

A REVIEW OF THE LITERATURE ON *PARINAAMSHOOL* W.S.R. TO DUODENAL
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ABSTRACT

Ayurveda is a living science that uses holistic methods to cure disease and promote wellness. *Ayurveda's* major goal is to "maintain health and cure disease." Different disorders have been documented in the context of *Annavaahastrotas*, although *Annadravashool* and *Parinaamshool* are the most prevalent in daily life. *Maharshri Sushruta* originally mentioned several sorts of *shool* in *Uttar-tantra* as a primary complaint of "*Gulma*," and *madhavidan* first wrote a unique chapter relating to *shool*. *Parinaamshool* is defined as pain that occurs during food digestion. When *vata* becomes aggravated in its digestive process due to its causative causes such as dry food, it dominates and surrounds the *pitta* and *kapha*, causing discomfort. This is known as *Parinaamshool*. *Parinaamshool* is growing by the day. *Parinaamshool* is comparable to a duodenal ulcer. It grows in the duodenum. It is the small intestine's top part. Duodenal ulcer is common problem.

KEYWORDS: - *Parinaamshool*, Duodenal ulcer, *Annavaahastrotas*, *Shool*, *Virudhahar***INTRODUCTION**

Parinaamshool is an *Annavaahastrotas vyadhi*. *Parinaamshool* is a kind of colic that occurs shortly after digestion.^[1] It is *tridoshaja vyadhi* in which *aawaran* of *vataadosha* by *pitta* and *kapha* and circulation of *vataadosha* create abdominal pain.^[2] *Sanshodhana*, *Sanshaman*, *Nidanparivarjan*, *PathyaApathya*, and recurrence prevention are all part of the treatment.^[3] In *Ayurveda*, the symptoms and aetiology of *Parinaamshool* are similar to those of a duodenal ulcer. A duodenal ulcer is a form of ulcer that develops in the duodenum, which is the first section of the small intestine. A stomach infection caused by the *Helicobacter pylori* bacteria is the most prevalent cause of duodenal ulcers. Overuse of alcohol, nicotine, and medicines such as aspirin and nonsteroidal anti-inflammatory drugs are other risk factors for duodenal ulcers.^[4] In addition, severe sickness has been linked to the development of duodenal ulcers. Duodenal ulcer symptoms include persistent or occasional discomfort, heartburn, severe nausea, and vomiting. The standard of care became hospitalisation, bed rest, and the prescription of specific bland meals, antacid, and drugs that prevent acid formation. Antibiotics can be given to patients who have *H. pylori* infection.^[5]

AIM AND OBJECTIVES

- A review of the literature on *Parinaamshool* w.s.r and Duodenal ulcers.
- To thoroughly investigate the *Parinaamshool* and Duodenal ulcer.

MATERIAL AND METHODS

The information was gathered from the Samhita, books, articles, academic databases, magazines, and websites.

Symptoms.^[6]

- Pain during food digestion
- Pain in the belly
- Pain in the abdominal sides
- Navel discomfort
- discomfort in the urinary bladder region
- Pain in the sternal region
- Pain in the sacral region

Aggravating and Relieving Factors^[7]**Aggravating Factors**

- Food cooked with rice grows in 60 days
- Barley etc.
- Cooked rice

Relieving Factors

- After intake of the food
- After vomiting
- After complete digestion of food

Aetiology of Parinaamshool (Duodenal ulcer)^[8]

- Constant anxiety and concern, grief, and irritation.
- Dietetic dishes that are very dry and fat-free.
- Consumption of cold and stored foods on a regular basis.
- Frequent intake of fermented materials such as alcohol.
- To stray is a habit.
- Unusual eating habits.
- Working late at night.
- Excess excretion.
- Severe injuries that result in strokes.

Pathogenesis Of ParinaamShool^[9]

The main cause of *ParinaamShool* is the consumption of *vata* aggravating dietary items. *Vata* is intensified near the conclusion of the digestive process, and there is *awaran* of *pitta* and *kapha*, resulting in colic discomfort. The condition is called as *ParinaamShool* because the discomfort appears towards the conclusion of digestion.

