



THE ROLE OF LAVANGCHATUHSAMACHURNA IN MANAGEMENT OF UDARSHOOL (ABDOMINAL PAIN) DISEASE IN CHILDREN – A CASE STUDY

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ABSTRACT Udarshool is one of the common prevalent disease is in pediatric age group. it is defined as Abdominal pain in children is defined as, atleast three episodes of pain that at least 3 months and affects the child's ability to perform normal activities. Udarshool can be correlated with Abdominal pain as both the terminologies have similar feature like , *stanamvyudasyate* (Refusal of feed), *Rauti* (Excessive crying), *Udarsthabdhata* (Abdominal distension), *Mukhasweda* (Sweating over face), *Shaitiyam* (Cold extremities).ect. We are discussing here a case report of 7 years old male child having history of Udarshool for last 15 days . he came to us with complaint of *loss of appetite, Abdominal distention and pain , poor intake , bowel irritability .since last 4days*. Generally he got relief from morden medicine , but this time symptoms reoccur after 7days. He was treated with ayurvedic medicine which gave effective result from the day of treatment. In a search of new potent option, *Lavangchatuhsama Churna* is in the management of udarshool (colicky pain) in children. there drugs when used in the management of *Udarshool* give long lasting effect with minimal or no side effect.

KEYWORDS :

INTRODUCTION

Abdominal pain in children is defined as, atleast three episodes of pain that at least 3 months and affects the child's ability to perform normal activities. Thus, abdominal pain plays an important role in the overall growth and development of a child. Abdominal Pain is still an enigma because, In majority of children the cause is still unknown. It is one of the most encountered problems in pediatrics. It not only disturb the parents but also affects the quality of child's life. Though, the cause is unknown but some etiological factors like excessive eating of fast food ,Junk food, Over eating etc. may lead to abdominal Pain. Hence, these children come with the complaints like recurrent abdominal pain, Loss of Appetite, Excessive crying, Lacking of Consolability, Irritable etc.

According to *Kashyap samhita Vedanadhay*, *Udarshool* can be clinically diagnosed with symptoms like, *stanamvyudasyate* (Refusal of feed), *Rauti* (Excessive crying), *Udarsthabdhata* (Abdominal distension), *Mukhasweda* (Sweating over face), *Shaitiyam* (Cold extremities). There are multiple options for abdominal pain in the modern science. There are many anti-spasmodic drugs, carminics and Laxatives which have momentarily effect. But however, very frequent use of these drugs may lead to habit of these drugs, which may affect the child's life. A solution to this problem is use of herbal medicine.

CASE DISCUSSION –

A 7year old Male child brought by Father , Having Complaint of- loss of appetite, Abdominal distention and pain , poor intake ,bowel irritability .Patient had above complaint since 4days , On examination rt iliac region pain was present .he had history of recurrent abdominal pain since last 15 days.

- Past history- H/o abdominal pain since 2day
No H/o any fever episodes, No H/o Nausea, vomiting,
No history of constipation. Or no any drug allergy,
No H/o any major illness.
- Antenatal history – No H/O any major illness during antenatal period.
- Birth history- Full term/ Normal vaginal delivery/ BCIAB / MCH/2.8KG/AGA
- Development milestone – Gross motor , Fine motor, and social development milestone are achieved as per age.
- Immunizations history – all vaccine are received as per recommended schedule.
- On Examination –
P/A- pain & tenderness at umbilical region.
No any systemic , local muscular / anatomical found
- Diet History – reduced oral intake.
- Past treatment history – No specific medication used for present complaints

- Ashtavidha pariksha –
 - a) Nadi (Pulse)- 100/min
 - b) Mala (stool)- Samyaka
 - c) Mutra (Urine)- Samyaka
 - d) Jihwa (Tongue)- Saam
 - e) Shabda (speech)- Prakrit
 - f) Sparsha (skin) – Anushna
 - g) Drika (Eye)- Prakrita
 - h) Akruiti- krisha.
- Type of study – A single case study
- Centre of study – concerned OPD.

Inclusion Criteria:

- a) Subject of age group from 3-12 years irrespective of gender.
- b) History of frequent Abdominal Pain.
- c) Patient having history of Symptoms of UDARSHOOL like Excessive crying , Udarsthabdhata
- d) Signs and Symptoms of *Udarshool* mentioned in *Kashyap samhita* and Modern texts.
- e) The patients whose parents are ready to participate in the clinical trial by giving informed written consent.

Exclusion Criteria:

- a) *Udarshool* associated with *Jwar* (fever), *Chardi* (Vomiting), *Atisar* (Diarrhoea), *Pravahika* (dysentery), *Krimi* (Worm infestation) etc.
- b) Known Case Of any congenital anomalies .
- c) Patient having Abodminal pain due to food allergies if any.
- d) Patients who require surgical management.
- e) Sever persistence abdominal pain.

