

EFFECTIVE APPLICATION OF LANGHAN CHIKITSA WITH PATYADI CHURNA AND MASTHU AS ANUPANA IN AMAJIRNA – A CASE STUDY**Vd. Ravindra G. Shelke^{1*} and Vd. Pradeep S. Pawar²**¹IInd Year PG- Dept. of Samhita & Siddhanta, PMT's Ayurved College, Shevgaon.²B.A.M.S., M.D., PhD Scholar. HOD & Professor –Dept. of Samhita & Siddhanta, PMT's Ayurved College, Shevgaon.***Corresponding Author: Vd. Ravindra G. Shelke**IInd Year PG- Dept. of Samhita & Siddhanta, PMT's Ayurved College, Shevgaon.

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ABSTRACT

Amajirna is a common clinical condition that has symptoms such as - Yadbhukta Avidagdha Udgara, Praseka, Utkleda, Gatra Gaurava, Akshikoota sotha. the treatment of Amajirna includes Langhana, Dipana and Pachana. Amajirna has resemblance with dyspepsia. Dyspepsia or indigestion is a common gastro-intestinal disorder with symptoms like nausea, bloating, early satiety, post prandial fullness, abdominal discomfort etc. The present case report is of a 43 years old male with onset of symptoms such as nausea, bloating, abdominal discomfort, early satiety, Yadbhukta Avidagdha Udgara (burping with the same taste of food consumed), Praseka (excess salivation) and Utkleda (nausea) since 10-15 days in every month for the last 12 months. He was taking antacids while coming to the OPD, and got temporary relief. Gradually, even after taking his normal diet, the symptoms started to re-occur and effect of his medications lasted for only a few weeks. The patient was given langhana chikitsa with orally Pathyadi Churna with Masthu as Anupana for 15 days, It was observed after the completion of treatment that all the symptoms disappeared after 8th days. Also, no reoccurrence for the next 4 months. This shows the Pathyadi Churna with Masthu has a significant effect in relieving the symptoms of dyspepsia/Amajirna.

KEYWORDS-Amajirna, Dyspepsia, Langhana Chikitsa, Pathyadi churna, Mastu.**INTRODUCTION**

Since the evolution of life on earth, mankind has been suffering from various ailments and has always been in the pursuit of perfect cure, which has resulted into evolution of various systems of medicine. Amongst these systems, ayurveda is the most indigenous system of medicine which has propagated treatment of various illnesses. The main aim of ayurveda is to maintain the health of the healthy person and to cure the illness of the diseased person.

More than a medical system, ayurveda is a way of life, a way of cooperating with nature and living in harmony with her. According to ayurveda, to maintain the health, one has to follow the basic principles like dinacharya and ritucharya which balances the tridosha viz. Vata, pitta & kapha.

Acharya Charaka has described „Ahara Vidhi Vidhana“ which conveys the method of consumption of food. According to him, man under psychological problem can't digest the food properly even if it is delicious, adequate and with appropriate food value. Thus, undigested food disturbs the physiology of „Annavaha srotasa“.^[1]

In 21st century, man is unable to follow Dinacharya and Ritucharya; because fast-track life style has made man restless to achieve his unlimited desires in a very short period of time. These desires produce different types of anxiety, worry, anger, fear and depression which directly or indirectly lead to various types of gastrointestinal tract disorders. Nowadays, he is also attracted towards fast food, junk food, instant & processed food which disturbs the GI physiology. Even in Varsha Ritu which aggravates the „Pitta“ dosha naturally, he consumes aforesaid food which disturbs the balance of Tridosha.

In addition to these, addiction to various vices such as smoking & alcohol as a part of status symbol, personality changes and competitive environment in each & every aspect of life has a great impact in disturbing the GI physiology which leads to GI disorders. Also, some predisposing factors like Blood group „O“, Endocrinal diseases, HLA-B5Ag, Monozygotic twins, etc. and other external factor like infection of GIT (e.g. H-pylori, CMV, Candida & Herpes type-I) disturbs GI physiology and thus produces GI disorders. In short, we can say that “Work, Worry & Weather” are the main causes of GI disorders.^[2]

All the above factors disturb the Pitta dosha which causes disturbance in Annavaha srotasa" (GIT) causing Amajirna. Acharya Kashyapa and Madhavakara have mentioned psychological problems and bad food habits as the causative factors of Amajirna.^[3] According to Charaka, the AMA or undigested food molecules which are generated from Ajirna & Annavisha, are absorbed and deposited in different organs of the body & thus produces the metabolic diseases like Amajirna. Amajirna and its Upadravas may be considered as Acid peptic disease or Gastric syndrome according to modern Medical Science.^[4]

Pathyadi Churna is a classical herbo mineral preparation mentioned in both, Chakradutta^[5] and Bhaishajya Ratnavali.^[6] The ingredients of Pathyadi Churna are Pathya (*Terminalia chebula* Retz.)^[7], Pippali (*Piper longum* L)^[8], and Souvarchala Lavana (black salt).^[9] This medicine is advised to take either with Ushna Jala or Masthu (curd water).^[10] As per the text, this medicine is beneficial in 4 types of Ajirna via Ama, Vidagdha, Vishtabdha and Rasasesha.^[11]

As Amajirna and dyspepsia are correlated, the present case was treated with Pathyadi Churna with Masthu as Anupana considering the probiotic effect of Masthu in dyspepsia.^[12]

Till now, modern medical science has not invented any permanent curative medicine for this disease. So, many medical experts and research scholars are continuously researching on this disease and had succeeded partially in controlling it.

