



Case Study

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A MANAGEMENT OF YAKRIT VRIDDHI (HEPATOMEGALY) BY SHODHANA CHIKITSA (VIRECHANA) FOLLOWED BY SHAMAN CHIKITSA (ARKA MAKOI): A CASE STUDY

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ABSTRACT

A 39-year-old man with clinical sign and symptoms of poor appetite, nausea, fatigue, distend abdomen, increased abdominal size and shape, abdominal pain, indigestion, vomiting sensation diagnosed as Yakrit Vriddhi or Yakrit-dalodar (Hepatomegaly). As per Ayurveda Samhita Shodhana Chikitsa is more effective in such type of patient. In this case after the routine examination i.e., History, Palpation, Blood Investigation (LFT), and Ultrasonography patient was treated by Panchakarma treatment. (Bio-purification therapy) In this Poorva Karma (Snehan- Bahya/Abhyantara) and Pradhana Karma (Abhayadimodak - Virechana Karma) in which vitiated doshas were expelled through Adhomarga (Anal route). After the Virechana Karma for restoration of the body Sansarjana Karma (Ayurvedic Dietary & Behavior regimen) was also done. The patient was on purgation 26 times (Vegas). At the end of the virechana karma Kapha was presented in the stool (Kaphant-Virechana). After the complete procedure followed by palliative treatment with Arka Makoi (*Solanum nigrum*) patient felt remarkable relief from above cited symptoms i.e., poor appetite, nausea, fatigue, distend abdomen, increased abdominal size and shape, abdominal pain, indigestion, vomiting sensation. The therapeutic purgation is safe and effective Panchakarma protocol to eliminate the morbid Pitta Dosh in the body either by pathological condition or diet and behavioral mismanagement.

Keywords: Yakrit Vriddhi, Yakrit-dalyodar, Hepatomegaly, Shodhana, Shamana, Bio-purification, Arka Makai, Virechana.

INTRODUCTION

In the present runoff, success-oriented life and disaster of the present environment, the person has toil and stress to fulfill his/her goal. We see that one goal is accomplished so that the other one is in the queue. As a result, the dietary routine/daily routine of the person deteriorates. The initial position in this the sleep of the person is affected, as a result the Mandagni (digestive fire is slowed), Amadosha is formed, and various disease related to alimentary canal are generated in the human body. One of these is Liver disease which we call enlargement of liver size (Hepatomegaly). It is the type of the disease in which digestive system of the person affected which results associated sign and symptoms like poor appetite, nausea, fatigue, distend abdomen, increased abdominal size and shape, abdominal pain, indigestion, vomiting sensation presents in the body.

According to Ayurveda Samhitas, Yakrit is the place of Raktavaha Srotas^{1,2}. So the disease of the liver is considered under the Raktavaha Srotas Vyadhi. Yakrit is also the site of Pitta Dosh³. In this view the Shodhana Chikitsa i.e., Virechana Karma⁴ was useful in the treatment of this disease state along with the Shamana Chikitsa. Keep all things in this mind after consideration of the Dosh, Dushya and all other parameters, there is no specific description in Ayurvedic text about hepatomegaly, so I compared it with Yakrit Vriddhi or Yakrit daludar⁵. Primarily treatment of Pitta Dosh was done by Shodhana Chikitsa (Virechana) by Abhayadimodak followed by the Arka Makoi (Distillate of the *Solanum nigrum*) 20 ml twice with water. Patients followed up was taken after (complete procedure) 7 days. The overall effect of treatment gave significant

results. It was concluded that therapeutic purgation (Virechana) with Shamana Chikitsa with Indigenous Arka Makoi is beneficial in treating Yakrit Vriddhi.

