

Ayurvedic Management of *Vidagdhajeerna* - A Case Report

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ABSTRACT:

Vidagdhajeerna, a type of digestive disorder, is a condition characterized by burning sensation and discomfort in the upper abdomen, nausea, and belching. It is commonly caused by an imbalance in the *Pittadosha* as per Ayurveda. Here we present a case report of a 50-year-old female patient who presented with symptoms of *Vidagdhajeerna*. The patient was treated with a combination of both internal and external Ayurveda treatment, including 6 days *Snehapanam* with *Aragwada mahathikthakam ghritam*, *Virechana* with *Hrdya virechanam*, followed by *Takradhara* and internally *Patolakaturohinyadi kashayam*, *Avipathy churnam* and *Haridrakhandam* for 7 days along with dietary modifications and lifestyle changes. After two weeks of treatment, the patient reported a significant reduction in her symptoms and an improvement in her overall health. The case highlights the effectiveness of Ayurveda treatment for *Vidagdhajeerna* and the importance of individualized care in Ayurveda medicine.

KEYWORDS: *Aragwadha mahathiktakam ghritha, Hrdya virechana, Vidagdhajeerna.*

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INTRODUCTION:

Ajeerna (indigestion) is a commonly encountered digestive disorder in Ayurveda. The etiology of *Ajeerna* includes fasting, over eating, irregular eating, intake of unwholesome food, improper administration of purgation, emesis, oleation therapy and suppression of natural urges. [1] Abdominal distension, head ache, fainting, giddiness, fever, anorexia etc are the general symptoms of indigestion.[1] Indigestion caused by *Pitta dosha* (*Doṣa* responsible for regulating body temperature and metabolic activities) is called *Vidagdha ajeerna*. [2] The disorder is characterized by *Kinchit vipakvam* (partly

digested), *Amlabhavagatam* (turns into acid), *Trit* (thirst), *Moha* (confusion/delirium), *Bhrama* (giddiness or dizziness), *Amlodgara* (sour belching/eructation), *Daha* (burning sensations), *Murchcha* (syncope/attacks of swooning), *Vividha ruja* (various other disorders), *Sadhumamlodgara* (smoky and acidic eructations), *Sweda* (perspiration) [3], *Amlapitta* (hyper acidity) and other diseases due to *Pitta*. [2] *Vamana* (emesis) is the basic line of treatment advised in *Vidagdhajeerna* [2]. In *Vidagdhajeerna* *Langhana*, *Swedana* then *Vamana* or *Virechana* can be done based on the condition.[4]

The disorder can significantly affect the quality of life of patients and often requires long-term treatment. Ayurveda medicine offers a holistic approach to the management of *Vidagdhajeerna*, focusing on lifestyle modifications, dietary changes, along with usage of herbal medicines. In this case report, we present the successful treatment of a patient with *Vidagdhajeerna* using a combination of Ayurvedic medicines, highlighting the importance of personalized care in Ayurveda. The case report aims to provide insights into the Ayurvedic management of *Vidagdhajeerna*, emphasizing the need for individualized treatment plans for effective management of the disorder.

CASE HISTORY:

A 50-year-old female patient, presented to our Ayurvedic hospital with complaints of decreased appetite, burning sensation and discomfort in the upper abdomen, nausea, and belching. She had been experiencing these symptoms for the past 2 weeks, and they were significantly affecting her quality of life.

On July 2020 the patient had visited our OPD with low back ache having a 3year history. It was associated with burning sensation all over the body, left shoulder pain and ankle joint pain in the past 1 year and hot flushes for 2 months. She was diagnosed as *Pithaadhika Vatarakta*(Rheumatism due to *Rakta* associated with *Pitta*). At that time, her appetite and sleep were also reduced. After 2 months of OPD level management her joint pain, hot flushes and burning sensation of body got relieved. Due to some personal issues she became unable to continue her medication and also, she couldn't follow the *Pathya*(wholesome diet). On June 2021 she had developed burning sensation in the abdomen and sour belching for which she had consulted an Allopathic

physician. After 2-weeks of internal medication she started developing reddish rashes all over the body for which also she had Allopathic medication. Though symptoms were relieved on medication, withdrawal resulted in recurrence. As this repeated 2-3 times, on march 2022 she came to our OPD with presenting complaints of burning sensation in the abdomen, bloating and reddish rashes all over the body. She was advised to avoid spicy and sour food and advised internal medications. After 2weeks of medication all her rashes relieved and gastric issues improved. She was advised to follow *Pathya*. But she occasionally exposed to *Apathya* (unwholesome) and on mild flare, she starts *Pathyaseva* and short course of Ayurveda medicines. Due to regularly irregular food habits she had the same issues often. On June 2022 she revisited our OPD with *Amla* (sour) with *Katu* (pungent) *Udgara* (eructation) on afternoon, right heel pain up to knee occasionally and reddish rashes all over the body with itching more prominent on forehead and hands. So, we advised to take an IPD treatment.

