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RESEARCH ARTICLE

THE EFFECT OF TRIVRUTTA LEHA IN UDAR VYADHI – A CASE STUDY.

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Abstract

According to Ayurveda, *Udar* is swelling over abdomen and collection of fluid in the peritoneal cavity (*Jalsanchit*). *Udar* can be correlated with ascitis as the sign and symptoms are same. *Trivrutta*, an Ayurvedic herb is used to treat *Udar*. In this article, a case study of ascitis (*udar*) in which *Trivrutta leha* has been given over a period of 10 days resulted in the reduction of abdomen girth, decrease in weight without any treatment emergent adverse effect and reduction of all symptoms. *Trivrutta* causes *virechana* which helps to reduce abdomen girth.

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Introduction:-

In today's life, due to work stress people's lifestyle has been changed. This causes ill effect on their health and which leads to some or the other addiction such as alcohol consumption. Chronic alcoholism leads to cirrhosis of liver and in turn leads to ascitis¹. Ascitis is a systemic disease which is found in people consuming alcohol for a longer time.

In ascitis, there is abnormal collection of fluid in the peritoneal cavity caused by imbalance existence between plasma oncotic pressure and total body sodium-water excess². It is also seen in patients suffering from cardiac disease, abdominal Koch's, Ca, Hepatitis and Liver disease³. Patients of ascitis should be treated carefully and counseling regarding abstinence from alcohol should be done.

It is one of the *ashtau mahagad vyadhi*⁴ and is considered as *kruchrra sadhya vyadhi*⁵. Ayurvedic medicines differ from the western medicines in terms of attributes and application and may be used to complement, support or replace it. In modern medicines there is no conventional treatment, as diuretics is the drug of choice for ascites¹⁴.

In such conditions Ayurveda offers a better hand in treatment. The treatment relieves the symptoms in lesser time and prevents further complications.

According to Ayurveda, *Nitya-virechana*⁶ / *Anuloma chikitsa*⁷ should be given.

Here, *Trivrutta* in the form of *leha* is been used for *Nitya-virechana*.

Aim and Objectives:-

To study the effect of *Trivrutta leha* in *Udar*

Materials and Methods:-

The patient was selected from I.P.D. of Sane Guruji Hospita, Malwadi, Hadapsar, Pune.

Inclusion criteria:-

The symptoms like *Udar vruddhi* (abdomen distention), *shwas* (dyspnoea), *malavashthambh* (constipation), *adhman* (abdomen fullness), *agnimandhya* (loss of appetite), *shushka-kasa* (dry cough), *paad-shotha* (bipedal oedema) are included in the study.

Case report:-

A 60 yrs. old male, presented with bipedal oedema, abdomen distension, dyspnoea on exertion, constipation, anorexia, loss of appetite, dry cough since 2 month, addicted to alcohol since 20yrs and with daily consumption. This patient was diagnosed as ascitis -1 month back with history of therapeutic tapping done, But later it was noticed that again there is accumulation of fluid in abdominal cavity. Hence, he came to Sane Guruji Hospita, Malwadi, Hadapsar. During admission, routine investigation such as haemogram, urine routine, HIV, HbsAg, BUL, Sr Creatinine, Sr, Electrolytes, LFT, USG(A+P), 2DEcho etc. were performed. He was started with *Trivrutta leha* 10gm/day in morning at 6.00am.

Standard Operating Procedure For Trivrutta Leha:-

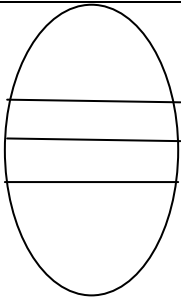
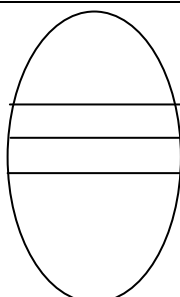
1. *Trivrutta* water decoction is prepared.
2. It is added with *trivrutta* powder and sugar, heated to semisolid consistency. Allowed it to cool down.
3. after that it is added with honey and *trijata* (powder forms of *twak*, *ela* and *tamalapatra*)

Anupan:- Godugdha 25ml.

He was advised *Kewal dugdha aahar* (only milk) ⁸, *Udar pradeshi arka patra bandhan* (tying leaves of madar plant around abdomen), *Ubhay paad pradeshi punarnava lepa* (local application of *punarnava* on both legs). During the course daily abdomen girth and weight was recorded. The treatment was continued upto 10 days of hospital stay and later was also advised to continue with the same medication and *Dugdhapan* ⁸.