Effect of Arka Makoi (*Solanum nigrum*) in the treatment of Yakrit vyadhi

The herb Makoi (Black night shade) has been extensively used in traditional medicine in many parts of the world to treat liver disorders/disease and many more health problem. The Acharya Charak mentioned this drug under the Tikta Skand⁶, Acharya Sushruta – Surasadi gana⁷ and many of the Samhitas mentioned its role as a Yakrit-uttejak/balya. Each 100 gm of Makoy consists of 82.1% moisture, 5.9% protein, 1% fat, 2.1% minerals, and 8.9% carbohydrates. Calcium, iron, phosphorus, niacin & vitamin C are the vitamins & minerals present in this herb⁷. It has a property of Rasa (Taste) – Tikta (Bitter) Guna (Quality) – Laghu (Light), Snigdha (Smooth) Virya (Potency) – Anushna (Not Too Hot) Vipaka (Post digestion effect) – Katu (Pungent) Effect on Tridosha. It balances all the three doshas – Vata, Pitta, Kapha⁸. The ark of *Solanum nigrum* is significantly decreases the serum enzymes alanine amino transferase (ALT), aspartate amino transferase (AST), Triglycerides (TGL), Total Cholesterol and significantly increased the total level of protein⁹.

Case report

This study was the perfect case study of Ayurvedic management of a case of Yakrit Vriddhi (Hepatomegaly). A 39-year-old male patient with chief complaint of poor appetite, nausea, fatigue, distend abdomen, increased abdominal size and shape, abdominal

pain, indigestion, vomiting sensation and associated symptom of insomnia and constipation for two years. Patient has no history of alcohol intake, but irregular diet and lifestyle was a part of his routine¹⁰. Informed consent was taken prior to the study.

History of present illness

The patient has been complaining of poor appetite, nausea, fatigue, distend abdomen, increased abdominal size and shape, abdominal pain, indigestion, vomiting sensation. Patient was also psychologically upset since last six months. He had used various local and oral allopathic medicaments. But there was no relief. He came with his old blood investigation report and ultrasonography report. In the ultrasonography clear mention, the case of Hepatomegaly. Even use of antacids and other steroidal medicaments were worsening the symptoms of hepatomegaly.

Past history - Not significant

Personal history

Occupation - Government Employee

Alcohol/Smoking habits - No.

Ashtavidha Pareeksha (O/E)

- Nadi (pulse) = 74/min.
- Mala (stool) = Vibandha
- Mutra (urine) = Normal.
- Jeeva (tongue) = Saam.
- Agni = Manda
- Shabda (speech) = Normal.
- Sparsha (skin) = Normal.
- Druka (eyes) = Normal.
- Akruiti = Madhyama.
- Bala = Madhyama.
- Raktachap (B.P) = 120/70 mm/Hg.

Body weight - 80 kg

Treatment plan

Patient was treated on the basic line of treatment of Ayurveda in the OPD.

- Selected Internal Ayurvedic drugs during Poorvakarma of 5 days. (Table 1)
- Duration: 5 days for Abhyantara Snehapana.
- Selected External Ayurvedic drugs during Poorvakarma of 5 days
- Drug: Bahya Snehana with Tila taila. The taila was applied on the whole body.
- Duration: Daily duration of Poorvakarma
- Selected Internal Ayurvedic drugs for Virechana
- Drugs- Abhayadimodak¹¹ 32gm, Triphala Kwatha 500 ml, Honey, it is administered on the day of Virechana.
- Selected Internal Ayurvedic Drugs for Shamana Chikitsa by Arka Makoi

The distillate of *Solanum nigrum* prepared in the laboratory with the various reference of Arka Kalpana which are mentioned in our Samhita. Arka Prakash written by Prof Indradev Tripathi clearly mentioned this Ark for Yakritoga¹².

MATERIALS AND METHODS

Place of study - Aayu Care Ayurveda and Panchakarma Clinic, Raipur, India. OPD No- 239/Panchakarma/2.06.2019.

Type of study - Simple random single case study

Shamana chikitsa Aushadhi

Selected based on their effect to pacifying vridha Dosha in Yakrit Vriddhi (Hepatomegaly) and potency to relieve signs and symptoms of Yakrit Vriddhi (Hepatomegaly). In this study Arka Makoi 20 ml with equal amount of water is administered morning and evening empty stomach.

