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Review Article

A CONCEPTUAL REVIEW ON THE MANAGEMENT OF UDAR ROG THROUGH NITYA VIRECHAN

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ABSTRACT

Jalodar is one of the type of Udar roga described in Ayurveda classics. Most common manifestation of liver dysfunction is expressed as Ascites, still there is no sure shot cure or treatment of it which can cure the subject totally. The modern treatment only provides the symptomatic cure along and not talks about the cure totally. With due course of the time the fluid use to collect in abdominal cavity is to be drained repeatedly. Ayurveda treatment procedures provides almost a total cure along with very less or no adverse effects. Ayurveda along with internal medications as well as panchakarma procedures along with dietary supplements and restrictions provides a miraculous results to the subjects. Treatment mentioned in the classics are not only beneficiary along with they helps in regenerating the halted portions of liver in the disease cascade. In this article we have discussed the overall management of udar roga i.e Ascites explaining the modern as well as the ayurvedic classical management which can explore more facts and informations.

KEYWORDS-Udar roga, Panchkarma, Ascites, Agni, Sodhana basti, Jalodar

INTRODUCTION:-

In Charak Samhita the reference book for Ayurveda medicine, the concept of Udar roga is very well explained in detail along with the complete prognosis of the disease. If the patient is not taking the treatment the patient will obviously die but if he takes the treatment chances of survival are greatly reduced if the disease is in last stage or morbidity is severe. Jalodar may be considered as the generalized abdominal growth or swelling due to excessive accumulation of free fluid which may be of exudative/transudative nature. Mandagni, Dosha-sanchay and paap karma (Evil acts in this as well as previous births) are the main causes explained in the classics of ayurveda. In Charak Samhita mainly the morbidities involved are Prana-agni-apana which can be viewed in context of modern medicine as the basic causes i.e Ascites due to Cardiac cirrhosis (Prana), Ascites due to Hepatic (primary) involvement and Ascites due to renal pathologies like nephrotic syndrome, pyelonephritis (Apana). Jalodar can easily be classified and studied under the topic of Ascites though the aspect and literature of ayurveda is very broad as compared to modern medicine. The word Ascites means the collection of excessive free fluid inside the abdominal cavity due to various hepatic and non hepatic causes. According to the disease pathology mainly vaat Pradhan tridosha are vitiated leading to accumulation of doshas between twak and mamsa dhatu leads to its genesis. There are total 8 types of udar rogas described in classics by all the aacharyas which includes Jalodar i.e Ascites. Ascites is the most common complication of patients suffering from Liver cirrhosis. It leads to various life threatening complications resulting in poor prognosis of the disease. Inability to stop the etiologic factor i.e alcohol proves to be the main disaster along with faulty life styles, lack of exercise, increasing bodily weight etc. In India Liver cirrhosis is the leading cause of Ascites (55%). Male subjects are more prone due to consumption of liquors more oftenly. Udar roga is kriccha-sadhya vyadhi according to charak and sushruta Samhita.

Material and Methods

Data is collected from various books, articles are being studied along with Ayurvedic classics i.e Charak Samhita/Susruta Samhita/vagbhatt etc.

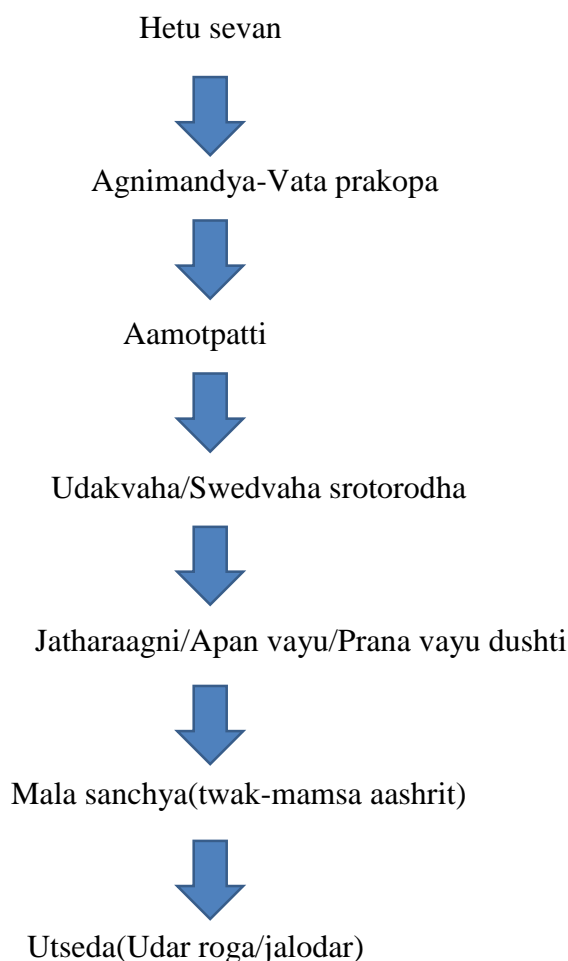
Modern medicine books are also being read to set proper relation between the two sciences in their mode of drug actions and managements of the disease.