Results and Observations:-

The results were noted as:-

Parameters	On admission	On discharge
Abdomen girth	 93cm 95cm 92cm	 78cm 78cm 77cm
Weight	61kg	47kg
Height	5.4ft	5.4ft
BMI	23.82	18.35

Observation:-

1. *Trivrutta leha* showed excellent results in *udar jatodaka awastha*.
2. *Trivrutta leha* was useful in hyperbilirubinemia.
3. Average 8-9 *malavega* occurred in patient with 10gms of dose.
4. *Samyaka virechana lakshana* like *stroto-shuddhi*, *indriyaprasadhana*, *laghuta*, *urja*, *agni-dipti*, *swasthya* were observed in patients after treatment

Discussion:-

Trivrutta is a *Sukha virechak dravya* ¹³, hence it causes purgation without any side-effects. Symptoms like *anaha*, *vibandha* are reduced.

Trijata i.e. Twak, Ela, Tamalapatra; acts as deepan-pachan and anulomak.

Godugdha was advised to patient not only as anupan, but ahar dravya as well. It acts as virechak, and sarva dhatu-vruddhikara⁹.

Ushna-tikshna guna of Arka-patra causes mrudu-swedan and hence it reduces stoto-rodha in udar. Prior to application of Arka-patra these Arka-patra are firstly coated with Erand-sneha (castor oil), as it brings about pachana and anulomana; and then they are made warm by heating.

Punarnava acts as shothahar when used locally, hence punarnava lepa was given over ubhay- pada pradeshi.

❖ **Triurutta lehyam**⁴ ingredients:-

Trivrutta:-

Rasa- Tikta, katu rasa.

Due to its tikta rasa –its action is seen over on yakrut (yakrut gamitwa), Pitta shoshan, deepan, pachan. Katu rasa acts as shotha haran deepan, stoto-shodhana stoto vishuddhi kar and jatharagni deepan.

Virya-Ushna virya-cause vata dosha shaman

Karma- Bhedana, Rechana. Sukhavirechak.

Guna-laghu, ruksha, tikshna.

Doshaghnata- Kapha-pitta shodhan.

Trijata- Twak, Yela, Tamal-patra.

Twak (Cinnamomum zeylanicum):

Rasa-Katu, Tikta, Madhur.

Virya- Ushna.

Vipaka-Katu.

Guna- Laghu, Ruksha, Tikshna.

Doshghnata- Due to its ushna virya, it causes kapha-vata shaman.

Karma- Lekhana.

Ela (Elattaria cardamom): **Rasa-** Katu, madhur.

Virya- sheeta.

Vipaka- madhur.

Guna- Laghu, Ruksha.

Doshakarma- Tridosahar.

Karma- Deepan, Pachan, Anuloman.

Tamalapatraa (Cinnamomum tamala)-

Rasa-Katu, Tikta, Madhur.

Virya- Ushna.

Vipaka-Katu.

Guna- Laghu, Ruksha, Tikshna.

Doshghnata- Due to its ushna virya, it causes kapha-vata shaman.

Karma- Lekhana.

All the contents of trijata are katu-tikta rasatmak, katu vipaki and ushna virya. They act as deepan and pachan.

❖ **Godugdha-** act as anulomak, hence it is used as anupan and for ahar.

❖ **Madhu-** acts as yogvahi.

❖ **Arka patra** –**Rasa-**Katu-Tikta.

Virya- Ushna.

Vipak-katu.

Guna- Laghu, Ruksha, Tikshna.

Doshakarma- Kapha-Vata shaman, Kapha-Pitta shamak.

Pakwa rasa dhatu
nirmiti

Karma- Bahya-Vedanasthapan, Shothahar, Vranashodhan, Kushthaghna, Jantughna.

❖ *Punarnava- Rasa- Madhur, Tikta, Kashyay.*

Virya- Ushna.

Vipaka- Madhur.

Guna- Laghu, Ruksha.

Doshakarma- Tri-doshahar.

Karma-Bahya- Lekhana, Shothahar.

Samprapti bhanga:

virechana- Mala and udarastha jala nirharana



Pitta shodhana



Paka of sharirastha dhatu and formation of dravansha is prevented.



Decreased fluid collection in abhyantara twacha of udara.



Reduction in abdomen girth



Vyadhi upashama

Conclusion:-

Trivrutta leha is effective in *udar* (ascitis). All the symptoms like-*Udar vruddhi, shwas, malavashthambh, adhman, agnimandhya, shushka-kasa, paad-shotha* were reduced.

Patient had bile salts and bile pigments present in his urine during admission, on discharge again urine routine was done which showed nil bile salts and pigments. Hence, this study can be continued on more patients for betterment of results.

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