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AYURVEDIC MANAGEMENT OF CHOLELITHIASIS -A CASE STUDY.

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ABSTRACT:

Cholelithiasis (gallstone formation) is a common Gastrointestinal disorder. The disease Cholelithiasis has not been described directly in Ayurvedic classics. The word *Ashmari* is described only in the context of *Ashmari* (urinary calculi). Surgery is the most common form of treatment for gall stones. But so far as the medical management of gall stone is concerned, it is not up to the mark in allopathic system. Hence our Case study is a step in the direction of making an availability of a safe, Cost effective non-surgical management of Cholelithiasis. A 35-year old female patient reported to Hospital OPD Vangani, with the complaints of severe pain abdomen, anorexia, distension of abdomen and vomiting. The patient was diagnosed as cholelithiasis with physical symptoms and with the help of all investigation. Oral medications like *Arogyavardini vati*, *Varunadi Kashaya*, *Yavakshara* was administered to the patient for 1 month and follow up was done after 3 months of treatment, a significant response was observed over clinical symptoms and USG reports.

KEYWORDS: Cholelithiasis, *Pittashmari*, *Arogyavardini vati*, *Varunadi Kashaya*, *Yavakshara*.

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INTRODUCTION

There are several diseases which arise in gall bladder and one among them is cholelithiasis (gall stones). Percentage of patients with cholelithiasis in the age group of 21-30 years is 8.2%, 24.7% among the patients of age group 61-70. Females are more frequently affected than males in the ratio of about 4:1, study shows that North Indians are more prone to cholelithiasis than south Indians. Recurrent episodes of cholelithiasis are treated only with surgery i.e., removal of Gall bladder (Cholecystectomy) which leads to impaired digestion of fats and proteins^[1]. The disease cholelithiasis is not been described directly in Ayurveda. The term *Ashmari* in Ayurveda stands for stone which is described only in the context of *Ashmari* (urinary calculi). Gall bladder stores *Pitta*, hence the organ gall bladder is considered as *Pittashaya* in Ayurveda and the stone formed in it can be considered as *Pittashmari*.^[2] Hence this case study was considered with the aim to describe the potentiality of Ayurvedic drugs in the management of cholelithiasis.

Case Report

A Hindu, unmarried, 38 years old female patient visited the outpatient department OPD, B R Harne Ayurvedic Medical College and Hospital, Vangani, Thane, with an OPD no and complaints of severe pain abdomen, distension of abdomen and vomiting. A history of the present illness revealed that the patient was said to be asymptomatic 6 months back. One fine

day she suddenly noticed pain in the right side of the abdomen which was not radiating in nature, she was having distension of the abdomen, vomiting and anorexia. She consulted allopathic physician advised her to undergo USG abdomen and pelvis and it has been diagnosed as Multiple Gall bladder stones with a largest 6.5mm in size and advised surgery for the same. As she was not willing to undergo surgery, she consulted Ayurvedic physician and taken treatment for the same Personal history revealed that the patient is mixed diet with reduced appetite, good sleep and the patient had no addiction. The menstrual history is 28days regular cycle for 3 days of normal flow.

Systemic Examination of the Patient:

PA On Inspection: Mild Distension of the abdomen observed.

On Palpation: Severe tenderness noted over right hypochondriac region.

USG impression: Cholelithiasis (Multiple stones with a large stone measuring about 6.5mm in size)

The following treatment protocol was followed:

1. Tab. *Arogyavardini Vati* ^[3] has been given 2 tablets twice a day after food with warm water

2. ^[4] 30ml twice daily with 30ml of warm water before food with 1 *Varunadi Kashay Ratti* (pinch) of Yavakshara.

These medications were continued for 1 month and follow up visits, symptoms were assessed. The patient has been advised to continue same medications for another 2 months.

Total duration: 3 months

OBSERVATION AND RESULTS:

Symptoms	Before treatment	First follow up (after 1 month of treatment)	Second follow up (after 3 months of treatment)
Pain abdomen	Severe	Mild	Nil
Anorexia	Present	Absent	Absent
Distension of Abdomen	Mild	Nil	Nil
Vomiting	1-2 episodes after food	No	No

DISCUSSION :

According to *Ayurveda*, the patient was diagnosed as a case of *Pittashmari* with predominant *Kapha* and *Vata* Dosha. The clinical presentation is characterized by pain in abdomen, anorexia, distension of abdomen and vomiting. Hence the line of treatment mainly includes *Shoolahara* (pain reliving) *Shothahara* (anti-inflammatory), *Deepana-Paachana* (appetizer and carminative), *Agni Deepaka* (appetizer) and *Ashmari Bhedaka* (helps to eliminate calculi).

Arogyavardhini Vati: All the ingredients of *Arogyavardhini Vati* possess *Madhura*, *Tikta* and *Kashaya Rasa* leads to *Pitta Kapha hara*. Main Karma of the ingredients being *Deepana* (appetizer), *Paachana* (carminative), does *Agnivardhana* (appetizer), *Bhedana Karma* (cathetics) does *Ashmaribhedana* (helps to eliminate calculi) and *Shothaghna* alleviates inflammation. *Rogaghnata* of almost all the drugs as per the authors is *Shothahara* (anti-inflammatory), and *Yakrit Prasadaka* (liver tonic) helps in restoring the *Prakrita Karma* of *Yakrit*. Mineral *Shudda Shilajatu* is an effective agent for renewing vitality. It acts like nectar, it has powerful antioxidant property and thereby delays the process of ageing, useful in relieving liver

diseases, kidney diseases and digestive disorders etc. The oleo gum resin of *Guggulu* (*Commiphora mukul*) helps in getting rid of cholesterol by converting it into bile. It is an effective remedy for removing the unwanted fats and balancing cholesterol level.

Yavakshara: [5] *Ushna*, *Teekshna Guna* of *Yavakshara* helps in dissolving *Pittashmari* (cholelithiasis) in the bile. As the *Yavakshara* is *Kaphavatahara* helps in removing *Kaphavatasanghata* which is the main cause for *Samprapti* of *Ashmari*. Along with *Shunti*, *Gokshura* and *Varuna Kwatha* if *Yavakshara* is administered, then the combination helps in removing *Ashmari*, its Karma being *Shulahara* helps in relieving pain. **Varunadi Kashaya:** Combination of *Varunadi Kashaya* drugs acts as *Ashmaribhedaka* helps in disintegration of *Pittashmari*, as well as *Deepana, Paachana Karma* corrects the *Agni* and does *Amapachana*. Karma being *Shothahara* helps reducing inflammation and most of the drugs are *Kaphavatahara* helps for *Samprapti Vighatana*.

CONCLUSION:

In this case study, the patient has shown encouraging results during the management of Cholelithiasis (*Pittashmari*). As per the USG abdomen, the patient got rid of 6.5mm

stone within 3 months of treatment and the general condition of the patient also improved. Therefore, on the basis of observation and results of this case study it can be inferred that Arogyavardini Vati, Varunadi Kashaya with Yavakshara and Katuki Choorna Prayoga has shown marked improvement.

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