Medical emergency is the state that needs possible immediate care from physician, nurse or any nearby persons who deal with that condition by his intellectual awareness and wisdom. These activities may include any procedure, drug administration or surgery that required for the maintenance of ABCD in emergency i.e. A-(Airway), B-(Breathing), C-(Circulation) and D-(Deformities). These types of medical emergencies can be caused due to various alertness in the body like acid-base imbalance, disturbed homeostasis, endocrinal crises, environmental fluctuations, infections and accidental injuries The medical system of India Ayurveda emphasized that mankind should be relieve from diseases. However ayurveda has paid great attention towards the concept of prevention than cure. The conditions which are fatal and life threatening considered as emergency conditions which requires specific treatment protocol. It is a great rumour that Ayurveda doesn’t deal emergency management; on the other hand ayurveda text contains lots of diseases and conditions mentioned under “Ayatayik Avastha”. These types of therapeutic approaches termed as emergency management. The traditional text of ayurveda mentioned terms like; Vegavastha, Dhatugat avastha, Upadrava, Asadhya lakshanas, Aagantuj vyadhi, Daruna, Ashu & Agraya etc. for emergency conditions which need to be care immediately.

**KEYWORDS:** Ayurveda, Emergency, Atyayik avastha, Vegavstha, Darun, Sadya, Ashu.

**INTRODUCTION**

Ayurveda is oldest holistic systems of medical science developed 1,000 years ago in India. Ayurveda belief that wellness of mind, body and spirit resembles healthy status of an individual. The ayurveda system believes to maintain healthy physical & mental status; the treatment approaches of ayurveda for particular diseases follow specific protocol depending upon severity of diseases and prakriti of diseased person. However the primarily approach of ayurveda system resides around to manage balances of three doshas; vata, pitta and kapha for the management of any disease. Proper diet, yoga, meditation, external therapies, ayurveda formulations and use of herbs help to balance the doshas.

Ayurveda mainly implies for chronic conditions but some text of ayurveda discussed about emergency conditions. The literature of daruna and ashukari diseases need to be elaborated which respect of current scenario. Nidan, dosha and dusyahas if vitiates very strongly, rapidly and altogether then these diseases may have strong manifestations and called acute diseases or emergency. Charaka describe that Upadrava which is more troublesome conditions and occur when a diseased person affected by another disease; emergency conditions arises due to the lack of resistance power. Twaraya Jayet mentioned in ayurveda as approach of prompt treatment for management of medical emergency. There are various conditions which can be considered as medical emergencies such as; hyperthermia, intense fever, acute diarrhea, severe migraine, trauma, injury to soft tissue or brain, surgical conditions, gynecological emergencies, burns, poisoning and cardiac arrest etc.

**Management of Daruna Disease**

Jwara such as; Tandrika Sannipat Jwara, Prelapaka Sannipat Jwara, Akshapaka Sannipat Jwara, Karnika Sannipat Jwara, Teevre Sannipat Jwara, Sreetanja Sannipat Jwara and Swasa-santamaka may sometimes considered as medical emergency and needs immediate attentions. Teevra Atisara, Pakta atisara, Apkshaya, Mootraphat, Vishoochika Tamaka Shwasa, Pratata Kasa, Rakta Chhardi, Hrid upaghata, Hrid Bheda, Raktachapa Vridhhi, Paksha–Vadhya, Akshepa & apatanata, Mada, Moorcha, Sangasa, Moorcha.
Balrama, Sanyasa, Teevra Udār Shool, Adhmana, Antar Lohita and Chhidrodara are also considered as Daruma disease and sometimes require immediate care.

Ayurveda management of Epilepsy
Epilepsy is known as Apasmara in Ayurveda which involve accumulation of aggravated doshas in brain. Apasmara may be into vataja, pittaaja, kaphaja and sannipataja depending upon doshic predominance.
- Vata dosha predominance
  - Convulsions may be due to the imbalance of Vata dosha.
- Pitta dosha predominance
  - The loss of consciousness attributed to the vitiated Pitta dosha.
- Kapha dosha predominance
  - Attack for longer time with whitish foam, heaviness and cold may be associated with Kapha dosha predominance.

Herbs such as; Sankhapushpi, yastimadhu, vacha, jatamamsi, tagara, amalaki, brahmi, lashuna, kooshmanafda and vacha offers beneficial effects in the management of epilepsy.

Following formulation also recommended for the treatment of epilepsy
- Dhanadanayanadi Kashayam
- Kasturyadi Gulika
- Mahakalyanaka Kashayam
- Mahapanchagavya ghrita
- Smritisagara rasa
- Sarasvathanashra
- Mahakalyanaka ghrita
- Ashwagandharishta

Ayurveda in acute asthma
Pathologically it involves obstruction of vata movement by kapha which further vitiates prana, udaka and anna in the chest region and produces svasa which originated from the stomach. Acute asthmatic attack possess symptoms such as; non-productive cough, chest tightening, shortness of breath, coughing fits, wheezing, expectorating mucus, tachycardia and sweating. Acute asthmatic attack may also lead inflammation, damage to the lungs and general fatigue.

