

## EFFECTS OF *ARAQ I- ILAICHI* IN THE MANAGEMENT OF *KATHRA AL-JUSHĀ'* (ERUCTUS/BELCHING): A CASE REPORT

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### ABSTRACT

**Background:-** Belching (Eructation) is the release of gas from the gastrointestinal tract. Excessive belching, or *Kathra al-Jushā'*, can result from conditions like cold stomach (*Burūdat-i Mi'da*), stomach weakness (*Ḍu'f al-Mi'da*), abnormal digestion, or excessive gas production (*Waram al-Mi'da*). **Objectives:-** In This case study our objective is to evaluate the efficacy of '*Araq i- Ilāichi* in *Kathra Al-Jushā'* (Eructus/Belching). **Methods:-** A 28 year old male patient presented to the OPD of the Regional Research Institute of Unani Medicine, Srinagar. Over a 4-week period, the problem of belching was treated with '*Araq i- Ilāichi* 30ml twice a day orally after meals with water, on the basis of weekly assessments. **Result-** This study found that '*Araq i- Ilāichi* effectively reduces frequency of belching after meals and patient reports 90% relief in the symptoms of belching. **Conclusion-** The treatment was safe, effective and bearable, and the patient's quality of life improved significantly. After treatment, there was a statistically significant decrease in frequency of belching.

**KEYWORDS:** '*Araq i- Ilāichi*, *Kathra Al-Jushā'*, Eructus, Belching, *Ḍu'f al-Mi'da*, Unani Management.

## INTRODUCTION

Belching (or Eructation) refers to the release of a gas bubble from the upper gastrointestinal tract, which can either be audible or, in some cases, silent. For most people, belching is a normal physiological process and is not considered a symptom. However, some individuals seek medical help due to excessive belching, either because it is bothersome to them or to those around them. While excessive belching might initially seem like a minor issue, in these cases, it can significantly impact the person's quality of life.<sup>[1]</sup>

The sound of expulsion of *Rīh* (gases) through mouth is known as *Jushā'*.<sup>[2-5]</sup> When this condition aggravates it is termed as *Kathra al-Jushā'*.<sup>[2-5]</sup> The following broad categories of the disease have been mentioned:<sup>[2]</sup>

Type first or the *Mu'tadil* (moderate): It refers to the normal reflex or the release of the *Bukhārāt-i Mi'da* (gastric flatus) after eating or drinking.

*Ghayr Mu'tadil* (abnormal) type encompasses is associated with each of the following conditions:<sup>[2-5]</sup>

1. *Burūdat -i Mi'da* or the cold temperament of the stomach: The associated features with eruciation are infrequent passage of the stools.
2. *Du'f al-Mi'da* or weakness of stomach: The patient complains of the pain stomach after the intake of diet along with the frequent belching
3. The abnormal digestion of food or the fermentation of food: The food intake aggravates the eructation.
4. *Waram al-Mi'da* which produces the abundant gas in the stomach. The patient feels the discomfort in the stomach.

## MATERIAL AND METHODS

A case of belching (*Kathra Al-Jushā'*) was selected for the study from the OPD of the Department of *Moalajat*, Regional Research Institute of Unani Medicine (RRIUM), Habak, Srinagar, Kashmir. The patient was a 28-year-old male, non-diabetic, normotensive, and euthyroidic, who presented with complaints of frequent belching for the last two months. The belching occurred suddenly, 30-40 times continuously after meals, particularly at lunch and dinner, and was associated with a burning sensation. On systemic examination, the abdomen was found to be flat and non-tender. The patient's personal history indicated regular bowel habits and normal appetite. The study lasted for six weeks, with three follow-ups, each

conducted after 14 days, starting with the baseline assessment. Informed consent was obtained from the patient prior to the commencement of the intervention, confirming his willingness to participate in the study.

