



ORIGINAL RESEARCH PAPER

Management

A SCIENTIFIC APPROACH ON PLEEHODER VIA CLASSICAL AYURVEDIC METHODS OF TREATMENT WSR TO PIPPALI.

KEY WORDS: pippali ,spenomegaly ,udara rog

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INTRODUCTION –

In the era of globalization we are moving ahead with every single passing second. People are having no time for food. Eating habits are disturbing day by day. Resulting in various abdominal disease i.e. Udara Roga. The only possible solution available is by following ayurvedic regimen.

Talking about pleehodar as compared to the modern system medicine Ayurvedic provides an easy,cheap and easy, effective approach towards the purpose. The use of poorv karma ,Snehana, Svedana, Virechana, Niruh,Anuvasan and internal use of GudAvleha, Pippli ,arists fulfills the viability.

**Udara Roga – A Glimpse –
Nidana of udara Roga –**

Excessive use of Ushna, Kshara,Amla padarth

- The use of Vaman Virechan and taking improper santarpan
- Virrudh, dirty food
- Mandgni
- Sanchaya of mala

PurvRoopa –

- Sweetness in Mouth
- Loss of Feeling for digestion and indigestion
- Fulfillness of abdomen / Pain of fulfilty of abdomen
- Distension of abdomen
- Inflammation of abdomen

Splenomegaly-

Common causes –

- Infection, Viral hepatitis
- Chronic amoebiasis
- Toxins
- Drugs (Specific)
- Malnutrition
- Alcoholism

Symptoms –

- Pain in abdomen
- Weakness due to anemia
- Depression / Irritation
- Fatigue
- Bleeding from any pore of body
- Most patients have low B.P.
- Few cases of high Bp due to involvement of heart and kidney disease
- Swelling on body
- Low grade fever

Complications – Cirrhosis of liver

- Heart disease
- Kidney disorder
- Leukemia

Lab Investigation –

- USG (Abd.)

Treatment of Pleehodar –

- A scientific approach
- Ayurvedic treatment fundamentally works on theory of vatta,

pitta, kapha in most natural way.

- Acharya charak mentions poorvkarma

Snehana, Swedana –

- Snehama - Oleation
- Swedana - Sudation
- Niruha - herbal enema
- Anuvasana-Oil enema

Surgery –

- Vaam Baahu siravedh
- Gud Haritaki
- Arisht Paan (medicated)
- Pippali

Preferable drugs –

- Katuki (Picorizza kurro)
- Jayaphala (Mysterica fragrance)
- Rohitkarisht (hepato protective)

Pippali for splenomegaly –

Family – Piperaceae

B.N. – Piper longum

Raspanchaka –

Samhita/ Nighantu	Ras	Guna	Veerya	Vipaka
Charak Samhita	Katu	Laghu	Ushna	Madhur
Ashtang Hriday	Katu	Laghu, Snigdha, Ushna	Ushna	Madhur
Bhav Prakash	Katu		Madhushna	Madhur
Dhanwantari Nighantu	Katu	Snigdha	Sheeta	Madhur
Raj Nighantu	Katu Tikta	Snigdha Ushna	Ushna	Madhur

Chemical constituents –

- Piperins – hepatoprotective
- Piplartine-Cytotoxic
- Pipalongumins-Cytotoxic, antispasmodic
- Piperine
- Piperucide
- Sesamine
- Pippali as a Yogwahi

It is clear from several researches that Piperine seen as a good bioenhancer for anticancer, antituberculer drug.

Possible made of action/pharmacology of action.

The reason why pippali works in pleehodar may be –

- Piperine present in pippali is a good hepato protective.
- Piperlartine fights up for infections being a cytotoxic.
- Piperlongumin is also cytotoxic and antopasmodic works by relieving pain.

**Pathya Apathya Aahar Vihar in Splenomagaly –
Don'ts –**

Keep yourselves away from stale food as it contains moisture in a small part should not be consumed.

Do's –

1. Oil and fats should be consumed minimum in food.

2. Fruits and vegetables must be washed before consuming.

Note –

Sufficient, undisturbed and sound sleep is a part of treatment.

Asana yoga –

Anuloma Viloma, Bahya Nadishuddhi.

DISSUSSION –

Ayurved provides an ideal way of life style that is must in today's life. Udara Roga are a result of life style mismanegment in splenomegaly particularly pippali works miracle as described by Acharya Charak. Thus Ayurved provides a scientific approach in the treatment of pleehoder.