

# A Clinical Trial to Evaluate Efficacy of Dhatri Lauh in Management of Annadrava Shoola & Parinama Shoola w.s.r. to Peptic Ulcer

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## **Abstract:**

Annadrava Shoola and Parinama Shoola can be compared to Gastric Ulcer and Duodenal Ulcer as explained in modern medical science respectively. Annadrava Shoola shows the characteristic features of Pain before, during the digestion and after the digestion, while Parinama Shoola shows feature of pain during the digestion of food. Disorders related to the digestive system are more on the rise due to the faulty diet and an example of one such condition is peptic ulcer. Peptic ulcer disease is an ulcer (mucosal erosion) of the Gastro-Intestinal Tract that is usually acidic and thus extremely painful. Peptic ulcer is a worldwide problem and its prevalence in India is quite high. Recent studies suggest approximately 40% of adults at some times of their lives get affected by peptic ulcer.

It is true that modern medical science has grown up considerably, still it has to face a big question mark in so far as some miserable problems are concerned. The problem selected for this work is one among them. Considering the solemnity and incidence of the disease, the present study is aimed to observe Efficacy of Trial Drug Dhatri Lauh in clinically Diagnosed cases of Annadrava Shoola and Parinama Shoola.

**Key Words:** Annadrava Shoola, Parinama Shoola, Peptic Ulcer.

## **Introduction:**

Shoola is derived from the root of “shul” which means pain. In Uttarsthana of Sushruta Samhita shoola is defined as “a sharp piercing pain, as pierced by a sharp nail”. According to Acharya Yogaratnakar, as mentioned in his book in Shoola Nidan Adhyaya : Pain as pierced by trident “trishula sambhawan chainan shulamahu”. In Ashtanga-hrudaya Nidan-sthana this Shoola is described as pierced by needle where the patient feel difficulty in breathing due to the pain. According to all Acharyas in all type of Shoola, Vata Dosha plays a predominant role. In case of Annadrava Shoola and Parinama Shoola there is no any description found in any text book of Brihatrayi like Charak Samhita, Sushruta Samhita and Astanga Sangraha. Acharya Madhavakar was the first author who has described Annadrava Shoola and Parinama Shoola as a separate disease entity. After Acharya Madhavakar, many other Acharyas followed him and mentioned about both the diseases along with their features, treatment, Sadhya-Asadhya in a very descriptive manner.

Annadrava shoola and Parinama Shoola have direct relation with the process of food digestion and they are a pain dominant diseases with wide distribution of age with peak incidence in middle age. Annadrava

# THE ROLE OF TRIPHALA RASAYANA CHURNA IN GERIATRICS

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## Abstract

Ageing is a natural biological process brought on by damage to numerous organs and systems both intrinsically and extrinsically. The beginning of old age is unknown, because a person's "biological age" and "chronological age" are two different things. Because of the world's rapidly ageing population, which includes India, geriatrics is becoming increasingly difficult. The difficulties associated with ageing and illnesses that affect the elderly are the only focus of medical study today [1]. In essence, we can call ayurveda as the science of long duration of individual life. It states that ageing (jara), along with kshudha, pipasa, mrityu, nidra, etc., is a result of kala or parinama and is discussed under "Svabhavabalapravritta vyadhi"[2]. In the Ayurvedic system of Indian medicine, the rejuvenating and preventative therapy known as Rasayana therapy which deals with increasing overall physiological immunity in order to prevent, cure and improve the condition of geriatric illnesses by improving overall body immunity, fending off infections and antigens, and avoiding carcinogenic mutations [3]. Ayurvedic Formulary of India specifically mentions a specific polyherbal remedy called Triphala for its beneficial effects in geriatric diseases. Triphala is a type of medicine which obtained from the fruits of three distinct plants i.e. Terminalia chebula, Terminalia bellirica, and Emblica officinalis in same proportions (1:1:1). In addition to its analgesic, anti-inflammatory, immunomodulatory, and antimutagenic properties, it also has tannins, phenols, and glycosides, which are what give it its strong antioxidant activity. Due to these qualities, Triphala is a successful treatment for geriatric degenerative disorders [4].

