechana process*. On 3rd day, after analysing for better sleep and proper bowel evacuation

of patient. *Virechana* drug is given to patient in empty stomach in *Pitta Kaala*, care should be taken that Patient is not hungry otherwise drug get digested. 30 gm *Trivrita Avaleha* is given with 50ml *Triphala Kwath*. Lastly, *Shamana* medicines are given-^[12] *Hinguadi Churna*- It mainly contains *Ghruta Bhrista Hingu*, *Shonth*, *Pippali*, *Marich*, *Ajmoda*, *Jeeraka*, *Khsar*, *Saindhava Lavana* etc. They are excellent *Vata* pacifier and *Deepana Pachaka*, should be taken before food with lukewarm water.^[13]

Lashuna Ksheerapaka- 50gm *Lasuna* paste should be boiled in 4 times milk and 4 times water and when whole water burns out, it is taken. Although, it is contradictory to use milk *Lashuna* together but together they work best in pacifying *Vataja Gulma*.^[14] **Pippalyadi Ghrita-** It contains mainly medicated *Goghrita siddha* with *Pippali*, *Dadim*, *Dhanyak*, *Sunthi* etc. *Abyantarpana* of this *Ghruta* in morning empty stomach when patient feel hungry help in elimination of *Vataja Gulma*.^[15]

Dashmool Kwatha- When it is mixed with *Kshar* and *Saindhava Lavana* works best in eliminating *Vataja Gulma*.

CONCLUSION

Shool (pain) is the characteristic feature in *Gulma* all over the abdomen and it is believed that any type of pain can't occur without the presence of *Vata*. Also, due to wrong food habits and sedentary lifestyle *Agnimandya* occurs. These two get associated to produce *Gulma Samprapti*. Thus, *Agnideepana*, *Aampachana* and *Vatanulomana Chikitsa* become the basis of the treatment. From the above study, it can be concluded that it is not necessary to find modern term for all the disease mentioned in Ayurveda. *Doshas* are the main principle of Ayurveda. Provoked *Doshas* show symptoms and thereby their treatment should be done accordingly. There are many patients who suffer from *Gulma* but due to confusion, *Gulma* diagnosis is rarely made. The patient got significant relief after the therapy and the symptoms didn't appear during follow ups and even after. The result of this one case study

has given a lot of optimism, hope, confidence and options regarding *Vataja Gulma* management through Ayurveda.

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