



A SYSTEMIC REVIEW ON PARINAMA SHOOLA – AN AYURVEDIC AND MODERN APPROACH

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ABSTRACT

Ayurveda is a science of life that offers holistic approaches to treating illnesses and promoting health. The basic goal of Ayurveda is "to preserve health and to heal the sick one." Numerous disorders have been discussed in the context of Annavaha Srotas, but Annadravashoola and Parinamashoola are the two that most commonly interfere with everyday living. As the primary complication of "Gulma," Maharishi Sushruta first defined many sorts of shoola in Uttara-tantra. Madhava Nidana then for the first time described a specific chapter pertaining to shoola. He divided shoola into 8 categories; two other categories, named Annadravashoola and Parinamashoola, were left out. Many other illnesses have been discussed in the context of Annavaha Srotas, but Annadravashoola and Parinamashoola are the most troublesome. The most frequent cause of GIT illnesses today is changed eating habits. One of them is a peptic ulcer. It is a kind of acid gastritis in which the stomach wall becomes ulcerated as a result of an excessive quantity of HCL. Madhava Nidana is the first to explain a specific chapter pertaining to Shoola, while Maharishi Susruta is the first to define many varieties of Shoola in Uttara-tantra. He divided Shoola into eight categories, of which two were Annadravashoola and Parinamashoola. The defining characteristics of Annadravashoola include discomfort before, during, and after vomiting, a burning feeling in the epigastrium, belching, etc., and Parinamashoola, which happens after food digestion. Due to their comparable symptoms, Annadravashoola and Parinamashoola can both be referred to as peptic ulcer disease.

KEYWORDS- Annadrava shoola, Parinama shoola, Peptic ulcer disease, etc.

INTRODUCTION

The digestive system is one of the biological systems that has been negatively impacted by the fast-paced, stressful, and busy modern world (Annavaaha Srotas). The term "Annavaaha Srotas" refers to the route that food travels on. The four processes of Anna Adana (food ingestion), Anna Pachana (digestion), Sara Kitta Vivechana (separation of nutrient and waste component), and Rasa Shoshana (nutrient absorption) are all handled by the

Annava-Srotas (alimentary canal). According to Ayurveda, Dehagni is in charge of life, appearance, strength, health, Oja, Teja, and Prana.¹ Ama occurs from any discord at any degree of Annavasrotas or Dehagni; Ajeerna, Ama-visha creation, Aandravshoola, and Parinamashoola are the next stages of the digestive process that are triggered by the body's malfunctioning metabolism of the digestive fire. In contemporary studies, peptic and duodenal ulcers can be associated to Aandravshoola and Parinamashoola, respectively. The name "parinamashoola" is self-explanatory; it refers to shoola, or abdominal colic, which occurs during food digestion, or 3–4 hours after ingestion, when food has entered the intestines. According to Acharya Madhav Nidana, Parinamashoola is a "Avarana Janya, Tridoshaja Vyadhi," and Annadravashoola is a form of Shoola with the defining characteristics of discomfort that subsides after vomiting.²

Annadravashoola is a type of colic that is caused by the aggravation of the Vata dosha, which surrounds nearby Pitta and Kapha doshas in the Koshtha and becomes strong enough to produce colic pain during the digestion of ingested food. This common form of colic is called Aandravshool.³

- Vata (Samana vata), which includes insufficient sleep, an excessively dry or fat-free diet, inconsistent eating patterns, and service injuries that cause tension and concern.
- Pitta Virudh Sevan, Asatmaye Sevan, Abhojan, Atibhojan, and Ahara possessing Ruksha Tikshna, Ushna Guna, Shar, Lavan, Katu, and Amla Rasa Sevana Various Manik Hetu's like Krodha (rage), Chinta (tension/stress), etc., Viharaj Nidan like Vegdharan, Raatrijagran, etc.

KAPHA (KLEDAKA KAPHA):

Commentary by Astang Hridya The mucosa of the stomach is linked to the Kledak cough because, as he stated, the stomach mucosa includes two distinct types of glands sandwiched between cells that secrete mucus, known as surface mucosa cells.⁴

SLESMAJ KRIMI

Helicobacter pylori is a microscopic spiral-shaped bacteria that causes stomach pain, nausea, and bloating. These symptoms are the exact opposite of the Slesmaja krimii symptoms described by Acarya Charaka in Vimana Sthana, which are Sleshmanimitanam kriminam in Ayurveda. The Slesmaja krimi, which is invisible to the naked eye (Maha suhuksm), has a location in the duodenum that is mentioned in Charaka's Aashaya sleshmajaa amasaya aasayah and resembles a leech with a thin, white thread. Its symptoms include nausea, indigestion, vomiting, bloating, etc. H. pylori and Slesmaja krimi have the same symptoms and have the same origin, shape, and size.⁵

- Tridosha-samanvayu, Pachak pitta, Kledaka kapha are the three doshas.
- Srotasaha=Annava
- Adhithana = Aamasaya and Grahni
- Swabhava equates to Aasukari

- Sadhyata = Sadhyaasadhya

DISCUSSION

1. Modern and ancient pathology were well contrasted between Samana vata and the peripheral nervous system, Pitta and Pepsinogen & HCL, and Kledaka kaph and the mucous.⁶
2. Acharya Charaka discussed Slesmaja Krimi, a condition that is comparable to pylori. Due to its size, shape, symptom, and h. pylori genesis in the duodenum and antrum portion of the stomach. Amasaya is the Slesmaja krimi. When compared to the duodenum, amasaya is used.⁷
3. Peptic ulcer disease is not a recently discovered illness; rather, it is a long-standing condition that is related to all Parinam shoola and Annadrava shoola factors in Ayurveda.⁸

Acharya Madhav Nidana describes annadravashoola as a form of shoola with the distinguishing characteristics of pain before and after during food digestion and that provides comfort following vomiting. Due to vata prakopa, the aggravated vatadosha encircles nearby pitta and kaphadoshas in the koshtha and becomes strong enough to produce colic pain during the digestion of ingested food. Meanwhile, kapha breaks down from its own location and interacts with pitta and vata to cause colic pain during the transformation process of the consumed food. This common shoola or colic is known as Aandravshool.⁹

CONCLUSION

In summary, the pathogenesis of Parinama shoola and Annadrava shoola is influenced by Vata, Pitta, Kapha, and Slesmaja krimi. The most common dosha that causes discomfort in the stomach region—and is associated with the parasympathetic nervous system—is vata. With its mucus layer and mucin, kledak kapha mimics mucin. Kledaka kapha is a protective mechanism in the pathogenesis of Parinam shoola and Annadrava shoola, it may be inferred. Pitta is an aggressive factor for Parinam shola and Annadrava shoola and is associated with HCL and pepsin. Additionally, there is a link between the Slesmaja krimi and Helicobacter pylori.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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