

AYURVEDA PERSPECTIVE OF PARINAMASHOOLA AND ROLE OF TILADI GULIKA
IN THE DISEASE MANAGEMENTDr. Arunesh Kumar Dwivedi^{*1}, Dr. Archana Tiwari², Dr. Diwakar Patel³, Dr. Rajesh Uikey⁴, Dr. Shri Pati Jha⁵,
Dr. Ashutosh Chaturvedi⁶^{1,2}Assistant Professor & Guide, PG Dept. of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.)
India.³HOD of Shalya Tantra, Dept. Govt. Dhanwantri Ayurveda College, Ujjain, Indore.⁴Assistant Professor, Dept. of Rog Nidan Evam Vikriti Vigyan, Govt. Dhanwantri Ayurveda College, Ujjain, Indore.⁵HOD & Guide of PG Dept. of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.⁶PG Scholar, Dept. of Kayachikitsa, Pt. Shiv-Sakttilal Sharma, Ayurveda College, Ratlam (M.P.) India.***Corresponding Author: Dr. Arunesh Kumar Dwivedi**

Assistant Professor & Guide, PG Dept. of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.

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ABSTRACT

Ayurveda is considered as holistic and basic science of Indian medical system which not only suggests ways of healthy living but also provides therapeutic approaches for managing diseases of different organs. Ayurveda emphasized diseases of digestive tract and Parinamashoola is one of them, it is considered as common pathological conditions related to the digestive tract and resembling characteristics similarity with duodenal ulcer as per modern science. It occurs in the Parinamakaal of food, related with the Annavaha Srotas and affects quality of life significantly. Ayurveda described various approaches such as; detoxification measures, utilization of herbs & classical ayurveda formulations and Yoga practices for the management of such types of conditions. Tiladi Gulika is one such ayurveda drugs possess properties which can relieves severity of Parinamashoola. Present article reviewed ayurveda perspective of Parinamashoola and role of Tiladi Gulika in its management.

KEYWORDS: Ayurveda, Tiladi Gulika, Parinamashoola, Duodenal Ulcer.**INTRODUCTION**

The current pattern of life style imparts great health burden on society and awful conduction of dietary habits really hampered *Annavaaha Srotas* (digestive system). *Annavaaha Srotas* involves in many vital functioning of body like; *Anna Adana*, *Anna Pachana*, *Vivechana* and *Rasa Shoshana*. *Annavaaha Srotas* provides nutrients to the body and also perform work of detoxification therefore its proper working is very essential. Improper functioning of *Annavaasrotas* can leads many pathological conditions and *Parinamashoola* is one such pathological condition of *Annavaasrotas*. Abdominal pain, burning sensation, vomiting, cramps and gastric reflux mainly observed as symptoms of disease. The pain resides around specific parts of tract including *Kukshi*, *Jathara-Parshva*, *Nabhi* and *Stanantra*, etc. This condition affecting many people now a day's due to the diversified pattern of daily regimen. Ayurveda suggested that one should follow disciplinary daily regimen to avoid consequences of *Parinamashoola*, ayurveda also suggested therapeutic options for the management of *Parinamashoola* and uses of classic ayurveda drugs is one such approach of ayurveda which provides relief in various diseases of *Annavaasrotas*.

Nidana

- *Virudh Sevan*, *Atibhojan*, *Abhojan*, *Asatmaye Sevan* & *Amla Rasa Sevana*
- *Krodha & Chinta*
- *Dusti Jala Sevana*
- Poor hygienic conditions
- Diseases condition
- Genetic/hereditary

Samprapti

The etiological factors as mentioned above triggers pathogenesis of *Parinamashoola* as depicted in **Figure 1**. The poor digestive power and awful dietary conduct mainly considered responsible for diseases of digestive tract.



Figure 1: Pathogenesis of *Parinamashoola* as per Ayurveda.

