RESEARCH ARTICLE

CONCEPTUAL STUDY OF AYURVEDIC APPROACH IN THE MANAGEMENT OF UDAR

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ABSTRACT

Most common manifestation of liver dysfunction is Ascites and most common cause of Ascites inspite of advance medical facilities still there is no sure treatment which cure patient of Ascites totally. The modern treatments only provide provisional relief with time dependent recurrence but the fluid gets collected in the abdominal cavity repeatedly. In such a cases, Ayurvedic treatment gives relief without any side effects. Ayurvedic management with drugs such as provocation of digestion daily therapeutic purgation, stimulant for hepatic function and only milk diet that acts on root of pathogenesis of Ascites and by breaking down of pathogenesis gives good result in the management of Udar (Ascites). In the developed world, the most common cause of Ascites is liver cirrhosis. Other causes include cancer, heart failure, tuberculosis, pancreatitis and blockage of hepatic vein. In cirrhosis, underlined mechanism involved high blood pressure in the portal system and dysfunction of blood vessels. The outlook for people with Ascites primarily depend on its underlying cause and severity. In general the prognosis of malignant Ascites is pure. Most cases have mean survival time between 20 to 58 weeks, depending on the type of malignancy. In this article we have discuss different Acharyas treatment according to Ayurvedic point of view.

INTRODUCTION

This is interesting statement regarding Jalodar found in Charak Samhita. If one not doing the treatment then patient will die and even we do treatment then also patient will die. Udar (Ascites) is such kind of disease. Jalodar is generalized abdominal enlargement. Mandagni (poor appetite), Doshati sanchaya (collection of toxic substance in body), Paap Karma (bad nature) are main causes of Udar describe in Ashtanga hrudaya Nidansthan. In Charak samhita Pran- Apan- Agni dushi are main pathology of Udar is described. In modern science we can correlate it with Ascites. The word Ascites is of Greek origin (askos) and mears bag or sacacities describe the condition of pathological fluid collection within the abdominal cavity. Among Tridosha the prakupita vata (aggravated vata) gets accumulated in Udar between Twaka (skin) and Mansa (muscles) leading to shotha (swelling) this is being termed as Udararoga. Vitiation of vatadi doshas causes strotasavarodha which causes Udararog. There are 8 types of Udar vyadhi explain in Charak as well as Sushrut Samhita - Vata pittaj kaphaj, sannipatj, Yukrutodar, badhodar, kshatodar, Dakodar. Ascites is the most common complication in patients with cirrhosis.

It can lead to several life threatening complications resulting in poor term survival outcome. Today’s lifestyle is also one of the cause of increase in Ascites patients, like- drinking too much alcohol, increase in weight, loss of exercise, increase salt intake. In India, cirrhosis of liver is the most common cause of Ascites (55%). Male constitutes predominant number of patients due to sociocultural reasons of liquor consumption. Udar is Kruchadhya vyadhi according to Charak and Sushruta Samhita. Ascites is when there is an accumulation of free fluid in the peritoneal cavity. Large amount of fluids more than one liter is accumulated in the peritoneal cavity. The symptoms includes,

METHODS AND MATERIAL

Data is collected from various websites PubMed, Google scholar, Charak Samhita, Sushruta Samhita, Vagbhata Grantha, various articles and published papers.

Samprapti:

Vata- Praan,Agni(samaan),Apaan
Dushya-Ras Dhatu
Srotas sudhti- Ambuwah and swedwah srotas.

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Hetu Sevan
Agnimanda- vata prakop
Anotpatti
Udaka vaha and swedavaha strotasavrodha
Jatharagni, apan vayu, Prana vayu Dushti
Viguunavayu dwara upsnehan nyayane
Annaras Sravan
Annaras sanchay
Udar Rog

DISCUSSION

A. Nidan Parivarjana (Avoid causative factors): For this diet and water intake was restricted and patient kept only on milk.

