

Exploring a New Aspect of Shamana Chikitsa in the Management of Hyperlipidemia WSR to Amajirna - A Case Study

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Abstract:- Hyperlipidemia is one of the Non-communicable lifestyle disorders that hamper the easiness of human life. The consequences become fatal as time passes. To avoid the side effects that arise due to the management of the conventional system of medicine and completely eradicate the disease Ayurved can play a vital role. In the present single case study an attempt has been made to provide guidelines for such cases with the treatment by the combination of medicine with Pathya (customized Regimen and diet). After completion of the treatment, the patient has maximum relief from the symptoms and improvement in investigations is also observed. The diagnosis was made according to one of the fundamentals of Ayurved i.e., *Trividhabodhya Samgraha*. The whole line of treatment was also planned by following it. To highlight the method of Diagnosis and treatment of the patient as per fundamental and applied aspects of Ayurved is the main aim of this Article.

keywords: *Trividhabodhya Samgraha, Agni, Langhana, Pathya, Hypercholesterolemia.*

1. Introduction:

Hyperlipidemia is defined as a high level of lipids, including cholesterol and triglycerides in the serum. [1] Lipids include lipoproteins, VLDL (very low-density lipoprotein), LDL (low-density lipoprotein), Apolipoproteins, and HDL (high-density lipoprotein) which transports cholesterol and triglyceride. It may be developing due to hereditary factors or due to Acquired factors, too. Most cases are found after a lipid profile is done as a part of a routine check-up or lipid profile that is done after cardiovascular problems. Hyperlipidemia is one of the most prevalent risk factors contributing to atherosclerosis. High levels of LDL increase the risk for the development of it and subsequent vascular disease. Opposite to it, HDL helps regulate cholesterol levels and thus prevents the risk of atherosclerotic vascular disease. Hyperlipidemia itself does not typically lead to critical symptoms, but this underlying pathology will often lead to serious illnesses that may lead to death. [2] Managing risk factors like Hyperlipidemia is the "primary prevention" for decreasing the chances of atherosclerotic cardiovascular disease. Lifestyle modification is the first step for the management. Other effective measures are changes in diet, weight loss and exercise. [3] Statins Atorvastatin and Rosuvastatin are the preferred medical treatment. [4] In this case, when a patient came to the clinic he had typical symptoms of *Amajirna*, so he was diagnosed with *Amajirna*. *Ajirna* is one of the prime and center points that distinguish Ayurved from the other branches of medicine. *Ajirna* simply means non-digested food material. As *Ahara* is the first *Upastambha* of a living being. So, it's necessary to eradicate the disease as it hampers the process of nourishment of the body. Understanding the process of digestion is equally important for both healthy as well as diseased persons. Nourishment sustains the body for various day-to-day tasks and in contrast, if it does not happen correctly, it leads to the formation of many diseases. *Acharya Sushruta* opines that '*Roganikasya Moolam Ajirnam*' suggests *Ajirna* as the root cause of groups of diseases. [5] The common symptoms of *Ajirna* are *Vibandha* (Obstruction of Urine and stool), *Atipravrutti* (Excess excretion of Urine and stool) *Glani*, *Maruta Mudhata* (Vitiation in the normal function of *Maruta*), *Vishtambha* (Prolonged Digestion), *Gaurava* (Heaviness either of Abdomen or whole body) and *Bhrama* (Giddiness). [6] The general symptoms cited by *Acharya Charaka* are *Vishtambha* (Prolonged Digestion), *Sadana*

(Asthenia), *Shiroruk* (Headache), *Murcha* (Fainting), *Bhrama* (Giddiness), *Prushta-kati Graham* (Stiffness of back and waist), *Jrumbha* (Yawning), *Angamarda* (Body ache), *Trushna* (Thirst), *Jvara* (Fever), *Chardi* (Vomiting), *Pravahana* (Dysentery), *Arochaka* (Anorexia) and *Avipaka* (Indigestion). [7] In the advanced stage, the severity increases and if it gets combined with the various *Dosha*, *Dhatu* and *Mala* then the various diseases develop as given in Table number 1. [8]

