

A MANAGEMENT OF ALCOHOLIC LIVER DISEASE (ALD) BY ONLY SHODHANA CHIKITSA (THERAPEUTIC PURGATION-VIRECHANA): A CASE STUDY

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ABSTRACT

A forty two year recent man with clinical sign and symptoms of weakness, muscle wasting poor craving, nausea, fatigue, abdominal pain, dyspepsia, expulsion sensation diagnosed as Alcoholic Liver Disease. As per written material Veda It's a issue of pitta dusti and Shodhana Chikitsa is more practical in such kind of patient during this case once the routine examination i.e. History, Palpation, Blood Investigation(LFT), patient is treated by Virechana karma. it's a Panchakarma treatment (Bio-purification therapy) during this Poorva karma (Snehan- Bahya/Abhyantara) and Pradhana karma (Virechana Karma- Trivriita Choorna with Draksha Kwath) within which vitiated doshas are expelled through Adhomarga(Anal route). once the Virechana karma for restoration of the body Sansarjana karma (Ayurvedic Dietary & Behavior regimen) is additionally done. The patient is purgated thirty six times(Vegas). At the top of the virechana karma Kapha is conferred within the stool (Kaphant-Virechana). once the entire procedure followed patient felt outstanding relief from on top of cited symptoms i.e. poor craving, nausea, fatigue, distend abdomen, redoubled abdominal size and form, abdominal pain, dyspepsia, expulsion sensation. The therapeutic purgation is safe and effective Panchakarma protocol to eliminate the morbid pitta Dosha within the body either by pathological condition or diet and activity management. *Virechana* karma is very effective in the management of ALD.

KEYWORDS: ALD *Liver Inflammation, Shodhan, Shamana, Bio-purification, Virechana.*

INTRODUCTION

In the gift life vogue night alcohol party is that the standing image of the society. A success directed life and disaster of the current atmosphere, the person has toil and stress to satisfy his/her goal. We have a tendency to see that one target is accomplished so the opposite one is within the queue. As a result the person have a stress could be a part of life. Dietary routine/daily routine of the person deteriorates. The initial position during this the sleep of the person is affected, as a result the mandagni (digestive hearth is slowed), Aamdosha is created and numerous illness associated with digestive tube are generated within the organic structure. during this condition one amongst the foremost affected a part of organic structure is Liver. Liver got inflamed in this SGPT, SGOT and GGTP parameter of the Liver operate check reached the upper elevation. It's the sort of the illness within which system of the person affected which ends associated sign and symptoms like weakness, muscle wasting, poor craving, nausea, fatigue, abdominal pain, upset stomach, vomit sensation presents within the body.

According to Ayurveda Samhitas Yakrit is that the place of Raktawaha Srotas.^[1,2] that the illness of the liver is taken into account underneath the Raktawah Srotas Vyadhi. Yakrit is additionally the location of pitta Dosha.^[3] during this read the Shodhana Chikitsa i.e Virechana Karma,^[4] are going to be helpful this illness state.. Keep all things during this mind once thought of the Dosha, Dushya and every one the parameter. there's no specific description in ayurvedic text concerning SGPT, SGOT and GGTP elevation thus I compare it with Yakrit Virddhi or Yakritdaludar.^[5] I even have done a treatment of pitta Dosha by Shodhana Chikitsa (Virechana). Patients followed up once (complete procedure) seven days. the impact of treatment I obtained in complete significant results. it had been all over that therapeutic purgation (Virechana) in treating Inflamed disease (Yakrit Vriddhi) is terribly simple and extremely effective.

CASE REPORT

This study is that the good case study of solely Virechana is incredibly effective within the management

of absolutely inflamed liver. A forty two year recent male patient with chief complaint of weakness, muscle wasting, poor appetency, nausea, fatigue, abdominal pain, dyspepsia, forcing out sensation presents within the body and associated symptom of sleep disorder and constipation since 2 year. Patient incorporates a history of normal alcohol intake however irregular diet and life vogue was a locality of his routine.

History of gift health problem -The patient has been protestant weakness, muscle wasting, poor appetency, nausea, fatigue, abdominal pain, dyspepsia, forcing out sensation presents within the body. Patient was conjointly psychological upset since last one year. He has been already taken oral allopathic medicaments, however there was no relief. He came together with his recent blood investigation (LFT) report. within the LFT report clear mention the case of raised SGOT, SGPT and GGTP. Even use of antacids and alternative medical care medicaments were worsening the symptoms of this inflamed liver. therefore he came to our OPD.

