

A CASE REPORT ON APPLIED ASPECT OF *VISHESHA SIDDHANTA* IN *APANAVAIGUNYA* W.S.R. TO *ANAHA ROGA* (~ CONSTIPATION)

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(5) Running short title- Application of *Vishesha Siddhant* w.s.r. to *Anaha Roga* (~constipation)- A case report

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ABSTRACT

Background- *Anaha* (~constipation) is a gastrointestinal disorder, which leads reduction in working potency with clinical symptoms like “*Pravartamanam Na Yathaswamenam*” (normally bowels are not getting evacuated). Its prevalence in the general population is approximately 20%. Available therapeutic options include stool softeners; laxatives etc are having a temporary effect. *Anaha* (~constipation) is caused by *Apana* (bio-factor responsible for expulsion of waste material) *Vaigunya* (dysfunction) and of two types *Purishaja* (due to improper stool formation) and *Amaja* (due to bi-product of indigested toxic food) according to *Ayurveda*. This case report is an ideal example of *Apanavaigunya* (*Amaja Anaha*). **Aims & objectives** -to evaluate applied aspect of *Vishesha Siddhant* (dissimilarity causes decrement) in *Apanavaigunya* using standardized outcome measures. **Methods-** A female Patient aged 24 years came with chief complains of *Amasaya Shula* (stomach-ache), *Amasaya Gauratva* (heaviness in abdomen), *Trishna* (thirst), *Pratishyaya* (~ rhinitis), *Sirovidaha* (burning sensation in head), *Purisha Yathaswamaana Apravartana* (bowel improper evacuation), and *Udara Aayama* (flatulence of abdomen) since 4 years. Considering clinical features, and *Apana Vata* and *Ama* involved in pathology, patient was treated with medicines having *Visesha Dravya-Guna-Karma* (opposite substance-properties-result/action) on *Apana Vata* and *Deepan* (~appetizer), *Pachana* (~digestive) *Karma* for *Ama*. Patient was given drugs orally of *Haritaki* powder (*Terminalia chebula*) in 3 grams and *Shunthi* powder (*Zingiber officinalis*) in 2 grams after meal twice a day with luke warm water for 1 month. **Result-** *Haritaki* powder and *Shunthi* powder are encouragingly safe and effective treatment for *Anaha* (~constipation). **Conclusion-** Single drugs which have inclusion in *Vishesha* for vitiated *Vata Dosha* according to *Vishesha Siddhanta* can be used in management of *Apanavaigunya* i.e. *Anaha* (~constipation) disease.

Index terms – Constipation; Anaha; Apanavaigunya; Vishesha and Ayurveda.

INTRODUCTION

Ayurveda is an ancient science which explains preventive and curative aspect of diseases. ^[1] There are many diseases which affect the people and cause hindrance to their daily activities which in turn lead to reduction in working potency of the community. *Anaha* is one of such disease. *Acharya Charaka* stated that when the provoked *Vata* (biological factor) in the body (*Pakvasaya* ~ large intestine and rectum), becomes accumulated in the region of a person's *Kuksi* (belly), and moves neither upwards nor downwards, then this condition is termed as *Anaha*. ^[2] According to *Sushruta*, in *Anaha* disease, *Ama* (indigested toxic form of food) and *Sakrit* (stool) in their vitiated state, produces *Vibandha* (constipation) which create *Vaigunya* (alteration in properties) of *Apana Vayu* (biological factor responsible for waste material expel out) and it produces the clinical symptoms like "*Pravartamanam Na Yathaswamenam*" its means that normally bowels are not getting evacuated. ^[3]

Anaha can be correlated with constipation which is very common disease in all age, sex groups. Medical personnel define constipation as <3 bowel movements per week. ^[4] According to Rome III criteria in 2006, a person having at least 2 symptoms in 25% of the following: straining during defecation, lumpy or hard stools, incomplete evacuation, ano-rectal obstruction/blockage, need for maneuvers for defecation and fewer than 3 defecations per week is constipated. ^[5] The prevalence of constipation in the general population is approximately 20% although it can be range between 2% to 27%. ^[6,7] Cumulative incidence of chronic constipation is higher in the elderly (~20%) compared to a younger population. ^[8] Available therapeutic options include stool softeners, fiber supplements, osmotic and stimulant laxatives but they have a temporary effect and one has to use them whenever symptoms occur. There was a need to complement the existing treatment options. So this report was done for trying to find out solution for this problem.