Parinaam Shool^[10]

Eight varieties of *Shool*

1. *Vataparinaamshool*
2. *Pittaparinaamshool*
3. *Kaphaparinaamshool*
4. *Vata-Pitta parinaamshool*
5. *Vata-Kaphaparinaamshool*
6. *Pitta-Kaphaparinaamshool*
7. *Sannipattashool*
8. *Annadravashool*

Types of Parinaamshool^[11]**1. Vataj Parinaam Shool**

- Abdominal distension
- Gurgling sound
- Constipation and urinary
- Nonspecific pains.
- Medicated ghee and oils (application and consumption) and thermal comforts (such as steaming, hot meals) soothe.

2) Pittaj Parinaam Shool

- Thirst
- Burning sensation
- Tastelessness
- Excessive sweating
- When meals with pungent, sour, and salty flavours are ingested, symptoms intensify.
- Consuming cold food relieves pain and provides comfort.

3) Kaphaj Parinaam Shool

- Vomiting

- Nausea
- Indecisiveness
- Mild pain
- Long standing pain
- Consumption of spicy and bitter foods alleviates symptoms.

4) DwidoshajParinaamShool

- Symptoms of *Vataj* and *PittajParinaamshool* manifested together.
- Together, the *KaphajParinaamShool* and *Vataj* symptoms appeared.
- Symptoms of *Pittaj* and *Kaphaj Parinaam Shool* manifested together

5) Sannipataj Parinaam Shool

- Vamana
- Virechana
- Basti
- In the *sannipataj* or *tridoshaj Parinaamshool*, there would be signs of all three doshas being vitiated.

Treatment**In Ayurveda^[12]**

- *Langhana*

Treatment principle of individual Parinaam Shool

- *VatajParinaamShool*- *Sneha*, which involves applying medicinal ghee and oil internally and externally, is the best treatment.
- *Pittaj ParinaamShool*- *Virechana* or therapeutic purgation.
- *Kaphaj ParinaamShool*- *Vamana* or therapeutic emesis
- *Dwandwaja Parinaam Shool*- The administration of *Sneha* should follow that of *VatajParinaam Shool*.
- *Tridoshaj Parinaam Shool*- Should be skilfully managed as per the situation and presentation of the disease.

In Allopathy^[13]**❖ Conservative.**

- **Antibiotics** - Stops the growth of or kill kill bacteria.
- **Proton-pump inhibitor** – Decrease acid release in the stomach.
- **Penicillin** –Stop growth of or kills specific bacteria.
- **Antidiarrhoeal**–Reduces frequency and urgency of bowel movements.
- **Antacid** – Counteracts the effect of stomach acid.

❖ Surgical

- Vagotomy- Pyloroplasty.

Pathya– Apathya^[14]

Eat three modest meals throughout the day to prevent hunger pangs or binge eating.

Eat gently and thoroughly.

Sit up when eating.

Avoid eating within three hours of going to bed. Bedtime snacks promote stomach acid secretion during the night. Avoid fatty, spicy, hot, and sour foods and beverages, as well as citrus and tomato goods, as well as chocolate and confectionery items.

Include protein-rich foods (milk, meat, eggs, and cheese) in each meal.

Stop smoking and avoid alcohol, coffee, tea, and high-calorie carbohydrate beverages.

Do not use aspirin containing analgesics.

Drinks fluids in between meals.

Complication^[15]

- Heaviness of the abdomen
- Giddiness
- Thirst
- Fever
- Anorexia
- Emaciation
- Loss of Strength
- Vomiting
- Flatulence

DISCUSSION

The modern period is defined by fast food, irregular daily mealtimes, sedentary lifestyles, and mental stress. All of these elements eventually disrupt the digestive system, leading in the emergence of numerous disorders. *ParinaamShoola* is one among them.

Every year, nearly three million people worldwide have ulcer-related surgery as a result of chronic symptoms or consequences. All of the procedures for Duodenal Ulcer were successful to some extent, albeit with variable degrees of morbidity, mortality, and post-operative adverse effects. Because of this illness, the individual is always in discomfort.

The therapy for this ailment has often been symptomatic and has its own limits. Dietary changes have been shown to be effective in such people, although they are of limited utility due to the chronic and progressive character of the condition.

CONCLUSION

ParinaamShool is an *AnnavahaStrotas* illness. The proper functioning of the *agni*, *pachakpitta* signifies the secretoenzymatic functioning of the gastrointestinal tract, which is disrupted in this sickness, according to current knowledge. The current way of living, which has disrupted the dietary habit, causes *agnimandya*, *vidagdhajirna*, and lastly *parinaamshool*. It may be concluded that good diet is essential for achieving early and better results from *nidanparivarjana* therapy.

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