



Adrak + Saindhava Lavan in the Management of Aruchi and Ajirna and Associated Symptoms - A Study

Vaishnavi Vijay Dhuri And Canima Gomes

Fourth Year Bams

Gomantak Ayurveda Mahavidyalaya And Research Centre, Vazem- Shiroda, Goa.

Prof (Dr) BISHNUPRIYA MOHANTY

MD(Samhita), PhD(Basic Principle)

Professor and Head

Department of Sanskrit Samhita and Siddhanta,

Gomantak Ayurveda Mahavidyalaya and Research Centre

Shiroda, Goa.403103

CO-AUTHOR:-Miss. Vaishnavi .V. Dhuri

Corresponding Author:- Miss. Canima Gomes.

ABSTRACT

The Ayurveda wealth of knowledge on the health sciences. Accordingly traditional Indian spices can act as a simple management for the treatment.

This review of concept associated with pilot study on deepaniya drug in Ajirna and associated digestive problem with deepaniya interventions introduces the concepts of Ayurvedic medicine for the management of the treatment; according to the age, gender and health condition of the consumers.

In this article we have taken Ardraka (Ginger- Zingiberofficinale) and Saindhava (salt) as a management for Ajirna and Aruchi and for the other associated symptoms too.

The article is based on the following symptoms, symptoms persists for how long, gets relief after taking the ginger, salt.

We have assessed 35 people who gave the details for the above following things.

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I. INTRODUCTION

Aruchi and Ajirna are the commonest problems in the life of individuals due to change in Lifestyle i.e. stress of work, wrong eating habits, etc. Every individual suffer from loss of taste in food and decreased appetite and indigestion. Aruchi is also called as Anorexia and Ajirna is called as Indigestion. They are considered as a one of the symptom in some of the diseases like Amlapitta, Grahani, Atisar, etc. Both are mentioned as a separate diseases. Its main cause is Agnimandya due to disfunctioning of digestive fire/ agni, there is improper digestion of food which leads to Apakwastha which causes these diseases. They are caused due to Vitiation of Annavaha and RasavahaSrotas. We have taken responses from 35 people who suffered from the above mentioned problems and advised them to take a piece of Ginger + Rock Salt for 1 Month. Ginger and salt is used as a kitchen ingredient in every household work and as a medicine too.

As we know RasavahaSrotaslakshan are Ashradha, Aruchi, Asyavairasya, etc. and AnnavahaStotolakshan are Annabilasha, Arochaka, etc.

Hence the vitiation of this strotas will lead to Aruchi and Ajirna.

-Ginger is selected due to:-

- 1) Cost effective.
- 2) Easy available in the kitchen.
- 3) Hospital is not a domain for arogya, kitchen is the domain.
- 4) Pharmacy of disease and morbidity and for rogaavastha.

5) vishwabhaishajya is the synonym of Ginger.

-Rock salt is selected due to:-

- 1) Cost effective.
- 2) Easy available in the kitchen.
- 3) Good appetizer.
- 4) Detoxifies the body.

ASSOCIATED SYMPTOMS OF ARUCHI AND AJIRNA :-

- Loss of taste
- Udar Gaurav
- Adhamana (Distension of Abdomen)
- Chardi
- Udar Shula
- Hard/ Watery Stools
- Bhrama (Giddiness)
- Shira Shula

GINGER QUALITIES :

- katu (spicy)
- Guru (heavy)
- Ruksha (dry)
- Rasa= katu (spicy)
- Virya/ potency= ushna (hot)

SALT QUALITIES:

-It is tridoshara, vrushya and hrudaya.

There is a shloka which tells about the ardraka and salt

Before starting the meal one should have lavana and ardraka

Effect:- it ignitsagni

-Improves tastes

-Does sodhana (impurification) of tongue and throat

-Reference:- *Bhav Prakash 5/130*

PHARMACOLOGICAL ACTION

Ginger :- Appetizer, Laxative, Stomachic, Aphrodisiac, Carminative, Anthelmintic, Digestive, Anti-inflammatory, Anti- emetic, Spasmolytic, Aromatic stimulant and Flavouring agent.

Rock salt:- Laxative, Detoxifies the body, Digestive, Appetizer.

