

**AYURVEDIC MANAGEMENT OF UDARSHOOL IN  
KSHEERAPAWASTHA: A SINGLE CASE STUDY****Dr. Surabhi Arun Yadgire\*<sup>1</sup> and Dr. P. K. Dash<sup>2</sup>**

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**ABSTRACT**

Udarshool is a common symptom in infants, especially within 6 months of age. Although it seems to be simple, it affects the regular activities and most of the parents often worry too much about it. Excessive crying in infants represents Udarshool. Vata is predominant in Udarshool which can be counteracted by Shoolghna and Vataghna property. Udarshool can be correlated with Infantile Colic. The drug selected for this study is Ajamoda Arka and the reasons for selecting Ajamoda for the study are Ajamoda being readily available in households, has stomachic, digestive as well as antispasmodic properties. Its easy availability in market and Arka formulation makes it palatable for infants in drop form in proper dosage. A 4 month old female patient of diagnosed Udarshool was randomly selected for the study who presented to the Kaumarabhritya Out Patient Department with symptoms of excessive inconsolable crying especially in evening

hours. Arka was administered at 1st visit to reduce lakshanas immediately and twice a day for next 5 days. Assessment parameters were assessed before giving medicine and on the 30th minute, 3rd day and 5th day of treatment. The recurrence and the frequency of Udarshool was discovered to be markedly reduced. The Ayurvedic Management proved to be useful in this case.

**KEYWORDS:** UDARSHOOL, INFANTILE COLIC, AJAMODA ARKA.

## INTRODUCTION

Ayurveda is the most scientific medical system. Entire Ayurveda has been divided into eight specialities in past. Amongst these eight branches of Ashtangas; Kaumarbhritya, Kaumartantra or Balachikitsa is one of the important branches. Kaumarbhritya includes the management during the antenatal period and puerperium as well as pacification of the children's diseases. During intrauterine life the fetus depends on its mother for growth and development. After birth the infant makes a number of physiological changes for its independent existence. The most vital change involves the respiratory, circulatory, digestive systems. The digestive system is intimately connected with the process of anabolism, growth and development that are vital at this period of life. The infant suffers many adaptive disturbances in the digestive system like flatulence, indigestion, colic etc which affects the growth and weight gain in infants which may secondarily affect their development. For these reasons Udarshool was selected for the study. Here Udarshool is mainly Koshtashool. Prakupit Vayu accumulates in Koshta causing abdominal discomfort and the infant starts crying excessively. Only lakshanas of Udarshool in ksheerapawastha is mentioned in Kashyap Samhita in Vedanaadhyay is considered in present study. Udarshool (Infantile colic) is one of the most distressing problems of Infancy. As per Ayurvedic science it is common in Ksheerapawastha that is a period of one year from the birth. In this period balak is on matrustanya. If vatadushitstanya is taken by balak, with improper feeding practices, ineffective burping, cows milk ingestion causes Udarshool. It is distressing for the infant's parents. It is extremely common in healthy infants. About 40% of infants are affected by colic. Most of the time this condition is self limiting but if not, it is important for Physicians to treat this condition.

## METHODOLOGY

Consent- The present study was conducted under ethical principles following the International Conference of Harmonization- Good Clinical Practices (ICH-GCP)

To fulfill the aim and objectives of the study, this work was carried out in the following manner.

## CASE STUDY

A 4 month old male child reported to the Kaumarbhritya Out Patient Department of Yashwant Ayurvedic College, P. G. Training and Research Centre Kodoli Dist Kolhapur with following symptoms:

1. Excessive and inconsolable crying especially during evening hours.
2. Refusal to feed.
3. Moaning
4. Abdominal distension.

**History of past illness**

No h/o any other major illness or any surgery.

**Drug history**

No drug history present.

**Family history**

No history of consanguineous marriage.

**Birth history**

1. Antenatal- Nonspecific
2. Natal- Full-term normal delivery at the hospital. The baby cried immediately after birth, with birth weight- 3.1kg. No NICU stay.

Feeding-Exclusively breastfeeding

**Immunization history**

All vaccines are given as per age.

**General examination****Anthropometry**

Height - 61 cm, Weight - 6.4 kg, Head circumference – 40.3 cm, Chest circumference- 33.4cm, Mid arm circumference-13.2cm

Pulse: 106 per min, Temperature: 98.7 F, RR:36/min

**Systemic examination**

RS: AEBE clear,

CVS: S1S2 normal,

CNS: Conscious, Active.

P/A: Tender with gaseous distension

Sleep- disturbed (Frequent crying episodes)

Urine –7-8 times a day without complaints

Stool – 2 times a day without complaints

**Development Milestones**– Achieved as per age

**Diagnosis**

Udarshool.

**Treatment Given**

Ajamoda Arka 0.5ml PO stat f/b BD for 5 days.

**Assessment Criteria**

Subjective criteria for assessment, the result of four symptoms will be kept as the parameter.

**CRITERIA OF ASSESMENT –**

Lakshan	Scoring			1 <sup>st</sup> day before treatment	30 min	3 <sup>rd</sup> day	5 <sup>th</sup> day
	0	+1	+2				
<b>Stanyadwesh (Refusal to feed )</b>	Takes Feed Readily	Takes Feed After Reassurance	Refuse to Feed				
<b>Rauti ( Cry )</b>	No Cry (Awake Or Asleep)	Moans Or Whimpers, Occasional Complaint	Crying Steadily, Screams Or Sobs; Frequent Complaints				
<b>Udara sthabdhata (Tenderness)</b>	Soft, Non-tender	Mild to moderate tenderness	Severe Tenderness				
<b>Mukha sweda (sweating over Face)</b>	No Sweating	Sweating	Profuse sweating				

**RESULT**

**CRITERIA OF ASSESMENT –**

Lakshan	Scoring			1 <sup>st</sup> day before treatment	30 min	3 <sup>rd</sup> day	5 <sup>th</sup> day
	0	+1	+2				
<b>Stanyadwesh (Refusal to feed )</b>	Takes Feed Readily	Takes Feed After Reassurance	Refuse to Feed	+2	+1	0	0
<b>Rauti ( Cry )</b>	No Cry (Awake Or Asleep)	Moans Or Whimpers, Occasional Complaint	Crying Steadily, Screams Or Sobs; Frequent Complaints	+2	+1	0	0
<b>Udara sthabdhata (Tenderness)</b>	Soft, Non-tender	Mild to moderate tenderness	Severe Tenderness	+1	+1	0	0
<b>Mukha sweda (sweating over Face)</b>	No Sweating	Sweating	Profuse sweating	0	0	0	0

## DISCUSSION

The drug used in this study is well suitable in infancy. “Ajamoda Arka” is used in Udarshool as it is widely available throughout India. The reference of Ajamoda is available from Samhita Kala onwards. Ajamoda has distinct Vatanuloman and Shoolaghna properties. Active ingredient in Ajamoda that is *limonene* acts rapidly on Colic and gives faster relief in small quantities. As arka has a long shelf life, ready preparation comes handy. Hence an effort is made to assess the action of this drug in Udarshool.

After each follow up, patient evaluation through lakshanas mentioned in Kashyap Samhita was done, which showed significant effect in treating udarshool as well as preventing the recurrence.

## CONCLUSION

In the present case study, the Ayurvedic management (i.e. Ajamoda Arka) showed a significant effect. There are no adverse effects found with this drug. Ajamoda Arka is effective in managing and preventing recurrence of Udarshool in ksheerapawastha but further study in large sample size is needed.

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