On further *enquiry*, we found that she had a history of irregular meal timings, consuming spicy and oily foods, and reduced sleep at night. Based on her symptoms and medical history, we diagnosed her with *Vidagdhajeerna*, a type of digestive disorder caused by an imbalance in the *Pitta dosha*. We admitted the patient on June 20th and given 6gm *Vaiswanara choorna* ^[5] with hot water morning and night after food for *Agni deepana* (digestion and metabolism enhancing) as a *Poorvakarma* (preparatory procedures) before *Snehapana* (internal oleation) with *Aragwadha mahathikthaka ghrita* ^[6,7]. But her appetite again reduced. Still we decided to start *Snehapana* from next day onwards and surprisingly her appetite started improving from the fourth

day of *Snehapana*. From 21/6/2022 started *Snehapana* with *Aragwadha mahathikthaka ghrita* for six days in the increasing dose of 30ml, 50ml, 75ml, 75ml, 100ml, 125ml at 6am. From the fourth day appetite was improved. On sixth day she had presence of ghee in motion and feeling of smell of ghee from the body. Also, she had good sleep on that night.

On 27/6/22 full body *Nadi swedam* (sudation using pipe like instrument) was done and on 28/6/22 for *Virechana* (Purgation therapy), 15gm of *Hrdya virachanam*^[8] (*Virechanaushadha*) was given at 6am. We had observed the patient throughout the day. She had motion 16 times. She had lightness of stomach. She was tired slightly. By evening she had appetite and had *kanji*. Next day she was

very comfortable with good appetite and reduced itching. From 29th we had started 15 ml of *Patolakaturohinyadi Kashaya* ^[9] with 60ml lukewarm water and 6gm *Avipathy choornam* ^[10] at 6am internally and full body *Takradhara* (therapeutic butter milk -streaming over body) externally for 7 days. We added *Haridrakhandam* ^[11] 6gm morning and night 30minutes after food a day from July 4th. On July 5th patient is advised for discharge. After two weeks of treatment, she reported a significant improvement in her symptoms. She no longer experienced the burning sensation and discomfort in her upper abdomen. Her appetite and sleep improved. She reported feeling more energetic and overall better health.

Table-1: Timeline and Follow-up:

2022-06-20	Admitted at IP with c/o rashes over body and reduced appetite associated with <i>Amla katu udgara</i> . Given <i>Vaiswanara churna</i> 1tsp with warm water twice a day after food. There was no improvement in appetite.
2022-06-21	<i>Snehapana</i> started with 30ml <i>Aragwada mahathikthakam ghrita</i> . <i>Ghrita</i> was given at 6am. Appetite felt at 12.40pm. Had headache
2022-06-22	50ml <i>Ghrita</i> given at 6am. Head ache was reduced. Rashes still persisted. Appetite felt at 2.40pm.
2022-06-23	75 ml <i>Ghrita</i> given at 6am. c/o general weakness and disturbed sleep. Had <i>kanji</i> at 8.30pm
2022-06-24	75 ml <i>Ghrita</i> given at 6am. c/o itching all over the body. Head ache relieved. Appetite improved. Had <i>kanji</i> at 1.20pm. Sleep improved
2022-06-25	100ml <i>Ghrita</i> given. No fatigue reported. Had <i>kanji</i> at 1.40pm. Patient slept well.
2022-06-26	125ml <i>Ghrita</i> given. Patient felt smell of <i>Ghrita</i> from the body. Passed stools mixed with <i>Ghrita</i> . She was comfortable. Patient had appetite at 1.35pm. Patient slept well. Since we had observed <i>Samyak snigdha lakshana</i> in the patient, we decided to stop <i>Snehapana</i> .
2022-06-27	<i>Abhyanga</i> with <i>Pinda thila</i> and <i>Nadi sweda</i> was given.
2022-06-28	<i>Hridya virechana</i> 15gm was given at 6.30am. Advised to take hot water if needed in a little quantity and wait for <i>Vega</i> . Observed the patient throughout the day. Had 16 times motion. Patient was slightly tired. Had appetite at 5pm. Advised to follow the <i>Samsarjana karma</i>
2022-06-29	<i>Takradhara</i> was started. Patient felt better. Rashes and itching reduced.
2022-07-05	After 7 days <i>Takradhara</i> and internal medications including <i>Patolakaturohinyadi kashaya</i> with <i>Avipathy churna</i> and <i>Haridrakhandam</i> all her skin rashes disappeared. At the time of discharge, she was relieved of gastric issues as well.

