AYURVEDIC MANAGEMENT OF ANTRAL GASTRITIS WITH PAKWASHAYA
SHODHAN BASTI & SHAMAN CHIKITSA

Ayurveda

Dr Eram Faryal
Shafiullah*MD 2nd Yr, Kayachikitsa R.A PODAR MEDICAL COLLEGE (AYU), WORLI.
*Corresponding AuthorDr Meenakshi
Rewdkar KoleAssociate Professor-Kayachikitsa Dept R.A PODAR MEDICAL COLLEGE (AYU),
WORLI

ABSTRACT

Antral gastritis is the inflammation in the stomach lining (ie in stomach's antral region). Antrum means lower part of stomach. The stomach's mucus lining gets inflamed due to excess acid production, which hinders the protective mucus lining. This inflammation is generally caused due to the bacteria called helicobacter pylori. Most common type of antral gastritis is H.pylori induced antral gastritis and another one is H.pylori negative gastritis.1 Most common cause is NSAIDs (excess use cause deterioration of muscus layer of stomach). Other causes include viral infections caused by cytomegalo virus/herpes Simplex, Excess Alcohol Consumption, Food poisoning, acid reflux from small intestine, Chronic stress, peptic ulcer, excess use of Aspirin, Iron supplements & steroids.2 Most common symptoms include Bloating, Indigestion, Burning sensation in Epigastric region, Abdominal pain/Discomfort, Nausea, Anorexia, Sour Belchings, & often associated weight loss. Basti is one of the most important treatment protocols described in Ayurveda. It is considered as "Ardha Chikitsa" or Half Treatment as many disorders can be treated with help of Basti. This article Represents a case series in which pateints were treated with Basti (Pakwashya Shodhan Basti) along with shaman chikitsa. There was remarkable improvement in the pateints after treatment .

KEYWORDS

Antral Gastritis, Pakwashya Shodhan Basti, Shaman

INTRODUCTION-

According to Acharya Sushrut, basti is of 4 types viz. Shodhan basti, Lekhan basti, Sneha Basti, Brumhana Basti.

Shodhan Basti- The word shodhan refers to cleansing/detoxifying. Basti in which medicines are administered with the aim of expelling the morbid doshas(toxins) out of the system is called Shodhan basti. It works at cellular/molecular level and helps in removal of toxins as well as exerts anti Inflammatory action.

Sr. No	Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
1.	Bloating	No Bloating	Mild Bloating	Moderate Bloating	Severe Bloating
2.	Abdominal pain	Occasional pain	Mild Abdominal pain	Moderate Discomfort	Severe Abdominal Pain
3.	Burning sensation in Epigastrium	Burning sensation on & off	Mild Burning sensation	Moderate Burning sensation	Severe Burning sensation
4.	Belchings	Belchings on & off	Mild Belchings	Moderate Belchings	Severe Belchings
5.	Post Prandial Tightedness over Epigastric region	Occasional Post prandial Tightedness	Mild Post Prandial Tightedness	Moderate Post Prandial Tightedness	Severe Post Prandial Tightedness
6.	Changes in Stools	No changes	Sticky motion with constipated bowel	Sticky motion with moderate constipated bowel	Sticky motion with severe constipated bowel

MATERIALS AND METHODS- CASE SERIES-
CASE 1

A 64 year old male pateint, retired security guard by occupation, visited the OPD of Kayachikitsa dept of R.A poddar hospital, worli, with presenting complaints of Abdominal pain, constipation, Bloating, burning in Epigastric region, Post Prandial Tightedness over Epigastric area, anorexia, And Insomnia since 30-40 yrs. These symptoms gradually increased since 3-4 months. Pateint had been taking Anti Psychotic medications since past 15 yrs and also had taken HP kit for 15 days, but did not get significant relief, so, for proper Rx, pateint came to RA PODAR hospital.

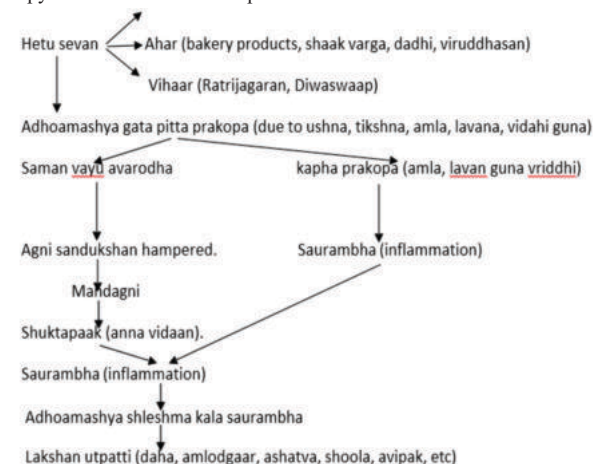
Lean Built, BP- 130/80mmhg, Pulse - 80/min, temp- 97, Pallor -

present, Icterus/Clubbing/Cyanosis was absent .RS- clear, CVS – Normal, Per Abdominal Examination- mild tenderness over Epigastric and Umbilical region with moderate gaseous distension.

