

**TREATMENT OF AJIRNA W.S.R TO DYSPEPSIA WITH SHANKHAVATI - A CASE STUDY**

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**ABSTRACT**

Nowadays in the 21<sup>st</sup> century, a sedentary lifestyle is creating a lot of problems in the human body. Due to modernization people more tends towards late-night parties, eating junk food, drinking alcohol, cold drinks, and many types of food which contains lots of preservatives. This changed lifestyle is more prone to dyspepsia. Dyspepsia means indigestion which also means *Ajirna* in Ayurveda, it is the most common health problem nowadays. as per modern science dyspepsia is a condition characterized by upper abdominal symptoms that may include pain or discomfort, bloating feeling of unusual fullness after a meal, nausea, loss of appetite, heartburn, regurgitation of food or acid, and belching. In modern medical science, there are many types of treatment available to treat dyspepsia like antacids, antiemetic, prokinetic drugs, acid suppression therapy but all these treatments are costly and gives temporary relief so here I planned to treat dyspepsia with Ayurveda. We treat dyspepsia with *Shankhvati*.

**Keywords:** dyspepsia, *Ajirna*, indigestion, *Shankhvati*

## INTRODUCTION

Nowadays people are over conscious about their health and started eating a high protein diet or many chemical supplements unnecessarily without knowing their side effects which cause unnecessary load over our digestive system which causes indigestion. Due to fast life, people are avoiding proper meals and physical exercise which causes hundreds of health issues, so we have to take care of our health and for that god, *Dhanwantari* gifted us *Ayurveda*. *Ayurveda* always gives us preventative and healing therapies along with various methods of purification and rejuvenation. In this article, we are presenting a single case study on dyspepsia treated with *Ayurveda*. In the present era out of 10 individuals, every 9 individuals face this problem every day. The worldwide prevalence rate of dyspepsia is varying between 7% - 45%, depending on geographical location<sup>(1)</sup> dyspepsia is a lifestyle disease caused due by lack of physical activity, eating unhealthy food, the increased habit of eating junk food, drinking alcohol and smoking. Dyspepsia symptoms include pain, a burning feeling, or discomfort in your upper abdomen, feeling full too soon while eating a meal, feeling uncomfortably full after eating a meal, bloating, burping, nausea<sup>(2)</sup>. In *Ayurveda* dyspepsia is termed as *Ajirna* *Charaka Samhitaacharya Charaka* has explained *Ajirna vyadhi*<sup>(3)</sup> and also acharya Vagbhata has explained *Ajirna vyadhi* in *Ashtang Hrudayam*<sup>(4)</sup>, according to Acharya Charaka aetiology of *Ajirna vyadhi* is not taking food at a fixed time, eating food which is opposite in action, eating food in excess quantity, eating too cold or too hot food, *deshkalrutuvaiashmya* (food which is opposite in action of country, weather, and time) *vegvidharnat*<sup>(5)</sup>. due to above explained causes there is loss of appetite, which causes indigestion of food which further secretes toxins in the body which is harmful to the gastric mucosa. Charaka has explained symptoms of *Ajirna* is indigestion, mental fatigue, nausea, sour and bitter eructation's anorexia<sup>(6)</sup>. in modern medical science there are many medicines available to treat dyspepsia like many types of antacids, prokinetic drugs, acid suppression therapy but all these give temporary symptomatic relief, so here we

planned to treat dyspepsia by *Ayurveda*, and we prefer *Shankhivati* as ayurvedic medicines.

### CASE PRESENTATION:

A 43-year-old female patient reported to the OPD of Shalyatantra Department in MRIAS, GANDHINAGAR, on 7<sup>th</sup> April 2021. complaining of pain in the stomach, bloating, excessive belching, and feeling the fullness of stomach after eating only a small amount of food, and occasionally vomiting for 2 months.

### History of present illness (*Vartaman vyadhi Vruttanta*):

the patient was all right before 2 months later on she started above complaints, she took some allopathic medicine for same and got symptomatic relief but when medicine dose gets over, she started above complaints again so for further management she comes to MRIAS in hope for better treatment with *Ayurveda*.

