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Concept of Abdominal Pain in Ayurved: An Aetiopathological Study

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ABSTRACT

Abdominal pain is a common cause of agony in all group of patients irrespective of gender and place. In the ancient Indian treatises of Ayurveda, different painful condition of abdomen described in the context of udara roga nidan and chikitsa. Aetiopathological descriptions of eight types of udara roga include most of the causes of acute abdominal pain ranging from inflammatory, traumatic & obstructive causes. So, the conceptual study of genesis of pain abdomen in the relevance of Ayurvedic description is studied here to frame out new modalities of treatment.

KEYWORDS

Acute abdomen, Ayurved, Udar roga, Inflammation, Trauma, Obstruction



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INTRODUCTION

Abdominal pain in Ayurveda described in the context of udara-roga in all the great treatises viz. Charak Samhita, Sushrut Samhita, Astanga Samgraha. As per the concept of evolution & diseases in Ayurveda different endogenous & exogenous causes are considered for evolution of abdominal pain which leads to disturbance in the equilibrium of body humour like-doshas & dhatus. The aetiological concept of abdominal pain are described in Charak Samhita, (Chikitsasthan, 13), Sushruta Samhita (Nidanstan, 7), Astanga Samgraha

(Nidanstan, 12) and also in Madhav Nidan 35th chapter. Concept of abdominal pain due to urogenital causes also described pain due to urogenital pathology in the context of nidan & chikitsa of types of mutra asmari, mutrakriccha and mutraghata.

AIMS & OBJECTIVES

- To evaluate the concept of udara roga in Ayurved in the context of different acute and chronic abdominal pain.
- A comparative study of udara roga with the different causes of pain abdomen in contemporary i.e. modern medical science.

In all the treatises of Ayurveda udara rogas are classified into eight.

| Charak (ref. Ch.Ci.13) | Sushruta (ref. Su.Ni.7) | Vagbhata (ref. As.Ah.Ni.12) |
|------------------------|-------------------------|-----------------------------|
| Vataja | Vataja | Vataja |
| Pittaja | Pittaja | Pittaja |
| Kaphaja | Kaphaja | Kaphaja |
| Sannipataj | Sannipataj | Sannipataj |
| Plihodar | Plihodar | Plihodar |
| Baddhagudodara | Baddhagudodara | Baddhagudodara |
| Kshataudara | Agantujaudara | Kshatudara |
| Udakodar | Udakodar (Dakodar) | Udakodar |

MATERIALS AND METHODS

- The information related to udara roga as available in Charak Samhita, Sushrut Samhita & Astanga Samgraha, Astanga Hridaya, Madhav Nidan etc. with commentaries have been collected in this study.
- The basic concept of evolution of pain, its varieties with clinical presentations of modern medical science have been

critically analyzed in a hope to explain the Ayurvedic concept with scientific explanation.

DISCUSSION

Concept of Aetiopathogenesis of Udara Roga:

In Charak Samhita the common prime cause for genesis of udara roga identified as *mandagni* which leads to increasement of '*malas*'. As a result of effect of mandagni on



ahar, prana vayu and apan vayu will be vitiated causing obstruction in urdha marga & adha marga. As a result of which aggravated dosa reach twak and mamsa causing adhman (abdominal distension) etc. to cause eight types of Udara roga.

While describing the aetiopathogenesis of udara roga in Sushruta samhita the prime cause is considered as durbal agni. A person with durbal agni when expose to ahitasa i.e. viruddha bhojan, atiruksha bhojan, mithya bhojan, mithya sodhan karma; the aggravated dosa reach the amasaya and pakvasaya causing gulma (distension of abdomen) with abdominal pain. Dalhana & Gayadas also are in the same opinion accepting the cause of udararoga as durbal agni. While explaining the pathogenesis of Udararoga, Sushruta explains that due to durbalagni, annarasa get vitiated causing aggravation of vata to reach kostha & the dusita annarasa reach the tvak causing severe abdominal pain.

Concept of visceral pain and parietal pain in the context of pain abdomen can easily be understood from the above data i.e. visceral pain may be referred to parietal pain which can be easily assessed with physical examinations.

Acharya Vagbhata also in the same opinion of Charak & Sushruta. But he specifies the

involve srotas as ambubahini srotas, which leads to prana, agni & apana dusti and the location of the pain in the junction between twak and mamsa.

Also in Madhav Nidan, in 35th Chapter:

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja
5. Plihodar
6. Baddhodar
7. Kshatodar
8. Udakodar

So, in the all treatises, all most similar classification of udara roga are found.

