



Case Study

MANAGEMENT OF GASTRIC ULCER W.S.R. ANNADRAVA SHOOLA IN AYURVEDA: A CASE STUDY

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ABSTRACT

Annadrava shoola is one of the diseases of the alimentary canal in which there is colic occurs after digestion, during digestion or at any time and Patient feels relief after vomiting. It can be said gastric ulcer on the basis of its signs and symptoms.

Gastric ulcers are most commonly located on the lesser curvature, whereas duodenal ulcers are most common at the duodenal bulb. The ulcer is round to oval with a smooth base. Acute ulcers have regular borders, while chronic ulcers have elevated borders with inflammation. An ulcer extends beyond the muscularis mucosa. Ayurveda encourages lifestyle interventions and natural therapies to regain a balance between the body, mind and the environment. In this paper, a case study on *Annadrava shoola* has been explained. A female patient of 42 years of age came to the *Kayachikitsa* OPD (OPD REG.no-6836) Government Ayurvedic College and Hospital, Patna-03 having complain of pain and burning sensation in abdomen for 5 months as well as irregular bowel evacuation (>3episode) in the last 3 months. The nature of pain was gradual on onset and burning type and exaggerated after meal. On the basis of history of the patient and endoscopy report, he was diagnosed as gastric ulcer and pan gastritis. We have done the *Shamana Chikitsa* for the patient. In *Shamana Chikitsa* was done with combinations of *Sutashekhar Ras*, *Tab Aciloss* and *Shatavari Churna* for one month. Endoscopy was repeated after one and half months of treatment. Report showed only that the treatment cured the *Annadrava shoola* (gastric ulcer) of the patient. So, there is hope in Ayurveda for the treatment of *Annadrava shoola*.

INTRODUCTION

Indian people used to have too much spicy food. As a result, they need to face many health problems. Among these health problems, the problems related to the alimentary canal is more common. *Annadrava shoola* is one of them. The pathogenesis of gastric ulcer is mainly explained on the basis of impaired gastric mucosal defence against acid-pepsin secretions.^[1]

The colic which occurs after digestion, during digestion or on indigestion and which does not pacify either by wholesome or unwholesome food and by eating or fasting, is named as *Annadrava shoola*. There is continuous pain in the abdomen but abdominal pain relief was noted by patients after vomiting.^[2]

As in all kind of *Shoola* there is vitiation of *Vata dosha*. This vitiation is mostly caused by *Virudhasevan*, *Asatmayesevan*, *Abhojan*, *Atibhojan*, and *Ahara*. The diet which is having *Rukshyatikshan*, *Ushnaguna*, *Shara*, *Lavan*, *Katu Amla Ras Sevan*. *Vegadharan*, *Ratrijagaran*, *Krodha*, *Chinta* etc. *Nidanasevan* also aggravates *Vatadosha*.^[3] *Annanadrava shoola* can be correlated with gastric ulcer on the basis of similarities in the symptoms. Gastric ulcer falls under the peptic ulcer disease later may cause irritable bowel syndrome and may cause later *Arsha* (haemorrhoids).^[4] In peptic ulcer disease erosion occurs in the mucus layer of gastric region; then penetrating down to superficial

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epithelial cells and the muscularis mucosa respectively in the stomach or the duodenum; most duodenal ulcer is found in duodenal cap while Gastric ulcer are most commonly seen on the lesser curve near the incisures, but can be found in any part of the stomach.^[5] Male to female ratio for gastric ulcer is 2:1. Chronic gastric ulcer is usually single.^[6] In modern science the main cause of gastric ulcer is H. pylori infection and use of NSAIDs. Research indicates the prevalence of H. Pylori in Nepalese population is 16%.^[7] In modern science, treatment for gastric ulcer focused on H. Pylori irradiation therapy and reduction of NSAIDs and aspirin.^[8] All types of bacteria in Ayurveda it is correlated with *Krimi*.^[9]

CASE REPORTS

A female of 42 years of age came to the hospital complaining of moderate abdominal pain for 2 years. The pain was gradual on onset. Patients used to feel continuous pain which was burning type in nature and of no radiating type. It was associated with belching, sour eructation, and burning sensation on the chest region, irregular bowel evacuation. Pain was relieved by vomiting and aggravated by eating spicy foods. There was no complaint of fever, bloating. He had no history of DM, HTN, Thyroid disorder and any surgical intervention. He had a normal bowel and bladder habit but she used to study late at night. On examination, there was epigastric tenderness of grade II on deep palpation. Then she was advised for esophago-gastro duodenoscopy. Report showed gastric ulcer. On the basis of investigation and history of patient she is diagnosed as gastric ulcer. The case was treated with Oral medicine as mention

1. *Sutashekhar Rasa*- 1tab, BD
2. Tab. Aciloss- 2 tab, BD
3. Tab. Peguard - 2tab, BD
4. *Shatavari Churna*- 3gm., BD
5. *Triphala guggulu*- 2tab, BD
6. *Madhuvirechana churna*- 3gm, at bed time.

RESULT AND DISCUSSION

According to the principle of Ayurveda, the purpose of *Shaman chikitsa*. It is explained in *Pitodara chikitsa in Charak Samhita*. *Shatavari* (*Asparagus racemosus* Wild.) has ulcer-protective effect of the methanolic extract from the fresh roots of it. It protects mucosal lining of the stomach, by increasing mucus secretion and keeping the acid and pepsin stable. Research said it also act on *Helicobacter pylori* and *Kapha dosha*.^[10] Tab Peguard contain *Madhuyashti*, *Sajjikhhar*, *Shatavari*; *Madhuyashti* has potent action against H. pylori infection, *Sajjikhhar* neutralizes gastric acid in the stomach and *Shatavari* is an affective gastric protector.

Triphala guggulu which contains *Amalaki* (*Emblica officinalis*) having gallic acid which is a

potent acidity regulator; *Guggulu* is an anti-inflammatory so it is also used in gastric ulcer. It is a *Rasayan*, *Rakta pitta hara*, *Sheetala*, *Amlapitta nashak*, *Parinama shoolahara* it has the properties of healing the gastric ulcer.^[11] Methanolic extract of it reduces the offence factors (acid, pepsin), and increases the defensive factors (mucin secretion, cellular mucous).^[12]

Sutashekhar rasa contain *Parada*, *Gandhak*, *Dhatura*, *Pippali*, *Sankh Bhasma*, *Bhringraj*, is a medicine that acts on *Pitta dosha*, having *Agnishamaka* property and reduces symptoms like heartburn, nausea, vomiting, abdominal pain, epigastria tenderness etc.^[13] Tab Aciloss also has anti-ulcer effect and good acid neutralizing capacity. *Guduchi* also has anti-ulcer properties. *Madhuvirechana churna* which also contain *Madhuyashti* which plays the main role not only in irregular bowl evacuation but also ulcer protective effect. We prescribed all medications that are potent to heal ulcers. Thus, treatment given to the patient healed the gastric ulcer within one and half months.

CONCLUSION

Annadrava shoola is the disease of the alimentary canal where there is colic which is not relief either by any wholesome or unwholesome food. 42 years female patient with gastric ulcer cured with oral medication which is very effective to heal gastric ulcer. Thus, with Ayurvedic treatment and lifestyle management, *Annadrava shoola* can be managed. Since it is a single study, it may be the lead point for the researcher for the further studies.

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