Ashtavidha pariksha-

Nadi- 80/min	Mala - Semisolid, Sticky motion, constipated bowel (stool passed after every 2 days)	Mutra- mild burning and Dribbling micturition	Jivha - saam
Shabda- prakrut	Sparsha- sheeta	Druk- prakrut	Akruti- Krusha

Investigation report- stool(R+M) revelas E.Hystolytica. Upper GI Endoscopy reveals mild gastritis in the body and Antrum related with Hpylori infection with RUT positive.



HETU –

1	Dadhi, Takra Sevan	Vidaha Janan, Pitta vridhhi
2	Beans (kidney beans, chickpeas), adhaki (tur dal)	Vata pitta vridhhi, avipaka janana
3	Bakery products (breads, biscuits)	Kshariya properties, saurambha janya
4	Shaak (spinach, methika, cabbage)	Vata kapha kara
5	Viruddha anna (tea+ salted chapati)	Dushivisha kara
6	Kalateeta bhojana	Agni vaishamy

7	Diwaswaap	Dushivisha kara (dushi visha leads to mandagni)5
8	Mansik chinta (++)	

TREATMENT -1) BASTI- PAKWASHYA SHODHAN BASTI

(Niruha-kutaj, Shigru, Amalaki, Daruharidra, Nimba, Madanphal, Vidunga, Haritaki) (Prakshep churna-Haritaki, Amalaki, Madanphal, vidanga) (Anuvasan - kokam tail matra basti) Niruha basti 350ml and Anuvasan Basti 40ml were administered alternately for 14 days. Strict diet was maintained throughout the treatment.

Mode of action- As mentioned in charak siddhistan, Basti given through guda marga enters Pakwashya, draws out malas & doshas from all over body, from foot to head, due to its virya 6. According to Acharya Sushrut, after entering into Pakwashya, virya of dravyas(photochemicals) enters into suksma srotas (enters systemic circulation) & eliminates the dosha/mala accumulated throughout the body, hence alleviating the ailment. Whereas Anuvasan basti instantaneously acts as deepan & improves the digestive strength.7 Pakwashya Shodhan Basti 8

Tikta rasa pradhan, Katu, kashya, graahi, tridosha shamak, saurambha nashak, pachan, krumighna, anulomana, daha shaman which acts as Pitta pachan (ushna, tikshna, amla, lavana guna decreases), Kapha pachan (amla lavana guna decreases) & Vayu anulomana (removes avarodha, saman vayu karya becomes prakrut, agnisandukshan prakrut, apan vayu adho gati becomes prakrut, thereby leading to niyamit and prakrut swarup mala anulomana leading to Lakshan upashya.

KOKAM TAILA ANUVASAN BASTI- saama kapha pachak, pitta shamak, agni deepan, vatanulomana, saurambha nashak(anti-inflammatory) theses properties subsides the inflammation in Antrum & mucosal lining.

Medicine	Dose	Mode of action
1) Ajamodadi vati	2 Tab twice a day	Vata-kaphahara, deepan, pachan, vatanulomana, aruchinashak, shooplprashaman
2) Kamdudha ras 250mg Praval panchamrut ras 125mg Sootshekhar ras 250mg	Combined and crushed together, twice a day, with anupan yashtimadhu ghrit	Pitta pachak, saam kapha pachak, daha prashman, grahi, shoola prashman-these properties act as saurambha nashak (thereby decreasing inflammation in adho amashaya shleshma kala) Yashtimadhu ghrit- deepan, pitta shamak, yogavahi, saurambha nashak
3) Aragvadha Kapila vati with castor oil	2 Tab at night	Mild purgative, vayu anulomana

RESULTS

Symptoms	Before treatment	After treatment
1) Bloating	3	1
2) Abdominal Discomfort	2	0
3) Burning Sensation in Epigastrium	2	0
4) Belchings	2	0
5) PP Tightedness over Epigastric area	2	0
Changes in stool	3	0

A 51 yrs old female pateint, housewife by occupation, visited the OPD of Kayachikitsa Dept of MAPH hospital with Complaints as follows- Abdominal pain, bloating immediately after meals, post prandial Tightedness over Epigastric region, Insomnia, Nausea (on & off), Vomiting (on & off with relief after vomiting), Belchings and mild Burning sensation over Epigastric area since 1.5 yrs. These symptoms gradually increased since 4 months. Pateint was suffering from Migraine & Insomnia since past 5 yrs (on anti anxiety medicine). Had

taken oral medications for above symptoms but no relief so for proper treatment pateint came to RA PODAR hospital.