Past History- Not significant

Personal History:

Occupation: Civil Contractor.

Bad Habits: Alcohol and Smoking.

AstavidhaPareeksha (O/E)

- Nadi (pulse) = 80/min.
- Mala (stool) = Vibandha
- Mutra (urine) = Normal.
- Jeeva (tounge) = Saam.
- Agni = Manda
- Shabda (speech) = Normal.
- Sparsha (skin) = Normal.
- Druka (eyes) = Normal.
- Akrti = Madhyama.
- Bala = Madhyama.
- Raktachap (B.P) = 140/85 mm/Hg.

Body Weight- 68 kg

Treatment plan- Patient was very tensed about oral medication so that we planned a *Shodhna Chikitsa (Virechana)*.

A) Selected Internal Ayurvedic drugs during poorva karma of 7 days-

Table no 1- Purva Karma –Abhyantar Snehapan with cow ghrita.

Duration:7 days for Abhyantara snehapan.

B) Selected External Ayurvedic drugs during poorvakarma of 7 days-

Drug: Bahya Snehana with Mahanarayan Taila. The taila was applied on the whole body.

Duration: Daily duration of Poorvakarma

C) Selected Internal Ayurvedic drugs for Virechana Drugs- Trivritta ⁶ 20gm, Draksha Kwath, Trihpla Kwath 500ml, Honey, it is administered on the day of Virechana.

MATERIALS AND METHODS

Place of study- Aayu Care Ayurveda and Panchakarma Clinic, Raipur

Type of study- Simple random single case study

Samprapti Ghatak on the basis of Shastra.

Dosh: Kapha & Pitta pradhana

Dushya: Rakta.

Adhishtana: Udar.

Plan for schedule

Before the Shodhana Karma analysis of Agni bala is incredibly necessary. Uttam Agni bala is that the indication for the simplest of Shodhana. Snehana and Swedana is that the necessary method of poorva karma that decides the complete outcome of shodhana. Snehana permits body soft, provides snigdhatwa, and liquefies dosha & increase kledatava within the body whereas swedana pacify the dosha and takes dosha from shakha to kostha. It works sort of a agent WHO merge the Dosh and to force them from shakha to kostha. With the assistance of samyak snehana and swedana, shodhan are splendid & by this correct protocol Dhatu samyata is achieved. at that time the administration of Abhyantara Snehapan (CowGhrita) was started with an initial dose of 30 ml at Pratah Kaala on initial day and goes on increasing to 90 ml, 120 ml, 150 ml, 220ml, 300 ml and 330 ml for seven days in turn. when snehapan, Sukhushna jala is given so as to cleanse the mouth & for correct digestion of sneha. Patient is suggested to follow the instruction of avoid sleep throughout day time & once he feels thirst heat water is given for drinking. Next day ahead, the amount of ghrita is inflated counting on Agni bala & pachan Shakti of patient. the most amount of consumed Snehapaana on last day is 330 ml.

After the right snehapan and swedana two day of day of rest (Vishranta Kaala) patient is subjected to bear virechan destiny. Before virechana karma, raise the patient to intake a pitta Utkleshak food like laghu dravya i.e. krishna, Usna Ahara, Usnodak, Amla Phala that promotes production of pitta. In the day of Virechana karma examine the heart beat, pressure and respiration etc. throughout pitta kaala i.e. 9-10 A.M. the patient is subjected to native abhyanga and swedana before beginning the method. The Virechana is that the method of Panchakarma in that the pitta doshas that are accumulated and disturbed the equilibrium of the body are effectively removed. Vitiated doshas (Bio-toxins) are eliminated through the lower GI tract i.e. through opening. The target of virechana medical care for obtaining obviate the Paittika and Raktaja ailments from the body. Trivritta Choorna is claimed to be the simplest therapeutic virechak agent. Triphla kwath is additionally used that facilitates the virechana.

Virechana management

On the day of *virechana* after *abhyang & swedana*, patient is asked to remove his natural urge. Considering the body weight of patient *Trivritta Choorna* 20gm and

honey 20 ml is get mixed together and administered with *Draksha Kwath*. After administering *Virechana* medicine the onset of perspiration on fore head indicates liquefaction of dosha & horrification indicates that the dosha are dislodging from their seat of stagnation. Abdominal discomfort indicates that the dosha have reached the lower GIT. This act is followed by bowel

movement and belching that conforms the downward movement of dosha.. Spontaneous *virechana* was started within 30minutes. Just after the first vegas ask the patient to continue intake the cold water along with sip of triphala kwath. At the end of procedure, it is observed that the total 36 vegas came and *kaphant Virechana* done. The proper *Virechana* symptoms were noted.

