



**YAKRUT DALUDAR MANAGEMENT THROUGH SHAMANA & SHODANA CHIKITSA;
AN AYURVEDA AND MODERN REVIEW**

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ABSTRACT

Yakrut daludar is considered as one of the *Udara Roga* which occurs due to the *Mala samcaya* and *Dosha Samcaya* associated with *Mandagni* and *Srotorodha*. The enlargement of liver or excessive enlargement of *Udara* is major feature of disease. As per modern science *Yakrut daludar* can be correlated with condition of accumulation of materials in peritoneal cavity due to the cirrhosis or other liver diseases. The problem affecting global population and current scenario causes more incidences of such health problems. Ayurveda mentioned various modalities for managing such problems including use of single herbs, classical Ayurveda formulations, modification in living regimen and *Shodhana* procedures, etc. Present article described Ayurveda view on *Yakrut daludar* and its management through Ayurveda approaches W.S.R. to *Shodhana* procedures.

KEYWORDS: *Ayurveda, Yakrut daludar, liver ascites, Shodhana.*

INTRODUCTION

Ascites is one of the common health problem associated with liver dysfunction. The condition mainly characterized as accumulation of fluid in peritoneum leading to the tissue enlargement. Anorexia, vomiting, respiratory distress, weakness, indigestion, excessive thirst, constipation and abdominal distension, etc. are associated symptoms of liver ascites. Ayurveda considered such types of disease under category of *Udararoga* and described term *Jalodara* or *Yakriddalyudara* for the diseases having symptomatic similarity with liver ascites. Vitiating *Rasa Dhatu*, *Prakupita Vata* and *Manda* state of *Agni* mainly causes disease. The major symptoms of disease *Udara Shotha* mainly arises due to accumulation of *Prakupita Vata*.

The medical science mentioned various options to cure such conditions like; use of internal medicine, surgical procedures, diet restriction, and provocation of digestion and detoxification measures, etc.

Symptoms

- ✚ Fatigue and weakness
- ✚ Loss of appetite
- ✚ Lack of enthusiasm or loss of lust
- ✚ Sudden change in weight/BMI
- ✚ Yellowish coloration of skin

- ✚ Swelling in legs and abdomen area
- ✚ Abdominal pain along with bloating
- ✚ Indigestion and bad smelling mouth

Causes

- ✚ Alcoholism & smoking
- ✚ Hepatitis B and C
- ✚ Obesity and diabetes
- ✚ Drug abuse and toxins
- ✚ Exposure to chemicals & parasitic infections
- ✚ Sedentary living regimen and awful dietary conduction.

Diagnosis

- ✚ Physical examination
- ✚ Blood tests
- ✚ Abdomen Ultrasound
- ✚ CT scan
- ✚ Endoscopy
- ✚ Radioisotope liver scan

Ayurveda Management of Disease

The major Ayurveda approaches are depicted in **Figure 1**. Modifications in life style, diet restrictions, good conduction of concept of *Ahara-Vihara* and *Nidana Parivarjana* may also helps in the management of *Yakriddalyudara*.

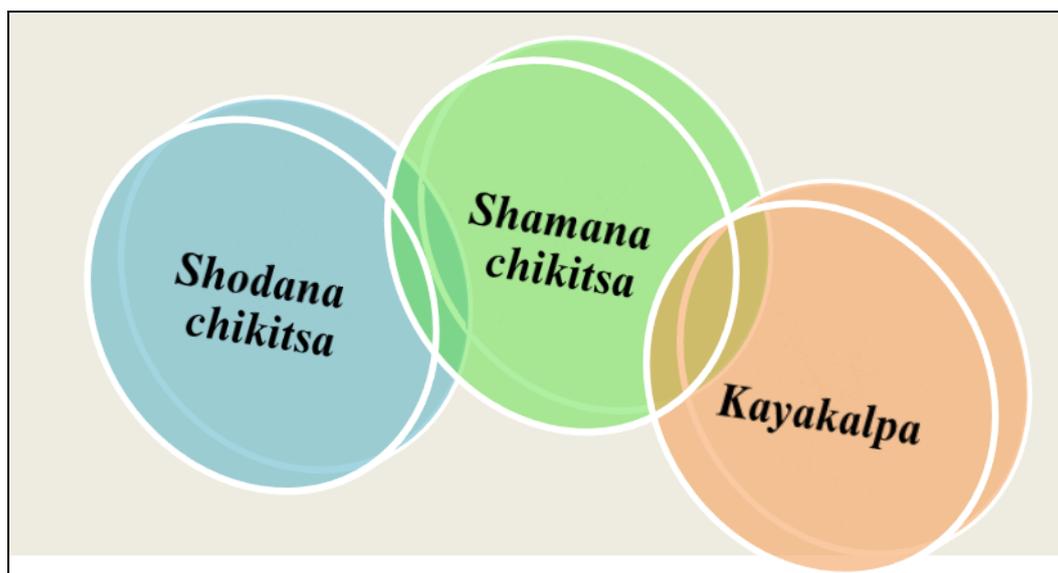


Figure 1: Ayurveda Management of Disease.

SHAMANA CHIKITSA

➤ *Triphala*

Laxative and detoxifying actions of formulation help to remove accumulated fluid and regulate digestive & metabolic activities.

➤ *Punarnava*

Punarnava cure swelling and control fluid retention, its anti-inflammatory action provides relief from painful symptoms of *Yakriddalyudara*.

➤ *Gokhru*

Gokhru offers anti-inflammatory properties thus helps in swelling, increasing fluid excretion, remove accumulated toxins and pacify pain associated with disease.

SHODANA CHIKITSA

✚ *Shodana Chikitsa* especially *Panchakarma* helps to remove out accumulated toxins from body therefore provides relief in *Jalodara*.

✚ Excretion through *Virechana* removes out retained fluid from abdominal cavity.

✚ *Virechana* offers stimulant effect, enhances motility, increase water secretion and restore gastrointestinal motility.

✚ *Shodana Chikitsa* boosts normal circulatory process, maintain digestive activities and relaxes whole body thus provide symptomatic relief from disease symptoms.

PATHYA

- Milk, rice, *Shigru*, vegetables and fruits.
- *Deepana* and *Laghu* dietary contents.
- *Yavagu*, *Tilanala Kshara* and *Swarjika Kshara* etc.
- Proper conduction of daily regimen.

APATHYA

- Salty, heavy and oily food stuffs.

- Excessive intake of water.
- Green peas, lentils, meat and yellow gram.
- Stress, suppression of natural urges sedentary life style and day time sleep.
- Alcohol consumption and smoking.

CONCLUSION

Yakriddalyudara is disease of liver can also be correlates with *Jalodara* which involves *Jatodakavastha*, *Agnimandya* and *Srotoavarodha* as major biological consequences. The disease associated with accumulation of fluid in *Udarapradesha*. Abdominal girth, edema, pain, fatigue, anorexia and indigestion are major symptoms of disease. The therapies which causes *Agnidipti*, *Apyam Doshaharanam* and *Sroto Shodhana* helps in *Samprapti Vighatana* of disease. Therefore drugs having *Ushna Guna*, *Deepana* & *Laghu* properties offers relief in disease symptoms. Similarly *Shodana Chikitsa* like *Virechana* helps to break up *Sanga* of all *Dosha* and remove retained fluid thus helps to treat disease. Purgation helps in elimination of vitiated *Pitta Dosha*, decreases abdominal girth and swelling. Article concluded that *Shamana Chikitsa*, purgation, diet restriction and good conduction of daily regimen offers beneficial effects in the management of *Yakriddalyudara*.

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