DISCUSSION:

In this case, *Vaiswanara churna* was given on first day prior to *Snehapana* as *Deepana pachana*. As a *Poorva karma* *Snehapana* with *Aragwadha mahathikthaka ghrita* for 7 days and 1-day *Nadisweda* was given. Here *Pachana karma* of *Vaiswanara churna* had done the *Paaka* of *Leena dosha* in *Dhatu* and *Deepana* separated this *Pakwa dosha* from *Dhatu* and the following *Snehapana* made the *Utkleshana* of this separated *Dosha* and *Swedana* made liquification of this *Dosha* which in turn helped to drain to *Koshta* to get eliminated by *Shodhana* procedures. [12] Then on the next day *Virechana* was done with 15gm *Hrdya virechana*.

Virechana (therapeutic purgation) is the most effective in eliminating the increased *Pitta dosha*. [13] Due to its properties the *Virechana dravya* reaches *Hrudaya*, circulates all over the body and penetrates in to the *Srotas* bring the *Dosha* to *Koshta* easily due to prior *Sneha sweda karma*. Then *Vata* expel it out through *Guda marg*. From modern point of view, we can say that the inflammation induced by these *Shodhana* drugs increase the permeability of intestinal mucosa which helps to bring those unwanted substances from other parts of body to intestine. [14] Thus, it helps to eliminate vitiated dosha especially in this case the vitiated pitta from the body and thus the symptoms got subsided.

Takradhara [15] with *Amalaki kashaya* and *Takra* full body may helped to relieve the *Shesha dosha* and also to normalise the *Agni*. *Takradhara* also helped to balance *Pittadosha* by reducing the mental stress and cooling the body. *Patolakaturohinyadi Kashaya* along with *Avipathichurna* may normalised the *Kapha* and *Pitta dosha*. *Haridrakhanda* is also having *Pittashamana* property which helped to normalise *Agni* and also may helped in relieving the itching all over the body.

Vidagdha jeerna is *pittaja jeerna*. So *Ghrita snehapana* followed by *Virechana* itself helped to correct the *Pitta dushti* and there by improved the symptoms of the patient. *Patolakaturohinyadi kashaya* with *Avipathy churna* and *Haridrakhanda* may helped to normalise *Shesha dosha*. All this corrected the sustain *Pittakopa* and cleansed the

Raktha dhatu there by relieved the rashes in the body. The combination of these therapies aims to restore balance in the digestive system, pacify the aggravated *Pitta dosha*, improve digestion, and alleviate the symptoms of *Vidagdha jeerna*.

In this case the patient had vitiated *Pitta* which undergone *Shakha gati* and presented as *Pittadhika vatarakta*. But since the patient didn't follow proper medication, it showed symptoms in *Koshta* as well as *Shakha* and mainly presented as *Vidagdha jeerna*. When the patient discontinued the medication and indulged in *Apathya*, it again spread to *Shakha* and made rashes all over the body. So, by proper medication we brought back the *Shakha gata pitta* to *Koshta* and by expelled it out through *Shodhana*. *Snehapana* and *Virechana* can be considered as a best treatment in *Vidagdha jeernam* if the patient is suitable for *Shodhana*. It will give sudden and sustainable result in patient and help to improve their quality of life. *Kaphapitta* hara *Samanaushadha* helps to treat *Shesha dosha* there by prevent the recurrence as well as regains the health of *Annavaha srotas*.

CONCLUSION:

In conclusion, the case highlights the effectiveness of Ayurvedic treatment for *Vidagdha jeerna*, emphasizing the importance of detailed assessment of the patient and focusing *Chikitsa* in *Samprapti vighatana* along with *Nidana parivarjana* in Ayurvedic medicine. Hence *Pachana, Deepana, Snehana, Swedana, Virechana* and *Shamana* is the treatment protocol for management of *Vidagdha jeerna*.

Patient Perspective:

As a patient I experienced very much discomfort due to my gastric issues and burning sensation in my body. I was restricted myself from going to public or family function since I couldn't take any food properly. I was mentally stressed which even affected my routine. When I started taking Ayurveda internal medication my conditions improved which gave me hope. After cleansing therapy, I felt

like my body got free from many wastes and I got a new life.

Patient consent:

Patient consent was obtained for IP treatment including consent for each procedure

Limitation of study:

The case was diagnosed only on the basis of subjective symptoms as per classics. No objective criteria like blood reports are available to standardize the diagnosis of *Vidagdhaejerna*

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