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THE EFFICACY OF SHOTHAHAR YOGA IN THE MANAGEMENT OF SHOTHA IN UDARA – A CASE STUDY

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ABSTRACT

In Ayurveda Acharya Charak describe Udar under Asthomahagad, means it is life threatening disease Udar Jatodakawastha is parallel term to ascites in modern science. According to modern science ascites is pathologic accumulation of fluid in peritoneal cavity. Now a days due to sedentary lifestyle , foreign culture , unhealthy eating habits & excessive consumption of alcoholic beverages given excessive load on liver. Which give rise to many liver disorders. These liver disorders may result into a disease called ascites. Oedema is commonly seen symptom in ascites accumulation of free fluid in interstitial tissue & serious cavities. In oedema decrease plasma oncotic pressure & increase capillary hydrostatic pressure & sodium water retention takes place. It is seen in patient suffering from Cardiac disease Liver disease , renal disease, Abdomen Koch's , Anemia , Hypoproteinemia & many genetic disorders etc. The treatment of oedema described in all Ayurvedic Samhitas is Kshrepan, Mutrapan, use of Aristha, Pradeh -Pralep & Pathyapatya etc. In liver cirrhosis there is altered blood flow through liver increasing pressure in portal veins, causes fluid accumulation in abdomen & periphery.

Keywords – Mahagada, Ascites, Udar, Shotha, Shothaharan Yoga.

INTRODUCTION

Ayurveda -An integral part of Atharvaveda in an eternal science of healthy living which deals with the physical , psychological and spiritual well being of human and covers all aspects of human life. Now a days due to sedentary lifestyle , foreign culture and unhealthy eating habits and excessive consumption of alcoholic beverages gives excessive load on liver which gives rise to many liver disorders. This liver disorders may result into disease called ascites. Oedema is commonly seen symptom in ascites.

Oedema is a abnormal and excessive accumulation of free fluid in interstitial tissues and serous cavities. In oedema decreases plasma oncotic pressure and increases capillary hydrostatic pressure and sodium water retention takes place. Oedema is also seen in patients suffering from cardiac diseases, liver diseases, renal diseases, abdominal Koch's, anaemia, hypoproteinaemia, genetic disorders etc. Oedema is described in all ayurvedic samhitas .

According to Charaka

“यस्य वातः प्रकुपितस्त्वङ् मांसान्तरमाश्रितः ।
शोथं संजनयेकुक्षावुदरं तस्य जायते ॥” - च.सु.३/११

The treatment of oedema is described in ayurvedic samhitas is ksheerpana, mutrapana , use of arishta, pradeha - pralepa and pathya- apathya etc.

In liver cirrhosis there is altered blood flow through liver , thus increasing pressure in

portal vein , causes fluid accumulation in abdomen and periphery.

Aim-

To evaluate the efficacy of "Shothahar Yoga" in the management of Shotha in Udara.

Objectives-

Primary- 1.To assess the efficacy of shothahar yoga in shotha in udara.

Secondary- 1.To study the mode of action of shothahar yoga in ayurvedic view.

2.To study the adverse effect of shothahar yoga.

CASE REPORT CHIEF COMPLAINTS:

The present case study is an ayurvedic approach in the management of sotha in udara.

A 45yr old male pt c/o- 1. Abdominal distension(udara jatodaka awastha)

2. Bipedal oedema

3. Generalised weakness

4. Mutra alpata

Since 10- 15 days .

P/H/O- Jaundice (1 year ago)

K/C/O- alcohol consumption since 10 years -last took 2 days ago.

Pt is not known case of Asthma , DM2 , HTN, epilepsy.

O/E

1. General condition of pt is moderate.
2. BP-130/80mmhg
3. P-90/min
4. Temp- afebrile 5. SPO2-98%
6. Respiratory rate- 20/min 7. Weight- 68kg
8. RS- AEBE clear
9. CVS- S1S2- Normal
10. CNS-well conscious and oriented
11. P/A- Abdomen is well distended with bulging flanks. Fluid thrill test is positive. Shifting dullness present on palpitation and hepatomegaly.
12. Ashtavidha parikshana-
 - Nadi- Vaat Pradhan pitta, 90/min
 - Mala-Drava
 - Mutra- Samyaka
 - Jivha- Sama
 - Shabda-Spashta
 - Sparsha- Prakrut
 - Druka- Prakrut
 - Akrti- Madhyam

TREATMENT

- DRUG- SHOTHAHARA YOGA

- DOSE-2gm/day(2vati each of 500mg twice daily)
- ANUPANA- Koshna jala
- DURATION – 14 days
- AAHARA- Takra, laghu ahara , dugdha paan
- VIHARA- Vishranti

DRUG DETAILS

My formulation shothahara yoga contains Punarnava,Gomutra, Shunti.

In ayurvedic samhitas punarnava , gomutra, shunti has been described as shothagna , amapathaka, agnideepaka,mutral etc. Punarnava,Gomutra, Shunti with their properties like katu ,Ushna ,teekshna , mutrala, virechaka etc will break samprapti of shodha in udara and will act as Deepana, Pachana ,strotrodha nashak.

“दारु गुग्गुलु शुण्ठिना कल्को मुत्रेण शोथंजित
वर्षाभु शृंगबेराभ्यां कल्को वा सर्वशोथजित ॥”

- चक्रदत्त शोथ चि. ३९/१९

OBSERVATION AND RESULT

- Sothahara yoga showed excellent result in Shotha in udara.
- Shothahara yoga gave appreciable result in the form of decreased abdominal girth, decreased bipedal oedema , decreased weakness and increased appetite.
 - Showing improvement in measurement of abdominal girth

	POSITION	BEFORE TREATMENT	AFTER TREATMENT
WEIGHT		68KG	62KG
Abdominal Girth at Umbilicus(cm)	Siting position	104cm	94cm
	Supine position	93cm	90cm
Distance between xiphisternum to umbilicus	Siting position	24cm	22cm
	Supine position	23cm	21cm
Distance between umbilicus to pubis	Siting position	13cm	12cm
	Supine position	14cm	13cm
Distance between umbilicus and right ant.sup.ilic spine	Siting position	23cm	18cm
	Supine position	22cm	16cm
Distance between umbilicus and left ant. Sup. Iliac spine	Siting position	23cm	18cm
	Supine position	22cm	16cm

Showing improvement in measurement of bipedal oedema

		Before treatment	After treatment
Thigh	Right leg	43cm	41cm
	Left leg	43cm	41cm
Calf	Right leg	35cm	33cm
	Left leg	35cm	33cm

Ankle	Right leg	25cm	21cm
	Left leg	25cm	21cm

DISCUSSION

According to ayurvedic treatment of Shotha in udara is mutravirechana(diuresis), agnideepana(increase in appetite), aampachana(digestion of toxic substance). Strotorodhanashana.

Appreciable results were observed in the form of decreased abdominal girth, decreased bipedal oedema , decreased weakness and increased appetite. Punarnava has diuretic action which helps to eliminate excessive accumulation of fluid in peritoneal cavity and periphery which causes oedema in ascites.

Gomutra and Shunti with their properties like katu, ushna, tikshna, mutravirechan(increased urine output) , malavirechana(purgation) etc. will break samprapti of sotha in udara.

Udara is asadhya vyadhi(incurable) as per ayurveda but could give symptomatic relief, reduction in fluid and improvement in quality of life to the patient.





CONCLUSION

Sothahara yoga is effective in sotha in udara. All symptoms like udara vridhdhi , ubhay pada sodha, mutraalpata, daurbalya were reduced . hence this study can be continued on more patients for betterment of the results.

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