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### A LITERATURE REVIEW ON PARINAAMSHOOL W.S.R. TO DUODENAL ULCER

Dr. Sujata H. Londhe<sup>1</sup>, Dr. Amit Shedge<sup>2</sup>, Dr. Veerendra Meenkire<sup>3</sup>

<sup>1</sup>P.G. Scholar, Dept of shalyatantra,

<sup>2</sup>Professor, H.O.D., Dept. of shalyatantra,

<sup>3</sup>Professor, Dean, Dept. of shalyatantra,

L.R.P. Ayurvedic medical College, Islampur, Sangli, Maharashtra, India

**Corresponding Author Mail ID:-**sujatalondhe06@gmail.com

#### ABSTRACT

*Ayurveda* is a science of life having the holistic ways to treat disease and to give a healthy life. “To maintain the health and to cure disease one” is the main aim of *Ayurveda*. Different diseases have been described in the context of *Annavahastrotas* but the disease predominantly disturbing the daily life is *Annadravashool* and *Parinaamshool*. *Maharshri Sushruta* first time described different types of *shool* in *Uttar-tantra* as a chief complaints of ‘*Gulma*’ and a special chapter related to *shool* is the first time described by *madhavnidan*. *Parinaamshool* is described as pain occurring during digestion of food. When *vata* aggravates due to its causative factors like dry food etc. in its digestion process, it dominantes and surround the *pitta* and *kapha* and cause pain. This pain is called *Parinaamshool*. *Parinaamshool* is increasing day by day. *Parinaamshool* can be compared with duodenal ulcer. It develops in duodenum. It is the upper portion of small intestine. Duodenal ulcer is common problem.

**Keywords:** - *Parinaamshool*, Duodenal ulcer, *Annavahastrotas*, *Shool*, *Virudhahar*

## INTRODUCTION

*Parinaamshool* is a *vyadhi* of *Annavaahasrotas*. The colic which produce on soon after the digestion this is known as *Parinaamshool*.<sup>1</sup> It is *tridoshajavyadhi* in which *aawaran* of *vata-dosha* by *pitta* and *kapha* and circulation of *vata-dosha* create abdominal pain.<sup>2</sup> Treatment includes administration of *Sanshodhana*, *Sanshaman*, *Nidanparivarjan*, *Pathya-Apathya* and prevention of recurrences.<sup>3</sup> In *Ayurveda*, the symptoms, etiopathogenesis of *Parinaamshool* resemble with duodenal ulcer. A duodenal ulcer is a type of ulcer that occurs in the duodenum, the beginning of the small intestine. The most common cause of duodenal ulcer is a stomach infection associated with *Helicobacter pylori* bacteria. Other risk factors for duodenal ulcers include overuse of alcohol, tobacco and medications such as aspirin and non steroidal anti inflammatory drugs.<sup>4</sup> Severe illness has also been implicated as a risk factor in the development of duodenal ulcer. The sign and symptoms of duodenal ulcer can be constant or sporadic pain, heart burn, severe nausea and vomiting. Treatment focused on hospitalization, bed rest and prescription of special bland food, antacid and medications that block acid production became the standard of therapy. Patient

with *H. pylori* infection can be treated with antibiotics.<sup>5</sup>

## AIM AND OBJECTIVES

A literature review on *Parinaamshool* w.s.r to Duodenal ulcers.

To study the *Parinaamshool* and Duodenal ulcer in detail.

## MATERIAL AND METHODS

The material were collected from the *Samhita*, Books, Articles, Academic database, Magazines, Websites.

### Symptoms :-<sup>6</sup>

- Pain occurs during digestion of food
- Pain in the abdomen
- Pain in the abdominal sides
- Navel pain
- Pain in the region of urinary bladder
- Pain in the sternal region
- Pain in the sacral region

### Aggravating and Relieving Factors :-<sup>7</sup>

#### ➤ Aggravating Factors :-

- Food cooked with rice grows in 60 days
- Barley etc.
- Cooked rice

#### ➤ Relieving Factors :-

- After intake of the food
- After vomiting
- After complete digestion of food

### Aetiology of *Parinaamshool* (Duodenal ulcer) :-<sup>8</sup>

- Constant tension and worry, sorrow, over annoyance.
- Extra dry / fat free dietetic recipes.
- Frequent consumption of cold and stored food consumption.
- Frequent consumption the fermented material like alcohol.
- Habbit to strave.
- Irregular eating habit.
- Late night working.
- Over excretion.
- Severe injuries leading to stroes.

#### Pathogenesis Of ParinaamShool :-<sup>9</sup>

Consumption of *vata* aggravating food item is the major cause of *ParinaamShool*. *Vata* gets strengthened at the end of the process of digestion and there is *awaran* of *pitta* and *kapha*, thereby resulting in colic pain. Since the pain is evident at the end of digestion, the disease is known as *ParinaamShool*.