Inference/observations

Ayurveda define its own observation tools for proper *Virechana* there are *Vaigiki, Antiki, Laingiki* purifications are as follows

S.N.	Summary of Procedure	Observation
1.	<i>Vaigiki</i> (Numbers of Vomit)	36
3.	<i>Antiki</i> (Inference)	KaphatVirechan
4.	<i>Laingiki</i> (final symptoms)	No bleeding and unwanted was observed

In this procedure an output of 36 Vegas (*Virechana*). It shows the "*Uttam shuddhi lakshana*". The whole procedure completed in the duration of 6 hrs. Patient felt

relaxed, lightness in wholebody, no abnormal complication appeared.

Table 1: Table showing the Dose, Route, Kala and Anupan of Abhyantarasnehapan during poorva karma.

S.N.	Name of AbhyantaraSneha	Route	Matra (ml)	Kaala	Anupan
1	Cow Ghrita	Oral	<i>Pratham</i> (1) Divas- 30 <i>Dwitiya</i> (2) Divas- 90 <i>Tritiya</i> (3) Divas- 120 <i>Chaturth</i> (4) Divas- 150 <i>Pancham</i> (5)Divas-220 <i>Shastham</i> (6) Divas-300 <i>Saptam</i> (7) Divas- 330	PratahKaala	Sukhoshna jala

Table 2: Showing ingredients of external preparations with their properties used in Poorva karma and Padhana Karma.

S.N.	Name of Medicine	Latin name	Dose	Properties
1.	Mahanarayan taila (Bahya Snehan)	-	Till complete snehanapprox 300ml/ day	Vatanulokak Madhur, Kasay, good snehan properties, Vrishya
2.	<i>Trivritta Choorna</i>	<i>Operculinaturpethum</i>	20gm	<i>Virechanayog</i> (Usna, Teeksna and adhbhagharprabhav
3	<i>Draksha Kwath</i>	<i>Vitis vinifera</i>		Anupana
4	Honey		35ml	Abhisyandi, Shodhak
5	Triphala Kwath		500ml	Vatanuloman, <i>Virechanopaga</i> .
	Haritaki	<i>Terminalia Chebula</i>		
	Bibhitaki	<i>Terminalia bellrica</i>		
	Amalaki	<i>Embelica officinalis</i>		

Table 3: Intervention.

Procedure	Intervention
Poorva Karma	1. Sarvanga Snehan 2. Sarvanga Swedana
Pradhana Karma	<i>Virechana Karma</i> with <i>Trivritta Choorna</i>
Paschat Karma	<ul style="list-style-type: none"> Follow the asta maha dosh kara varjya vishayas upto the parihara kala. Appropriate Sansarjana karma of 7 days
Kaala	Pratah Kaal (Morning) starts 9-10 am
Dose	20 gm with <i>Draksha Kwath</i>
Duration of Therapy	17 days
Follow UP	After 7 days
Total Study Duration	25 days

Table 4: Table showing changes in signs and symptoms during each follow up.

S.N.	Sign & Symptoms	Before Treatment	1 st follow up (Results)
1.	Poor appetite,	Presents	Good relief
2.	Nausea	Presents	Complete relief
3.	Fatigue	Presents	Good relief
4.	Distend abdomen	Presents	Mild
5.	Increased abdominal size and shape	Presents	Normal
6.	Abdominal pain	Presents	Complete relief
7.	Indigestion	Presents	Complete relief
8.	Vomiting sensation	Presents	Complete relief

Table 5: Table showing changes in Liver Function Test before and after Treatment (Report attached in figure 1 & 2).

S.N.	Value	Before Treatment	After Treatment
1.	Bilirubin Total	1.55mg/dl	1.06 mg/dl
2.	Bilirubin Direct	0.75mg/dl	0.31 mg/dl
3.	Bilirubin Indirect	0.80mg/dl	0.75 mg/dl
4.	AST(SGOT)	196 IU/I	117 IU/I
5.	ALT(SGPT)	118 IU/I	40 IU/I
6.	GGTP	1546 U/L	466

DISCUSSION

Patient was a contractor in profession. Due to his profession and his life vogue was total irregular before treatment. Due to stress in his business life he was disturbed together with his bm and digestion issue since last three years. He was regular alcohol intake before the treatment. He had severe issue of sleep disorder.