### History of past illness (*Purva vyadhi Vruttanta*):

No history of past illness

### Treatment history (*Purva chikitsa Vruttanta*):

Tb.Esomac 40 BD for 5 days.

Syrup.Gelusil mps SOS (as per need)

### Family history (*Kulvrutta*)

*Matru Kul*: Normal, *Pitru Kul*: Normal, *Swa Kul*: Normal.

### Personal history (*vaiyaktik vruttanta*):

*Aahara*: Pure vegetarian, *katu-amla rasa pradhan aahar sevan*, *Vihara*: housewife, *Nidra*: *prakrut*, *Jivha*: *saam*, *Vyasana*: No, *Mala*: 1 time in a day, hard stool, constipation occasionally, *Mutra*: 5-6 times in a day. Physical examination: Built - Moderately built & nourished., Mental disposition: Irritability, *Krodha*. B.P: 130/80 mm of Hg, Pulse: 74 /min, Temperature: Normal, Respiratory rate: 18/Min, Height: 151cms, Weight: 58kgs, *Conjunctiva*: Normal

### *Dashavidha Pariksha*:

*Prakruti*: *Pittavata*, *Sara*: *Madhyama*, *Samhanana*: *Madhyama*, *Pramana*: *Madhyama*, *Satwa*: *Avara*, *Ahara Shakti*: *Madhyama*, *Vyayama Shakti*: *Madhyama*, *Vaya*: *Madhyama*

**Systemic Examination:** CNS: Conscious and well Oriented, CVS: S1 S2 normal, RS: A<sub>E</sub>B<sub>E</sub> clear, PA: distended, soft and non-tender.

**Treatment:**

Tab. *Shankh vati* 2 BD after a meal with Lukewarm water for 7 days., further we explain to the patient what the cause of the disease is and explain her Some *Pathya-Apathya*, like the patient has to take simple, non-spicy, non-oily, and light diet, avoid excess eating, avoid eating too cold or too hot food, and strictly advised her to take food at the regular time. And advised her to come for a follow-up after 7 days.

**Results:** When the patient comes for follow-up after 7 days remarkable changes are seen, the patient gets complete relief from her complaints like pain in the abdomen, excessive belching, bloating, feeling the fullness of stomach and appetite of the patient also improved. The patient is completely happy with the *Ayurveda treatment*.

**DISCUSSION**

After taking a history of the patient and after doing a physical examination, we observed that the *Prakruti* of the patient is *pitta pradhan vata*, and the age of the patient is *madhyam* and the patient is not punctual to her diet habits. So here is one cause of dyspepsia is aggravated *pitta dosha* due to patient's bad habits of diet, and also, we have to decrease symptoms of *pitta prakopa* by *ayurvedic* medication, so we gave patient Tab. *Shankhvatī*<sup>(7)</sup> is well explained in *Bhaishajyaratnavali*.

**The action of Shankh Vati:**

It is a well-known drug for gastrointestinal tract diseases, *rogadhikar of Shankhvatī* is *agnimandya, grahani, panktishul, kshayrog*<sup>8</sup>. contents of *Shankhvatī* is *chinchakshar, panchalavan, shankhabhasma, hinga, trikatu, shuddha parad, nshudha vatsanabh, shuddha gandhak*, so all of above contents having properties like *deepan, pachan* So helps to decrease- symptoms of *pitta prakopa* and digestive system which helps indigestion. It also reduces symptoms like bloating, and abdominal distention etc. it helps in improves appetite. So, helps to decrease- symptoms of *pitta prakopa* and digestive system.

**CONCLUSION**

Dyspepsia (indigestion) means *Ajirna* is *pitta Prakopak vyadhi* caused due to *Pittaprakopak aahar vihar sevan* and can be easily managed with *Shankh vatī* mentioned in *ayurvedic* texts and got 100% of result without taking lots of medicine action of *ayurvedic* medicine always helps to treat disease from the root instead of getting symptomatic relief so *Ayurveda* is the best gift for us.

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