PHYSIOLOGY AND MANAGEMENT OF PAIN IN GIT (AANAH): A CASE STUDY

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ABSTRACT
Ayurveda has beautifully explained the management of pain by putting emphasis on the concept of “Vata Dosha”. According to Ayurveda, a holistic way of living, chronic pain is caused by a Doshic imbalances (energy). In Ayurveda all type of pain is considered under Vata aggravation. Ayurvedic theory says that pain can only occur due to Vata involvement and it cannot occur if Vata is not involved. The barrier in Vata flow leads to the pain. Vata flow easily in the body without any obstruction. The obstruction in Vata flow causes pain. Pain appears in any disease it indicates the involvement of Vata dosha. Different types of pain are also explained in our Samhita. Pain is a protective body mechanism, which alerts the person about the harmful condition or experience that occurs in the body. Pain is a symptom of mental and physical disease. Pain is a sensation linked to tissue damage. Its purpose is to allow the body to react and prevent further tissue damage. Pain occurs due to physiological and psychological causes. In Ayurveda pain is described under ‘SHOOL ROGA’ and for this VATA DOSHA- is responsible for pain. This paper through a case study shows how this vitiated Vata is corrected thus correcting the pain. Mainly management of pain associated with GIT is being described in this paper.

KEYWORDS: Vata Dosha, SHOOL ROGA, GIT Pain.

INTRODUCTION
Abdominal Pain is a systematic approach to examine the patient and the formulation of a differential diagnosis. A Variety of diseases can cause some form of abdominal pain, a systematic approach to examination of a person and the formulation of a differential diagnosis is important. Pain in GIT occur most commonly. Abdominal pain helps the clinician in making a positive diagnosis. In GIT there is presence of flora when it is decrease Snigdhta (smoothness) decreases and Rakshita (roughness) making the difficulty in forward movement of food and also Peristalsis movements decrease to cause abdominal pain.

TYPES OF VATA DOSHA
Aacharya Sushruta in Vattavyadhi nidanadhyay says that there are five types of Vata dosha. Type of Vata dosha are of five that are Pran, Udan, Suman, Vyan and Apan vuyu.¹

FUNCTIONS [²]
- Pran- Shishvan, Kshvathu, Udgar, Nihishwas, Anna praveshkraut.
- Udan- Vakpravrutti, Praytina, Urja, Bala, Varna, Smruti.
- Speech, Energy, Physical fitness, Body Colour, Memory.
- Vyan – Gati, Apkshepan, Utkshepan, Nimesh, Ummesh.
- Body movements, Lifting, Eye Movements.
- Saman- Anna gubyati, Pachati.
- Food ingestion, Digestion, Absorption.
- Apan- Shukra, Aartav, Shakrut, Mutra, Garbh Nishkraman.
- Excretion of semen, Faeces, Menstrual blood, Urine, Parturition.

Proper function of various Vata dosha indicates physiology, when there is abnormality or improper functioning pathology occurs.³

Where there is Apan vayu dushti symptoms like SHOOL, AANAH, etc. are seen. In Shool, Aanah Ayurveda treatments and therapies treat the vitiated Vata dosha.

Management of pain also includes improvement and correction of Agni (digestion), Diet plan, Stress management, exercise and daily routine.
IMPORTANCE OF VATA
Aacharya Sushruta in Sushrut sutramsthana adhyay 17 Aampakvyeshaniya adhyay says that without Vata dosha pain cannot occur.[4]

CATEGORIES OF PAIN
The categories of pain according to ayurveda are pure Vata pain, Vata-pitta pain and Vata-kapha pain.[5]

1. Pure Vata pain - Sharp, Throbbing, moves from location to location, this type of pain localized the surface of skin.
2. Vata-Pitta pain – Burning, Intense, remain in one place, reaches its peak during mid-day or midnight.
3. Vata-Kapha pain- Dull, this type of pain remains in one place, it reaches its peak within 6-24 hrs. and can last for several days.

The Physiology of Abdominal Pain[6]

- **Visceral Pain**
  Most common form of pain. Manifestation of damaged or injured internal organs. Many forms of visceral pain in women and are associated with their reproductive life (period pains, labor pain or postmenopausal pelvic pain). For both men and women, pain of internal origin is the number one reason to consult a doctor.

- **Parietal pain**
  Corresponds to the segmental nerve roots innervating the peritoneum. Tends to be sharper and better localized. Caused by pneumonia, empyema, pneumothorax, tuberculosis, neoplasm, or the accumulation of fluid resulting from heart, liver, or kidney disease.

- **Referred pain** (sometimes referred to as reflective pain)
  Referred pain is a term used to describe the phenomenon of pain perceived at a site adjacent to or at a distance from the site of an injury’s origin.

OBSERVATION
After 3 Days

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal Pain</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>Abdominal distension</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>Constipation</td>
<td>Dry, Hard stool, Irregular motion</td>
<td>Soft, Regular motion</td>
</tr>
</tbody>
</table>

DISCUSSION
The treatment given was Langhan, Deepan, Pachan and Basti. The mode of action of each is described below.