**Keywords:** *Triphala, geriatrics, antioxidants, free radicals, ageing, illness, medicine*

## I. INTRODUCTION

The elderly are given top importance in Ayurveda. The initial chapters of Acharya's Samhitagranthas, written by Charaka and Vagabhatta, were titled "Deerghamjvitiyam" and "Ayushkamiyam," respectively, and listed the actions that should be taken in order to live a longer and healthier life.

*Shareeraendriya satwa atma samyoga dharee jivitham  
Nithyagaschanubandhascha paryair Ayur uchyatae...* (Charak Sutra 1/42)

The cycle of birth, death, and sickness cannot affect Atma since it is a superior being. The remaining three elements, Shareer, Indriya, and Satwa, as well as vikritis, are under the purview of Geriatrics [5].

According to Ayurveda, degenerative disease entities may be caused by Kala or Parinama. Parinama, or the ageing process, is the series of events involving Baalya, Tarunya, Youvana, and Vardhikya. The Kala parinama, which is regarded as the Vyadhi Hetu and is Nishpratikiya, is what causes Jara to be Swabhavabala Pravritta roga [6]. Age refers to ageing, maturation, progression, and changes brought on by the passage of time. The name "geriatrics" comes from the Greek words "Geri" for old age and "Iatrics" for care. Geriatrics is the field of medicine that focuses on the issues related to ageing and its treatment [7]. Rasadi dhatu degenerates as a result of the body's persistent structural alterations in the elderly, when Vatadosha is physiologically in a dominating state. In the current environment, the ageing process begins much earlier as a result of poor dietary practises, unhealthy lifestyles, excessive stress, and a lack of exercise. We cannot increase dhatus' capacity as we become older, but we can safeguard and revive it. Only a small percentage of people, nevertheless, live to be old and disease-free. Early adulthood is when the normal, progressive process of ageing begins in our bodies, although it doesn't become apparent until many years later, at which point we start to refer to ourselves as old. Ageing ranges from 60 to 100 years, according to Charak Samhita [8]. Osteoarthritis, hypertension, urine incontinence, atherosclerosis, senile dementia, delirium, confusion, etc. are a few diseases and ailments that are common in old age. Other than the medically limited management of particular old age disorders, the modern medical system does not have much to recommend it for geriatric care. On the other hand, Ayurveda incorporates a number of methods for promoting health and promoting disorders in old age. Thus, there is a need to raise public knowledge of the effects of population ageing and the benefits of ayurveda in geriatric healthcare.

The traditional Churna Kalpana method was used to prepare the Triphala Rasayana. All four herbal medications, Pippali (Piper longum), Amalaki (Emblica officinalis), Haritiki (Terminalia chebula), and Vibhitaki (Terminalia bellirica), were taken in equal weights (1 kg each) in the dry form for the preparation of churna. After being filtered through an 80-mesh screen, the four medicines were combined and ground into a fine, uniform powder. On the other hand, all four herbal medications were created in coarse form for Kwath production. The fresh decoction was produced in eight times as much water until only 1/4 of it remained. After being



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## REVIEW OF VYANGA

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**Abstract:** A cosmetic as external beauty has gained a lot of attention and demand in today's world. Everyone want's to look beautiful and attractive. But this is urge has not develop today in a completely safe manner .In ayurvedic texts there is lot of ahara, aushadha, and vihara which where mentioned to enhance external beauty such as varnya varg told by Acharya Charak, and romsanjanan etc told by Acharya Shushrut. Melasma is characterized by hyperpigmented macules on cheeks, upper lips, chin, nose, forehead. The condition is more common in darker skin type. Melasma is most frequently found in females than males<sup>4</sup> averaging ratio as 4:1. It can be correlated with Vyanga in Ayurveda. According to Ayurveda etiopathogenesis of Vyanga points towards vitiation of Vata and Pitta by Shushrut and Pitta and Rakta by Charak. As this is not a fatal or life threatening disease , it is mentioned under kshudra rog section in Ayurveda.

**Index Term :** Vyanga, Melasma, Vata, Pitta, Kshudra roga

### INTRODUCTION :

In Ayurveda, skin diseases are included under the heading of Kustha and Kshudra roga. Vyanga is one among the Kshudra roga. Even though Vyanga is a Kshudra roga.<sup>1</sup> It produces a great misery for the person due to the dark discoloration of the skin over face. Vyanga is a pathological situation of the facial skin with etiopathogenesis pointing towards the vitiation of Vata & Pitta dosha, also belongs to Raktapradoshaja vyadhi producing cardinal features such as Niruja, Tanu, Shyava mandala. Ayurveda also refers this condition as associated with Manasika nidanas such as Krodha, Shoka, Ayasa as the main culprits.