Apana Vayu is located in *Pakvashaya* (~ large intestine and rectum) according to *Sushruta*. ^[9] Remaining nutrients are absorbed there and *Kitta* (unfruitful part after digestion) is left there which ultimately converts into *Purisha* (stool) which is expelled out by the help of *Apana Vayu*. *Apana Vayu* performs mainly two functions there i.e. *Dharana Karma* (holding of fruitful material) and *Vikshepana* (expel out waste/unfruitful material). ^[10] When *Apanavaigunya* (dysfunction of *Apana Vayu*) occurs, it performs qualitative and quantitative disturbances in normal functions. Movement of peristalsis in anal direction plus peristaltic reflex is called "Law of gut".

Anaha is a disease resulting by *Apanavaigunya* and it is of two types *Purishaja* (due to improper stool formation) and *Amaja* (due to bi-product of indigested toxic food) according to *Susruta*. ^[11] This case report was done for try to find out a solution for *Amaja Anaha*. Symptoms of *Amaja Anaha* are *Amasaya Shula* (stomach ache), *Amasaya Gauratva* (heaviness in abdomen), *Udgarvighatana* (no belching), *Trishna* (thirst), *Pratishyaya* (~ rhinitis), *Sirovidaha* (burning sensation in head) and *Hritstambha* (stiffness feel around cardiac region). ^[12] The aim of the management of the *Apana Vaigunya* means to re-establish the equilibrium of *Guna* and *Karma* of the *Apana Vata*. *Charakacharya* advised to use the drugs having opposite *Guna* for the treatment of Curable disease. ^[13] It can be achieved on the basis of the theory of *Vishesha* (dissimilarity causes decrement). ^[14] *Vishesha* includes use of opposite *Dravya* (substance) –*Guna* (properties) –*Karma* (final result or action) *Vishesha*. So here management was done for *Amaja Anaha Roga*, which is dysfunctional disease of *Apana Vayu*, by application of *Vishesha Siddhanta* on *Apana Vata*.

METHODS

CASE REPORT-

A 24 years old female patient with complains of *Amasaya Shula* (stomach-ache), *Amasaya Gauratva* (heaviness in abdomen), *Trishna* (thirst), *Pratishyaya* (~ rhinitis), *Sirovidaha* (burning sensation in head), *Purisha Yathaswamaana Apravartana* (bowel improper evacuation), and *Udara Aayama* (flatulence of abdomen) since 4 years approached to OPD of PAMCH, Sriganganagar,

Rajasthan. During history taking, patient was healthy before 4 years and gradually undergone in diseased condition. It may be due to her stressful lifestyle, day sleep, unhygienic food, suppression of urine and hunger urges. Patient was on antacids and laxatives since 3 years. She had less appetite, less sleep with no weakness to perform daily activities. On examination her abdomen was felt *Kathina Sparsha* (hard on touching). She was student at that time so used to suppress urine and thirst urges during class or study, regular day sleep, eating unhygienic food in college mess and late night awakening due to study.

The case sheet proforma was prepared, contained questionnaire about lifestyle of the patient. The assessment was done, pre and post treatment, based on the symptoms gradation and analyzed by descriptive statistics.

PERSONAL HISTORY- (SEE TABLE 1)

TREATMENT PROTOCOL-

Patient was treated on O.P.D. basis. Medicines were decided according to their pharmacological properties (*Guna- karma*), beneficial for *Anaha* ~ constipation.

TREATMENT GIVEN- (SEE TABLE 2)

- (1) **Haritaki Choorna (as Dravya and Karma Vishesha)** – Powder of *Haritaki (Terminalia Chebula)* in dose of 3 grams was given to patient before meal twice a day with luke warm water for 1 month.
- (2) **Shunthi Choorna (as Guna Vishesha)** - Powder of *Shunthi (Zingiber officinale)* in dose of 2 grams was given to patient before meal twice a day with luke warm water for 1 month.

Lifestyle chart given, containing *Ahara* (food), *Vihara* (lifestyle) and *Achara* (code and conducts) based on *Pathya* (wholesome), *Apathya* (unwholesome), and *Nityopayogi Dravya* (dietary regimen which can be use daily), in *Svastha Chatuska* (chapter 5-8 of *Sutra Sthana*) of *Charaka Samhita*. The *Achara* like *Sadvritta* (do's and don'ts and prayer), was advised, and it results, into decreasing the stress and strain. Patient was advised to take proper sleep in night and eat homemade food. Patient was advised to avoid day sleep and suppression of natural urges. **Follow up:** 15th day of treatment, end of the treatment (day 30) and 15 days after the treatment ended.

ASSESSMENT CRITERIA-

INCLUSION CRITERIA-

Clinically diagnosed case of *Anaha* ~ constipation was taken for this case report.