Samprapti Ghatak based on Shastra.

Dosha: Kapha & Pitta Pradhana

Dushya: Rakta.

Adhishthana: Udara.

Plan for Schedule

Before the Shodhana Karma evaluation of Agni bala is very important. Uttam Agni bala is the indication for the best of Shodhana. Snehana and Swedana is the important process of Poorva karma that decides the whole outcome of shodhana. Snehana enables body soft, provide Snigdhatwa, and liquefies dosha & increase Kledatva in the body while Swedana pacify the dosha and takes dosha from Shakha to Koshtha. It works like an agent which merge the Dosha and to pull from Shakha to Koshtha. With the help of Samyak Snehana and Swedana, Shodhana will be successful by this proper protocol Dhatu Samyata is achieved. After that the administration of Abhyantara Snehapana (Cow Ghrita) was started with an initial dose of 30 ml at Pratah Kaala on first day and goes on increasing to 90 ml, 150 ml, 220 ml, & 300 ml for 5 days successively. After Snehapana, Sukhushna jala is given to cleanse the mouth & for proper digestion of sneha. Patient was advised to follow the instruction of avoid sleep during daytime & when he felt thirst warm water was provided. Next day onwards, the quantity of ghrita was increase depending on Agni bala & Pachana shakti of patient. The maximum quantity of consumed Snehapana on last day was 300 ml.

After the proper Snehapana and Swedana 2 day of rest day (Vishranta Kaala) patients subjected to undergo Virechana karma. Before virechana karma, ask the patient to intake a Pitta Utkleshak food like laghu dravya i.e., krishna, Ushna Ahara, Ushnodaka, Amla Phala that promotes production of Pitta. On the day of Virechana Karma examined the pulse, blood pressure and respiration etc. During Pitta Kala i.e., 9-10 A.M. The patient was subjected to local abhyanga and Swedana before starting the process. The Virechana is the process of Panchakarma in which the Pitta doshas which are accumulated and disturbed the equilibrium of the body are effectively removed. Vitiated doshas (Bio-toxins) are eliminated through the lower gastrointestinal tract i.e., through anus. The objective of virechana therapy for getting rid of the Paithika and Raktaja ailments from the body. Abhayadimodak (Chakradatta) is said to be the best therapeutic purgative agent. Triphala Kwatha is also used which facilitates the virechana.

Virechana management

On the day of Virechana after Abhyanga & Swedana, patient was asked to remove his natural urge. Considering the body weight of patient Abhayamoda 32 gm and honey 35 ml was mixed and administered with cold water. After administering Virechana medicine the onset of perspiration on forehead indicates liquefaction of dosha & horriification indicates that the dosha were dislodging from their seat of stagnation. Abdominal discomfort indicates that the dosha have reached the lower GIT. This act followed by bowel movement and belching that conforms the

downward movement of dosha. Spontaneous virechana was started within 30 minutes. Just after the first Vegas ask the patient to continue intake the cold water along with sip of Triphala Kwatha. At the end of procedure, it was observed that the total 26 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 were as follows.

Summary of Procedure	Observation
Vaigiki (Numbers of Vomit)	26
Antiki (Inference)	Kaphant Virechana
Laingiki (Final symptoms)	No bleeding and unwanted was observed

the duration of 7 hrs. Patient felt relaxed, lightness in whole body, no abnormal complication appeared.

Grading - Score

As per the complained logged by patient were estimated by clinical signs and symptoms: Severity parameters are measured on a scale of 0 to 4, from none to maximum. Here we observed symptoms which presents in the patient during before and after the treatment was estimated and then transformed into a grade from 0 to 4.