Melasma is characterized by hyperpigmented macules on cheeks, upper lips, chin, nose, forehead. The condition is more common in darker skin type. Melasma is most frequently found in females than males averaging ratio as 4:1.<sup>2</sup> It can be correlated with Vyanga in Ayurveda. According to Ayurveda etiopathogenesis of Vyanga points towards vitiation of Vata and Pitta by Sushrut and Pitta and Rakta by Charak. As this is not a fatal or life threatening disease, it is mentioned under kshudra rog section in Ayurveda.<sup>3</sup>

Hyperpigmentation refers to patches of skin that become darker than the surrounding areas of skin. It occurs when the skin produces excess melanin, the pigment that gives skin its color. It can affect people of all skin types.<sup>4</sup> Melanin is a substance in your body that produces hair, eye and skin pigmentation. The more melanin you produce, the darker your eyes, hair and skin will be.<sup>5</sup>

### LNIDANPANCHAK OF VYANGA :

table no: 1: Samanya nidana-

Nidana	Vata prakopaka	Pitta prakopaka	Kapha prakopaka	Rakta prakopaka
Aharaja	Guna- Ruksha, Sheeta; Rasa- Kashaya, Tikta; Apatarpanatmaka	Tikshna, Ushna, Vidahi; Katu, Amla	Sheeta	Ushana; Lavana, Amla, Katu; Kshara; Viruddhanna; Asatmya bhojan
Viharaja	Vayam, Vega dharana, Jagarana, Pravata.	Atapa sewana		Divaswapna; Aatapa sewana
Manasika	Atishoka, Harsha			Santapa, krodha



## RUTU HARITAKI IN AYURVEDA

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**Abstract:** Ayurveda is traditional Indian system of medicine plays a key role in rejuvenating overall health and well being. The parts of Haritaki are used for herbal formulation was Fruits, roots, and bark. Taking Haritaki powder along with different seasons is called Ritu Haritaki in Ayurveda. Haritaki (*Terminalia chebula*) is herb that can be used with different adjuvant according to seasons. According to Charak Samhita Ritu Haritaki is Rasayana that can be used in every season, but Anupan dravya should be different. Haritaki has all five rasa except the Lavan Ras. In Charak Samhita chikitsa sthan adhyay 1 Abhayaamalaki rasayan pad Acharya charak explain Haritaki itself and various yogas of Haritaki.

**Index Term :** Ritu Haritaki, Haritaki, Terminalia chebula, Anupan, Ras

### INTRODUCTION :

हरितकी चरसामुष्णामलवणां शिवाम ।  
दोषानुलोमनी लघ्वी विद्यादीपनपचनीम् ॥  
आयुष्यां पौष्टिकीं धन्यां वयसः स्थापनीं पराम ।  
सर्वरोगप्रशमनीं बुद्धीन्द्रियबलप्रदाम ॥

-च.चि.१/२९,३०

Ayurveda is traditional Indian system of medicine plays a key role in rejuvenating overall health and well being. Haritaki is most commonly used herbs by folk, household and traditional medicine. Qualities (Gunas) of Haritaki is mentioned by Acharaya charak in Chikitsa sthan like Shiva means good for general health, eliminates doshas from body, stimulate the power of digestion (Dipana), Carminative (Pachan). It nourishes the body and increase life expectancy. It eradicated all diseases and promotes intellect as well as enhances memory.<sup>1</sup>



### Review of Haritaki-

Figure no. 1 Haritaki

- 1) Gana- Jwaraghna, Prajasthapana, Kushtaghna, Kasaghna, Arshoghna (Charak), Triphala, Amalakyadi, Parushkadi (Sushruta)
- 2) Latin Name- Terminalia chebula
- 3) Family – Combrataceae
- 4) Kula – Haritaki kula
- 4) Synonyms – Abhaya, Pathya, Shiva, Amruta, Pranada, Medhya, Pachani.
- 5) Ras – Panch ras (except Lavan)
- 6) Virya – Ushna
- 7) Vipak – Madhur