



PHYSIOLOGY AND MANAGEMENT OF PAIN IN GIT (AANAHA): A CASE STUDY

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ABSTRACT

Ayurveda has beautifully explained the management of pain by putting emphasis on the concept of “*Vata Dosha*”. According to *Ayurveda*, a holistic way of living, chronic pain is caused by a *Doshic* imbalances (energy). In *Ayurveda* all type of pain is considered under *Vata* aggravation. *Ayurvedic* theory says that pain can only occur due to *Vata* involvement and it cannot occur if *Vata* is not involved. The barrier in *Vata* flow leads to the pain. *Vata* flow easily in the body without any obstruction. The obstruction in *Vata* flow causes pain. Pain appears in any disease it indicates the involvement of *Vata dosha*. Different types of pain are also explained in our *Samhita*. Pain is a protective body mechanism, which alerts the person about the harmful condition or experience that occurs in the body. Pain is a symptom of mental and physical disease. Pain is a sensation linked to tissue damage. Its purpose is to allow the body to react and prevent further tissue damage. Pain occurs due to physiological and psychological causes. In *Ayurveda* pain is described under ‘*SHOOL ROGA*’ and for this *VATA DOSHA*- is responsible for pain. This paper through a case study shows how this vitiated *Vata* is corrected thus correcting the pain. Mainly management of pain associated with GIT is being described in this paper.

KEYWORDS: *Vata Dosha*, *SHOOL ROGA*, GIT Pain.

INTRODUCTION

Abdominal Pain is a systematic approach to examine the patient and the formulation of a differential diagnosis. A Variety of diseases can cause some form of abdominal pain, a systematic approach to examination of a person and the formulation of a differential diagnosis is important. Pain in GIT occur most commonly. Abdominal pain helps the clinician in making a positive diagnosis. In GIT there is presence of flora when it is decrease *Snigdhta* (smoothness) decreases and *Rukshta* (roughness) making the difficulty in forward movement of food and also Peristalsis movements decrease to cause abdominal pain.

TYPES OF VATA DOSHA

Aacharya Sushruta in *Vatavyadhi nidanadhyay* says that there are five types of *Vata dosha*. Type of *Vata dosha* are of five that are *Pran*, *Udan*, *Saman*, *Vyan* and *Apan* *vayu*.^[1]

FUNCTIONS^[2]

➤ **Pran-** *Sthivan*, *Kshvathu*, *Udgar*, *Nihishwas*, *Anna praveshrut*.

Coughing, Sneezing, Respiration, Ingestion of food.

➤ **Udan-** *Vakpravrutti*, *Praytna*, *Urja*, *Bala*, *Varna*, *Smruti*.

Speech, Energy, Physical fitness, Body Colour, Memory.

➤ **Vyan** – *Gati*, *Apshepan*, *Utkshepan*, *Nimesh*, *Unmesh*.

Body movements, Lifting, Eye Movements.

➤ **Saman-** *Anna guhyati*, *Pachati*.

Food ingestion, Digestion, Absorption.

➤ **Apan-** *Shukra*, *Aartav*, *Shakrut*, *Mutra*, *Garbh Nishkraman*.

Excretion of semen, Faeces, Menstrual blood, Urine, Parturition.

Proper function of various *Vata dosha* indicates physiology, when there is abnormality or improper functioning pathology occurs.^[3]

Where there is *Apan vayu dushti* symptoms like *SHOOL*, *AANAHA*, etc. are seen. In *Shool*, *Aanah* *Ayurveda* treatments and therapies treat the vitiated *Vata dosha*.

Management of pain also includes improvement and correction of *Agni* (digestion), Diet plan, Stress management, exercise and daily routine.

IMPORTANCE OF VATA

Aacharya Sushruta in *Sushrut sutrasthana adhyay 17 Aampakvyeshaniya adhyay* says that without *Vata dosha* pain cannot occur.^[4]

CATEGORIES OF PAIN

The categories of pain according to *ayurveda* are pure *Vata* pain, *Vata-pitta* pain and *Vata-kapha* pain.^[5]

1. Pure *Vata* pain - Sharp, Throbbing, moves from location to location, this type of pain localized the surface of skin.
2. *Vata-Pitta* pain – Burning, Intense, remain in one place, reaches its peak during mid-day or midnight.
3. *Vata-Kapha* pain- Dull, this type of pain remains in one place, it reaches its peak within 6-24 hrs. and can last for several days.

The Physiology of Abdominal Pain^[6]

➤ Visceral Pain

Most common form of pain. Manifestation of damaged or injured internal organs. Many forms of visceral pain in women and are associated with their reproductive life (period pains, labor pain or postmenopausal pelvic pain). For both men and women, pain of internal origin is the number one reason to consult a doctor.

➤ Parietal pain

Corresponds to the segmental nerve roots innervating the peritoneum. Tends to be sharper and better localized. Caused by pneumonia, empyema, pneumothorax, tuberculosis, neoplasm, or the accumulation of fluid resulting from heart, liver, or kidney disease.

➤ Referred pain (sometimes referred to as reflective pain)

Referred pain is a term used to describe the phenomenon of pain perceived at a site adjacent to or at a distance from the site of an injury's origin.