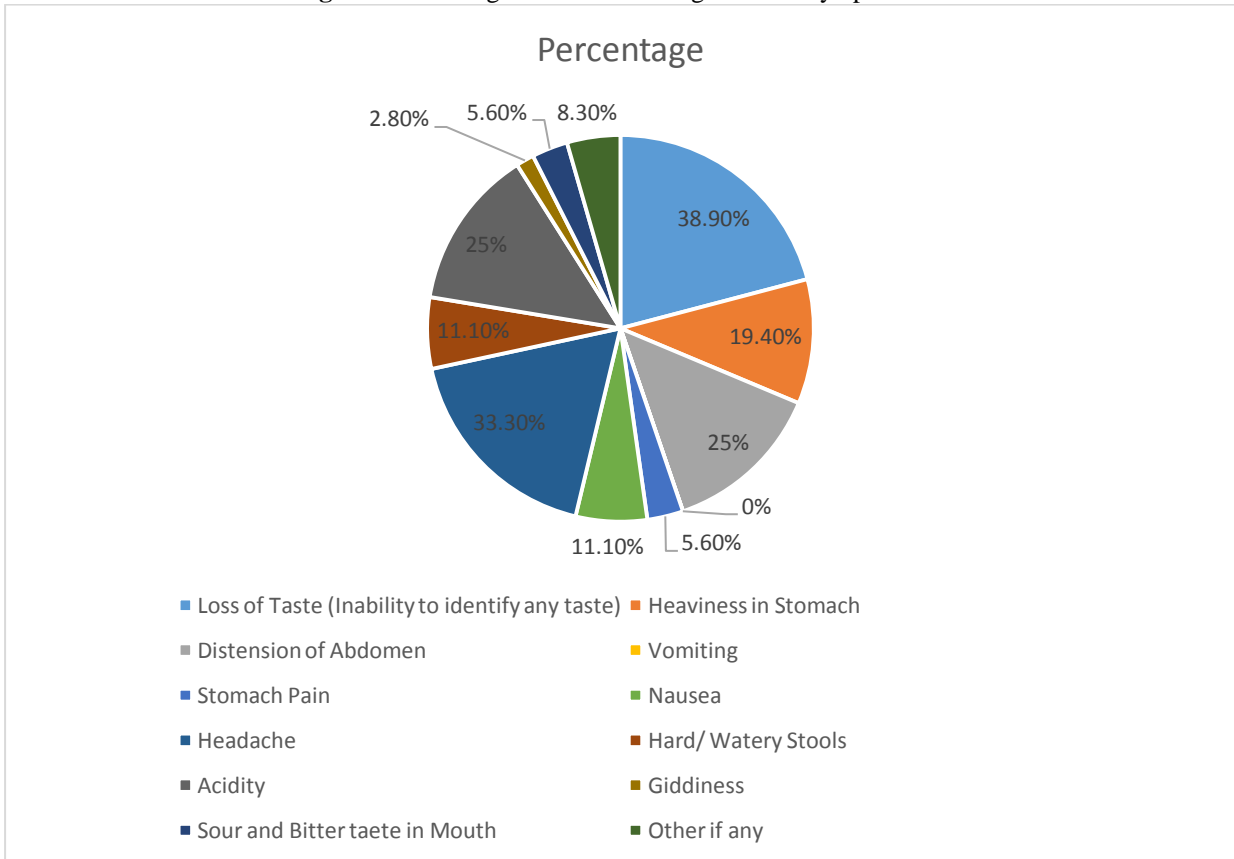
METHOD OF TAKING MEDICINE :

1 part sliced Ginger + pinch of salt

Apply pinch of rock salt on small piece of ginger and should be consumed half or one hour before the lunch or dinner.