EXCLUSION CRITERIA-

Patient suffering from any other disease with *Anaha*, known case of duodenal or peptic ulcer, chronic smokers or alcoholics, chronic consumers of NSAID'S and pregnancy were excluded.

GRADATION SCORE –

The improvement in the patient was assessed on the basis of relief in the cardinal sign & symptoms of the disease. To assess the effect of therapy, all the signs and symptoms were given scoring, depending upon their severity. (See table 3)

LABORATORY INVESTIGATION -

CBC, blood sugar and urine test- routine and microscopic were done.

RESULTS & DISCUSSION

Assessment of sign and symptoms of the patient, regarding *Anaha* ~ constipation, was done during each follow up (See table 4). It is shown in table number 4, that there was significant relief, in all symptoms of *Anaha* ~ constipation.

Anaha ~ constipation is a serious health problem seen in present era. Effective treatment is needed for this health problem in terms of long term benefits. Antacids are having lots of side effects. The report intended to evaluate the effectiveness of *Vishesha Siddhanta* by giving/producing opposite substance-properties-action on *Apana Vayu* and try to cure *Amaja Anaha Roga* which is a resulting effect of *Apanavaigunyata*. *Vata* has *Ruksha* (dryness), *Shita* (coldness), *Laghu* (lightness) and *Chala* (mobile) *Guna* according to all *Acharya*.^[15,16,17] *Vata* has *Triryaggaha* (sideward/oblique movement) property according to *Dalhana* which is indication of *Chala Guna*.^[18] It performs *Dharana Karma* (hold) of *Mala* (waste products), *Mutra* (urine), *Purisha* (feces), *Garbha* (fetus), *Artava* (~ menstrual blood) and *Shukra* (~ semen) and responsible for their separation from body at the time of *Vikshepana* (expulsion).^[19] *Viyoga* (separation) of all above things from its *Sthana* (*Pakvashaya*) is possible due to *Ruksha Guna* and *Gati* (movement) due to *Laghu* and *Chala Guna*. *Shoshana Karma* (absorption of the nutrients) in *Pakvashaya* is due to *Ruksha* and *Laghu Guna*. *Stambhana Karma* (holding/stability) is due to *Ruksha* and *Sheeta Guna*. *Vikshepan Karma* is due to *Laghu* and *Chala Guna*. So, mainly *Apanavaigunyata* is caused by *Ruksha*, *Chala* and *Sheeta Guna*. So, the management should be arranged for *Anulomana* of *Apana Vata* and removing *Ama*. This equilibrium state at *Apana Vata* can be achieved by the two measures i.e. *Nidanaparivargana* (removing root cause) and *Bhesaja* (medicine) *Prayoga* (application). *Viparita Guna* (opposite property) of *Ruksha* and *Sheeta Guna* are *Snigdha* (unctuousness) and *Ushna* (hot) *Guna* respectively according *Sushruta*.^[20] *Snigdha Guna* generates smoothness to the pathway and *Ushna Guna* stimulates *Anulomana* (movement in right direction) of *Vata* so, they are basis treatment for *Chala Guna* of *Vata*. *Ama* is toxic production of indigested food due to *Agnimandhya* (low functioning digestive fire/enzymes).^[21] Therefore, there were drugs given having *Ushna Guna* and *Snigdha Guna*, opposite of *Vata* and *Deepan* (appetizer), *Pachana* (digestive) *Karma* for *Ama*.^[22] (See table 5) It was reported that both drugs *Haritaki* powder and *Shunthi* powder have shown well improvement in patient.

PROBABLE MODE OF ACTION OF HARITAKI POWDER-

Haritaki was used as *Dravya* and *Karma Vishesha* in this case. *Haritaki* has properties of *Kashaya* (astringent) *Rasa* (taste) *Pradhana*, *Ushna* (hot) *Virya* (potency), *Madhura* (sweet) *Vipaka* (post digestive taste) and *Tridosahara* (alleviation of all impaired bio-factors). It is stated as '*Anahajayet*' (constipation reliever) and '*Doshanulomani*' (gives right direction to all diverted bio-factors), *Deepani*, *Pachani* by *Charaka*.^[23] It induces *Virechana* (purgation). It may remove *Apanavaigunyata* by *Anulomana* effect and *Ama* by *Deepana*, *Pachana Karma*. Research done on *Haritaki* has been shown significant results in intestinal motility enhancing effect, indicating towards some of the working mechanisms of *Anulomana* drug; *Churna* can be preferred over *Vati* (tablet form) in the treatment of constipation.^[24] A short term clinical trials have been carried out on patients with simple constipation, *Terminalia chebula* increases the stools and has got property of evacuating the bowel completely.^[25]