OBSERVATION

After 3 Days

Symptoms	Before	After
Abdominal Pain	+++	+
Abdominal distension	+++	+
Constipation	Dry, Hard stool, Irregular motion	Soft, Regular motion

DISCUSSION

The treatment given was *Langhan*, *Deepan*, *Pachan* and *Basti*. The mode of action of each is described below-

1. *Langhan*^[7]

Mandagni is root cause for all diseases. Vitiating *Vata*, *Pitta* and *Kapha dosha* leads to *Mandagni* and this is responsible to produce *Aam*. *Langhan* is important primary treatment to destroy *Aam*. *Langhan* includes *Apatarpan* (fasting) which is best to treat *Aam*.

This paper is mainly concerned with *Apan vayu dushti* and its management is enlisted below. The Pain treatment differ for every person and different in every type of involvement of other humor's. Management of pain include according to symptoms. For e.g; *Deepan* and *Pachan* drugs are given after ensuring proper *Dincharya* and *Nidan Parivarjan* and also a type of treatment called *Panchakarma* including '*Basti*' is preferred. General management includes *Langhan*, *Pachan*, *Swedan*, Single drug treatment (*Akal dravya chikitsa*), lifestyle changes.

CASE STUDY

- A 40year old male patient (Occupation - computer operator.) presents with symptom of abdominal distention, abdominal pain & difficulty in defaecation (constipated) since 3 months. On examination i.e systemic examination was normal with no past history.
- Weight of patient was -70kg
- **Investigations**
 1. Haemogram- Hb-14.2 gm/dl
 2. RBC-5,49,000 cells/cu.mm
 3. Platelet count-3,13,000 cells/cu.mm
 4. TLC-10,200 Cells/mm
 5. Urine examination- nil
 6. BSL (R)-118 mg%

Because of above symptoms patient took the following treatment-

- 1) T. Pantoprazole (40mg) OD.
- 2) Syp. Dulcolax 10ml (2TSF) HS.

But patient had no relief.

Further when patient came, he was advised to hold the above medication and was then started the following treatment

1. *Shankhvati* 2BD (1/2 hr before diet).
2. *Aampachak kwath* 10 ML BD with warm water.
3. *Matrabasti* with *Tiltail* 60ml for 3 days.

2. Drug properties^[7] (*Deepan* and *Pachan*)

- *Deepan* treatment invigorates *Agni*, makes *Agni* strong, it is good for gases and pain, enlightening the *Jatharagni* commonly called as Digestive fire (Appetite). Hence Tab. *Shankhavati* was given as it acts as a *Deepan dravya*. It contains *Kshar* which cause *Pachana*, *Sar gun* cause *Apan anuloman*.^[8]
- *Pachan* treatment done to Digest *Aam doshas*. For this *Aampachak kwath* was given and it also make *Agni prakrut*.

3. Panchakarma- Bastichikitsa - main treatment for Vata dosha.^[4]

Matrabasti with *Tiltail* is effective in managing the GIT pain. *Tiltail* decreases Ruksha Guna of Vata dosha thus, normalizing the vitiated Vata dosha.

Other regimen which can be included are

1. Use of Different Kshar^[6]

Kshar like *Sendhav* is best laxative cause *Pachana*, its *Sar gun* causes *Apanvayu anuloman*.

2. Proper nutritious Diet

Easy to digest and a satisfying and nourishing dietary approach that improves the digestion should be given. Along with this *ayurvedic* herbal formulas, which helps in restoring balance to the specific functioning modes whose malfunctioning causes the chronic pain, should also be prescribed. Lemon juice in daily routine should be inculcated.

3. Create strong digestion

Incompletely digested foods create toxins and impurities that are eventually absorbed, travel throughout the body, gets localize in tissues and disrupt their functioning leading to a chronic pain which is treated by a proper use of spices and cooking oils, by favoring digestion-enhancing foods, by reducing digestion-depressing foods.

4. Single drug therapy^[9]

Ginger (*Zingiber officinale*)-Antiviral, antibacterial, antioxidant should be included freely in daily diet of the person. Tea made with ginger in it is also beneficial

Garlic (*Allium sativum*)- Antimicrobial, antifungal activity. Five-six cloves of garlic must be eaten every morning to seek relief.

Drumstick plant (*Moringa oleifera*)- Anti-inflammatory, antiulcer, cholesterol lowering, antibacterial antifungal activities.

5. Life style and daily routine

One of the most important factors for maintaining healthy functioning is to have a lifestyle that does not disturb natural bodily rhythms. Ayurveda reviews and creates a daily schedule that will increase balance in physiology and aid in healing body. Drink warm water regularly in daily routine. Avoid late night sleep.

6. Yoga therapy^[10]

Pavanmuktasan, *Dhanurasan*, *Gomukhasan*, *Sarvangasan*, *Suryanamskara* causes proper intestinal movements.

7. Apathya^[7]

Ruksha aahar vihar (dry foods), fast foods, over intake of food, heavy food taking habits, cold food, cold drinks.

CONCLUSION

- 1) The main line of treatment to management of pain that is correction of *Apan vayu*. Occupation is like constant sitting position, travelling by bike, late night sleeping, stress, not walking that means poor motility of their abdominal movements.
- 2) So correction of *Agni* also important. Hurry, Worry, Curry is the cause to pain in GIT disorders. The key to successful pain management is to know correction of *Vata dosha vikriti*, *Apan vayu*, *Agni*.
- 3) Not only symptomatic treatment is useful here also the daily routine, exercise also necessary. Stay free from mental stress, avoid spicy food eating habits, slow down and eat better in changing lifestyle.

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