



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

MANAGEMENT OF APPENDICITIS THROUGH *AYURVEDA* – A CASE REPORT

Dr. Indranil Babasaheb Magdum

PG Scholar, Shalyatantra,
SDM Trust's Ayurvedic Medical College,
Danigond Post Graduate Centre and Padma
Ayurvedic Hospital and Research Centre,
Terdel, Taq. Jamkhandi, Dist. Bagalkot
(Karnataka, India)

Dr. S.L. Balaraddi

HOD & Professor,
Dept. of Shalyatantra,
SDM Trust's Ayurvedic Medical College,
Danigond Post Graduate Centre and Padma
Ayurvedic Hospital and Research Centre,
Terdel, Taq. Jamkhandi, Dist. Bagalkot
(Karnataka, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doi/10.2023-28454123/IRJHIS2311013>

Abstract:

Ayurveda has mentioned various treatment modalities and principles which are helps to prevent as well as cure for various disorders. Shalyatantra is one of the branch among Ashtanga Ayurveda, which includes various disorders which need surgical intervention as well as its management through Agnikarma, Ksharakarma, etc. Appendicitis is one of the important disorders found in today's era. It is one of the commonest causative factor responsible for development of Appendicitis. In Ayurveda, Appendix is referred as 'Unduka'. But no any similar terminology has been mentioned for Appendicitis. In Ayurveda, various emergency management was mentioned for diseases in which Pain management is first line of treatment for Appendicitis. Therefore, Shodhana as well as Shamana Chikitsa is important for the management of Appendicitis in Ayurveda. Here in this case report, Shodhana and Shamana Chikitsa both are given to the patient for the relief of Appendicitis.

Keywords: Appendicitis, Ayurveda, Shodhana-Shamana Chikitsa.

Introduction:

Ayurveda mentioned different principles which are helpful to prevent as well as to cure the disorders¹. Shalyatantra is the branch among Ashtanga Ayurveda, which includes various disorders which need surgical intervention as well as its management through Agnikarma, Ksharakarma, etc^{2,3}.

Appendicitis is an inflammation of appendix. Appendicitis is one of the important disorders found in today's era. It is one of the commonest causative factor responsible for development of Appendicitis. Appendicitis is the most common surgical condition of abdomen. It can be divided in 2 types i.e. Acute and Chronic⁴.

Acute appendicitis is more common in 2nd and 3rd decade of life. It is uncommon in children and elderly persons. It is seen in both gender, but slightly more common in teenage girls.

Treatment for Appendectomy is the primary treatment for Acute Appendicitis. In *Ayurveda*, conservative type of treatment for Appendicitis is available. In this case study, conservative management for Appendicitis is done along with proper *Shodhana* and *Shamana Chikitsa*.

Objectives:

- To study the role of *Shodhana Chikitsa* in the management of Appendicitis.
- To study the role of *Shamana Chikitsa* in the management of Appendicitis.

Materials & methods:

Case Report –

A 25 years old female patient visited in OPD of *Shalyatantra* presenting with complaints of *Udarashoola* [Abdominal pain], Nausea, Vomiting [1-2 episodes] since from 1-2 days.

Name of patient - ABC, 25 years old, Female

Occupation –Housewife

Chief complaints -

- ✓ *Udarashoola* [Abdominal pain]
- ✓ Nausea
- ✓ Vomiting [1-2 episodes]

Ashtavidha Pariksha -

- a. *Nadi* = 76 / min
- b. *Mala* = *Samyakaf. Sparsha* = *Anushna*
- c. *Mutra* = *Samyaka g. Druka* = *Prakruta*
- d. *Jivha* = *Sama h. Akrti* = *Madhyam*
- e. *Shabda* = *Prakruta, Spashta*

Present History:

Patient was okay before 1-2 days, he had experienced *Udarashoola* [Abdominal pain], Nausea and 1-2 episodes of Vomiting. He had taken treatment but get temporary relief and experienced pain again. Therefore, for relief patient comes to *Shalyatantra* OPD of institute.