Treatment of *Parinamashoola*

Emesis to pacify *Pitta* and purgation to pacify *Kapha* recommended curing diseases of *Amalapitta* along with natural remedies. In such cases *Tiladi Gulika* an Ayurveda drug can be used to get immediate relief from discomfort. The uses of *Tiladi Gulika* in *Parinamashoola* suggested by various literatures and this drug investigated currently for treating diseases of digestive tract.

Tiladi Gulika

Method of preparation

Tila – Sesamum indicum, sterile cloth, pestle & mortar and sterile spoon, etc. are required to prepare *Tiladi Gulika*. The method involves pounding of *Tila* into paste with the help of pestle and mortar. The warm paste can be used for severe pain. It is tie into a bolus after putting in a sterile cloth.

Application of *Tiladi Gulika* in Duodenal Ulcer

The bolus of *Tiladi Gulika* can be rolled on the painful abdomen gently (15-20 minutes); this procedure can be repeated many times till to get relief from abdominal pain. It is suggested to dispose contents of the bolus after three rolling and for better results one should use fresh paste after sometimes. Alternatively paste can be rubbed gently over the abdomen through hand instead of using bolus. This therapy mainly indicated for colic pain, distension of abdomen, bloating, cramps associated with indigestion, duodenal ulcers and inflammatory bowel disease, etc.

Precaution related to the use of *Tiladi Gulika*

- ❖ It is important to set comfort position of patient.
- ❖ This should be applied after expert suggestion or under the supervision of physician.
- ❖ Rubbing or rolling must be gentle since high pressure can cause abdominal discomfort.
- ❖ Should be avoided in pregnancy.
- ❖ Care to be taken while performing in elderly or children.
- ❖ Patient possess problem of urinary and bowel retention should be treated with care or avoided.

Ayurveda Properties of *Tila – Sesamum indicum*

- ✓ *Rasa:* Madhura & Kashaya
- ✓ *Guna:* Snigdha & Guru
- ✓ *Virya:* Ushna
- ✓ *Vipaka:* Madhura

Effect in *Parinamashoola*

- ✚ The drug pacifies *Vata* & control aggravated *Pitta*.
- ✚ Imparts cooling and soothing effects.
- ✚ Reduces severity of gastric ulcer.
- ✚ Anti-inflammatory effects relieve pain and discomfort.
- ✚ Demulcent property imparts relief from burning sensation.
- ✚ It also helps to releases gases.
- ✚ It decreases irritation of gastric mucosa and enhances healing process by suppressing inflammatory cascade.
- ✚ Anticholinergic effects relive spasm.
- ✚ *Kappa* pacifying effect offers symptomatic relief from disease.
- ✚ Helps in acid eructation & vomiting.
- ✚ Control flatulence & and stimulate necessary bowel movement thus reduces constipation.
- ✚ Drug application improves circulatory process thus open up minute channels and facilitates detoxification process thus cure pathogenesis of ulcer.

Tila possess *Madhura Rasa*, *Snigdha Guna*, *Katu Vipaka* & *Ushna Virya* thus offers *Vatahara karma* and relives symptoms of *Vata* vitiation like pain and cramps. *Tila* has moisture therefore gives cooling effects of water in case of burning sensation.

Snehana Karma helps to cure inflammatory symptoms of ulcer, *Vedanasthapana* property control *Vedana*, *Vrunashodhana* & *Ropana* effects helps to heal ulcer, *Deepana* & *Balya* effect potentiate *Agni* and prevent pathological progression of disease.

CONCLUSION

It can be concluded that *Tiladi Gulika* is good remedy for *Parinamashoola* since it possess *Madhurrasa* and *Snigha Guna*. It acts as *Mridurechak* thus detoxify body, control *Aamlaadikya* and *Sheet veerya* helps in wound healing. *Vaatanulomak* action relives abdominal pain. The application of drugs gives massage to abdomen and improves blood supply thus improves transportation of gastric juice and bicarbonates ultimately reduce pathogenesis of gastric discomfort. The therapy helps to suppress negative effect of acid thus protect mucosal damage. The drug possess properties which can cure symptoms of *Parinamashoola*, however detailed study require for validated establishment of drug as anti-ulcer agent.

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