B. Agnidipti (provocation of digestion): Mandagni is the chief factor in any type of Udararog. For Agnidipti trikatu charcoal, shivakshar panchan churna used in Udar. It enhances Agni and helps in samrapti vighatana 4

C. Apyam Doshaharanam and Srotoshodhan (removing the accumulated fluid): Trivrittavleha used for srotoshodhan by its Ushna (Hot), Tikshna (sharp), Ruksh (dry) Guna. It removes Strotasanga (obstruction) of channels and helps in samrapti vighatana (breakdown of pathogenesis) simultaneously it remove Apya dosha (water retention also) 12

D. Nitya virechan- Chikitsa Sutra of Udar is Nitya Virechan: To break up the sanga of all dosha Virechan is necessary. Liver is the the mula sthan of rakt. Rakta-pitta has Ashraya-Ashrayi sambandh. Purgation is the best treatment for elimination of vitiated Pitta dosha. Virechan also decreases abdominal girth and edema by decreasing fluid in the abdominal cavity 13

Treatment according to various Acharyas

A. Charak samhita

Shodhan chikitsa: There are 3 main factor in developing Udar - DoshABOUT Sanchay, Mala Sanchay and Strotorodha. 'Virechan' is the best treatment described in Charak samhita in Sampraptibhag of Udar. For Strotorodha and accumulation of fluid in abdominal cavity. 'Tikshna Virechan' used in Udar. Virechan decrease abdominal girth as well as fluid in the abdominal cavity. Pattabandh treatment is used in Udar and for these Arkapatra is used. Due to its Ushna, Tikshna guna it decreases Strotorodha in Udar. It is also called as a type of Anagni Sweda.

Shaman chikitsa: Agnimanda is main factor for developing Udar. In Udar Rog daily milk diet is advised for Virechan. In Udar first six month daily milk and next 3 months milk as and Lavanvirahit Peya is advised. Next 3 month rice and milk is advised.14

Arogyavardhini Vati : Vati is known for its benefits especially to the liver. It maintains the liver function and promotes balance as well as a healthy digestive system. Its main content is kutaki acts as a Pitta Virechan and acts on Yakrata

Punarnavani kwatha and punarnavadi mandura15

It also reduces shotha (swelling). It corrects Pandu and Shwas.

B. Sushruta samhita: In Sushrut samhita tapping process is described for or treatment of Udar. Trocar and cannula are used for tapping. The bladder having been emptied and anesthesia is injected at the area selected usually midline just above the public pelvis and the trocar is inserted in the abdominal cavity fluid escaped trocar is drawn and incision closed and sealed with dressing. A tight wide binder must be applied.16

C. Vagbhata samhita: Cow urine and castor oil is used along with milk. Buffalo and cow urine is also described for treatment of Udar. Camel and cow milk is also described. Castor oil is a mixture of triglycerides consisting of mainly ricinolein, linoleic acid, oleic acid, palmitic acid. Ricinoleic acid acts as an anionic surfactant that reduces net absorption of Fluids and electrolytes and stimulates intestinal peristalsis17.

D.Bhayaprakash Nighantu: Gomutra is used in the treatment of Ascites. Tikshna, Ushna guna of mutra enhances agni. By its ushna, tikshna and ruksha guna it removes strotosang of channels and helps in samrapti vighatana. Simultaneously, there is removal of aapya dosha (water retention) also18.

E. Sharangdhur Samhita: Abhayadi modak is also used for treatment of Ascites 19. It contains Jamalharitaki, ghota, amalaki and nishoth that have laxative effects, therefore it used in Ascites for purpose of purgation19.

Conclusion

Daily Therapeutic purgation, diet restriction and Ayurvedic medicines are used in the symptoms of Udar. Abdominal girth, pedal edema, shotha are reduced with the help of Ayurvedic medicines. In the treatment of Udar daily milk diet along with Ayurvedic medicines shows better results without any side effects. Udar has limitation in other pathies. Ayurvedic management of Udar is one of the most effective therapy.

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