

“SUCCESSFUL AYURVEDIC MANAGEMENT OF ANTRAL GASTRITIS: A CASE REPORT”

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ABSTRACT:

Inflammation of the stomach lining is known as antral gastritis. Excessive use of these medications to reduce the breakdown of the mucus layer may damage the stomach lining. Causes of antrum gastritis include: 1. Viral infection caused by cytomegalovirus. 2. Anisachiosis (parasitic infection) 3. Other bacterial infections caused by streptococcus 4. Excessive consumption of alcohol such as gin, vodka, whiskey, etc.

5. Acid reflux in the small intestine, 6. Food poisoning and allergies, 7. Chronic stress, 8. Iron supplements, chemotherapy, steroids, aspirin and cocaine, 9. Ischemia (poor blood supply to the stomach) 10. Mycoses and candidal fungal infections, 11. Autoimmune diseases, 11. Peptic ulcers, 12. Portal hypertension or hypertension, 13. Supine mode. Many infectious, primary and secondary causes have been described. (<https://bansalhospital.com/antral-gastritis-symptoms-causes-treatment/>). In Ayurveda, the word Krimi means all bugs and microorganisms, visible and invisible, since in modern science there are separate branches of parasitology and microbiology. Purishaj Krimi is described in Ayurvedic Samhita. This concept is considered based on the modern diagnosis and treatment plan for this disease according to the Chikitsa Krimi Sutra described in Ayurveda. Keywords : Antral gastritis, Krimi

KEY WORDS:- Antral gastritis, krumichikitsa, panchkarma, diagnostic tool, psychosomatic disorder

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INTRODUCTION

Inflammation of the stomach lining is known as antral gastritis. Excessive use of these medications to reduce the breakdown of the mucus layer may damage the stomach lining. Causes of antrum gastritis include: 1. Viral infection caused by cytomegalovirus. 2. Anisachiosis (parasitic infection) 3. Other bacterial infections caused by streptococcus 4. Excessive consumption of alcohol such as gin, vodka, whiskey, etc.

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MATERIALS AND METHODS

Patient has given informed consent to publish case report.

Case Report- A 25 years old short stature male patient visited the outpatient department of *Panchakarma*, having complaints of headache, nausea, stomach pain, abdominal bloating, abdominal heaviness, constipation, blackish stools, loss of appetite and general weakness from last 6 months. According to patient, Patient was diagnosed with Antral gastritis. Patient had taken allopathic treatment before coming to our hospital but he felt only temporary relief and recurrence of symptoms were observed.

Sign and Symptoms :-

1. Abdominal pain - present
2. Abdominal heaviness - present
3. Constipation - present
4. Loss of appetite - present
5. Night fall - present
6. Restlessness – present

Along with over thinking, anxiety, family related stress, unnecessary talking and quick anger over small things.

Personal history

Patient's general condition was weak. Patient was examined and history was taken in detail. Patient didn't have history of any other major illness or Operative

On examination

General condition – mild, afebrile

Pulse rate – 78/ min

Bp – 110/70 mm of Hg

P/A – tenderness in epigastric region ++

- Increased peristaltic movement +

ASHTAVIDHA PARIKSHANA

Nadi – **Pittapradhana Vata**

Mala – **Badhata**

Mutra – Samyaka

Jivha – **Ishata sama**

Shabda – Prakrut

Sparsha – Anushna

Druk – Prakruta

Aakruti – Madhyam

Nidra – **Khandita**

TREATMENT GIVEN

Patient was given Shodhana therapy (Virechana) followed by Matra Basti for 7 days and internal medicine for 1 month. All other medications of patient were stopped. Details of treatment are given below.

Table 1:

Treatment	Drugs	Dose	Duration	Anupana
Snehapana	<i>Mahatikta ghruta</i>	30 ml	1 st day	Lukewarm water
		60 ml	2 nd day	Lukewarm water
		90 ml	3 rd day	Lukewarm water
		120 ml	4 th day	Lukewarm water
		120 ml	5 th day	Lukewarm water
Abhyanga	<i>Mahamasha taila</i>	-	Next 2 days	-
Sarvanga swedana	<i>Nadi sweda (Bashpa)</i>	-	Next 2 days	-
Virechana	<i>Abhayadi modaka + Aragvadha kapila phanta + Manuka kadha</i>	3 tabs + 100 ml + 100 ml	-	Lukewarm water
Sansarjana krama		According to appetite	5 days	Lukewarm water
Matra basti	<i>Karanja taila + Nimba taila</i>	30 ml + 30 ml	7 days	-
Internal medicine	<i>Krumikuthar ras</i>	1 tab BD	Next month	Lukewarm water
	<i>Vidangarishta</i>	10 ml BD	Next month	Lukewarm water

Result:

During the 45 days of treatment patient reported relief in his symptoms.

Abdominal symptoms were completely relived after 15 days.

Patient got 70% relief from pain and constipation, after 15 days.

Also patient developed normal bowel habit and his appetite also increased.

Table 2:

Investigation		BT (09/10/2021)	DT(14/11/2021)	AT(28/11/2021)
Stool examination	RBC	Absent	Absent	Absent
	Pus cell	Absent	Occasional	Occasional
	Ova	Absent	Absent	Absent
	Cyst	Cyst of E.coli	Cyst of E.Histolytica seen	Absent
	Bacilli	Few	Few	Few
	Colour	Greenish	Yellow	Yellow
	Mucus	Absent	Absent	Absent

DISCUSSION

The patient was diagnosed as Antral gastritis in Allopathy. He had unsatisfactory relief. Presentation of symptoms were psychosomatic. In Ayurveda perspective, Antral Gastritis may be correlated with Amlapitta². The patient had E. coli and E. Histolytica infection also Annava³, Purishvah⁴ and Manovah strotodushti symptoms was seen in Patient. Vyadhibal was Dominating i.e. Guruvyadhit⁵ while Sharirbal was inferior but patient was Satwavan and Bhishaqvashya⁶ (good will power and faith towards Ayurveda). So Shodhan chikitsa was planned. Within 15 days patient got fruitful result. Although Patient had signs and symptoms of Amlapitta, we had planned Krimi Chikitsa on the basis of stool examinations report. After Virechana (Shodhan karma) Shaman was planned, as per Chikitsa Sutra stated in Krimi Chikitsa⁷ i.e. Nidan Parivarjan, Prakriti Vighat, and Apakarshana (Doshavasechan). Shodhan was planned in the form of Virechana it helps in elimination of Krimi from the body. After that, Krimikuthar ras was planned for Prakriti Vighat. i.e. destruction of toxin produced by Krimi. It is very important to plan above said management to get fruitful effect. Nidan parivarjan was done in the form of Pathyapathya Regime Pathya was advise in the form of Ushna Laghu supachya ahar, Daily Meditation for 10 mins, Abstinence of junk food and limited mobile screen time.

CONCLUSION

Chikitsa Siddhant of krimi may prove fruitful in Psychosomatic diseases. Vyadhi bal, Atur bal are key factors while planning Shodhan chikitsa. Vyadhi lakshana may be treated symptomatically. Combination of modern Diagnostic tools, Ayurvedic Chikitsa siddhant, Raskalpa are winning triod of challenging Medical Cases.

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