### Vitals on examination

Vital Sign	Measurement
Blood Pressure	120/80 mmHg
Heart Rate	72 beats per minute
Respiratory Rate	16 breaths per minute
Temperature	98.6°F (37°C)
SpO <sub>2</sub> (Oxygen Saturation)	98%
Blood Glucose Levels	Fasting: 90 mg/dL; Postprandial: 120 mg/dL
Thyroid Function Tests	Within normal range (Euthyroidic)

### Intervention

The interventions provided to the patient included lifestyle modifications, dietary changes, and oral herbal medication. Lifestyle modifications involved taking dinner earlier and engaging in a brisk walk for 15-20 minutes after meals to promote digestion and overall health. Dietary changes emphasized the importance of a well-balanced diet, rich in fibers, and encouraged the inclusion of fruits and green vegetables while avoiding fast foods. Additionally, the patient was given an oral herbal medication, '*Araq i- Ilāichi*'<sup>[6,7]</sup> a well-known drug in the Unani system, at a dose of 30 ml twice a day, after lunch and dinner, to support the patient's health and treatment plan.

### Follow up

The treatment was administered for a total of 28 days, with follow-up assessments conducted weekly over the course of four weeks. The patient was evaluated on days 0, 7, 14, 21, and 28, with feedback gathered regarding the reduction in the frequency of belching and the improvement in symptom quality. The patient's progress was monitored by assessing changes in the severity of symptoms, specifically focusing on the frequency of belching episodes and the associated discomfort, such as the burning sensation. These assessments allowed for a comprehensive understanding of the treatment's effectiveness and the patient's response to the intervention.

Week	Base line 0 <sup>th</sup> day	Week 1 7 <sup>th</sup> day	Week 2 14 <sup>th</sup> day	Week 3 21 <sup>st</sup> day	Week 4 28 <sup>th</sup> day
Frequency of Belching (per day)	35	30	20	2-3	0
Intensity of Burning Sensation (0–10 scale)	10	9	8	3	0
Abdominal Tenderness (Yes/No)	Yes	Yes	No	No	No
Appetite (Normal/Reduced)	Reduced	Reduced	Normal	Normal	Normal
Bowel Habits (Regular/Irregular)	Regular	Regular	Regular	Regular	Regular
Patient-Reported Improvement (%)	0%	20%	50%	80%	90-95%

### Explanation of Columns

- 1. Frequency of Belching:** Number of belching episodes per day.
- 2. Intensity of Burning Sensation:** Patient rates burning sensation on a scale of 0 (no sensation) to 10 (severe sensation).
- 3. Abdominal Tenderness:** Indicates the presence or absence of tenderness upon examination.
- 4. Appetite:** Assesses if appetite is normal or reduced compared to baseline.
- 5. Bowel Habits:** Tracks regularity or irregularity of bowel movements.
- 6. Patient-Reported Improvement:** Subjective percentage improvement in symptoms as reported by the patient.