PROBABLE MODE OF ACTION OF *SHUNTHI* POWDER

Shunthi was used as *Guna Vishesha* in this case. It has *Sasneha Guna* (unctuousness in some amount), *Katu* (pungent) *Rasa*, *Guru* (heaviness) *Guna*, *Ushna Virya*, *Madhura Vipaka*, *Deepana*, and alleviates *Vata-Kapha Dosha*.^[26] *Nagar* (*Shunthi*) is stimulating, diaphoretic, expectorant, and carminative.^[27] It may produce equilibrium in *Apanavaigunyata* by opposite properties i.e. *Sasneha Guna*, *Ushna Virya*, *Madhura Vipaka*, and *Guru Guna*. It can perform *Deepana*, *Pachana* effect to remove *Ama*. *Ushna Virya* acts on *Parthiva Tatva* of *Ama* and breaks it. *Madhura Vipaka* acts on *Vilayana* (solvent) of *Parthiva Tatva* of *Ama*. A research study has been shown that ginger accelerates gastric emptying and stimulates anal contractions in healthy individuals.^[28] Research study has been shown that Ginger contains digestive stimulants such as thiol protease.^[29]

- The gradation scores of *Amashaya Shula*, *Amasaya Gauratva*, *Sirovidaha*, *Purisha Yathaswamaana Apravartana*, and *Udara Aayama*, before treatment, were found 3, 3, 1, 3, and 3 respectively and after treatment all shifted to 0. Relief was found 100 %. Dissatisfaction stage about defecation was normalized. No antacid required for *Amashaya Shula* during or after treatment. (See table 4)
- Gradation of symptoms of *Trishna* and *Pratishyaya* were shifted 2 and 2 respectively to 1 after treatment. It has shown improvement in symptoms. Excessive intake of water was decreased. (See table 4)
- Patient was feeling satisfied after treatment, shown relief in patient condition. (See table 4)

CONCLUSION

According to *Vishesha- Siddhanta*, *Vishesha* is always the cause of *Hrasa* (diminution) in all the beings when it's applied clinically. This case has been shown encouraging results. *Haritaki* powder acts on *Anaha* disease by its *Dravya Prabhava* (*Anahajayet*) and *Karma* (*Doshanulomani*) and *Shunthi* powder by its *Guna* (*Snigdha*, *Madhura Vipaka*, *Guru*, *Ushna*). Relief was occurred in symptoms of bowel improper evacuation, heaviness in abdomen, flatulence and stomach-ache etc. Patient had stopped antacids and laxatives drugs. It is stated that single drugs which have inclusion in *Vishesha* for vitiated *Vata Dosha* according to *Vishesha Siddhanta* can be used in management of *Apanavaigunya* i.e. *Anaha* disease, and *Ayurveda* can be a promising alternative in *Anaha*~ constipation. Further clinical trials are needed to establish a standard management of gastrointestinal disorders.

FUTURE SCOPE AND LIMITATIONS

Further study can be done on *Anaha* ~ constipation with large sample size. It can be used as an alternative option to modern antacids in future.

SOURCE OF SUPPORT- Nil

CONFLICT OF INTEREST- None declared

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Table 1- Personal history

Age- 24 years	<i>Bala</i> (Strength)- <i>Madhyama</i> (medium)	<i>Prakriti</i> (psycho somatic constitution) - <i>Vata-kapha</i>
Sex- female	Sleep- inadequate	B.P.- 120/80 mm of Hg
Marital status- unmarried	Addiction- no	Weight- 70 Kg
Occupation- student	Bowel habits- irregular	Height- 165 c.m.
Substance abuse (tobacco, alcohol etc.)- No	Appetite- poor	Pulse- 78/minute

Table 2-Treatment given to patient

Sr. No.	Medication	Botanical Name	Dose	Duration	Anupana
1	<i>Haritaki</i> powder	(<i>Terminalia Chebula</i>)	3 Grams	Twice a day before meal	Luke warm water
2	<i>Shunthi</i> powder	(<i>Zingiber officinale</i>)	2 Grams	Twice a day before meal	Luke warm water