1. **Langhan**[7]
   Mandagni is root cause for all diseases. Vitiated Vata, Pitta and Kapha dosha leads to Mandagni and this is responsible to produce Aam. Langhan is important primary treatment to destroy Aam. Langhan includes Apatarpn (fasting) which is best to treat Aam.

2. **Drug properties**[7] (Deepan and Pachan)
   - **Deepan** treatment Invigorates Agni, makes Agni strong, it is good for gases and pain, enlightening the Jatharagni commonly called as Digestive fire (Appetite). Hence Tab. Shankhavati was given as it acts as a Deepan dravya. It contains Kshar which cause Pachana, Sar gun cause Apan anuloman[8]
   - **Pachan** treatment done to Digest Aam doshas. For this Aampachak kwath was given and it also make Agni prakrut.

This paper is mainly concerned with Apan vayu dushti and its management is enlisted below. The Pain treatment differ for every person and different in every type of involvement of other humor’s. Management of pain include according to symptoms. For e.g: Deepan and Pachan drugs are given after ensuring proper Discharge and Nidan Parivar and also a type of treatment called Panchakarma including ‘Basti’ is preferred. General management includes Langhan, Pachan, Swedish, Single drug treatment (Akal dravya chikitsa), lifestyle changes.

CASE STUDY
- A 40 year old male patient (Occupation - computer operator.) presents with symptom of abdominal distention, abdominal pain & difficulty in defeaction (constipated) since 3 months. On examination i.e systemic examination was normal with no past history.
  - Weight of patient was -70kg
  - **Investigations**
    1. Haemogram- Hb-14.2 gml/dl
    2. RBC-5,49,000 cells/cu.mm
    3. Platelet count-3,13,000 cells/cu.mm
    4. TLC-10,200 Cells/mm
    5. Urine examination- nil
    6. BSL (R)-118 mg%

Because of above symptoms patient took the following treatment-
1) T. Pantoprazole (40mg) OD.
2) Syp. Dulcolax 10ml (2TSF) HS.

But patient had no relief.

Further when patient came, he was advised to hold the above medication and was then started the following treatment
1. Shankhvati 2BD (1/2 hr before diet).
2. Aampachak kwath 10 Ml BD with warm water.
3. Matrabasti with Tiltail 60ml for 3 days.

Matrjabasti with Tiltail is effective in managing the GIT pain. Tiltail decreases Ruksha Guna of Vata dosha thus, normalizing the vitiated Vata dosha.

Other regimen which can be included are

1. **Use of Different Kshar**[6]

Kshar like Sendhav is best laxative cause Pachchita, its Sar gun causes Apanavayu anuloman.

2. **Proper nutritious Diet**

Easy to digest and a satisfying and nourishing dietary approach that improves the digestion should be given. Along with this ayurveda herbal formulas, which helps in restoring balance to the specific functioning modes whose malfunctioning causes the chronic pain, should also be prescribed. Lemon juice in daily routine should be inculcated.

3. **Create strong digestion**

Incompletely digested foods create toxins and impurities that are eventually absorbed, travel throughout the body, gets localize in tissues and disrupt their functioning leading to a chronic pain which is treated by a proper use of spices and cooking oils, by favoring digestion-enhancing foods, by reducing digestion-depressing foods.

4. **Single drug therapy**[9]

Ginger (Zingiber officinale)-Antiviral, antibacterial, antioxidant should be included freely in daily diet of the person. Tea made with ginger in it is also beneficial

Garlic (Allium sativum)- Antimicrobial, antifungal activity. Five-six cloves of garlic must be eaten every morning to seek relief.

Drumstick plant (Moringa oleifera)- Anti-inflammatory, antulcer, cholesterol lowering, antibacterial antifungal activities.

5. **Life style and daily routine**

One of the most important factors for maintaining healthy functioning is to have a lifestyle that does not disturb natural bodily rhythms. Ayurveda reviews and creates a daily schedule that will increase balance in physiology and aid in healing body. Drink warm water regularly in daily routine. Avoid late night sleep.

6. **Yoga therapy**[10]

Pavanmuktasan, Dhanurasan, Gomukhasan, Sarvangasan, Suryanamaskara causes proper intestinal movements.

7. **Apathya**[7]

Ruksha aahar vihar (dry foods), fast foods, over intake of food, heavy food taking habits, cold food, cold drinks.

**CONCLUSION**

1) The main line of treatment to management of pain that is correction of *Apan vayu*. Occupation is like constant sitting position, travelling by bike, late night sleeping, stress, not walking that means poor motility of their abdominal movements.

2) So correction of Agni also important. Hurry, Worry, Curry is the cause to pain in GIT disorders. The key to successful pain management is to know correction of *Vata dosha vikriti*, *Apan vayu*, *Agni*.

3) Not only symptomatic treatment is useful here also the daily routine, exercise also necessary. Stay free from mental stress, avoid spicy food eating habits, slowly down and eat better in changing lifestyle.

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