Response	Grade in Numeric
No response	0
Slight Good	1
Good	2
Very Good	3
Excellent	4

In this procedure an output of 26 Vegas (Virechana). It shows the "Uttam Shuddhi Lakshana". The whole procedure completed in

Table 1: Dose, Route, Kala and Anupana of Abhyantara Snehapana during Poorvakarma

Name of Abhyantara Sneha	Route	Matra (ml)	Kaala	Anupana
Cow Ghrita	Oral	Pratham (1) Divas - 30 Dwitiya (2) Divas - 90 Tritiya (3) Divas - 150 Chaturth (4) Divas - 220 Pancham (5) Divas - 300	Pratah Kala	SukhoshaJala

Table 2: Ingredients of external preparations with their properties used in Poorvakarma and Pradhana karma

Name of Medicine	Latin name	Dose	Properties
Tila taila (Bahya Snehana)	<i>Sesamum indicum</i>	Till complete Snehana approx. 300 ml/ day	Vatanulomaka Madhura, Kashaya, good snehana properties, Vrishya
Abhayadimodak	Ref- Chakradatta	32 gm	Virechana Yoga (Ushna, Teekshna and Adhobhaghara Prabhava)
Haritaki	<i>Terminalia chebula</i>		Vamanopaga
Kali Mirch	<i>Piper nigrum</i>		Vamanopaga
Shunthi	<i>Zingiber officinale</i>		Abhishyandi, Shodhaka
Vidanga	<i>Embelia ribes</i>		Vamanopaga
Amalaki	<i>Embelia officinalis</i>		
Pippali	<i>Piper longum</i>		
Twak	<i>Cinnamomum zeylanicum</i>		
Mustak	<i>Cyperus rotundus</i>		
Patra	<i>Cinnamomum verum</i>		
Danti	<i>Baliospermum montanum</i>		
Trivitt	<i>Operculina turpethum</i>		
Sharkara			
Honey	-	35 ml	Abhishyandi, Shodhaka

Table 3: Intervention

Procedure	Intervention
Poorva Karma	1. Sthanik Abhyanga with Marichyadi Taila 2. Sarvanga Swedana
Pradhana Karma	Virechana Karma with Abhayamodak
Paschata Karma	<ul style="list-style-type: none"> Follow the ashtamaha dosh kara varjya vishayas up to the pariharakala. Appropriate Sansarjana karma of 7 days
Kaala	Pratah Kaal (Morning) starts 9-10 am
Duration of Therapy	12 days
Shamana Aushadhi	Arka Makoi 20 ml with equal amount of water morning and evening empty stomach
Follow UP	After 7 days
Total Study Duration	19 days

Table 4: Changes in signs and symptoms during each follow up

Sign & Symptoms	Before Treatment	1 st follow up (Results in Grade)
Poor appetite	Presents	3
Nausea	Presents	4
Fatigue	Presents	4
Distend abdomen	Presents	4
Increased abdominal size and shape	Presents	4
Abdominal pain	Presents	3
Indigestion	Presents	3
Vomiting sensation	Presents	4

Table 5: Changes in liver function test before and after treatment

Value	Before Treatment	After Treatment
Bilirubin Total	0.85 mg/dl	1.27 mg/dl
Bilirubin Direct	0.54 mg/dl	0.44 mg/dl
Bilirubin Indirect	0.35 mg/dl	0.85 mg/dl
AST (SGOT)	161.33 IU/l	42.3 IU/l
ALT (SGPT)	190.92 IU/l	55.3 IU/l

Table 6: Changes in ultrasonography before and after treatment

Test name	Before Treatment	After Treatment
Ultrasound Scan Whole Abdomen	1. Mild Hepatomegaly 2. A small oedematous bowel loop in RIF with positive probe tenderness – subacute appendicitis	No significant abnormalities are seen