Past history - Hypertension & hypothyroidism, No any Addiction.

General examination- moderate built, BP- 130/80mmg, pulse- 78/min, Pallor - absent, Respiratory system - Clear, CVS- Normal, Per Abdominal Examination shows tenderness over Epigastric and B/L hypochondriac region with moderate gaseous distension.

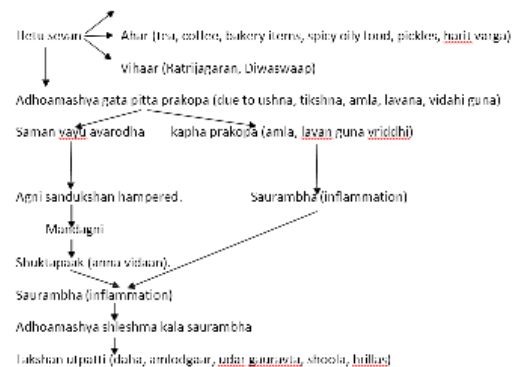
Ashtavidha pariksha-

Nadi- 78/min	Mala- semisolid Sticky motion with constipated bowel	Mutra- samyak	Jivha- saam
Shabda- prakrut	Sparsha- sheet	Druk- prakrut	Akriti- Madhyam

Investigation report- OGDscopy shows mild Diffuse antral & body erythema. S/O- Antral gastritis, H.pylori-negative.

HETU-

Intake of excess caffinated items (tea, coffee)	Kshariya properties, saurambha janya
Excess of spicy foods, deep fried food	Pitta vriddhi, aam janana, saurambha janya
Bakery products (pav, cake, bread, biscuits)	Kshariya properties, saurambha janya
Pickles, dadhi	Vidaaha janana
Harita varga (tomato, cucumber, garlic, beet)	Pitta vardhan, ushna, ruksha, sarvadosha kara
Diwaswaap	Dushi vishakara
Ratrijagaran and Atichinta	Vata pitta prakopa



TREATMENT -1) BASTI - PAKWASHYA SHODHAN BASTI - niruha basti 350 with Anuvasan basti with kokam taila 40ml administered alternately for 14 days.

2) SHAMAN CHIKITSA-

Medicines	Dose	Mode of action
1) hingwashtak churna & gandharv Haritaki churna	2 gm BD with Anupan Ghruta	Hingwashtak churna-potent deepan, aampachan, vatanuloman. Gandharv haritaki churna-snigdha rechak kalpa, helps to digest & excrete apakva mala
2) Sootshekhar ras 250mg Kamdudha ras 125mg	Mixed and crushed together, twice a day with warm water	Pitta pachak, saam kapha pachak, shamak thus Saurambhanashan
Dadimavaleha	3 tsf Twice a day with diluted water	Aampachan, shooplprashaman, rochana, pitta shamak

Symptoms	Before treatment	After treatment
1) Bloating	3	1
2) Abdominal Discomfort	3	1

3) Burning sensation in Epigastrium	1	0
4) Belchings	3	1
5) PP Tightedness over Epigastric area	3	0
6) Changes in stool	1	0

CASE 3-

A 33yrs old female pateint, Ashram worker By occupation, visited OPD of Kayachikitsa dept OF MAPH hospital with Complaints as follows- Abdominal Burning sensation, Heart burn, Dyspepsia, Sour Belchings, Bloating, Anorexia since 1 yr. Patient was not having any complaints since childhood and gradually developed the above mentioned symptoms, she had taken several oral medications but had no significant relief, so for proper treatment she came to RA podar hospital.

No past illness, no family history, no history of addiction.

General Examination - Moderate built, BP:-110/80mmg, Pulse rate - 80/min, Pallor-Absent, Respiratory system -Clear, CVS- Normal, Per Abdominal Examination- reveals non tender, mild gaseous distension of abdomen.

Ashtavidha pariksha-

Nadi- 80/min	Mala- semisolid, sticky motions	Mutra- samyak	Jivha- ishat saam
Shabda- prakrut	Sparsha- sheeta	Druk- prakrut	Akriti- Madhyam

Investigation Report- stool(R+M) showed -: E.hystolytica Upper GI Endoscopy reveals mild antral gastritis.