General examination -

PR – 76 / min

BP - 110/70 mm of Hg

RS – Clear, AE=BE

CNS - Conscious, Oriented

CVS – S₁ S₂ N

P/A - Soft, No Tenderness

Past History -

No H/O – DM, HTN

Treatment History -

No previous H/O - Any treatment or Surgery.

Investigation –

USG Abdomen – Appendicitis.

Management:

The effect of *Matrabasti*, *Sthanika Nadiswedana* over Abdomen, *Shankha Vati*, *Chitraka Haritaki* in the management of Appendicitis is as follows;

A) Shodhana Chikitsa –

	<i>Dravya</i>	Dose	Period of Study
<i>Matrabasti</i> ⁵	<i>Sahacharadi Taila</i> ⁶	60 ml	For 7 days
<i>Sthanika Nadiswedana</i> ⁷	<i>Nirgundi, Dashamoola</i> ⁸	-	For 3 days

B) Shamana Chikitsa -

<i>Dravya</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
<i>Shankha Vati</i> ⁹	250 mg [TDS]	<i>Adhobhakta</i> ⁶	<i>Koshnajala</i>
<i>Chitraka Haritaki</i> ¹⁰	250 mg [TDS]	<i>Adhobhakta</i>	<i>Koshnajala</i>

Along with treatment, *Pathya* and *Apathya* had been followed by patient. *Aahara Dravyas* includes *Ghritha*, *Taila*, etc. *Vata shamaka dravyas* are given. *Vihara* includes *Matrabasti*, *Sthanika Swedana* is important.

Patient had been advised to follow the *Dinacharya*¹¹ means her daily activities like Food habits, sleeping, proper *Aahara*, *Vihara*, avoiding Junk food, regular exercise, use of *Ghritha* in *Aahara*, etc.

Observations & Results:

Effect of *Matrabasti*, *Sthanika Nadiswedana* over Abdomen, *Shankha Vati*, *Chitraka Haritaki* is given as follows;

	Symptoms	Before treatment	After treatment
VAS Scale	<i>Udarashoola</i> [Abdominal pain]	10	4
Nausea		+++	+
Vomiting		++	-

Gradation of symptoms –

1 - 3 = Mild; 4 - 6 = Moderate; 7 - 10 = Severe

+ = Mild, ++ = Moderate, +++ = Severe

Discussion:

Matrabasti is known *Shodhana Chikitsa* which is given for *Vatashamana* and known for instant pain reliever. This helps to remove excessive & vitiated *Vata Dosha* which reduces Pain in abdomen. *Sthanika Nadi Swedana* also helps to reduce excessive *Sheeta Guna* and *Ruksha Guna* of *Vata Dosha* which relieves Pain. *Shankha Vati* is well known drug for the management of Abdominal pain, abdomen related problems. It contains *Pippali, Maricha, Shunthi, Shakha Bhasma, Shuddha Gandhaka, Hinga, Tamarind*. All this drug are having *Pachana, Aama Pachana, Deepana, Vatanulomana, Vedanashamaka* properties. *Chitraka Haritaki* drugs posses *Tikta, Katu Rasa, Katu Vipaka*, helps to improve digestion, stops Vomiting, Abdominal pain. All this *Shodhana* as well as *Shamana Chikitsa* helps to reduces signs and symptoms of Appendicitis.

Conclusion:

In this Appendicitis Case report, patient has given *Matrabasti, Sthanika Nadiswedana, Shankha Vati, Chitraka Haritaki* along with proper follow up of *Dinacharya* implementation. The effect of *Matrabasti, Sthanika Nadiswedana, Shankha Vati, Chitraka Haritaki* & implementation of *Dinacharya* shows significantly effective in the management of Appendicitis along with regular intake of *Pathya* and *Apathya Aahara-Vihara*.

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