Similarities between udara roga nidana & different causes of abdominal pain:

In modern medicine depending upon the etiology, pain abdomen can be grouped in four categories viz. – (i) Inflammatory (ii) Traumatic (iii) Obstructive (iv) Vascular.

The vataja and pittaja varieties of pain almost found in inflammatory group. Kaphaja and sannipataja varieties of pain are mostly due to endogenous trauma. Pain in baddahogudodara and few varieties pittja udara roga, plihodar/yakridalyaudar, jalodar etc. can be included in obstructive group. Pain in Chhidraodara can be included in traumatic group. Different vascular causes



of pain are described in praptaphalakosa

antra vriddhi roga.

Clinical Manifestations:

| Plihodar | Baddhagudadar | Chidrodar | Udakadar |
|--|--|---|--|
| Due to dietary causes (vidahi anna, ausadhi) ↓ Vitiating of kapha and asrik ↓ Mandajaragni ↓ Kapha pitta linga upadruta, Kshina bala, atipandu (if yakrit involves it turns to Yakridalyodar) | Annalepa with bala, asma ↓ Sanchay of mala with the involvement of dosa ↓ Gudagata purisha nirodha ↓ Kricchad api alpamalam ↓ Hridaya nabhi madhye parivridhi ↓ Vata sama gandhika ↓ Chhardi | Shalya (external/internal source) ↓ Bhinnati ↓ Srava (sraved gudatastu bhuya), Nabhey adhara vriddhi, Toda, Ativa vidaha | <ul style="list-style-type: none"> • Snehapana, • anuvasana, • vaman, • virechan, • niruha ↓ Sita jalapana ↓ Udakabaha srota dusti ↓ Collection of udaka ↓ Mahat samparibritta nabhi, Bhrisaunnata, Purnambuha, driti kshuvan, kampate, sabdayete |
| Comment : Different abdominal pain with hepatomegaly, spleenomegaly, low grade, fever, wet loss an anemia can be included here. So all the causes of pain abdomen with hepato-splenomegaly causing anaemia included here. | Comment: Abdominal pain due to accumulation of hair, stone, etc. causing obstruction in the passage fecal matter leading to passage of either very less amount of stool causing swelling between umbilicus & chest, smell with feculent vomiting. So, different cause of intestinal luminal dynamic obstruction mostly in the transverse colon can be included here with all the clinical features of chronic intestinal obstruction. | Comment: Severe abdominal pain due to injury in the body leading to burning pain and lower abdominal swelling which mostly observed in intestinal perforation in the stage of peritonitis. | Various cause of portal hypertension leading to ascitis with everted umbilicus and thrill movement can be considered here. So, pain abdomen with portal hypertension can be considered here. |

CONCLUSION

With above collections of data and discussion it can be summarized that hypo function of different factors of gastrointestinal tract along with faculty

dietary habits & regimen are the prime cause of abdominal pain .Pathogenesis of abdominal pain shows that formation of faulty ahara rasa leading to vitiations dosha, dhatu along with involvement of srotas cause abdominal pain (udara sula). In