1) Tea	Kshariya properties, saurambha janya
2) Poha	Pitta vriddhi
3) Banana, Apple	Guru, abhiysandi, agnimandyakar
4) Sour foods (tomato, Takra, Dadhi)	Vidaha janana, ushna
5) harita varga (cucumber, green leafy vegetables, potato, brinjal, mulaka, cabbage) 9	Ushna katu, ruksha, guru, pittakara
6) kalateeta bhojana, Adhyashana, Vishamashana (irregular timings of meal)	Avipaka, agnimandyakar
7)Ativyayayama (doing excessive works)	Vataprakopa



TREATMENT -1) BASTI - PAKWASHYA SHODHAN BASTI - niruha basti 350 ml with Anuvasan basti with panchatikta ghruta 40ml administered for 14 days. (kala basti krama 1-2-1)

Day1 AB	Day 2 NB	Day 3 NB	Day 4 AB	Day 5 NB	Day 6 NB	Day 7 AB
Day 8 NB	Day 9 NB	Day 10 AB	Day 11 NB	Day 12 NB	Day 13 AB	

Mode of action -Panchatikta Ghruta Anuvasan Basti-

Anuvasan basti is not to be administered in empty stomach otherwise basti dravyas may comeout upto oral cavity.Acharya jejjat,also advocates that Anuvasan Basti pervades upto grahani.This implies that sneha Basti after administration, may reach high up in GI tract and

imparts in pharmacological actions 10 .Lipophilic action of ghee easily facilitates transportation of formulation to the target organ and final delivery inside the cell,as the cell membrane also contains lipids .panchatikta Ghruta acts as Yogavahi, Rasayan,Sthothagna,deepan and saurambha nashak (Anti-inflammatory)

SHAMAN CHIKITS-

Medicines	Dose	Mode of action
1) Avipattikara Churna	3 gm, twice a day, with lukewarm water	Sama kapha pachak, acts as neutralizer of acid, deepan
2) Mauktik yukta Kamdudha ras 125mg Praval panchamrut ras 125mg Mukta pishti 125mg	Crushed and mixed together, twice a day with Anupana Yashtimadhu ghruta	Pitta pachak, saam kapha pachak, graahi, mainly pitta shamak- thereby acts as saurambha nashak

Symptoms	Before treatment	After treatment
1) Bloating	2	1
2) Abdominal Discomfort	2	0
3) Burning sensation in Epigastrium	3	1
4)Belchings	1	0
5) PP Tightedness	0	0
Changes in stool	2	0

CONCLUSION -

So, from Above Discussion, it can be concluded that with Ayurvedic management antral gastritis can be treated with significant relief in signs & symptoms. Ayurvedic approach is safe, cost effective and no adverse side effects. It is simply adaptable in regular practice.

REFERENCES-

- 1) www.wikidoc.org, Pathophysiology of gastritis, an overview
- 2) Dixon MF, Genta RM, Yardley JH, Correa P (1996). "Classification and grading of gastritis. The updated Sydney System. International Workshop on the Histopathology of Gastritis, Houston 1994". Am J Surg Pathol. 20 (10): 1161-81. PMID 8827022. www.aamj.in
- 3) ANVESHANA Review Article, AYURVEDA MEDICAL JOURNAL ISSN: 2395-4159 understanding THE MODE OF ACTION OF BASTIKARMA (MEDICATED ENEMA) Subina S1, Prathibha C. K2, P. V Ananda Raman3, Prasanth D4 IPG Scholar, 2,3Asso. Prof, 4Assistant professor, Department of Panchakarma
- 4) IAMJ (International Ayurvedic Medical Journal), Review Article, ISSN 2320 5091, Comparative Analysis of Harita Varga Dravya in various seasons & Diseases
- 5) Madhav Nidan, madhukosha vyakhya, Chaukambha prakashan Varanasi, edition 2019, Adhyaya 69, Visha roga nidanam, Sutra 33
- 6) Charak samhita (Agnivesha) edited by Acharya Vidyadhar Shukla & Prof Ravidutta Tripathi, part 1 & 2, 2nd edition (Charak Siddhistan)
- 7) Sushrut Samhita Nibandha sangraha (commentary by Dalhan)7th edition, Chikitsa sthan,
- 8) Charak samhita (Agnivesha)edited by Acharya Vidyadhar shukla & Prof Ravidutta Tripathi part 1 & 2 (siddhistan chapter 10, shlok 25-27)
- 9) world Journal of Pharmaceutical Research, volume 11, issue 13, 298-305, Review Article, Charakokta Harita varga & immunity, Prachi dwarka prasad Walde & Mukund D bamnikar.
- 10) Meshram DS, pawar KB, Nikumbha MB, kodape, DTA Review of conceptual study of Annavahta srotas