

Effect of *Pathyapalana* and *Langhanottar Basti* in *Pittaj Chhardi*- A case study

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Abstract:

A 69 year old female, presented with repeated, *Sashabda*, *Amla Udgaar*, pain in epigastric region of abdomen, repeated yellow coloured & bitter *Chhardi* since 2 years, with *Malavashtambha*. Patient was diagnosed as H. Pylori Gastritis with tight GE junction before 1 year by Gastroscopy.

This patient was successfully managed with *Pathyapalana* and *Langhanottar Basti* treatment. The purpose of the paper is to emphasize the importance of *Langhana* in *Amashayothha Vyadhi*.

Keywords: *Chhardi*, *Langhana*, *Basti*, *Amashayothha vyadhi*.

Introduction:

A 69 years female, housewife by profession, complained of repeated *Ushna*, yellowish green, *Tiktarasayukta Chhardi* (8-10 times / day), pain in epigastric region of abdomen, repeated *Amlodgaar* – all the symptoms since 2 years.

The patient was diagnosed with H. Pylori Gastritis with tight GE junction by gastroscopy before 1 year. Patient had chronic constipation since 35 years. Allergy test was done before 10 years. She was allergic to many substances. She was taking diet avoiding the allergic food

items. She was taking modern medicines for it since last 2 years. Though regularly taking the modern drug treatment she was not getting any relief. Rather the symptoms were getting worse day by day.

Her lifestyle before treatment was –

She was sleeping late at night. She used to get up late in the morning at around 8 am daily. She used to consume two glasses of warm water just after getting up in the morning everyday. Also she consumed one cup tea with *Maida*/ wheat biscuits daily. Her lunch time was at 1:30 pm. In lunch, she ate curd, *Papad*, garlic, green leafy vegetables in excessive amount. She is addicted to *Supari*, *Nas*/ *Tapkeer*, *Tambaku* since many years. She used to do many fasts in the past and ate stale food repeatedly almost daily. Her stool tendency was daily with gases. She had profuse sweating on face, hands and soles throughout the year irrespective of seasonal and diurnal variations. She used to sleep daily for 2-3 hrs in the afternoon after the lunch.

Pathogenesis-

According to Ayurveda, if the patient consumes *Katu*, *Vidahi*, *Amla* and *Ushna* food with prior *Ajeerna*, then it leads to accumulation of *Pitta* in the

Amashaya. Due to which it spreads vigorously in all *Rasayanees* in the body and with its upward motion causing *Hriday Peedan* it initiates *Vamana*. [1]

Due to *Pittaprakopa*, the vomiting is yellow, green coloured, very *Ushna*, *Tiktarasayukta* and cloudy. Patient experiences burning in retrosternal area which in turn causes *Murchha*, *Trishna* and dry mouth, burning pain in *Sheer*, *Talu* and *Netra*, *Bhrama* and darkness in front of eyes. [2]

All types of *Chhardi* are caused due to *Utklesh* in *Amashaya*. In *Amashayothha* diseases, *Langhana* is the best treatment. So in all *Chhardis* except *Vataja Chhardi*, *Langhana* or *Kaphapittahara* treatment should be done.[3][i] [ii]

When the *Bala* of vitiated *Dosha* is mild, *Langhana* is beneficial.[4]

Langhana increases both *Agni* and *Vayu* at the same time. In nature, we see, due to air and sunlight the lake with minimum water gets dried up early. In the same way, minimum *Alpa Dosha* get cured easily by increased *Agni* and *Vayu*. [5]

The property by which the *Sharir Dosh* & *Mala* get *Laghav* is called *Langhana*. [6]

There are 10 types of *Langhana*- these are 4 types of *Shodhana*, *Pipasa*, *Marut* , *Aatapa*, *Pachana*, *Upwasa*, *Vyayama*. [7]

The patients in which the following diseases have *Alpa Bala* - *Kaphapittajroga*, *Chhardi*, *Atisara*, *Hridroga*, *Visuchika*, *Alasak*, *Jwara*, *Vibandha*, *Gaurava*, *Udgaar*, *Hrillasa*, *Arochaka*, etc. should be given *Langhana* [8]

So the patient was advised to do *Pathyapalana* by avoiding *Ratrijagaran*, *Divasvapa*, eating *Maida* biscuits, drinking excessive water in the morning, *Amla* salty foods. She was advised to take *Mudgayush* for 4 days only in the morning and to do *Langhana* in the evening. Her modern medicines were stopped for 4 days which included antacids and antidepressants.

No other *Ayurvedic* medications were given.

Result-

After 4 days, there were no *Amlodgaar* and *Chhardi* at all. But pain

in epigastrium was 50% reduced. There was *Malavashtambha* still remaining. So it was decided to give *Yogabasti* to the patient. After *Basti*, pain was 80% relieved. The total duration of treatment given was 12 days. She got 90% relief.

Conclusion-

Present case shows how the simple measures like *Pathyapalana* and *Langhana* of very short period can relieve severe symptoms of *Pittaj Chhardi* very effectively.

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