“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.

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.


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

<table>
<thead>
<tr>
<th>Nadi</th>
<th>Pittapradhana Vata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mala</td>
<td>Badhata</td>
</tr>
<tr>
<td>Mutra</td>
<td>Samyaka</td>
</tr>
<tr>
<td>Jivha</td>
<td>Ishata sama</td>
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<td>Shabda</td>
<td>Prakrut</td>
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<tr>
<td>Sparsha</td>
<td>Anushna</td>
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<tr>
<td>Druk</td>
<td>Prakruta</td>
</tr>
<tr>
<td>Aakruti</td>
<td>Madhyam</td>
</tr>
<tr>
<td>Nidra</td>
<td>Khandita</td>
</tr>
</tbody>
</table>

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

**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 Amlapitta. The patient had E. coli and E. Histolytica infection also Annava, Purishvah and Manovah strotodushiti symptoms was seen in Patient. Vyadhibal was Dominating i.e Guruvyadhit while Sharibal was inferior but patient was Satwavan and Bhishaqavshya (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 Chikitsa 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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