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## REVIEW: YAKRUTPLEEHA DUSTI DUE TO MADYA

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**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.<sup>1</sup> 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*.<sup>2</sup>

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.<sup>3</sup>

#### **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.<sup>4</sup>

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

According to *charaka* *Yakrut-pleeha* are the *mulsthana* of *shonitvaha strotasa*. All type of *madya* is of *amalarasa, ushnaviryay*, 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*.<sup>6</sup> so from above references denotes that *madya* is one of the *hetu* of *Yakrut-Pleeha Dushti* (ALD).

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