Dosha-

Vaat-Praan, Agni, apana

Dushya-Rasa dhatu

Srotas involved-Swedvaha/ambuvaha

Pathogenesis:-**CONCEPT OF NITYA VIRECHANA COMPARED WITH MODERN MEDICATIONS**

Due to the gross impairment of bodily agni's, chiefly digestive fire being the principle of all affects all other agni's of the system. Due to disorientation of metabolic activities heavy amount of waste products starts accumulating inside the body. With the due course of time the accumulated bodily toxins begin to circulate throughout the body and depress its activity. Mainly the wastes involves nitrogenous as well as the waste of gut ultimately it causes incrementation of toxins inside gut as well as in blood.

The waste products of the blood mainly Ammonia (highly toxic) begins to penetrate the brain barrier and depress the central nervous system and causes metabolic disorientation, cognitive losses, loss of intelligence and ultimately leads to comatose pathology. Same is applied in the case of gut dysmetabolism related to faulty digestive fire, waste accumulates at gut level finally causes its transmission to blood and ends into most fatal complication of Hepatic Encephalopathy. Therefore periodic and continuous elimination of bodily (blood as well as gut) wastes has to be removed in the patients of liver diseases for advancements of their quality of life.

As per Ayurvedic medicinal science many drugs are helpful in maintaining body's buffer and chemical gradient which are known as sodhana dravyas and rakt-prasadak dravyas, by using these we can eradicate the toxins to a great extent.

Niruh(Aasthapan basti) mentioned in the classics has a very great role to play in removing bodily toxins some of those are:-Panchtikta basti/Panchtikta prasartiki basti/Soth har bastis/trinpanchmool bastis/kshaar bastis and many more. They naturally balances the bodily aggravated doshas and sets their equilibrium. As in modern medicines they also uses the same concept of ayurvedic science to eliminate the toxic undigested matter from the body of which mainly the new evolved drug "RIFAXIMIN"(Gut ammonia scavenger) is most oftenly used in clinical practice to remove the toxic ammonia through gut (due to bacterial degradations of undigested matter). Apart from it syrup preparations as well as enema's of LACTULOSE (Non absorbable sugar) is being used to promote frequent laxations to the patients which is nothing but the NITYA VIREVHANA/SODHANA.

CONCEPT OF SODHANA BASTI IN AYURVEDA...

As the name suggests, a Sodhana basti (enematic preparations having clearing or purificatory property) to reduce bodily accumulated toxins which prevails due to raised nitrogenous waste ammonia and many other toxins. Ayurvedic medicated enema has bidirectional property to alleviate doshas and eliminate toxins from body as it causes purgative effect which leads to removal of gut toxins hence prevents the absorption of ammonia through the gut which proves to be potent culprit. Hence it is proving a bisided armour to eradicate the bodily toxins as well as to alleviate the morbid doshas (Sodhana basti is named so because it contains Sodhana/purification drugs which aids to removal of toxic substances.) On the other hand Sodhana basti has to property to remove the gut toxins due to its osmosis mechanism and also it checks body's mandagni (digestive fire) which is the most important culprit of the disease.

DIETARY DO'S AND DON'T'S IN UDAR ROGA'S

Udar roga/Jalodar is mainly a agni dysfunctioning in the body at various levels, which leads to accumulation of various types and amount of wastes products inside it. Therefore, the dietary sources having the disease aggravating properties like Agni-mandya, bal-hara, guru, ati-sheet, atisnighdha, atipicchila kapha vardhaka aahar and vihara are highly contraindicated in it.

Also due to down-regulation of liver; the chief organ for metabolism and assimilation; many useful enzymes, juices and end products are secreted or formed are in low amounts.

1. Hypoalbuminaemia- Due to reduced metabolism body (Liver) fails to synthesis proper protein (mainly albumin) which leads to gross anasarca/generalized edema, therefore in this condition food materials rich in

salts or having hot, tikshna, ushna, vidahi pittaja properties should be avoided to prevent further decrementation of albumin.

2. Metabolic alkalosis /acidosis -Due to gross tissue degradation of liver LDH(Lactose dehydrogenase) as well as incrementation of Serum Ammonia levels rises inside body so food having sour taste/sour vipaak must not be used along with the minimal usage of pulses/grams/beans/sprouted items as their end products are amino acids.

3. Bleeding dyscariasis-Due to compromised liver blood clotting factors are reduced which in chance causes bleedy tendency in many cases, therefore dietary foods having rakt-pitta aggravating nature should be readily contraindicated.

Usage of coconut water should also be reduced as it is a high source of free potassium which in turn causes more acidosis.

Conclusion:-

Udara roga/jalodar is manifested as a result of aggravation of digestive and metabolic wastes products because of the defective digestive fire. Vatodara can be correlated with gaseous distension, pittodara with abdominal distension with hepatic causes while kaphodara can be compared with abdominal distension due to nephrogenic causes. In sannipatodar cause can be called under the heading of exudative means. The etiology and clinical features of Badhagudoddar and kshatodar are similar to intestinal obstruction and perforation respectively. Ascites developing as a complication of hepatic cirrhosis is defined as jalodar. In this way abdominal distension due to many causes are named with the heading of udar roga in Ayurveda.

Almost all udar rogas including jalodar are due to accumulations of bodily toxins and due to gross impairment of agni, regular or nitya sodhana(purifications) is the foremost important protocol that is to be done, which is quite similar in context to modern medications too. Niruh bastis are purificatory amongst the basti treatment in ayurveda can easily explained with the lactulose enema/oral lactulose which is being prescribed in modern medicines to scavenge the gut ammonia.

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