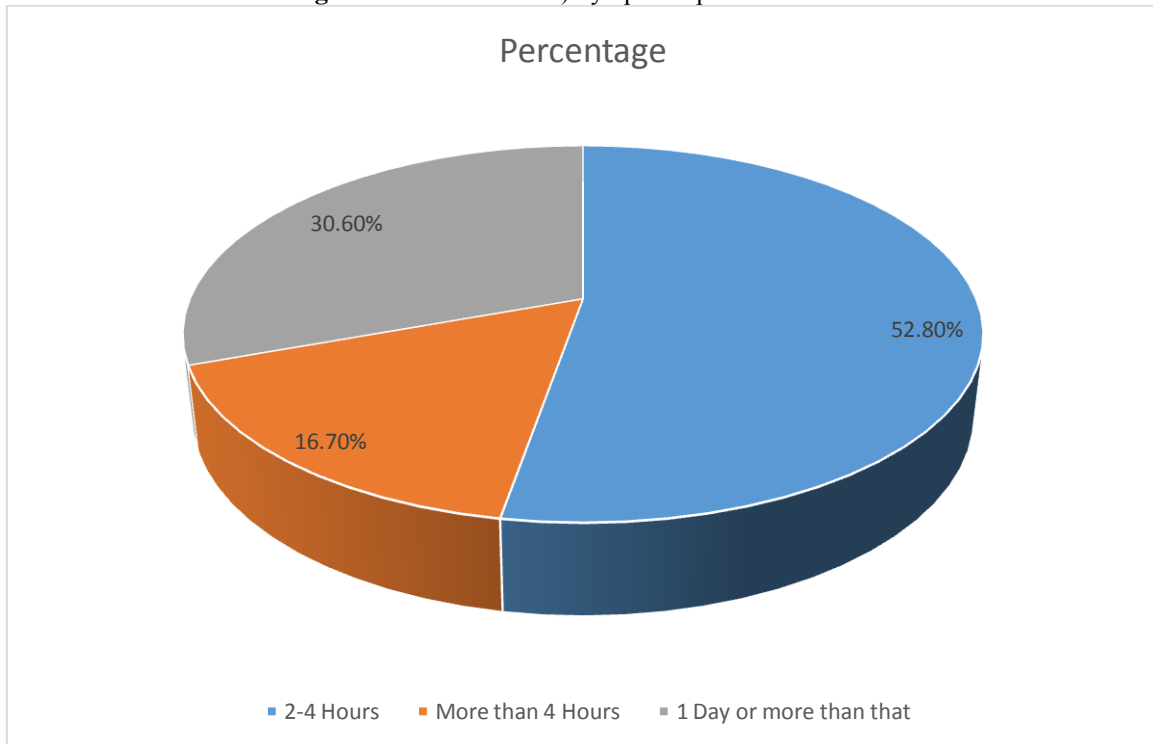
Look for the following things, whether the previous symptoms got Cured or due to the intake of ginger and salt the new symptoms have arised.

Figure 1: Showing individuals having different symptoms



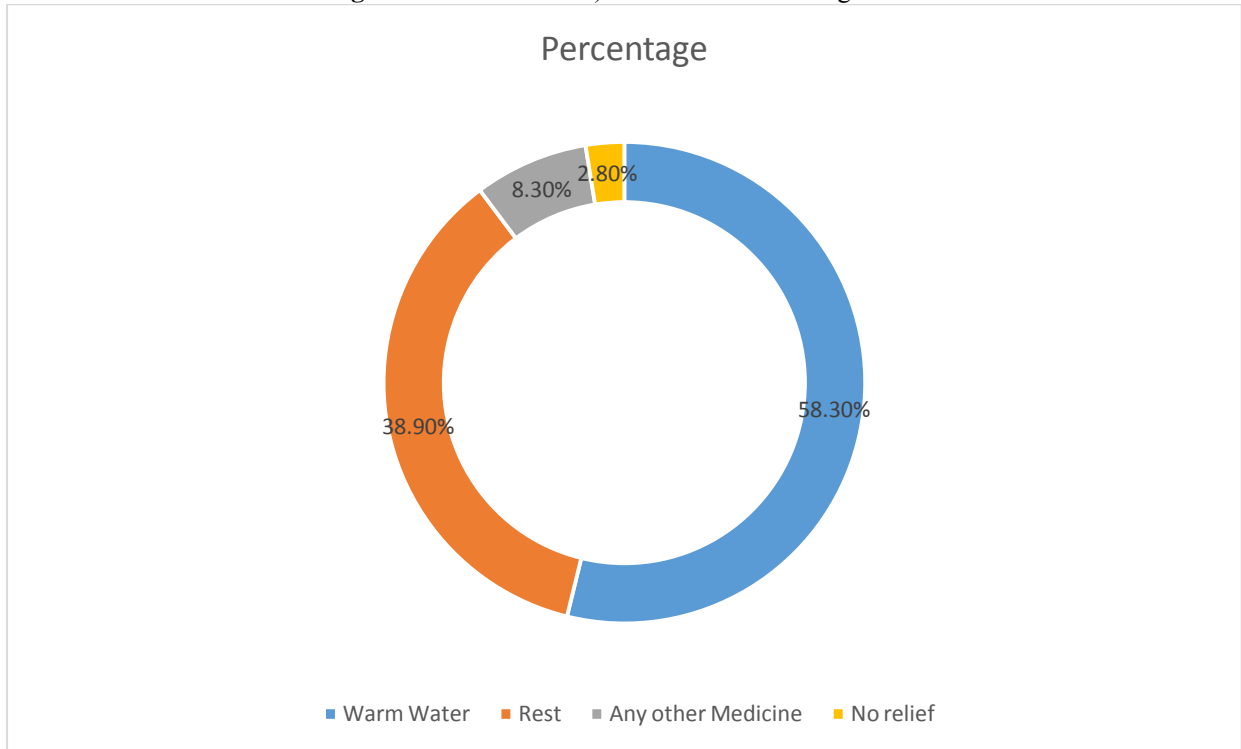
It Shows individuals having different symptoms of Aruchi and Ajirna. Maximum individuals have symptom - Loss of taste ie 38.90%. Followed by 33.30% people having headache.