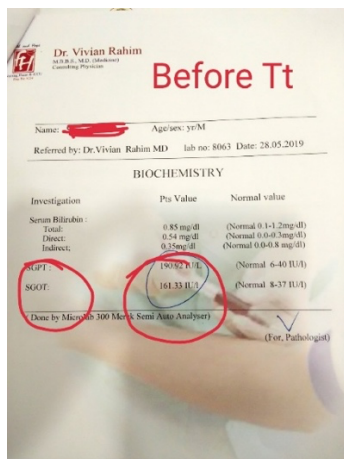


Figure 1: Biochemistry (LFT) Report Before Treatment

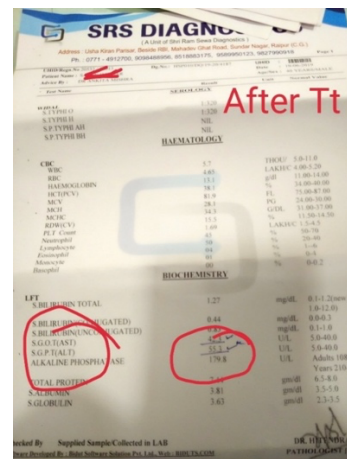


Figure 2: Biochemistry (LFT) Report After Treatment

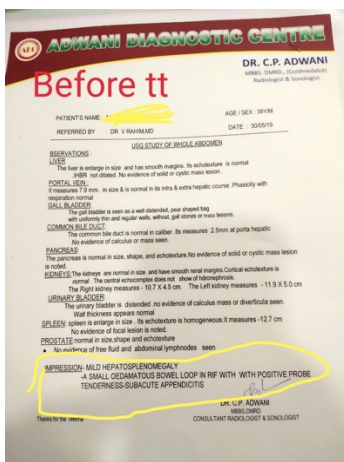


Figure 3: Ultrasonography Report Before Treatment

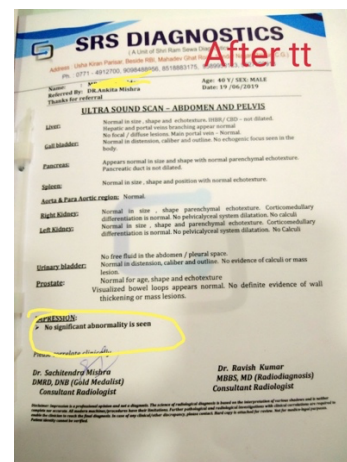


Figure 4: Ultrasonography Report After Treatment

DISCUSSION

Patient was a government employee in profession. Due to his profession and sitting job his lifestyle was total irregular before treatment. Due to stress in his professional life, he was disturbed with his bowel movement and digestion issue since last 3 years. He had severe issue of insomnia. Considering all conditions, he came at my OPD and share his all issue with me and complain such type of sign and symptoms. After observation of LFT and USG report it's a clear diagnosed case of Yakrit Vriddhi (Hepatomegaly) Because of patient pitta prakriti I was plan a Virechana karma for Shodhana and Arka Makoi for Shamana. There is no specific treatment of Yakrit Vriddhi in the contemporary medicine.

According to our Ayurveda Samhitas Yakrit Vriddhi is Pittaja and Kaphaja Vyadhi. So as per our treatise best treatment for Pitta Doshaja is Virechana Karma, so firstly therapeutic purgation of patient was planned. Virechana works on microcellular level in the internal system and expel the bio-toxins from body. Only Shodhana Chikitsa is not enough to treat Yakrit Vriddhi hence Arka Makoi 20 ml with Sukhoshna jala was administered in morning and evening. Makoi has potency to cure all type of liver disease. After the complete Virechana procedure included complete Sansarjana karma patient was continued with Shamana Chikitsa with Arka Makoi and came for follow up after 7 days. Liver Function Test (Table 5) and USG report shown significant improvement after the treatment.

CONCLUSION

Now a days liver disorder prevalence in society is growing up in corporate person who have sedentary and stressed lifestyle. Irregular food habits and faulty lifestyle propagate such type of conditions. In this case history of patient was taken and work was done minutely in his whole day to day activity. At the end of the treatment, patient most of the disease symptoms were subsided. But this is not enough, patient was advised to follow Pathyapathya for best result is future.

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