Further Manifestation of <i>Ajirna</i> in <i>Dosha</i> - <i>Dhatu</i> - <i>Mala</i> (Table No. 1)	
<i>Dushya</i>	<i>Vikara</i>
<i>Pitta</i>	<i>Daha</i> (Burning), <i>Trushna</i> (Thirst), <i>Mukhamaya</i> (Diseases of Mouth), <i>Amlapitta</i> (Acid Dyspepsia) and Other disorders of <i>Pitta</i> .
<i>Kapha</i>	<i>Yakshma</i> (Tuberculosis), <i>Pinasa</i> (Coryza), <i>Meha</i> (Urinary disorders) and Other Disorders of <i>Kapha</i> .
<i>Vata</i>	<i>Vataja</i> disorders
<i>Mutra</i>	<i>Mutra Roga</i> (Urinary disorders)
<i>Shakrut</i>	<i>Kukshi Roga</i> (Diseases of Abdomen)
<i>Rasadi Dhatu</i>	Disorders of <i>Rasadi Dhatu</i> that given in <i>C. Su.</i> 28

The classification of *Ajirna* is described by various texts mainly in 4 types depending upon the *Dosha* involved *Amajirna*, *Vidagdhajirna*, *Vishtabdhajirna* and *Rasasheshajirna*. [9] [10] Some also add another 2 types which are *Dinapaki Ajirna* and *Prakruta Ajirna*. [11] The summarized process of *Ajirna* formation and their respective treatment are given in Table number 2.

Types of <i>Ajirna</i> with their process of formation and Treatment (table No. 2)		
Type of <i>Ajirna</i>	Process [12]	Chikitsa [13] [14]
<i>Amajirna</i>	<i>Aharapaka</i> gets dominated by <i>Madhura</i> influenced by <i>Kapha</i>	<i>Langhana</i> (Fasting)
<i>Vidagdhajirna</i>	<i>Aharapaka</i> gets dominated by <i>Amla</i> influenced by <i>Pitta</i>	<i>Svedana</i> (Sudation)
<i>Vishtabdhajirna</i>	<i>Aharapaka</i> is in a half-digested state and <i>Vishtambha</i> influenced by <i>Vata</i>	<i>Vamana</i> (Emesis)
<i>Rasasheshajirna</i>	-	<i>Shayana</i>

The *Upadrava* (Complications) of *Ajirna* are *Murcha* (Fainting), *Pralapa* (Wailing), *Vamathu* (Vomiting), *Praseka* (Excess Salivation), *Sadana* (Asthenia), *Bhrama* (Giddiness) and *Marana* (Death). [15] They should be well differentially diagnosed as the line of treatment is changed as per various *Ajirna*.

1.1 Case report:

Pradhana Vedana:

- *Sadyobhuktavat Udgara* (Belching as the taste of food taken even after 2 or 3 hours of food) (since 6 months)
- Loss of Appetite (since 6 months)
- The heaviness of Abdomen and Body (since 4 months)
- Over Thirst (since 6 months)
- Puffiness over bilateral lower eye region (since 6 months)

- Dryness of Skin (since 6 months)
- Dizziness (3 to 4 times/month) (Since 3 months)
- Occasionally Constipation (Since 1 year)

Demographic Data:

Name: ABC

Age: 35 Years

Gender: Male

OPD Number: 950

Visit Date: 1st Consultation: 13/04/2022

2nd Consultation: 15/05/2023

3rd Consultation: 12/06/2023

4th Consultation: 14/07/2023

Occupation: Job in GNFC

Poorva Vyadhiprutta:

Not any.

Vartamana Vyadhiprutta:

The patient was healthy before 1 year. He gradually developed above given symptoms for 1 year. So, he went for a consultation with an allopathic physician where he had suggested Blood Investigations. Later, based on the investigations he was diagnosed with Hyperlipidemia. As the patient didn't want to take allopathic medicine for the same he had consulted in *Arogyam Ayurved* clinic with the hope of better management and complete cure of the disease.

Kulavrutta:

Not any.

