

ETIOPATHOLOGICAL STUDY OF PARINAAMSHOOL - A REVIEW  
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**ABSTRACT**

Parinaamshool describes the disease as a severely painful and dreadful disease of unpredictable nature. The shool which occurs due to transformation(digestion)of food is called parinaam shool. In modern science the symptoms, etiopathogenesis of parinaamshool resembles with duodenal ulcer as pain aggravates during digestion and relives after complete digestion of food. Owing to faulty food habits and stressful life, duodenal ulcer has a become a very common health problem. Shaman vishesh siddhant is applied in all field of ayurved. The avoidance of factors that aggravates the shool and indulgence in those that relive the shool is advisable. Treatment includes nidanparivarjan, shanshaman, sanshodhan and pathyaapathya sevan.

**KEYWORDS:** Parinaamshool, Samanvishesh siddhant, nidanparivarjan, pathya apathy.**INTRODUCTION**

Parinaamshool is a disease of annavahsrotus characterized by pain during digestion of food. It is not described in Bhrihtrayi but Madhavakar is the first aacharya to describe this disease as a separate and independent disease (m.ni.26) the clinicalcondition shool is described as a lakshan as as specific disease entity in ayurveda. In ancient timethe conditional where abdominal pain is predominant are termed as shool. It is Vata pradhan tridoshaj vyadhi. Parinaamshool can be paralleled with duodenal ulcer as it match with its nidanpanchaks. duodenal ulcer is more common than gastric ulcer. Helicobacter pylori infection is important factor in the development of duodenal ulcer. it is one of the commonest disease of mankind as the time going on due to change in the life style, food habits of the society has changed. The peak incidence is now in a much older group than previously, still more common in men. The interplay of etiological factors in the pathogenesis is poorly defined but may include altered acid secretion, rapid gastric emptying, stress, smoking. Duodenal ulcer pain would manifest mostly 2-3 hours after the meal when release of digested food and acid into the duodenum. Other symptom are abdominal fullness, nausea. The most significant complication is hemorrhage, perforation and obstruction. By virtue of all the above factors it needs more attention.

**DEFINITION**

Parinaam = Transformation, Digestion

Shool = Colic, pain

*“ भुक्ते जीर्यते यत्शूलम तदेव परिणामजम् ” ।*

The shool or colic or pain abdomen which occurs due to transformation (digestion) of the food is called parinaamshool.

**ETIOLOGY OF PARINAAMSHOOL**

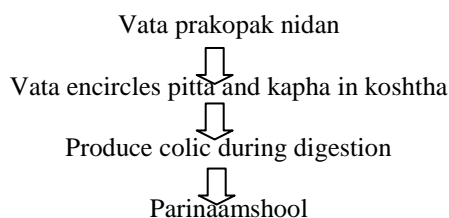
There is no particular etiology of this disease. The vitiation of vata is the cause of this disease.

*स्वैर्निदानैः प्रकुपितो वायुः संनिहितस्तदा III (M.N. 26/15)*

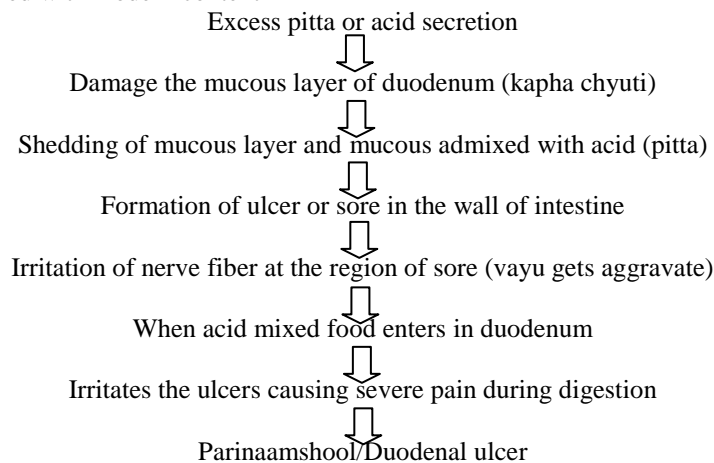
Factors which brings aggravate of all three doshas by their respective etiological factors resulting in the manifestation of parinaamshool.