Cause of Asthma
- Allergens
  - Pollen, grass, skin dander, hair, dust and fog.
- Irritants
  - Cold air, sudden climatic changes, cigarette, chemical fumes, paint and scented products.
- Diet
  - Junk food, processed potatoes, beer, wine, preservatives and additives.
- Medicines
  - Aspirin and beta-blockers.

Herbs for asthma
- Bala offer bronchodilator effect.
- Gotu Kola and vasa relief pitta type asthma.
- Ephedra, thyme, pepper, ginger and cayenne help to treat kapha type asthma.
- Herbal tea of ajwain, tulsi, pepper and ginger acts as natural expectorant.
- Yashimadhu prevent airways obstruction.
- Pepper + honey + little onion juice.
- Gum of Asafetida + Honey is also useful in asthma.
- Garlic also reduces the asthmatic severity.

Ayurveda formulation for asthma
- Sitopaladi churna reduces chest congestion.
- Kantakari Avaleha reduces frequency of asthmatic attacks.
- Talisadi churna offer relief in allergic bronchitis.
- Vasarishta act as expectorant.
- Padmapatradi yoga increased peak expiratory flow rate.
- Shwasakuthar Rasa reduces obstruction.
- Swasa Sudharana helps to maintain normal respiration.

Formulation to relief childhood asthma
- Bharangyadi Avaleha
- Shirishavaleha
- Nayopayam kashaya
- Vasa Haritaki Avaleha
- Kantakari Avaleha

Ayurveda in Gynecological Emergencies
- Abrijdara
- Gharbasharva & Garbhapata
- Moodha – Garbha
- Uncontrolled labor pain

Ayurveda in Poisonous emergency
- Agni – dagdha
- Visha – peeta
- Vrischika Damsha
- Sarpa – Damsha
Management of Sannipat Jwara
An investigation study report efficacy of following quath in fever
- Pitta – Papada
- Amaltas
- Musta
- Brahmi
- Daksha
- Dashmool

Figure 2: Some Jwara which needs immediate attention.

Management of Dehydration
- Karpoor Rasa
- Lemon juice, honey with water
- Shankh bhasma to control frequency of stool.

Management of cardiac emergency
Following combination may offer relief in cardiac problems
- Hingu churna, Lavana & lemon juice.
- Hingu churna, Lavana along with other hridya aushadha.
- Hingu churna, Lavana & Gokshru Panchamula.
- Hingu churna & Bilvadi Panchamula.
- Haritaki, nagar, puskarmula, hibera & hingu.
- Decoction of kshra, matulung, shati, puskarmula, shunthi, palasha & vacha.

Ayurvedic treatment For Dengue Fever (Dandak Jwara)
Following treatment options may help to reduce severity of dengue fever:
- Shunthi churna & hinguleshwar along with hot water.
- Herbs like; tulsi, guduchi and guglu also offer relief in fever.
- Formulation such as; sudarsanam guika, amruthottaram kashayam, amrutharistam and pachanamrutham kashayam may also be used.

Management of others acute fever
Following drugs help to pacify aggravated pitta, reduces toxins and maintain body thermostat
- Praval Pithhi
- Godanti Bhasma
- Tulsi Powder
- Giloy Satva
- Tribhukirti Ras
- Shadanga Paniva
- Amritasthak Kwath
- Argavadhadi kalka
- Ananda bhariva Ras
- Sheetibhanji ras
- Kaal koot ras
- Jayamangal ras

Ayurveda management of surgical emergency & trauma:
- Nasa Sandhana: Reconstructive surgery of nose mentioned by Sushruta resembling plastic surgery.
- Karma Sandhana: Reconstructive surgeries of ear lobe caused by trauma or injury.
- Anorectal techniques: Fistulous tract such as; langalaka, ardhalingalaka, sarvatobhadrak, goitirhak & kharjurpatrak may also removed by ayurveda para-surgical procedure.
- Sutures for baddhagudo dara and chhidrodara also mentioned in Sushruta Samhita.
- Asthisandhi bhagna chikitsa for the management of fracture/displacement of bones.

Table 1: Some surgical emergencies.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Diseases may need surgical interventions</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Sadhovrana</td>
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<tr>
<td>2</td>
<td>Anorectal disorders</td>
</tr>
<tr>
<td>3</td>
<td>Bhagna</td>
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<td>4</td>
<td>Nasa Krimi</td>
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<td>5</td>
<td>Adhimantha</td>
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<td>6</td>
<td>Antra-Vriddhi</td>
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<td>7</td>
<td>Visarpas</td>
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<td>8</td>
<td>Agantu</td>
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</tbody>
</table>

Ayurveda procedure for management of poisoning
- Arishtha/Venikabandhana
- Uktartana
- Nishpeedamam
- Chushana
- Agnkarma
- Parisheka
- Avagahana
- Raktamokshan
- Vamana
- Virechana
- Upadhana:
- Anjana
- Prativisha
REFERENCES