Vaiyaktikavrutta:

Diet: vegetarian

Appetite: Low

Sleep: Irregular

Bowel: Irregular, Constipated

Micturition: Normal

Addiction: Not Any

Blood group: B +ve

Height: 162 cm

Weight: 62 Kg

BMI: 23.6 Kg/m²

Nature of work: Sitting and Shifting Duty

1.2 Examination:

General Examination:

Vitals: Pulse-78/min

BP: 120/82 mm of hg

Respiration: 16/min

Spo₂: 98%

Heart Rate: 78/min

- The general condition of the patient was good.
- CVS: S1, S2 Normal
- CNS: Conscious and well-oriented.
- RS: Auscultation of the lungs reveals clear breath sounds in both the anterior and posterior regions.
- P/A: The abdomen is hard in the Left lumbar and umbilical region and non-tender on palpation.

Local Examination:

Inspection: NAD

Palpation: Mild Hardening of Abdomen at Left lumbar and umbilical region which is non-tender.

Percussion: NAD

Auscultation: Normal Intestinal Sound Heard.

Ashtavidha Pariksha:

Nadi: Pittakapha

Mala: Constipated

Mutra: Samyak

Jihva: Sveta (Whitish), Picchila

Shabda: Guru

Sparsha: Samshitoshna

Druk: Samyak

Akruti: Vatala

Dashavidha Pariksha:

Prakruti: Pittakapha

Sara: Rasasara

Samhanana: Madhyama

Pramana: Madhyama

Satva: Madhyama

Satmya: Madhyama

Ahara Shakti: Avara

Vyayama Shakti: Madhyama

Vaya: Madhyama

1.3 Investigations:

Lipid Profile: Initial findings were as per Table number 3.

Lipids Profile Initial on 13/04/2023 (Table No. 3)	
	Findings
S. Triglycerides	149 mg/dl
S. Cholesterol Total	237 mg/dl
S. Cholesterol HDL	57 mg/dl
S. Cholesterol VLDL	29.60 mg/dl
S. Cholesterol LDL	150 mg/dl

1.4 Samprapti Sanghana:

Any pathogenesis/*Samprapti* produced in the can be evaluated by *Trividhabodhya Samgraha* that contains *Vikara Prakruti*, *Vikara Adhishthana* and *Vikara Samutthana*. [16] The physician who starts treatment after examining the disease by three never gets confused with the *Chikitsa Karma*. [17] *Trividhabodhya Samgraha* for the *Amajirna* is explained as per Table Number 4.

<i>Trividhabodhya Samgraha</i> [18] (Table No. 4)		
<i>Vikara Prakruti</i>	<i>Agni</i>	<i>Jatharagni, Rasagni</i>
	<i>Dosha</i>	<i>Kapha</i>
	<i>Dushya</i>	<i>Ahara Rasa, Rasa</i>
	<i>Samata</i>	<i>Jatharagnijanita Ama</i>
<i>Vikara Adhishthana</i>	<i>Adhishthana</i>	<i>Sharira</i>
	<i>Srotas</i>	<i>Annavaha, Rasavaha</i>
	<i>Doshadhishthana</i>	<i>Vayu: Samana, Apana (Pakvashaya)</i>
		<i>Pitta: Pachaka (Amapachyamanashaya)</i>
		<i>Shleshma: Kledaka (Amashaya)</i>
	<i>Pranayatani</i>	<i>Hrudaya, Kantha, Oja</i>
<i>Vikara Samutthana</i>	<i>Samutthana</i>	<i>Amashaya</i>
	<i>Samprapti</i>	
	<i>Sankhya</i>	4
	<i>Pradhanya</i>	<i>Amajirna – Shleshma Pradhana</i>
	<i>Vidhi</i>	Due to <i>Nidana Sevana</i> , undigested food(<i>Ama</i>) is formed that vitiates <i>Pachaka</i> and <i>Samana Vayu</i> and later <i>Apana Vayu</i> , too. The indigested immobile food material forms fermentation and produces <i>Sukta</i> . That fermented state is responsible for the further manifestation of symptoms.
	<i>Bala</i>	Depends upon the cause
	<i>Kala</i>	<i>Chirakari</i> (Prolonged Duration)

1.5 Vyadhi Vinishchaya:*Amajirna***Assessment Criteria:**

The Allopathic diagnosis was done on the basics of the Blood Investigations Lipid Profile.