Figure2:- SCORING – a) Symptoms persists for



It Shows the symptoms persisting for how many hours. 2-4hours is the maximum duration ie 52.80% , which means that in 52.80%of people the symptoms Persists for 2-4 hours .In 30.60%of people the symptoms persists for 1day or more than that and in 16.70% people the symptoms persists for more than 4 hours.

Figure 3: SCORING – b) Gets relief after taking.



It shows the scoring that individuals gets relief after taking some remedy.58.30% individuals gets relief on taking warm water, 38.90% individuals gets relief on taking rest. 8.30% of individuals gets relief by taking some medicines and 2.80% individuals does not get relief at all.

FOLLOWUP:-

Received Feedback after 1 Month from the Respodents.

Figure 4: Any Relief from the Symptoms after the Treatment.

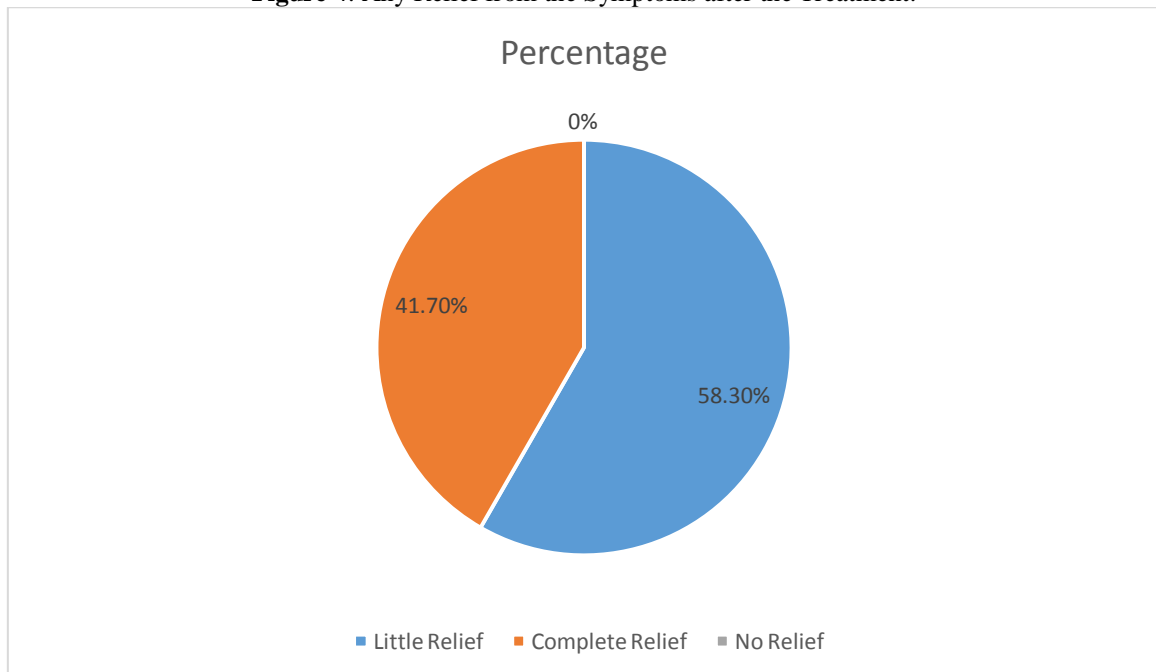
