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Clinical understanding of *Shoola Vyadhi*

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ABSTRACT

Shoola Vyadhi is a condition which occurs as an *Upadrava* (complication) of *Gulma Roga* or it occurs alone as a single disease.^[1] *Shoola* can be considered as colicky type of pain in the abdomen. Its *Nidana* (cause), types, *Lakshana* (clinical features) and *Chikitsa* (treatment) has been dealt in detail in *Sushruta Samhita*.^[2] Here an attempt is made to understand the *Shoola Vyadhi* and its treatment explained in the *Samhita* and its clinical aspects.

Key words: *Shoola Vyadhi*, abdominal colic

INTRODUCTION

Shoola Vyadhi is explained in *Uttaratantra* of *Sushruta Samhita* in *Gulma Pratisheda Adhyaya*. *Gulma* is considered as a round mass like *Granthi* which occurs between *Hrudaya* and *Basti* which is either moving or stagnant.^[3] When *Gulma* left untreated gives rise to *Upadrava* (complication) which is termed as *Shoola*.^[4] *Shoola* can also occur alone as an individual disease without preceded by *Gulma*.^[5]

Shoola as *Upadrava* of *Gulma*

Shoola which occurs as *Upadrava* of *Gulma* is characterised by pain as if a nail has been struck in.^[6]

It is classified again based on the *Dosha* involved.

Vataja Shoola ^[7]	<i>Vinmutrasamrodha</i> (retention of faeces and urine) <i>Kruchrochwasa</i> (difficult breathing) <i>Sthirangata</i> (compactness in body)
Pittaja Shoola ^[8]	<i>Trishna</i> (thirst) <i>Daha</i> (burning sensation) <i>Bhrama</i> (giddiness) <i>Annasya</i> <i>Vidagdhaparivruddhita</i> (increase in pain during semi-digestion of food)
Kaphaja Shoola ^[9]	<i>Romaharsha</i> (Horripulation) <i>Aruchi</i> (anorexia) <i>Chardi</i> (vomiting) <i>Bhukta Vruddhi</i> (increase in pain just after taking food) <i>Jadangata</i> (stiffness in the body)

Chikitsa

Vataja ^[10]	<i>Haritaki</i> , <i>Saindhava</i> , <i>Sauvarchala</i> , <i>Bida Lavana</i> , <i>Yavakshara</i> , <i>Hingu</i> , <i>Tumburu</i> , <i>Pushkaramula</i> , <i>Yavani</i> , <i>Haridra</i> , <i>Vidanga</i> , <i>Amlavetasa</i> with <i>Ushna Amla Kanji</i> .
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Pittaja^[11]
Vidari, Triphala, Shatavari, Shringataka, Gudasharkara, Gambhari, Mahuyashti, Parushaka, Chandana with warm milk.
Kaphaja^[12]
Vacha, Ativisha, Devadaru, Haritaki, Maricha, Indrayava, Pippali, Pippalimula, Cavya, Shunti, Yavakshara and Chitraka with Ushna Jala.

Vataja^[13]
<ul style="list-style-type: none"> ▪ Seka ▪ Avagaha ▪ Pradeha ▪ Abhyanga ▪ Bhojana
Pittaja^[14]
<ul style="list-style-type: none"> ▪ Shishirodaka For ▪ Poornana ▪ Bhojana ▪ Dharana

Kaphaja^[15]
<ul style="list-style-type: none"> ▪ Vamana ▪ Unmardana ▪ Sweda ▪ Langhana ▪ Kshapana Kriya

Vina Gulma Shoola

Nidana (causative factors)^[16]

This include *Vata Mutra Purisha Nigraha* (Suppression of flatus, urine, and faeces), *Ati Bhojana* (over-eating), *Ajeerna* (indigestion), *Adhyashana* (eating before previous food is not digested), *Ayasa* (exertion), *Virrudha Ashana* (incompatible food), *Paneeya Paanaat Kshutkale* (intake of water while hungry), *Viruda Sevana* (use of germinated seeds), *Pishtanna* (use of floury edibles), *Shushka Mamsa* (dried meat).

Samprapti (pathology)^[17]

Due to various *Nidana* (causative factors) the *Vayu* gets aggravated in *Koshta* which produces *Shoola*. Patient will have *Vedana* (pain) on *Nirucchvasa* (holding breadth).