Material and method

Method

Centre of study : Dr.D.Y Patil College of Ayurved and research centre, pimpri pune

Table 1 : Showing assessment criteria

Category	Scoring			Grade
	0	+1	+2	
Face	No particular expression or smile.	Occasional grimace or frown, withdrawn, disinterested.	Frequent to constant frown, clenched jaw.	++
Legs	Normal position or relaxed.	Uneasy, restless, (Placeholder1)tense.	Kicking or legs drawn up.	+

Activity	Lying quietly, normal position, moves easily.	Squirming, shifting back and forth,tense.	Arched, Rigid ,or jerking.	+
Cry	No cry (awake or asleep).	Moans or whimpers, occasional complaint.	Crying steadily, screams or sobs, frequent complaints.	-
Consolability	Content, relaxed.	Reassured by occasional touching, hugging, or being talked to, distractible.	Difficult to console or comfort.	++

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Standard Operating Procedure (S.O.P) For the preparation of Lavangchatuhasamachurna

For LAVANGACHATUHASAMA CHURNA – Lavang , Jeerak, Jatiphala , Shudhha Tankan, Above mention drugs took as in churna formed & mixedwith , then mixed Final churna given to the patient according to age by using dilling formula with Anupan honey in thrice a day for 5 days.

Material:

Lavangchatuhsama Churna

	Latine Name	Rasa	Virya	Vipaka	Guna	Karma (mode of action)
Jatiphala	Myristicaceae	Katu, Tikta,	Ushna	Katu	Laghu, Snigda Tikshna	Vata-kaphanashak
Lavang	Syzygium aromaticum	Tikta	Ushna	Katu	Laghu , snigda	Vatanashak
Jeerak	Cuminum cyminum	Katu	Ushna	Katu	Laghu	Vataghna
Shudhha Tankan	Borax	Katu	Ushna	Katu	Laghu	Pittashamak
Honey (Madhu)	-	Madhura	Sheeta	Madhura	Ruksha	Pittashamak

Dose

1) Dose will be calculate by **Dilling's formula**

Dilling's formula :-

Children's dose= children's age in yr/20 × Adult dose

(Adult dose of Churna is 1 Karsha = 10 gm.)

7 years child dose = 3.5gm/ day (thrice a day) with 3 follow up 3rd, 5th, 7th day.

OBSERVATION AND RESULT

Regression of patient symptoms was observed from the 3rd day of treatment and complete remission of the condition was observed by 7th day of treatment .During the treatment no minor or major complication was observed in the patient.

Table 3: Showing regression of symptoms during treatment

Category	Scoring			0 th day before treatment	3 rd day	5 th day	7 th day
	0	+1	+2				
Face	No particular expression or smile.	Occasional grimace or frown, withdrawn, disinterested.	Frequent to constant frown, clenched jaw.	++	+	+	-
Legs	Normal position or relaxed.	Uneasy, restless, (Placeholder) tense.	Kicking or legs drawn up.	++	+	-	-
Activity	Lying quietly, normal position, moves easily.	Squirming , shifting back and forth,tense .	Arched, Rigid ,or jerking.	++	+	+	-
Cry	No cry (awake or asleep).	Moans or whimpers, occasional complaint.	Crying steadily, screams or sobs, frequent complaint s.	+	-	-	-

DISCUSSION

Ayurveda in paediatrics branch Recurrent abdominal pain is considered as udarshool .recurrent abdominal pain is very common benign gastro intestinal problem occurs predominatly upto 10yrs of age. In ayurvedic literature , udarshool in preschool age group is mentioned in vedana adhyaya and shool chikitsa adhyay of kashyapa samhita . udarshool is caused predominantly by vata dosha .on basis of result of medicine , it can be concluded that vitiated vata dosha is subsided ,thus giving relief to udaeeshool for longer duration The given medicines not only helped in subsiding udarshool but also helped in improving appetite, alertness, activity of the child . for better result proper food , dietary habits ,and exercises are also important along with drug therapy .No adverse effect was encountered during this study. *Composition of Lavang, Jaiphal ,Jeerak, Shudhha tankan. I.e Lavangchatuhsama churna.* It acting mainly as Vataghna & increase Agni. there drugs when used in the management of *Udarshool* give long lasting effect with minimal or no side effect.

SAMPRAPTI GHATAKAS IN VIBHANDH

Dosha	Vatadosha
Dooshya	Rasa
Avastha	Saam ,Avrodha
Srotas	Avrodh Pradhan Samprapti
Samprapti	Sanga
Adhishtan	Koshta,Kukshi
Vyaktasthana	Pakwashaya, Sarvasarira

CONCLUSION-

The cardinal features of Udarshool describe in our classical texts are to that of udarshool in contemporary science . it is a clinical condition which is very common in today paediatric practice. The timely treatment is most essential to avoid surgery .the medicine used in this case study have shown significant result (complete remission of the symptoms occurred after 7th days of treatment i,e the patient obtain 100% relief in symptoms) It can be concluded that Lavangchatuhasama churna is effective in Udarshool in children.

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