- Ruksha, sheet aahar
- Asatmya and viruddhaahar
- Atilanghanam (habit to starve)
- Ratrijagaran (late night working)
- Retention of urges
- Abuse of alcohol, tobacco
- Irregular eating habit
- Severe injury leading to stress

**SAMPRAPTI / PATHOGENESIS***स्वैर्निदानैः प्रकुपितो वायुः संनिहितस्तदा III**कफपित्ते समावृत्य शूलकारी भवेत्बली II भुक्ते जीर्यते यत्शूलम तदेव परिणामजम् IIII (M.N. 26/15)*



Mechanism can be explained with modern context



**PURVARUPA:** Not mentioned in all bhrihatrai and laghutrayi.

**RUPA:** भुक्ते जीर्यते यत्शूलम् तदेव परिणामजम् III (M.N. 26/15).

- Bhukte jeeryateyat shoolam (colic during digestion of ingested food)
- Kukshi shool (pain in abdomen)
- Jathar parshav shool (pain in abdomen sides)
- Nabhi shool (navel pain)
- Bastishool (pain in the region of urinary bladder)
- Shanantara shool (pain in the sterna region)
- Prishtamula shool (pain in the sacral region)

#### TYPES OF PARINAAM SHOOL

##### 1. Vataj – Adhymana (abdominal distention)

Atopa (gargling sound)

Vinmutra vibandha (constipation and urinary obstruction)

Arati

Vepana (tremors)

Snigdha ushna prashman

##### 2. Pittaj - Trishna (thirst)

Daha (burning sensation)

Aruhi (tastelessness)

Sweda

Sheeta shamanam (Pain reduces on consuming cold food).

##### 3. Khaphaj - Chardi (Vomiting)

Hrillas

Moha

Mandashool (Mid pain)

Deergha santati (Long standing pain)

Katu tikta upasamanam

4. Vataj pittaj parinaamshool

5. Vataj kaphaja parinaamshool

6. Pittaj kaphaja parinaamshool

7. Sannipataj

#### UPASHAYA

Samana vishesh siddhant is allied in all field of ayurveda. The extension of this siddhant in the form of *upashaya* and *anupashaya* respectively is used for diagnosis as well as for therapeutics. The avoidance of factors that aggravate the shool and indulgence in those that relieve the shool and is advisable.

#### Upashaya

- Bhuktamatre - immediately after food
- Vantamatre - after vomiting
- Jeerne cha Anne - on completion of digestion
- Vataja parinaamshool - snigdha, ushna annapana
- Pittaja parinaamshool – sheet annapana
- Kaphaja parinaamshool - katu tikta annapana

#### Anupashaya

The aggregating factors for parinaamashool are

- Pachyamanavastha of aahar pachana.
- Shasttikashaali, vridhiodana.
- Pittaja parinaamashool- katu, amla, Lavana annapana.

**DIFFERENTIAL DIAGNOSIS**

Features	Parinaam Shool	Annadrava Shool
Pain	During paka (Digestion).	Occurs before food, during digestion and after food
Relief	Relieves after complete digestion of food	By vomiting
Aggravating Factor	Pitta Prakopa	No
Dosha.	Vata Pradhan Tridosha	--
Modern comparison	Duodenal Ulcer	Gastric Ulcer
Effect of weight	Weight gain	Weight Loss

**PROGNOSIS**

Tridoshaja type of parinaamshoola wheel all the three doshas are involved, parinaamshoola in which there is deterioration of bala, Mamsa and agni and parinaamshoola associated with upadravas is incurable.

**TREATMENT**

लघनम् प्रथमम् कुर्यात् वमनं च विरेचनम् ॥३॥

वस्ति कर्म परं च अत्र पक्ति शूल उपशान्तये ॥३॥ (यो.र.शूल चिकित्सा)

- Langhana – fasting
- Vamana–therapeutic emesis indicated when the dosha is amashayagata and in khapaja parinaamshoola
- Virechana – therapeutic purgation indicated when dosha are in pachyamanashya and in pittaja parinaamshool
- Vasti – medicated enemas indicated in chronic stage

**Yoga therapy:** Vajrasana, Bhujangasana, sarvangasana, shashangasana, padmasana, pawanmuktasana, paschimottanasana.

**Pranayama:** Ujjayi, kapalbhatti, shitali pranayama have the capacity to counter acidity and gastric ulcer.

**DIET AND LIFESTYLE**

- **Pathya** - Eating smaller meals, Drink water after meals.
- **Apathya** - Avoid heavy and spicy, sour, hot, too much oily food, excessive or less and also taken too early and too late. Avoid anxiety, worry, anger etc. Avoid drinking water just before meal, heavy meal at night time and suppression of natural urges.

**CONCLUSION**

According to present knowledge, the normal function of the vayu, agni, pachaka pitta are deranged in this disease. The etiological factors mentioned acc to ayurveda samhitas should be applied to the present day. Food habits are the main causative factors. Stress and strain also leads to the pathogenesis of this disease. From this study it can be concluded that healthy diet selection and eating habits play a major role in causation of disease. Hence we can say that code of conduct of healthy eating is important to achieve early and better result of the treatment as nidanparivarjan.

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