The Ayurved diagnosis was completely based on the classical symptoms of the diseases and differentiation was also done on the basics of classical symptoms. The references for the diseases as per different authors are as per Table number 5.

Symptomatology of different types of <i>Ajirna</i> based on their classical references (Table No. 5)		
Types of <i>Ajirna</i>	<i>Madhava Nidana</i> [19]	<i>Ashtanga Hridaya</i> [20]
<i>Amajirna</i>	<i>Guruta</i> (Heaviness)	<i>Gaurava</i> (Heaviness)
	<i>Utkleda</i>	<i>Utklesha</i>
	<i>Ganda-Akshikuta Shotha</i> (Puffiness of cheek and lower part of eyes)	<i>Akshi-Ganda Shopha</i> (Puffiness between the cheek and lower part of eyes)
	<i>Yathanhukta Avidagdha Udgar</i> (Non-burning belching as the taste of food taken even after 2 or 3 hours of food)	<i>Sadhyabhuktavat Udgara</i> (Belching as the taste of food taken even after 2 or 3 hours of food)
	-	<i>Praseka</i> (Excess Salivation)
<i>Vidagdhajirna</i>	<i>Bhrama</i> (Giddiness)	<i>Bhrama</i> (Giddiness)
	<i>Trun</i> (Thirst)	<i>Trun</i> (Thirst)
	<i>Murcha</i> (Fainting)	
	<i>Sadhooma-amla Udgara</i> (Sour-Belching with fuming)	<i>Amla Udgara</i> (Sour-Belching)
	<i>Sveda</i> (Sweating)	-
	<i>Daha</i> (Burning)	<i>Daha</i> (Burning)
	-	<i>Moha</i> (Illusion)
<i>Vishtabdhajirna</i>	<i>Shoola</i> (Pain)	<i>Shoola</i> (Pain)
	<i>Adhmana</i> (Abdominal distension)	<i>Adhmana</i> (Abdominal distension)
	<i>Mala-Vata Apravrutti</i>	<i>Vibandha</i> (Constipation)
	<i>Stambha</i> (Stiffness)	-
	<i>Moha</i> (Illusion)	-
	<i>Anga-Pidana</i> (Body ache)	<i>Sada</i> (Anthenia)
<i>Rasasheshajirna</i>	<i>Anna Vidvesh</i> (Disliking for Food)	<i>Ashraddha</i> (Disliking for Things)
	<i>Hrudaya Ashuddhi</i>	<i>Hrudaya Vyatha</i> (Discomfort in Heart)
	<i>Gaurava</i> (Heaviness)	-
	-	<i>Shuddha Udgara</i> (Clear Belching)

1.6 Sadhyata:*Sadhyata***1.7 Chikitsa Siddhanta:**

The most important matter for the treatment initiation in *Ajirna* is to monitor the state of *Agni*. The vitiated *Agni* of the patient *Ajirna* is not able to digest *Dosha*, *Aushadha* and *Anna*. [21] [22] The main line of the treatment for *Amajirna* is *Langhana*. [23] It also advises for the diseases of the *Rasavaha* Srotas, too. [24] *Langhana* is the one of principles for the management of diseases that produce lightness in the body. [25] It is implemented by properties like *Laghu*(Light), *Ushna*(Hot), *Tikshna*(Acute), *Vishada*(Clear), *Ruksha*(Dry), *Sukshma*(Subtle), *Khara*(Rough), *Sara*(Flowing) and *Kathina*(Hard). [26] All the above properties can be used in the form of Diet and Medicine. Here, in the present case study, the management of the disease is divided into two; diet and medicines. So, first, the line of management should start with *Apatarpana/Langhana* along with *Pathya* which helps *Agni* to come to its normal state and thus later be effective with the oral medicines. The level of *Langhana* depends upon the condition of *Dosha* as given in table number 6. [27]

