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# Annadravashoola and Ayurveda: A Case Study

Pallavi Survase<sup>1</sup>, Ashok Naikar<sup>2</sup>, Vinod B.<sup>3</sup>

<sup>1</sup>Second Year Post Graduate Scholar, Dept of Shalya Tantra, N K J Ayurvedic Medical College & P.G Centre, Bidar, Karnataka, India.

<sup>2</sup>Professor & HOD, Dept of Shalya Tantra, N K J Ayurvedic Medical College & P.G Centre, Bidar, Karnataka, India.

<sup>3</sup>Assistant Professor, Dept of Shalya Tantra, N K J Ayurvedic Medical College & P.G Centre, Bidar, Karnataka, India.

## ABSTRACT

*Annadrava Shoola* is one of the diseases of the alimentary canal in which there is pain occurs after digestion, during digestion & patient feels relief after vomiting. It can be clinically co related with gastric ulcer on the basis of its signs & symptoms. Gastric ulcers are most commonly located at the lesser curvature, whereas duodenal ulcers are more common in 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 & natural therapies to regain a balance between body mind & the environment. In this paper a case study of *Annadrava Shoola* has been explained. A 43 yrs old female patient having complaint of pain in epigastric region after having meals radiating to back since 6 months. The nature of pain is burning type & exaggerated after having meals, Pain relieved after vomiting. On the basis of history of patient & endoscopy report, she was diagnosed as gastric ulcer (two small antral ulcers). We have done *Shamana Chikitsa* with a simple formulation of *Yashtimadhu Kwatha* for 4 months. After the treatment, symptoms relieved. So, there is hope in Ayurveda for treatment of *Annadrava Shoola*.

**Key words:** *Annadrava Shoola, Gastric Ulcer, Yashtimadhu Kwatha, Case Report*

## 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 defense against acid-pepsin secretions.<sup>[1]</sup>

The colic which occurs after digestion, during digestion

or on indigestion & which does not pacify either by wholesome or unwholesome food & by eating or fasting is named as *Annadravashoola*. There is continuous pain in the abdomen but was relieved after vomiting.<sup>[2]</sup>

As in all kind of *Shoola* there is vitiation of *Vata Dosha*. This vitiation is mostly caused by *Virudhasevan, Asatmyabhojana, Abhojana, Atibhojana & Ahara*. The diet which is having *Rukshyatikshna, Ushnaguna, Lavana, Katu, Amla-Rasa-Sevana, Vegadharan, Ratrijagarana, Krodha, Chinta* etc. *Nidanasevana* also aggravates *Vatadosha*.<sup>[3]</sup>

*Annadravashoola* can be correlated with gastric ulcer on the basis of similarities of symptoms. It falls under peptic ulcer disease later may cause IBS [irritable bowel syndrome] & may cause *Arsha* [haemorrhoids].<sup>[4]</sup>

Gastric ulcer are more commonly found on lesser curvature but can be found in any part of the stomach.<sup>[5]</sup>

Male to female ratio of gastric ulcer is 2:1. Chronic gastric ulcer is usually single.<sup>[6]</sup> In modern science the

### Address for correspondence:

Dr. Pallavi Survase

Second Year Post Graduate Scholar, Dept of Shalya Tantra, N K J Ayurvedic Medical College & P.G Centre, Bidar, Karnataka, India.

E-mail: drpallavisurvase@gmail.com

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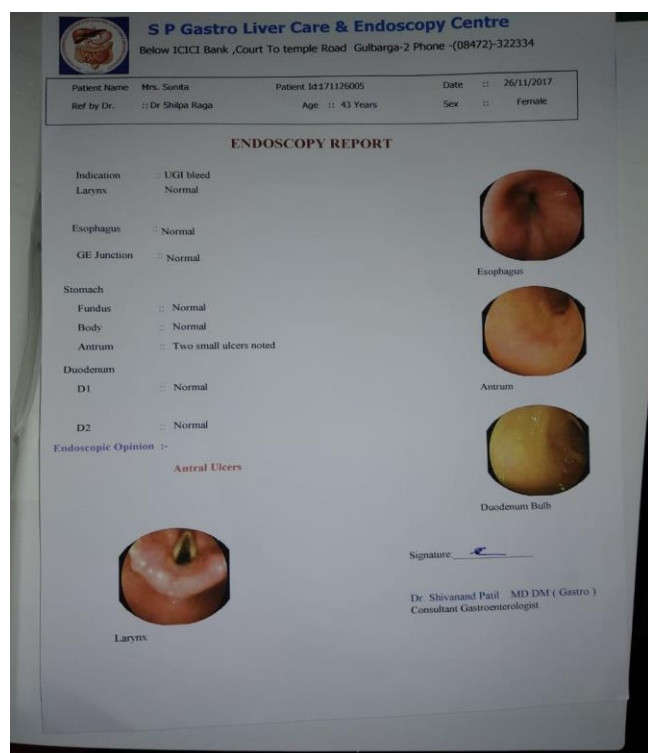
main cause of gastric ulcer is H.pylori infection & use of NSAID's. Research indicates the prevalence rate of H.pylori infection in Nepalese population is 16%.<sup>[7]</sup> In modern science, treatment for gastric ulcer focused on H.pylori eradication therapy & reduction of NSAID's & Aspirin.<sup>[8]</sup> All types of bacteria is correlated with *Krimi*.<sup>[9]</sup>

## CASE REPORT

A 43 yrs old female patient complaining of severe epigastric pain since 6 months. The pain was sudden on onset. Pain was burning in nature & radiating to back. Pain was relieved by vomiting & aggravated by spicy foods. There was no complaint of bloating, fever. She had history of hypertension since 15 yrs, hypothyroidism since a year on medication with NSAID's. She was Anaemic also with Hb% - 6gm. No history of DM & Surgical intervention. She had normal bowel & bladder habit. On examination, there was epigastric tenderness on deep palpation. Then she was advised for upper gastric endoscopy. Reports showed two small antral ulcers. The case was treated with *Shamana Chikitsa* as mentioned.

*Yashtimadhu Kwatha* - empty stomach, OD.

Quantity - 1 pala (24ml) for 4 months.



## RESULTS & DISCUSSION

According to principle of Ayurveda, correcting the imbalancing of *Dosha's* is the main line of treatment. As *Yashtimadhu* is having *Madhura Vipaka* which subsides the aggravated *Pitta & Vata Dosha*. It is having the properties like Anti-microbial, Anti-inflammatory, Anti-ulcer, Anti-oxidant. It acts by inhibiting growth of *Helicobacter pylori*. Flavonoids present in *Yashtimadhu* helps in healing the ulcer & has good acid neutralizing capacity. *Yashtimadhu* acts as H<sub>2</sub> receptor antagonist.<sup>[10]</sup> We have prescribed a simple formulation of *Yashtimadhu Kwatha* & thus it healed the peptic ulcer within 4 months.

## CONCLUSION

*Annadravashoola* is the disease of the alimentary canal where there is colic which is not relieved by any wholesome or unwholesome food. 43 yrs old patient with two small antral ulcers cured with a simple formulation which is very effective to heal gastric ulcer. Thus, with Ayurvedic treatment & lifestyle management, *Annadravashoola* can be managed. It is a single study; it may be the lead point for the researchers for further studies.

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