A STUDY ON THE PROSPECTS OF AYURVEDIC THERAPY IN THE MANAGEMENT OF GASTROENTERITIS

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ABSTRACT
Gastroenteritis is a very common medical condition distressing life. Though it is not a fatal condition but mismanagement may produce serious consequences. Management of Gastroenteritis by conventional medicines is essential as well as life saving in acute and fatal condition but the complication of Gastroenteritis as well as disturbance of gastric flora by antibiotics is sometime causing patient trouble more than disease itself. Sometime patient have irregular bowel habit even for more than six months. If such patients give additional support of Ayurvedic medicines complication as well as toxic effects of conventional therapies can be minimized. The objective of this paper is to make readers aware about general management of gastroenteritis with the help of common and easily available Ayurvedic medicines.

Keywords: Gastroenteritis, Visuchika, Ayurveda

INTRODUCTION
Gastroenteritis is inflammation of the gastrointestinal tract, involving the stomach, intestines, or both; Gastroenteritis is frequently termed "stomach flu" or "gastric flu" because the most frequent cause of gastroenteritis is viral. However influenza viruses (flu viruses) do not cause gastroenteritis. Gastroenteritis can present as disease as well as symptom of other disease which further complicates its management.

Management of gastroenteritis in Ayurveda
According to Acharaya Charaka\(^1\) a wise physician should first examine the specific characters of diseases and then take up the treatment only in case of curable diseases. A skillful physician always acts after careful examination\(^2\). Thus before discussing the management of Gastroenteritis, the pathophysiological aspect of disease as describe in Ayurveda should study.

Concept of gastroenteritis in Ayurveda
On the basis of chief sign and symptoms present in Gastroenteritis i.e. Vomiting and Diarrhea it can be correlate with Visucika, a disease describe elaborately in all the Ayurvedic texts. Visucika is described both as a disease and as a symptom in Ayurveda. The expulsion of undigested food either through upper or lower channels of the alimentary canal is known as Visucika\(^3\). Visuchika is Amapradoshaja Vyadhi as described by Acharaya Caraka\(^4\).

What is Visuchika?
Clinical condition where in aggravated Vata, because of severe Ajirna (indigestion) produces pricking type of pain in body parts is called Visuchika\(^5\). The disease which indicates various possible complications is known as Visuchika. Visuchika and
Alasaka are Amapradosha diseases. According to Acharya Charaka Chyme disorder can be divided into two classes viz., acute alimentary irritation (Visucika) and intestinal torpor (Alasaka). Visucika is a condition in which vitiated Agni causes over-affection of Ama leading to expulsion of Doshas though both upper and lower passage.

**Concept of ama and its role in pathogenesis of Visucika**

The term Ama in ordinary parlance means unripe, uncooked, immature and undigested. In the context of medicine this term rears to event that follows and factors which arises as a consequence of the impaired functioning of Kayaagani. According to Vagbhata “due to hypo functioning of Ushma (agni) the first Dhatu viz. the Rasa or Chyme, is not properly formed. Instead, the Annarasa undergoes fermentation and or putrefaction (dushta) being retained in the Amashaya. The Agni, impairment which may be brought about by abstinence from food, indigestion, overeating, irregular diet habits, indulgence of incompatible articles of food, the consumption of cold substances: mal effect of Virechana, Yamana, Snehana, the wasting of tissues which follows in the wake of diseases: allergic states, change in climate, season, and the suppression of natural urges, fail to digest even the most easily digestible light food. Thus the undigested food attains Shuktatwa (fermentation), leading to the onset of toxic states. Further Acharya told that Anna visha is a serious toxic condition comparable only to acute state of poisoning. The symptoms of such type of indigestion are intestinal stasis (Alasaka), vomiting and dysentery (Visuchika), headache, fainting, giddiness, body ache, thirst, fever, anorexia etc. This Anna visha when combine with Vatadi Doshas produces different diseases. Ama is said to be the root cause of every disease in Ayurveda, Amavisha (Food toxins/ indigested food antigens) which is intensely toxic may endanger life and as line of treatment of Amadosha and Visha are of opposite kind; the former has to be treated as one of the fatal prognosis. Acharya Charaka clearly mentioned that it is not only the dietary habit or changes in dietary habit that can cause indigestion the psychological status of the person also play a very important in Ama production. Dietic indiscretions and emotional stress both is equally provider for Ama genesis. Acute disorders of the alimentary system due to Ama may take the one or the other of following forms:

- **Nidana Sevana**
- **Agnimandaya**
- **Ama**
  - **Amajirana**
  - **Visuchika**
  (acute gastroenteritis)
  - **Vidagdhajirana**
  - **Vilambika**
  (gastrointestinal stasis)
  - **Vistabdhajirana**
  - **Alasaka**
  (meteorism)
Visuchika as a disease
Samparapti

The aggravated doshas affect the undigested food and get mixed up with it. This combination obstructs a part of stomach and rapidly moves through upward and downward tracts separately to produce Visuchika as per involvement of particular dosha. Vata: produces colic pain, malaise, dryness of mouth, fainting, giddiness, irregular power of digestion, rigidity of sides, back and waist and contraction and hardening of vessels. Pitta: causes fever, diarrhea, internal burning sensation, thirst, intoxication, giddiness etc. Kapha: causes vomiting, anorexia, indigestion etc.