#### ParinaamShool :-<sup>10</sup>

Eight varieties of *Shool*—

1. *Vataparinaamshool*
2. *Pittaparinaamshool*
3. *Kaphaparinaamshool*
4. *Vata-Pitta parinaamshool*
5. *Vata-Kaphaparinaamshool*
6. *Pitta-Kaphaparinaamshool*
7. *Sannipattashool*
8. *Annadravashool*

#### Types of Parinaamshool :-<sup>11</sup>

#### 1) *Vataj Parinaam Shool* :-

- Abdominal distension
- Gurgling sound
- Constipation and urinary 3
- Non specific pains.
- Gets pacified by medicated ghee and oils (application and intake) and hot comforts (like steaming, hot foods)

#### 2) *Pittaj Parinaam Shool* :-

- Thirst
- Burnning sensation
- Tastelessness
- Excessive sweating
- Symptoms worsen when foods predominant with pungent, sour and salt tastes are consumed
- Pain reduces on consuming cold food and comforts

#### 3) *Kaphaj Parinaam Shool* :-

- Vomiting
- Nausea
- Indecisiveness
- Mild pain
- Long standing pain
- Symptoms are relieved by consumption of pungent and bitter foods

#### 4) *DwidoshajParinaamShool* :-

- Symptoms of *Vataj* and *PittajParinaamshool* manifested together.

- Symptoms of *Vataj* and *KaphajParinaamShool* manifested together.
- Symptoms of *Pittaj* and *KaphajParinaamShool* manifested together

#### 5) *Sannipataj ParinaamShool* :-

- *Vamana*
- *Virechana*
- *Basti*
- Symptoms of vitiated of all the three *doshas* will be present in *sannipataj* or *tridoshaj Parinaamshool*.

#### Treatment :-

##### ➤ In Ayurveda :<sup>12</sup>

- *Langhana*

#### Treatment principle of individual *ParinaamShool*:-

- *VatajParinaamShool*- *Sneha* (external and internal administration of medicated ghee and oil) is an ideal remedy.
- *Pittaj ParinaamShool*- *Virechana* or therapeutic purgation.
- *Kaphaj ParinaamShool*- *Vamana* or therapeutic emesis.
- *Dwandwaja Parinaam Shool*- *Sneha* should be administered as in *VatajParinaamShool*.
- *Tridoshaj Parinaam Shool*- Should be skillfully managed as per the situation and presentation of the disease.

##### ➤ In Allopathy :<sup>13</sup>

#### • Conservative :-

- **Antibiotics** - Stops the growth of or kill kill bacteria
- **Proton-pump inhibitor** – Decrease acid release in the stomach
- **Penicillin** –Stop growth of or kills specific bacteria
- **Antidiarrhoeal**–Reduces frequency and urgency of bowel movements
- **Antacid** – Counteracts the effect of stomach acid
- **Surgical :-**
  - Vagotomy- Pyloroplasty

#### *Pathya– Apathya*:-<sup>14</sup>

Eat three small meals and avoid periods of hunger or overeating.

Eat slowly and chew food well.

Sit up while eating.

Avoid eating within three hours before bedtime. Bedtime snacks cause gastric acid secretion during the night.

Avoid fatty rich, spicy, hot and sour foods and beverages, citrus and tomato products, chocolate and confectionary item.

Include a good sources of protein (milk, meat, egg, cheese) in each meal.

Stop smoking, avoid alcohol, coffee, tea and carbohydrate drinks with high calories.

Do not use aspirin containing analgesics.

Drinks fluids in between meals.

**Complication:-**<sup>15</sup>

- Heaviness of the abdomen
- Vomitting
- Giddiness
- Thirst
- Flatulence
- Fever
- Anorexia
- Emaciation
- Loss of Strength

**DISCUSSION**

The present time is the era of fast food, irregularities in daily meal-time, sedentary life style and mental stress. All these factors ultimately disturb the digestive system resulting in the manifestation of various diseases. Among them is *ParinaamShoola*.

Every year over three lacks people round the world have ulcer related surgeries, because of persistent symptoms or complications. All the operations for Duodenal Ulcer have achieved their aim to some extent but with varying degree of morbidity, mortality and post-operative side effects. Because of this condition, the person always remains in the state of discomfort.

The treatment which has been advocated for this condition is usually symptomatic and has its own limitations. Dietary modification in such patients have proved

to be successful, however they are of limited value in the chronic progressive nature of the disease.

**CONCLUSION**

*ParinaamShool* is disease of *AnnavahaStrotas*. According to present knowlwdge the normal functioning of the *agni*, *pachakpitta* means the secretoenzymatic functioning of gastrointestinal tract which is deranged in this disease. Present lifestyle that has disturbed the food habit gives rise to *agnimandya*, *vidagdhajirna* and finally leads to *parinaamshool*. It can be concluded that healthy eating is important to achieve early and better result of the treatment as *nidanparivarjana*.

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