<i>Langhana</i> modality as per the condition of <i>Dosha</i> (Table No. 6)	
<i>Dosha</i>	method of <i>Langhana</i>
<i>Alpa</i> (Mild)	<i>Langhana</i> – Includes <i>Upavasa</i> (Intake of light food as per the state of <i>Agni</i>) and <i>Pathya</i> (Customized diet according to the condition)
<i>Madhya</i> (Moderate)	<i>Langhana, Pachana</i> (Arrangement of <i>Anna, Pana</i> and <i>Aushadha</i> that facilitates the digestion of <i>Apakva</i> or <i>Ama</i>)
<i>Prabhrita</i> (Severe)	<i>Shodhana</i> (Purificatory measures which are a total of 5 in number)

Among the above-given principles, the patient was considered to have a *Madhyama* state. So, initially, he had suggested following *Langhana* and *Pachana*.

1.8 Pathya-Apathya:

- The patient was advised to take one-fourth of boiled water for drinking.
- The diet prepared from Rice, *Mudga* (Green Gram), *Koradusha* (Swana Millet), *Yava* (Barley), *Adhaki* (Pigeon Pea) and Jowar were advised from the group of *Shuka* (Corn) and *Shimbi* (Pulses).
- All food was advised to be prepared with Tila Taila (Sesame-oil) and Ghee.
- Vegetables prepared with Ghee and Tila tail of Prickly Amaranth, Carilaa, Karkas, Kadu, Sponge-gourd, Bottle-gourd, Ridged-gourd, Pointed-gourd, Brinjal and Green-leafy vegetables was advised.
- The patient was advised to only take liquid-freshly prepared food items when gets hungry and not full of the stomach but left one-part empty for ease of digestion. [28]
- Any kind of *Pisthtanna* (floor) and Salads were advised to be avoided.
- Avoid any raw food, fast food, or street food.
- Advise was given to avoid any Bakery items, cold drinks, Maida products, fermented items, fried or spicy food, Dairy products and Cold Water.
- The patient was advised to examine the symptoms of properly digested food i.e., clear belching, enthusiasm, proper excretion of the flatus-urine-stool, Lightness of body and Timely hunger and thirst as indicative of proper timing of food. [29] [30]
- Timely sleep of a minimum of 7 to 8 hours was advised.
- Brisk walking on an empty stomach at the suitable timing of the patient was advised as he works in shifting duty.
- Avoid any kind of stress, anger, or over-thinking. Solve the problems with a calm mind as all the above hampers digestion of food and thus the chain of *Ajirna* couldn't break. [31]

1.9 Aushadha:

The *Shamana Chikitsa* that was given is enlisted as given in table number 7.

List of the medicines as per consultation with Dose-Time-Anupana (Table No. 7)					
Date of visit	Name of Medicine	Dose in Different time (Anupana – Warm water)			
		Morning (Empty Stomach)	Noon (Empty Stomach)	Evening (Empty Stomach)	Night (Before Sleep)
13/04/2023	1. Nagaradi Vati	2	2	2	0
	2. Sanjivani Vati	1	1	1	0
	3. Erandbhrushta Haritaki Tablet	2	0	2	3
15/05/2023	1. Nagaradi Vati	2	0	2	0
	2. Sanjivani Vati	1	1	1	0
	3. Erandbhrushta Haritaki Tablet	2	0	2	3
12/06/2023	1. Nagaradi Vati	2	0	2	0
	2. Vaishvanara Vati	2	0	2	0
	3. Erandbhrushta Haritaki Tablet	0	0	0	3
14/07/2023	1. Nagaradi Vati	2	0	2	0
	2. Erandbhrushta Haritaki Tablet	0	0	0	3

1.10 Observation:**A. Symptomatic Changes**

The percentages of the decrease of every symptom are given in the following Table number 8.