In essence the present study entitled – **EFFECTIVE APPLICATION OF LANGHAN CHIKITSA SUTRA IN AMAJIRNA – A CASE STUDY**

PATIENTS DETAILS

A 43 years old male patient working as Tailor approached OPD with symptoms nausea, bloating, early satiety, abdominal discomfort, Yadhabhukta Avidagdha Udgara, Praseka and Utkleda. For the last 1 years, patient has these symptoms lasting 10-15 days in every month and aggravated very much since last 10 days. Symptoms get worse while he takes curd, sweets and oily food items non vegeterial food. Taking light foods like Kanji reduced the symptoms for a short period. On physical examination, the patient was moderately built, anxious, pale and had coated tongue. The blood pressure was 145/87mmHg, pulse was 80 /min, respiratory rate was 18 per minute.

Body temperature was Afebrile. On abdominal examination, no significant symptoms like tenderness were present. The patient had Kapha- Pitta Prakruthi. The patient had no history of any other major systemic diseases. The patient was non-alcoholic and non- smoker. There was no significant family history. When the patient came for consultation, he was taking Pan D capsules and

Gelusin tablets in the last 15 days, but with not much relief.

TREATMENTS

The patient was assessed by Dasavidha Pareeksha and Ashtasthana Pareeksha before planning the Ayurvedic treatment. Noconventional medicines were administered during this period. Advised and notified the patient about the importance of Pathya (diet) during the treatment. Patient's consent was collected before the starting the treatment. Langhana chikitsa given to patint with 5gm of Pathyadi Churna with 60ml of Masthu (curd water) was given to the patient 2 hours before the breakfast, on the 1st day of treatment. For around 2 hours, patient had Yadhabhukta Avidagdha Udgara and later, when the pure burping started, patient was given Laja Peya¹⁵ with a pinch of Saindhava Lavana. Advised to take Kanji (rice gruel) forlunch and not to take any pickle and oily food items. Evening at around 6.30pm, 5gm of Pathyadi Churna with 60ml of Masthu was given to the patient. Avidagdha Udgara continued for around 2 hours. At around 8.30pm, he took rice and moog dal for dinner. For the next 7 days, the medicine with its Anupana^[13] continued 2 hours before food twice a day via morning and evening 2 hour before food. A special diet chart was given forthe first 3 days of treatment. After 15 days of medications, the patient examination was conducted to check any symptoms still persisting and also advised him about the do's and don'ts for the next 1 month.

FOLLOW UPS

The follow up of the patient through was done for next 4 months. The effect of the treatment was assessed based on the subjective parameters and QoL scale.^[14] After the treatment, the patient didn't report the reoccurrence of symptoms till 4 months. Overall condition of the patient was improved. The symptoms of Amajirna like Yadhabhukta Avidagdha Udgara, Praseka and Utkleda^[15] were completely disappeared in 7 days of treatment along with the symptoms of dyspepsia^[16] like early satiety and nausea. Abdominal discomfort and bloating were disappeared after 10 days of medications.

DISCUSSION

Dyspepsia is a very common, with surveys reporting a point prevalence of 25-40%.^[17,18,19] This would only be important if dyspepsia resulted in a reduction in the length or quality of life. Unfortunately, although the usual causes of dyspepsia are rarely fatal, it may be associated with a reduction in quality of life.^[20] The modern management of dyspepsia with several drug classes like proton pump inhibitors, H2 blockers, prokinetic drugs etc., have been performed frequently without validated disease specific test instruments for the outcome measurements.^[21] Also, thereoccurrence of the symptoms is very common.

In the present case, the patient has symptoms such as nausea, abdominal discomfort, early satiety, bloating, Yadhabhukta Avidagdha Udgara, Praseka and Utkleda.

These symptoms come under dyspepsia in modern view and Amajirna in Ayurvedic view.

Agni has an important role in the physiological functioning of body.^[22] Agni converts Ahara into Dhatu and nourishes the body.^[23] Ajirna is a pathological condition in which the diminished Agni causes improper digestion of food. Amajirna is one among the 6 types of Ajirna which has Kapha predominance. The main organ involved in the manifestation of Ajirna is Grahani.^[24]

The general treatment protocol for Ajirna is Langhana.^[25] Langhana is of 12 types.^[25] Upavasa, Dipana, Pachana etc. are some of them. Generally, if Ama is very excessive in quantity, Sodhana is done.^[26] If Ama is moderately present, Pachana and Dipana medicines are consumed.^[27] If the Ama formed is very less, Upavasa or fasting is enough.^[28] The antimicrobial activities, especially antibacterial and antifungal activity of Pathyahas been discovered^[28] which may help to cure dyspepsia. An active content in Pippali called Piperine is found to have antimicrobial activities.^[29] Also, a content called Piperlongumine is found to have antispasmodic effect.^[30] These may help to relieve the symptoms of dyspepsia.

Both Ushna Jala and Masthu are indicated as Anupana for Pathyadi Churna^[31], but preferred Masthu over Ushna Jala for the patient because of the probiotic nature of Masthu/curd water. Masthu has the same properties of Takra, like Laghu Guna, Kashaya-Amla Rasa, Dipana and Kapha-Vata hara.^[32] These qualities help to digest the Ama and increase the Jadharagni. Masthu/ curd water is rich in Lactobacillus bacterias.^[33] It helps to promote digestion, so when consumed with Pathyadi Churna, it helps to cure dyspepsia/Amajirna.^[34]

Pathyadi Churna with Masthu is prescribed before food, because it helps to increase the activity of probiotic organisms and secretion of digestive enzymes. By that way, the Ama will be digested and appetite is restored.

CONCLUSION

This case report demonstrates clinical improvement in dyspepsia/Amajirna Langhana chikitsa with Pathyadi Churna with Masthu as Anupana. As this is a single case study, this may be a new path to the clinicians and researchers to explore the herbo-mineral preparations added with probiotic ingredients as an option for the treatment of dyspepsia/Amajirna.

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