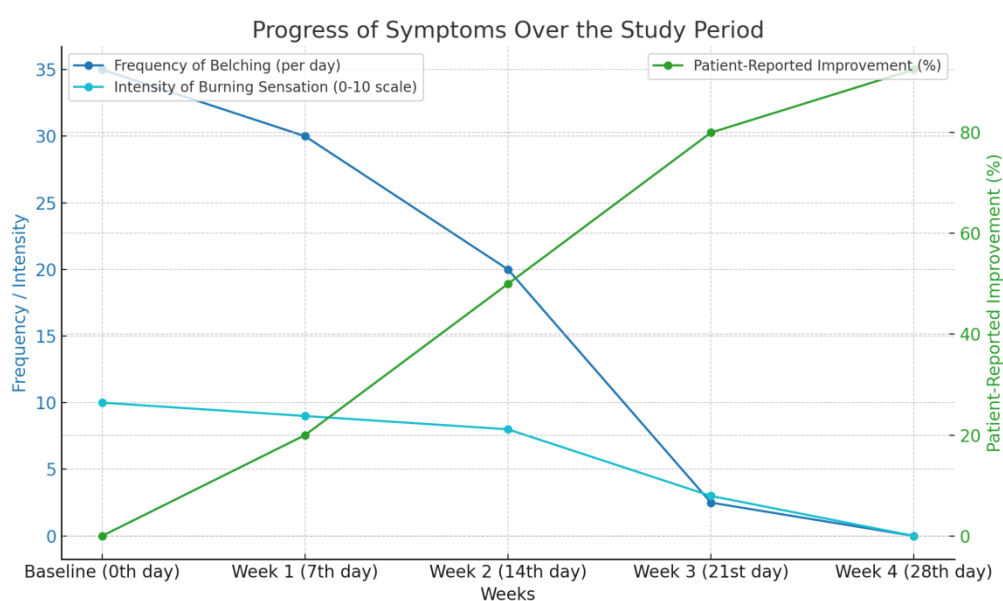
### RESULTS AND DISCUSSION

In this case study, the patient was evaluated on days 0, 7, 14, 21, and 28, with feedback collected regarding the reduction in the frequency of belching and the overall improvement in symptom quality. The patient's progress was monitored by assessing changes in symptom severity, focusing specifically on the frequency of belching episodes and the associated discomfort, including the burning sensation. These regular assessments provided a comprehensive understanding of the treatment's effectiveness and the patient's response to the intervention. Notably, there was a significant improvement in the patient's quality of life, with a marked reduction in belching frequency, burning sensation, and dyspepsia. Furthermore, *'Araq i- Ilāichi* proved to be safe and well-tolerated, demonstrating its effectiveness in alleviating symptoms of belching with promising results.

### Outcomes of the Study

The outcomes of this study demonstrated significant improvements in the patient's condition following the treatment. The patient showed significant improvement over the six-week study period. At baseline, the frequency of belching was 35 episodes per day, accompanied by a burning sensation intensity of 10/10 and abdominal tenderness, with reduced appetite but regular bowel habits. By the 7th day (Week 1), the frequency of belching reduced to 30 episodes, and the burning sensation decreased slightly to 9/10, though tenderness persisted, and appetite remained reduced. By the 14th day (Week 2), belching episodes further decreased to 20 per day, the burning sensation was 8/10, tenderness resolved, and appetite normalized. By the 21st day (Week 3), belching episodes dropped significantly to 2–3 per day, with a burning sensation intensity of 3/10 and continued absence of tenderness, normal appetite, and regular bowel habits. By the 28th day (Week 4), belching ceased entirely, with no burning sensation or tenderness, appetite remained normal, and the patient reported a 90–95% improvement in symptoms.

The patient's quality of life improved markedly, with a reduction in discomfort and distress related to gastrointestinal symptoms. '*Araq i- Ilāichi*' the herbal medication used in the treatment, was found to be safe, well-tolerated, and effective, showing promising results in managing belching and associated symptoms. Regular follow-up assessments confirmed that the drug not only provided symptom relief but also contributed to the patient's overall well-being throughout the study.



**Figure 1.**

## CONCLUSION

This case study demonstrates the significant effectiveness of '*Araq i- Ilāichi*' in treating *Kathra Al-Jushā*' (belching). Over a 28-day treatment period, the patient experienced a marked reduction in the frequency of belching episodes, from 30-40 occurrences after meals to a significantly lower frequency. Additionally, the burning sensation associated with belching was alleviated, and symptoms of dyspepsia, such as bloating and indigestion, were also substantially reduced. The patient's overall quality of life improved, with less discomfort and a notable reduction in gastrointestinal distress. The herbal medication was well-tolerated and safe, showing promising results in managing the symptoms of belching. The results from regular follow-up assessments confirmed that '*Araq i- Ilāichi*' provided not only symptom relief but also enhanced the patient's overall well-being. Thus, '*Araq i- Ilāichi*' proves to be an effective and safe treatment option for managing *Kathra Al-Jushā*', offering significant improvements in both symptom reduction and quality of life.

## Declaration of patient consent

The authors attest that they have received all necessary patient consent papers. By signing these documents, the patient consented to the publication of their clinical information. The patient's name will be protected to the best of our ability, but total anonymity cannot be ensured. The patient is aware that their initials and names will remain anonymous.

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**Ethical clearance:** Not applicable.

**Conflict of Interest:** None.

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