Considering all condition he came at my OPD and share his all issue and complain such kind of sign and symptoms. When observation of LFT report it's a transparent diagnosed case of ALD due to patient pitta prakriti i used to be set up a Virechana fate for shodhan. There's no specific treatment of ALD within the up to date medication.

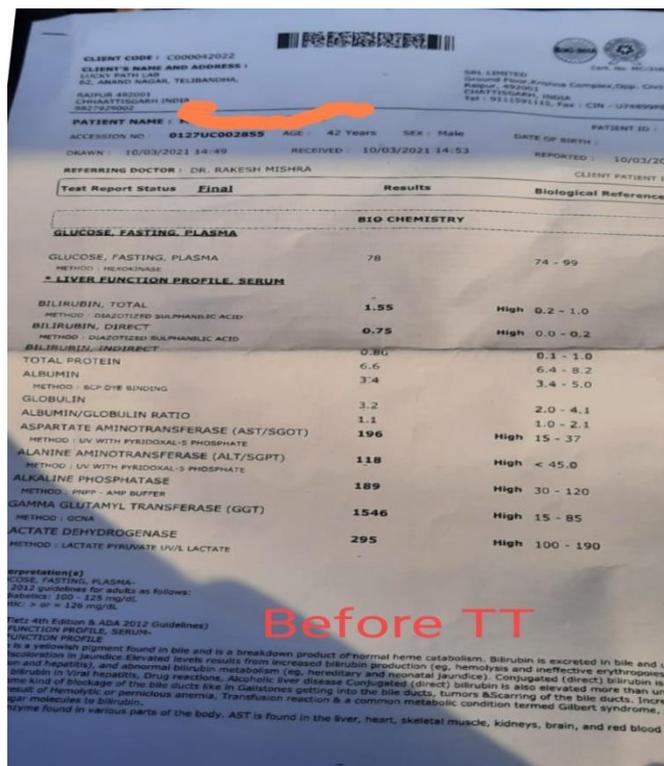


Figure 1:

Test Name	Results	Units	Bio. Ref. Interval
LIVER PANEL 1: LFT,SERUM			
AST (SGOT)	117	U/L	10.00 - 50.00
ALT (SGPT)	40	U/L	10.00 - 60.00
AST:ALT Ratio	2.93		<1.00
GGT*	486	U/L	10.00 - 71.00
Alkaline Phosphatase (ALP)	113	U/L	40 - 130
Bilirubin Total	1.06	mg/dL	<1.00
Bilirubin Direct	0.31	mg/dL	0.00 - 0.30
Bilirubin Indirect	0.75	mg/dL	<1.10
Total Protein	6.20	g/dL	6.40 - 8.30
Albumin	3.71	g/dL	3.50 - 5.20
A : G Ratio	1.49		0.90 - 2.00

1. In an asymptomatic patient, Non alcoholic fatty liver disease (NAFLD) is the most common cause of increased AST, ALT levels. NAFLD is considered as hepatic manifestation of metabolic syndrome.

After TT

Figure 2:

According to our piece of writing Samhitas ALD is Pittaj and Kaphaj Vyadhi. Therefore as per our written material best treatment for pitta doshaj is Virechana fate, therefore foremost I planned a therapeutic purgation of patient. Virechana works on small cellular level within the internal system and expel the bio-toxins from body. Solely Shodhana Chikitsa is incredibly effective during this case. Patient had mentally tired for oral medication. This point I provided mental support and treated the patient while not making any panic scenario. As per patient psychological condition i used to be planned Shodhana Chikitsa. when the entire Virechan procedure enclosed complete sabsarjana karma patient was continued with pathya-apathya aahar vihar came for follow up when seven days I found the excellent lead to LFT (Table 5) shown when Treatment.

CONCLUSION

Now a days ALD prevalence in society is growing up company one that have irregular and stressed work. Irregular food habits and life vogue propagate such sort of conditions. During this case I took the history of patient and works circumstantially in his whole day to day activity. I treated patient and every one the illness symptoms are subsided. However this can be not enough I suggested him to follow pathyapathya for best result's future. It's a transparent conclusion within the higher than study that there's no would like for therefore several oral medication to treat ALD solely Virechana karma is extremely effective within the such sort of ALD.

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