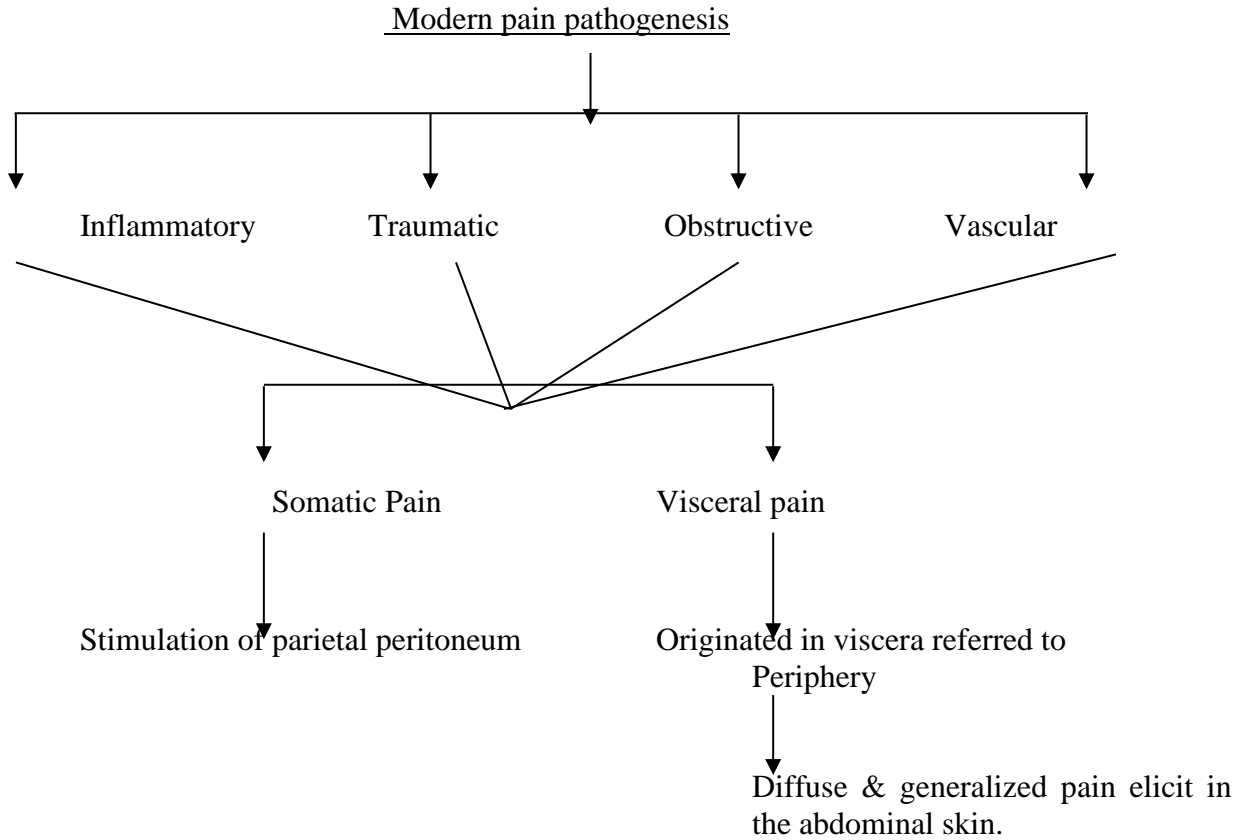
modern parallel causes of abdominal pain fall into four categories as inflammatory, traumatic, obstructive & vascular which leads to irritation of visceral & parietal peritoneum causing abdominal pain. The various symptomatology of eight kinds of udar roga found in all the causes as grouped

above. Therefore it may be concluded that udararoga (different causes of abdominal pain) are the original source for conceptual study of abdominal pain in contemporary parallel medical sciences.

| Plihodar | Baddhagudadar | Chidrodar | Udakadar |
|--|---|--|--|
| <p>Due to dietary causes (vidahi anna, ausadhi)</p> <p>↓</p> <p>Vitiation of kapha and asrik</p> <p>↓</p> <p>Mandajaragni</p> <p>↓</p> <p>Kapha pitta linga upadruta, Kshina bala, atipandu (if yakrit involves it turns to Yakridalyodar)</p> | <p>Annalepa with bala, asma</p> <p>↓</p> <p>Sanchay of mala with the involvement of dosa</p> <p>↓</p> <p>Gudagata purisha nirodha</p> <p>↓</p> <p>Kricchad api alpamalam</p> <p>↓</p> <p>Hridaya nabhi madhye parivridhi</p> <p>↓</p> <p>Vata sama gandhika</p> <p>↓</p> <p>Chhardi</p> | <p>Shalya (external/internal source)</p> <p>↓</p> <p>Bhinnati</p> <p>↓</p> <p>Srava (sraved gudatastu bhuya), Nabhey adhara vridhi, Toda, Ativa vidaha</p> | <ul style="list-style-type: none"> • Snehapana, • anuvasana, • vaman, • virechan, • niruha <p>↓</p> <p>Sita jalapana</p> <p>↓</p> <p>Udakabaha srota dusti</p> <p>↓</p> <p>Collection of udaka</p> <p>↓</p> <p>Mahat samparibritta nabhi, Bhrisaunnata, Purnambuha, driti kshuvan, kampate, sabdayete</p> |
| <p>Comment :</p> <p>Different abdominal pain with hepatomegaly, splenomegaly, low grade, fever, wet loss an anemia can be included here. So all the causes of pain abdomen with hepato-splenomegaly causing anaemia included here.</p> | <p>Comment:</p> <p>Abdominal pain due to accumulation of hair, stone, etc. causing obstruction in the passage fecal matter leading to passage of either very less amount of stool causing swelling between umbilicus & chest, smell with feculent vomiting. So, different cause of intestinal luminal dynamic obstruction mostly in the transverse colon can be included here with all the clinical features of chronic intestinal obstruction.</p> | <p>Comment:</p> <p>Severe abdominal pain due to injury in the body leading to burning pain and lower abdominal swelling which mostly observed in intestinal perforation in the stage of peritonitis.</p> | <p>Various cause of portal hypertension leading to ascitis with everted umbilicus and thrill movement can be considered here. So, pain abdomen with portal hypertension can be considered here.</p> |



SCHEMATIC DIAGRAM





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