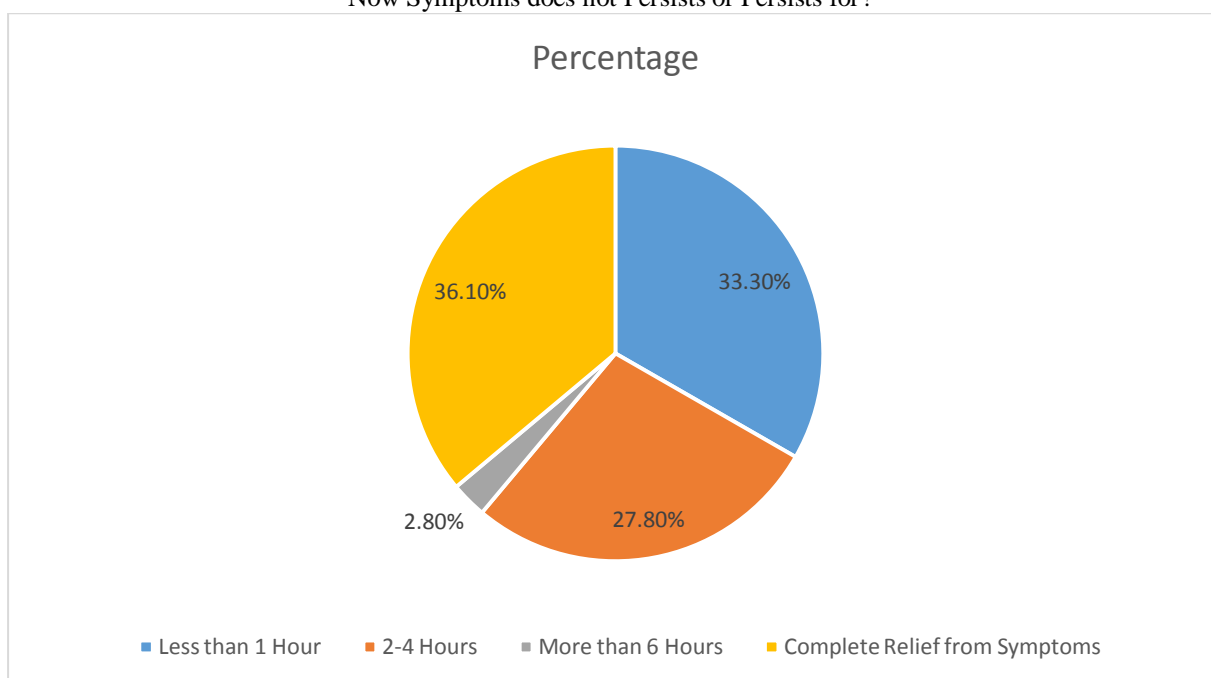


Figure4shows that after taking above treatment for 1 month the individuals got relief from the symptoms.

Figure 5: SCORING – Is the Duration of Symptoms persisting is reduced?
Now Symptoms does not Persists or Persists for?



In figure 5 the scoring is showing the duration of the symptoms persist previously is now reduced. Which shows that 33.30% individuals got complete relief from the symptoms then the previous.

II. OBSERVATION

As per the survey, we concluded that after taking a little piece of Ginger + pinch of rock salt for 1 month, the patient who are having the Aruchi and Ajirna and other associated symptoms, 41.70% consumers got complete relief And 58.30% individuals got little relief from the previous symptoms and the duration of the persisting symptoms have also reduced.

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