Post-treatment changes in the symptoms (Table No. 8)	
Symptoms	After Treatment
<i>Sadyobhuktavat Udgara</i> (Belching as the taste of food taken even after 2 or 3 hours of food)	Absent
Loss of Appetite	Normal
Heaviness of Abdomen and Body	Complete absent
Over Thrust	Came to normal
Puffiness over the bilateral lower eye region	Absent
Dryness of Skin	80% decreased
Dizziness (3 to 4 times/month)	Absent

Occasionally Constipation	Regular and Satisfactory defecation
<i>Jihva: Sveta</i> (Whitish), <i>Picchila</i>	Absence of <i>Picchilata</i> or <i>Sveta</i> color of the tongue

B. Investigation

Table number 9 is about the before and after treatment changes that were observed in the lipid profile.

Comparative Lipid Profile before and after treatment (Table No. 9)		
	13/04/2023	17/08/2023
S. Triglycerides	149 mg/dl	123 mg/dl
S. Cholesterol Total	237 mg/dl	179 mg/dl
S. Cholesterol HDL	57 mg/dl	58 mg/dl
S. Cholesterol VLDL	29.60 mg/dl	24.20 mg/dl
S. Cholesterol LDL	150 mg/dl	96.80mg/dl

2. Discussion:

- A wholesome diet was selected which is supportive of *Langhana* and provide sufficient nutritional requirement for the patient.
- One-fourth of boiled water is *Laghu* (Light to digest), *Doshajit* (Pacifies *Dosha*). [32] It indicated mainly in diseases like *Navajvara* (Acute Fever), *Pratishyaya*(Rhinitis), *Adhmana* (Distention of Abdomen), *Vatakaphaja Vyadhi* (Diseases of *Vatakapha*), *Aruchi* (Dyspepsia). [33]
- *Nagaradi Vati* is made up of *Sunthi*, *Maricha*, *Pippali* and *Pippalimoola* along with *Purana Guda* which helps to alleviate *Kapha*. The ingredients are *Kapha-medoghna* (Pacifies *Kapha-Meda*), *Dipana*(Digestive) and eradicate *Agnyalpata* (Lower state of *Agni*). [34] *Purana Guda* (one-year-old Jaggery) is *Laghu* (Easy to digest), *Pathya* (wholesome for the Minute channels of the body), *Anabhishyandi* (Does not block the channels), *Agnipushtikrut* (Empowers the *Agni*), Pacifies *Pittavata* and *Asruk-Prasadana* (Improves properties of Blood). [35]
- *Sanjivani vati* is a known herb mineral compound of Ayurved that in the lowest dose helpful in pacifying *Ama* and *Ajirna*. [36]
- *Erandbhrushtha Haritaki* is the choice of drug in the case of *Amavata* and the diseases related to *Vata* like *Vibandha*, etc. [37] It does *Anulomana* of the *Mala* that spaces for new nutritional substances as it contains *Haritaki* at large and thus provides benefits in Digestion as well.
- *Vaishvanara Vati* contains all drugs that possess properties like *Dipana*(Digestive), *Pachana*, *Anulomanana* (Promotes defecation after disintegrating morbid material) and *Vatakaphahara* i.e., *Lavnana*, *Yavani*, *Pippali*, *Sunthi* and *Haritaki*. [38] The above drugs also have similar properties which enable *Langhana*.
- *Amashaya* itself works as *Samutthana* which generates *Ajirna* which later by reaching up to other vital and deeper tissues of the body raises further diseases that as a whole depend upon the pathology of *Ajirna*.
- *Ajirna* is the prime and initial for eradicating the further manifestations of the diseases and the combined approach of the Diet and Medicine is highly effective for that.

3. Conclusion:

The development of a new approach to understanding the principles of Ayurved and Modern medical science is the need of the time. *Ajirna* itself as *Vikara Samutthana* enables to creation of new *Vikara Prakruti* of diseases in

various *Vikara Adhishthana*. Thus eradication of the same is the prior condition to deal with that particular *Vikara Prakruti*. Along with that, the simple medications with the proper *Pathya* (Rules and Regulations regarding the Diet and Regimen that are customized as per diseases) must be the center focus for fulfilling the secondary aim of the life science; *Ayurved* i.e., *Aturasya Vikara Prashamana*.

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