

A Case Study: Role of *Vamana*, *Langhana* and *Pachana* in *Anaha*

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Abstract

Hridyastambhata (tightness in chest), Shiroshool (headache), Shirogauravta (heaviness in head) and Pinasa with Udgarasanga (belch not able to come out) are all caused due to Aam Dosha (improper formed end products of digestion) producing Anaha (Flatus). Acharaya Charaka has given its treatment as Vamana (emesis), Langhana (modes of producing lightness in body) and Pachana (Digestive drugs). A patient aged 45 yrs. with chief complaint of headache was given treatment of Anaha with complete Deepan Pachana and Langhana followed by Snehpana for 5 days as per Samayak Sudhi Lakshana (proper signs and symptoms of internal oleation). Then his Vamana Karma was done with Samsarjana Krama (post-operative diet) of Pravara Sudhi (maximum cleansing). Patient reported free of his ailment even after one month.

Keywords

Aam, Anaha, Deepana, Pachana, Shiroshool, Vamana



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INTRODUCTION

Sedentary lifestyle and bad eating habits are causing maximum diseases. Anaha is one of the disease which is resultant of over consuming Kashaya (pungent), Tikta (bitter), Ushna(hot) and dried food items, Sandharanam (avoiding natural urges), fasting, excessive intercourse causing vitiation of Apana Vayu(flatus) in intestines. Being strong enough it (Apana Vayu) blocks all external openings in turn blocking Mala (fecal matter), Apana Vayu (farts) and Mutra (urine)¹. This is physiology of both Anaha and Udavarta². This Anaha is basically due to Aam dosha which is produced due to Abhojanat (not eating), Ajirna(improper digestion), excessive eating, Vishamashanat (improper way of eating), Asatmya Bhojana(not suitable to one's body), Guru(heavy), Shita(cold), Atiruksha(dried and rough), spoiled food, improper Vamana, Virechana(purgation) or Snehpana, emaciation due to diseases, improper rules anti Desha(habitat), Kala(time), Ritu(season), controlling natural urges. All this spoils Agni(digestive power) leads to improper digestion producing Suktavatam Anam (fermented food) which is like a poison and is Aam³. This Aam causes Anaha. Treatment of this disease is to

make digestion proper through Vamana, Langhana and Pachana so that Aam could be eliminated leading to uprooting of Anaha with its complete symptoms⁴. Ayurveda says that Vedapathi (who study Vedas), servant, prostitute and shopkeeper are Sadatura (always patient)⁵. Shopkeepers due to greed of selling their products sit all time and don't do any work for the benefit of their body⁶.

AIMS AND OBJECTIVES

To clinically assess pathophysiology of Anaha and its treatment as described in Ayurveda.

MATERIALS AND METHODS

Study of signs and symptoms, before and after treatment of Anaha patient and literary Ayurveda work.

CLINICAL STUDY

A patient aged 45 yrs. weight 92 kg with chief complaint of Headache for more than two years consistently was taken for study purpose. His present history showed he was suffering through heaviness in abdomen, all time tightness and lethargic body, loss of appetite, frequency and improper bowel habit with non-formed and sticky stool. He

had history of sedentary life style and improper eating habits for the past about four to five years. He was addicted to take alcohol daily at night time for about four to five years, if not he used to suffer through insomnia. He used to sleep just after taking alcohol and night food. His treatment was started with procedure of Langhana with Panchkola churna (Pipali (*Piperlongum* Linn.f.), Pipalimoola (root of *Piperlongum* Linn.f.), Chavya (*Piperretrofractum* Vahl), Chitraka (*Plumbago zeylanica* Linn.) and Saunth (*Zingiberofficinale* Roxb.) in equal quantity) 3g TDS before meals. Patient was asked to change his living style and advised to have only recipe of Moong Dal (*Phaseolusmungo* Linn.) and cooked rice in all his diets. He was also advised not to take alcohol during treatment procedure. After 2 weeks proper Langhana Lakshanawere seen, which are proper excretion of feces, urine and flatus, lightness in body, Hridya, Udgara, Kantha Asaya Shudhi (clean heart, belches, throat and mouth), Tandra-Klamagata (loss of lethargy), perspiration, desire to eat, appetite and thirst proper and without any problem in body⁷. Patient was given Snehapana in increasing dose starting with 30ml followed by daily

increase of his dose as per calculation based on his timings of hunger. Before one day of Vamana he was given Abhyangam-Swedanam of whole body with Tila Tailam (*Sesamum indicum* linn.) and at night time Kapha Vardhak Ahara (which increases mucus and triglycerides in body)⁸. On the day of Vamana Karma he was given whole body massage and fomentation around 6.00 A.M. followed by Vamana Karma. Vamana was done with Akanthapana (upto level of throat) of milk followed by Vamana Drugs Madanphala (*Randia spinosa* Poir.) 3g, Vacha (*Acorus calamus* linn.) 2g, Saindhava 1g and honey 10g. For the assistance of Vamana Vamanopaga Yashtimadhu (*Glycyrrhiza glabra* linn.) Phanta was used. Patient underwent Pradhana Shudhi with Pittanta Lakshana. He then followed Prayogik Dhoompana after one Muhuruta Kala (48 minutes). Patient followed Samsarjana Krama of twelve Anakala⁹.

RESULTS

During Deepana Pachana procedure which causes Langhana in body, there was relive in symptoms of heaviness, headache, frequency, anorexia, insomnia, greasy mouth and sticky stool. As before starting treatment he was not able to sleep without

consuming alcohol but then his sleep became sound even without intake of alcohol. After Vamana Karma he was free of all his symptoms of Anaha. In follow up even after one month there was no remission of disease.

DISCUSSION

Due to wrong eating habits and living style Agni of the patient was disturbed. This resulted in formation of Aam. Aam affected all the systems of body giving rise to symptoms of heaviness especially in lower abdomen, loss of appetite was further increased as vicious cycle. When patient was given Langhana it broke the layers of Aam in abdomen and freed the channels through which all Dosha, Mala, Mutra and Apana Vayu could freely move. As Apana vayu was not able to go out through its natural orifice it used to get entrap in abdomen pushing pressure upwards leading to headache all the time. Patient was suffering through insomnia also as his body was in need of sleep due to sleepiness all time. But after Shodhana as all channels were opening and working properly during day time, so sleep also started coming at proper time to rejuvenate proper functioning of body.

CONCLUSION

Headache in this patient was chief complaint but after taking proper history and working through breaking pathogenesis of Anaha, patient could be made free of his ailment not just one complaint.

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