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REVIEW: YAKRUTPLEEHA DUSTI DUE TO MADYA

1. Vd. Houserao Anandrao Patil
2. Vd. Sandip B. Patil
 1. Assistant Professor Agadtantra Dpt.
LRPAMC Urun-Islampur
 2. Associate Professor Agadtantra Dpt.
LRPAMC Urun-Islampur

ABSTRACT :- *Yakrut-dushti* is same as *Pleeha dushti*, *Yakrut* is present in right upper side of the abdomen and its *dushti hetu*, *lakshana* and *chikitsa* is same as *pleeha* and vice versa. *Acharya Charaka*, in *trishothiya adhyaya* explained the *Pleehadushti hetu*; *madya* is one of them. In *Vidhishonit adhyaya* excess consumption of *madya*, *vikrit madya*, *teekshna madya* and *aatiushnna madya* etc. are causes for *shonita dushti*. According to *charaka* *Yakrut-pleeha* are the *mulsthana* of *shonitvaha strotasa*. All type of *madya* is of *amalarasa*, *ushnavirya*, and *amlapaki*; also in *amla varga*, *madya* is pre-eminent.

Keywords : *Yakrut-pleeha dushti*, *Madya*.

INTRODUCTION:

In Ayurvedic literature it is not mentioned clearly that *Yakrut-pleeha dushti* occurs due to *madya* only. Also references are not mentioned in *Madatyaya Adhyaya* and other adhyas.

Yakrut-dushti is same as *Pleeha dushti*, *Yakrut* is present in right upper side of the abdomen and its *dushti hetu*, *lakshana* and *chikitsa* is same as *pleeha* and vice versa.¹ According to *Charaka Yakrut-pleeha* are the *mulsthana* of *Shonitvaha strotasa*. (*Shonit strotas dushti lakshan*) *Acharya* told *amla rasa* is one of causative factor of *Shonotdushti*. All type of *madya* is of *amla rasa*, *ushnavirya*, *amlapaki* and also in *amla varg*, *madya* is pre-eminent. Hence we can say that *madya* is causative factor of *Yakrut-pleeha dushti*.

AIM & OBJECTIVES

To review *Yakrut-pleeha Dusti* due to *Madya* from available Ayurvedic Samhitas, Various textbooks & Journals.

MATERIALS & METHODS

Various Ayurvedic *Samhitas* with their commentaries by different authors, web search, various textbooks and peer reviewed journals were studied to get more information about *Yakrutpleeha Dusti* due to *Madya*.

Formation of Yakrut-Pleeha Dushti:

In *Udar-roga charkacharya* mention when *Yakrut-pleeha dushti* occurs and

dushti lakshanas are seen as, *Pleeha* and *Yakrut* are palpable as like stone, *granthi swarupa*, hard like the back of tortoise. If it is not cured in early stage it increases in *kukshi*, *Jathara*, *Aganyashya* and then latter *udar-roga* develops. This *udar-roga* is called *Pleehodara* or *Yakrutdalyodra*.²

In *panchabhautik chikitsa* *Vd.A.V.Datarshastri* explained *yakrutpleeha dushti* as following; According to them to generate disease main causes are *pradnyaparadhadi* three *hetus*. These causes changes in *Aahar* and *vihar* and helps to spoil *tridosha samyavस्था*. At that time *mala samyavस्था* get disturbed and produces *strothorodha* and during this time *vijatiya Dravya* are collected around *Yakrut* (Liver) and results in abnormal *pitta strva* from *Yakrut*. After some time as severity of *strotorodha* increases accumulation of *vijatiya dravya's* are incises in *Yakrut*. At this first stage when *udar parikshan* in *sparshan pariksha* tenderness will be seen at the site of *yakruta*. *Yakrut dushti* becomes more sever if we ignore the treatment. After some time area of *yakruta* becomes hard following symptoms can be seen *Jwara*, *Malavastamba*, *Agnimandya*, *Yakrut sera* are visible, *Urakshta*, *Kasa*, *Urogourva*, *Shirovedana*, *Pratishaya* etc. Abnormal *pitta strava* from *Yakrut* causes increase in

strothorodha, due to *Agnimandya*, *Rasraktadi dhatu dushti* occurs. Hence there is increase in the poisonous vijatiya drvyas in rakta and these poisonous drvyas get collected in rakta strotasa mulsthana i.e. *pleeha dushti* (Spleen) occurs. This result to *pleehavrudhi* and see pain at the side of *pleeha* during *udar Sparshan pariksha* after some time this area becomes hard.³

Lakshana of Yakrut-Pleeha Dushti due to Madya (ALD):

In *Pleehodhar lakshana* are as following:

Daurbalya, Aruchi, Avipaka, Mala and Mutra avarodha, Bhrama, Pipasa, Angasada, Vaman, Kaas, Shwas, Mada, Jwara, Anaha, Mandagni, Karshya, Aasyavairsya, Parvabheda, Koshtashul, Vatashula, Udar, Mutravarna Vivarnna, Neel Harita, Haridra Varna of skin.

Shonitdushtijanya Disease Lakshana:

Mukhapaka, Netralalima, Raktapittaa, Pramiliika, Vidharadhi, Vivrnyata, Agnimandya, Pippasa, Gurugatrata, Santappa, Atidaurbalya, Aruchi, Shirovedana, Vidhahi and *amla rasa udhiran, klamma, Krodha, Buddhi jadatva, Moha, sweda, Sharir daurgandha, Mada, Kampa, Swarakshaya, Tandra, Atinidra, Timir*, are the some *vikara* of the *shonitadusti*.

Above mention *Yakrut-pleeharoga* and *Shonitadushtijanya roga lakshana* are same like the signs and symptoms of alcoholic liver disease.

Hence from these references denotes that from *madya*, *shonitadushti* occurs ultimately leading to *Yakrut* and *pleeha dushti* (ALD).

Discussion:

Yakrut-dushti is same as *Pleeha dushti*, *Yakrut* is present in right upper side of the abdomen and its *dushti hetu, lakshana* and *chikitsa* is same as *pleeha* and vice versa.

Acharya Charaka, in *trishothiya adhyaya* explained the *Pleehadushti hetu*; *madya* is one of them.⁴

In *Vidhishonit adhyaya* excess consumption of *madya, vikrit madya, teekshna madya* and *aatiushnna madya* etc. are causes for *shonita dushti*.⁵

According to *charaka* *Yakrut-pleeha* are the *mulsthana* of *shonitvaha strotasa*. All type of *madya* is of *amalarasa, ushnavirya*, and *amlapaki*; also in *amla varga*, *madya* is pre-eminent.

According to the *Charkacharya* intake of excess amount of *amla, ushna, vidhahi* etc. substances are the most predominant causes of *Yakrut pleeha dushti* in *udar-roga*.⁶ so from above references denotes that *madya* is one of the *hetu* of *Yakrut-Pleeha Dushti* (ALD).

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