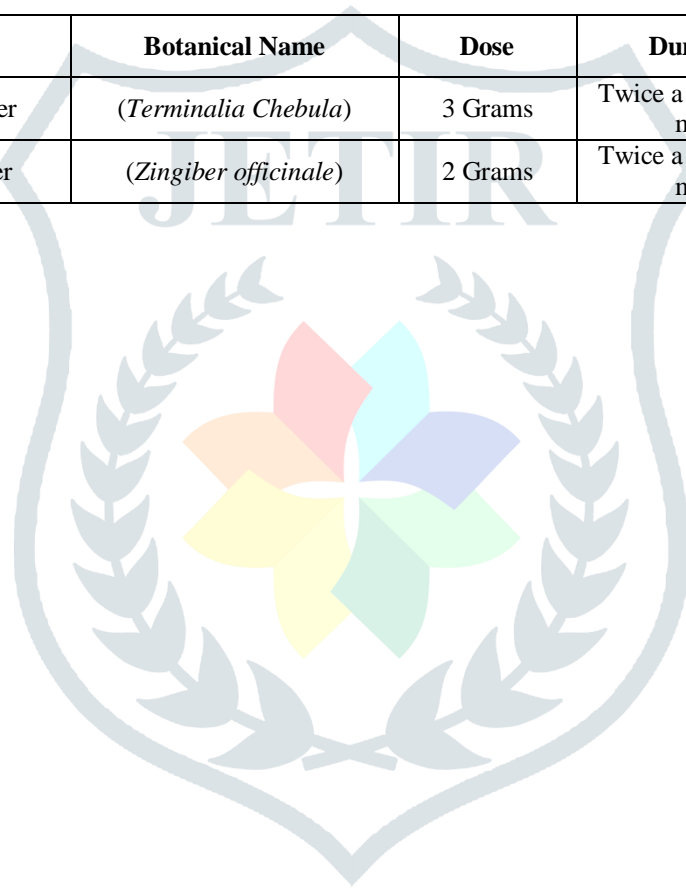


Table 3- Gradations of parameters for assessment

Sr. No.	Clinical features	Grading	
1	<i>Amashaya Shula</i> (stomach-ache)	No <i>Shula</i>	0
		<i>Shula</i> 1-3 times in a week	1
		<i>Shula</i> 3-5 times in a week	2
		Daily <i>Shula</i>	3
2	<i>Trishna</i> (thirst)	Normal thirst	0
		Mild thirst , intake water frequently	1
		Excessive thirst, but satisfied after taking a good amount of water (>20 glasses)	2
		Excessive thirst, never satisfied after taking a good amount of water (>20 glasses)	3
3	<i>Amashaya Gauratva</i> (heaviness in abdomen)	No <i>Gauravata</i>	0
		<i>Gauravata</i> in abdomen (after meal)	1
		<i>Gauravata</i> in abdomen (whole day) but can take meal	2
		More <i>Gauravata</i> in abdomen and no desire to take meal	3
4	<i>Pratishyaya</i> (rhinitis)	No complaint	0
		Mild complain/occasionally	1
		Weekly once or twice	2
		Continuous	3
5	<i>Sirovidaha</i> (burning sensation in head)	No complaint	0
		1-3days/week	1
		3-5days/week	2
		Daily	3
6	<i>Purisha</i> <i>Yathaswamaana</i> <i>Apravartana</i> (bowel improper evacuation)	No complaint	0
		Occasionally	1
		More than 3 times per week	2
		Daily	3
7	<i>Udara Aayama</i> (flatulence)	No <i>Udara Ayama</i>	0
		<i>Udara Ayama</i> in abdomen (after meal)	1
		<i>Udara Ayama</i> in abdomen (whole day) but can take meal	2
		More <i>Udara Ayama</i> in abdomen and no desire to take meal	3

Table-4: Changes in sign and symptoms during each follow up.

S.N.	Sign and Symptoms	Before treatment	First follow up (15 th day)	2 nd follow up or after treatment
1	<i>Amashaya Shula</i> (stomach-ache)	3	1	0
2	<i>Trishna</i> (thirst)	2	2	1
3	<i>Amashaya Gauratva</i> (heaviness in abdomen)	3	1	0
4	<i>Pratishyaya</i> (rhinitis)	2	1	1
5	<i>Sirovidaha</i> (burning sensation in head)	1	1	0
6	<i>Purisha</i> <i>Yathaswamaana</i> <i>Apravartana</i> (bowel improper evacuation)	3	2	0
7	<i>Udara Aayama</i> (flatulence)	3	2	0

Table 5- Pharmacodynamic properties of given drugs

Sr. No.	Drug	Rasa	Guna	Virya	Vipaka	Doshahara	Effects
1	Haritaki	Kashaya Pradhana	Laghu, Ruksha	Ushna	Madhura	Tridohahara	Doshanulomana, Anahajayet, Deepana, Pachana, Ruksha and Virechana
2	Nagar (Shunthi)	Katu	Sasneha, Guru	Ushna	Madhura	Vata-kapha Hara	Deepana, Pachana