Types

	Features	Treatment	Probable clinical conditions
<i>Vataja Shoola</i>	Pain increases in empty stomach, <i>Prastabda Gaatra</i> (rigidity), difficult breathing, difficulty to pass <i>Vata</i> (flatus), <i>Mutra</i> (urine) and <i>Pureesha</i> (stools) ^[18]	<ul style="list-style-type: none"> ▪ To control <i>Vata Swedana</i> with <i>Payasa</i>, <i>Krushara</i>, <i>Pishita</i> ▪ <i>Snigdha Ushna Bhojana</i> ▪ When <i>Vataja Shoola</i> the <i>Ruksha</i> patient should be fed with <i>Snigdha Bhojana</i>. ▪ He should be served with well processed <i>Ghrtapura</i> (gheura sweet) and <i>Varuni</i> for drinking^[19] 	Duodenal ulcer ^[20]
<i>Pittaja Shoola</i>	<i>Trushna</i> (thirst), <i>Daha</i> (burning sensation), <i>Mada</i> (narcosis), <i>Murcha</i> (fainting), severe pain and liking for cold and relief by cold ^[21]	<ul style="list-style-type: none"> ▪ Patient is made to drink cold water and asked to vomit until he gets relief. 	

		<ul style="list-style-type: none"> ▪ Should use all cold things ▪ <i>Mani, Rajata, Tamra</i> filled with water is kept on the site of pain ▪ <i>Guda, Shali, Yava, Ksheera, Ghrita, Jangala Mamsa, Virechana</i>^[22] 	
<i>Kaphaja Shoola</i>	<i>Hrullasa</i> (nausea) during pain, <i>Purna Koshtatva</i> (fullness of abdomen), <i>Guru Gatratva</i> (heaviness in body) ^[23]	<ul style="list-style-type: none"> ▪ In <i>Kaphaja</i> pain increases after meal ▪ <i>Vamana, Ruksha Sweda, Ushna Kriya</i> ▪ <i>Pippali, Shunti</i>^[24] 	Gastric ulcer ^[25]
<i>Sannipataja Shoola</i>	<i>Lakshana</i> of all <i>Shoola</i> are seen	<ul style="list-style-type: none"> ▪ It is <i>Asadhya</i>^[26] 	
<i>Parshwa Shoola</i>	<i>Kapha</i> situated in <i>Parshwa</i> (flank region) obstructs <i>Vayu</i> which produces <i>Adhmana</i> (distension), <i>Gudagudayana</i> (gurgling sound), needling pain and difficult breathing. The patient does not like to eat or sleep because of severe pain. This is known as <i>Parshwa Shoola</i> caused by <i>Kapha</i> and <i>Vata</i> . ^[27]	<ul style="list-style-type: none"> ▪ <i>Pushkaramula, Hingu, Sauvarchala, Bida, Saindhava, Tumburu, Haritaki</i>, mixed with <i>Yava Kwatha</i> ▪ <i>Ghruta</i> told for <i>Pleehodara</i>^[28] 	Renal colic ^[29] , Biliary colic ^[30]
<i>Kukshi Shoola</i>	When <i>Vayu</i> gets aggravated in <i>Kukshi</i> (belly) it causes <i>Mandagni</i> , the food taken is stagnated and does not get digested. The person with <i>Ama Shakrut</i> breathes deeply and has frequent attack of pain and does not get relief in sitting, lying or standing. This condition is called <i>Kukshi Shoola</i> caused by <i>Ama</i> due to <i>Vata</i> ^[31]	<ul style="list-style-type: none"> ▪ <i>Vamana, Langhana, Deepana, Pachana</i> ▪ <i>Nagaradi Kwatha</i> ▪ <i>Virechana, Anuvasana Basti, Niruha Basti</i> ▪ <i>Upanaha, Snehasaka, Dhanyamla Parisheka, Avagaha</i>^[32] 	Pancreatitis ^[33] , Intestinal obstruction ^[34]
<i>Hrut Shoola</i>	<i>Vayu</i> mixed with <i>Rasa</i> and obstructed by <i>Kapha</i> and <i>Pitta</i> gets located in <i>Hrudaya</i> and causes pain creating severe difficulty in respiration. This is known as <i>Hrut Shoola</i> caused by <i>Rasa</i> and <i>Vayu</i> .	Treatment of <i>Hridaya Vikara</i> ^[35]	Myocarditis, Pericarditis ^[36]
<i>Basti Shoola</i>	<i>Vayu</i> aggravated by suppression of <i>Vega</i> stays covering the <i>Basti</i> (urinary bladder) which produces pain in <i>Vankshana</i> (pelvis), groin and <i>Nabhi</i> (umbilicus). This is known as <i>Basti Shoola</i> caused by <i>Vayu</i> which produces retention of <i>Vit</i> (faeces), <i>Mutra</i> (urine) and <i>Vata Samrodha</i> (flatus) ^[37]	<i>Vamana, Langhana, Swedana, Pachana, Phala Varti, Kshara, Churna, Gutika</i> ^[38]	Cystitis ^[39] , Colic due to urinary bladder stones ^[40]