Symptoms:
“Murchatisara vamathu” i.e. fainting, diarrhea, vomiting, thirst, abdominal pain, giddiness, rigidity of extremities, more of yawning, burning sensation, shivering, pain in heart reason, and headache are the symptoms and sign of Visuchika.

Types of Visuchika

<table>
<thead>
<tr>
<th>Visuchika</th>
<th>Vataj</th>
<th>Pittaj</th>
<th>Kaphaj</th>
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<tr>
<td>I.</td>
<td>Uradhamarga</td>
<td>Adhomarga</td>
<td>Ubhaya marga</td>
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<td>II.</td>
<td>Visuchik Upadarva:</td>
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<td></td>
<td>• Nidranasha (loss of sleep)</td>
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<td>• Arati (restlessness)</td>
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<td>• Kampa (Sheivering)</td>
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<td>• Mutraghata (Anuria)</td>
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<td>• Visamangata (Coma)</td>
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Clinical presentation of disease
A patient of age 35 year being housewife by occupation and living at Samneghata, Varanasi comes with the following chief complaints; Vomiting with watery stool -2 days, Pain in abdomen - 3 days, Excessive weakness -2 days, No H/O bloody stool, alternate diarrhea and constipation, tenesmus, mucous discharge in stool, No past H/O DM, HTN, BA, T.B.

General Physical Examination
Pallor +, Odema –ve, Lymphadenopathy -ve, Cynosis –ve, Clubbing –ve, Icterus –ve, Temperature- Afebrile, B.P = 100/60mmHg, P/R= 102/min, RR.= 20/mins

Systemic Examination
CNS: patient is well oriented with normal higher functions, Reflexes are B/L depressed, Muscle Power= N (B/L), Muscle Nutrition= N, Co-ordination= well co-ordinate motor function, no sensory loss.

CVS: Tachycardia with no abnormal sound.

Respiratory System: B/L normal air entry with no added sound heard.

GIT: Paraumblical mild tenderness with no organomegaly, guarding or rigidity, fluid thrill.

Investigations carried out
• Routine blood test: TLC= 8900/cumm, N75; L35; M02; E02; B05; Hbgm%=8.6gm/dl, PLT= 2lakh/cumm.
• RBS= 70gm/dl
• LFT: Total Bilirubin= 1mg/dl, SGOT= 46U/L, SGPT= 28U/L, Total Protein= 6.8 gm/dl.
• RFT: S. Creatanine= 0.8mg/dl, Urea= 40mg/dl, Sodium =148mmol/l, Potassium=2.8mmol/l.
• Urine (Routine and Microscopic) test =Normal.
• Stool Examination: No ova, cyst or occult blood.
Diagnosis

On the basis of clinical sign and symptoms the above case diagnosed as Acute Viral Gastroenteritis and according to Ayurvedic point of view as Visucika (Patient had given the H/O food intake in a marriage party 3 days before after which she develops the above symptoms thus it is Asanchayajanya Amaja Vyadhi i.e. Kosthagata Ama avastha).

Management of visucika through ayurvedic measures

_Cikitsa Yojana_ (Treatment Protocol):

_Nidana Parivarjana:_ Since Visucika is an Amaprodosaja disease Laghana/Apatarpana (Lightening therapy/reducing therapy) is suitable line of treatment but should be used vigilantly after judging patients power (bala). Amapachana, Agnideepana drugs are the important therapeutic agents indicated in Visucika.

_Visesha Chikitsa of Visucika:_

_Langhanam_ followed by Samsarjan Krma (advised after Virechana Karma) should be adopted in the treatment of Visuchika. _Pippali_ and _Lavana_ added water should be given as drink to induce _Vaman_ (emesis) and after _Vaman_ – _ervedana_ and _Phalavarti_ is indicated. Caution: Rehydration should be started at once to prevent dehydration and other complications. Moreover _Sansodhana_ therapy should be used only in that patient who do not have much water loss, young, and can endure the _Sansodhana_ Aushadhi.

_Aushadha Yojana_ (Drug treatment):

In acute Gastroenteritis (Visucika), if the patient is able to take medicine orally then following drug should be given:

- **Sanjivini vati** -1(125mg) tab every 3hour alternate with _Lahsunadi Vati_ - 2 tab (125mg) in Nimbu swarasa.
- A combination of _Swarnagairika + Amritadhara+ Mishri_ is beneficial in Pattika Prakriti patient.
- _Pudina Arka/ Soupha Arka_ 2-4 drops can be given 3-4 times.
- If the patient has abdominal pain then _Mahasankha Vati_ (250mg) twice can be given.
- A decoction of _Nagarmotha+ Kutaja+ Bilva+ Sunits +Ativisha_ can be used for Amopachana.
- _Kutaja-_ _Bilva panaka_ or _Bilvavleha_ can be given for Stambana of Atimala pravritti.
- Simultaneously Rehydration therapy should be continued to avoid Dehydration and its complication.

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