<i>Mutra Shoola</i>	When aggravated <i>Vayu</i> located in <i>Nabhi, Vankshana, Parshwa,</i> and <i>Kukshi</i> , particularly pressuring on <i>Medra, Antra</i> takes over urine and creates pain. It is known as <i>Mutra Shoola</i> caused by <i>Vayu</i> . ^[41]	<i>Vamana, Langhana, Swedana, Pachana, Phala Varti, Kshara, Churna, Gutika</i> ^[42]	Colic due to urethral stone ^[43] , Stricture urethra ^[44]
<i>Vit Shoola</i>	In the person indulging in <i>Ruksha Ahara, Vayu</i> gets aggravated and obstructs <i>Mala</i> in <i>Koshta</i> , causes <i>Mandagni</i> and <i>Strota Avarana</i> produces pain in right and left <i>Kukshi</i> . It increases rapidly and moves all over with sound, severe <i>Trushna</i> and <i>Bhrama, Murcha</i> . Patient does not get relief after defecation and urination. It is very painful and called <i>Vit Shoola</i> . ^[45]	<i>Vamana, Langhana, Swedana, Pachana, Phala Varti, Kshara, Churna, Gutika</i> ^[46]	Intestinal Obstruction ^[47]
<i>Anna Shoola</i>	In spite of poor digestive fire, food is taken in excessive quantity, it stagnates in the abdomen and <i>Vayu</i> takes <i>Ashraya</i> there. It is not digested and produces severe pain associated with <i>Murcha, Adhmana, Vidaha, Hritklesha,</i> and <i>Vilambika</i> . The patient suffers from diarrhoea, vomiting, <i>Kampa, Moha</i> . This pain arises due to <i>Ajeerna</i> and is caused by defective food. ^[48]	<i>Vamana, Langhana, Swedana, Pachana, Phala Varti, Kshara, Churna, Gutika</i> ^[49]	Gastroenteritis ^[50]

DISCUSSION

Shoola Vyadhi explained by *Acharya Sushruta* can be considered as abdominal colic considering its clinical features where patient experiences severe pain.

Shoola which occurs as *Upadrava* of *Gulma* might be of obstructive pathology hence causing colicky pain.

Vataja Shoola has similarity in clinical features with duodenal ulcer where hunger pain is the predominant feature.

Kaphaja Shoola has similarity in clinical features with gastric ulcer where the pain starts on intake of food.

Parshwa can be considered as flank region based on the description. And *Parshwa Shoola* is similar to clinical features of renal colic or biliary colic where there is severe pain in flank region. Also *Acharya Sushruta* has explained only about bladder stone. So

renal and ureteric calculi which produces colicky pain in flank can be contemplated here.

Kukshi can be considered as middle quadrants of the abdomen. *Kukshi Shoola* is similar to clinical presentation of pancreatitis and intestinal obstruction where patient experiences agonising pain and does not find relief in standing or sitting.

Hrut Shoola is the pain in pericardium. *Hrut Shoola* is similar to clinical features of pericarditis and myocarditis where patient experiences shortness of breath.

Basti Shoola is similar to clinical presentation of Cystitis and urinary bladder stones characterised by colicky pain in bladder.

Mutra Shoola is similar to Colic due to urethral stone or Stricture urethra both characterised by painful micturition.

Vit shoola has similar features to intestinal obstruction particularly large bowel obstruction

Anna Shoola is very similar to Gastroenteritis causing abdomen pain, vomiting and diarrhoea.

CONCLUSION

Sushruta Acharya having comprehensive knowledge has explained about the causes, clinical features and treatment of *Shoola Vyadhi* in detail. *Shoola* which occurs as *Upadrava* of *Gulma* and *Shoola* which occurs individually; both have more severity in pain compared to the other conditions which needs immediate care. Various treatment which gives quick relief are explained in *Shoola Vyadhi Chikitsa*. Various Acute and chronic abdomen conditions can be understood and treated on the principles of *Shoola Vyadhi*.

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