

**A SINGLE-CASE STUDY OF MANAGEMENT OF JALODARA
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Udara roga denotes generalized distension or enlargement of abdomen of any etiology. According the modern Science meaning of the Udara is Abdomen. In Ayurveda describes many types of abdominal disease in the Udar roga Chapter. In modern science Udara roga compared with Ascites but in Ayurveda is not only limited to ascites but also includes gaseous distension, hepato-splenomegaly, intestinal obstruction and intestinal perforation. In Ayurveda describe Eight type of Udar roga. Mandagni is the main cause of Udara roga. Long standing mandagni, ajirna and malavridhhi are the reasons behind it. This causes vitiation of Prana, agni & Apana and obstruction of the upward and downward channels of circulation. Dosha prakopa occurs and get lodged between skin and muscle tissue resulting in generalized distension of abdomen. All Udara roga finally convert into Jalodara (Ascites).

KEYWORDS: Ascites, Ayurveda, diet restriction, Jalodara.**INTRODUCTION**

Ascites is a gastroenterological term for an accumulation of fluid in the peritoneal cavity that exceeds 25 ml.^[1] Most common manifestation of liver dysfunction is ascites and most common cause of ascites is liver disease. Among Tridosha, the Prakupita Vata (aggravated Vata) gets accumulated in Udara between Twaka (skin) and Mamsa (muscles tissue) leading to Shotha (swelling); this is being termed as Udararoga.^[2] Along with the aggravated Vata, Agni (digestive fire) which is Manda (low) also causes Udararoga.^[3] There are multiple

factors involved in the causation of Udararoga. In other terms, Udara is manifested because of vitiated Rasa Dhatu portion which gets extravagated from Koshtha and Grahani gets collected in Udara, Vata is one of the prime causative factors in the manifestation of Udararoga.^[4] Inspite of advanced medical facilities, still, there is no sure treatment which cures a patient of ascites totally. The modern treatments only provide provisional relief with time dependent recurrence but, the fluid gets collected in the abdominal cavity repeatedly, in such cases and can be correlated with **Jalodara** (ascites) which mentioned in Ayurveda medical science. Diet restriction, medicinal treatment and surgical procedure are mentioned in **Samhita**. Diet restriction is an important feature of the management of this condition.

CASE REPORT

A 39-year-old male came with following chief complaints: anorexia, abdominal distension, B/L pedal oedema, vomiting after meal and after travel, mild yellowish eyes, watery stools, low urine output, fatigue from 10 days.

History of present illness

The patient was alright before 10 days. After that, the patient had low grade fever and above symptoms so consulted as he got no relief from allopathic medicine.

Past history

No history of tuberculosis, diabetes mellitus, hypertension, hypothyroidism, any surgery or chronic illness.

Family history

No evidence of this type of disease in the family.

Physical examination

Bilateral pedal edema: ++

Body temperature: 98.6 F

Mild pallor

Blood pressure: 126/80 mmHg

Pulse: 86/min

Slightly yellowish eyes

Respiratory rate: 20/min.

Systematic examination (per abdomen)

- Inspection: Distended abdomen
- Palpation: Hepatomegaly (2 cm below the right costal margin), splenomegaly, tenderness in the right and left hypochondriac region
- Percussion: Shifting dullness and fluid thrill: Present.

Investigation**Table 1: Investigations before and after treatment.**

Parameters	Before treatment	After treatment
Total bilirubin	9.2	3.9
Direct bilirubin	4.7	2.9
Indirect bilirubin	4.5	1.03
SGOT	90	44
SGPT	15	19
Alkaline phosphate	130	96
Haemoglobin	11.5	11.4
Platelet	89000	1,20,000
Urine Analysis	Bile salt- positive Bile pigment – positive	Bile salt- Negative Bile pigment - Negative
Imaging USG Abdomen	Liver mild enlarge(15.6cm) Mild enlarged spleen Moderate to severe Ascites	Liver size is normal No spleen enlargement No sign of Ascites

Treatment**Table 2: Shows the treatment schedule of the patient.**

Date	Medicine	Dose	Anupan	Time
29/09/23 – 09/10/23	1.No. 17 susushesharpunkha	250 mg	Luke warm water	3 times/day
	2.phaltrikadi churna 1 Matra+ Goksharu churna 1 matra+ punarnava churna 1 Matra	1 Sachet	Luke warm water	3 times/day
	3.Jwaraghnashatpeerya	4 spoons	Luke warm water	3 times/day
	4.Sanshamani vati	500 mg	Luke warm water	3 times/day
	5. Punarnava Mandur	250 mg	Luke warm water	3 times/day
10/10/23 - 20/10/23	1.No. 17 susushesharpunkha	250 mg	Luke warm water	3 times/day
	2.phaltrikadi churna 1 Matra+ Goksharu churna 1 matra+ punarnava churna 1 Matra	1 Sachet	Luke warm water	3 times/day
	3.Jwaraghnashatpeerya	4 spoons	Luke warm	3 times/day

	4.Sanshamani vati	500 mg	water	
	5.punarnava mandur	250 mg	Luke warm water	3 times/day
	6.Varunadi kadha	2 spoons	Luke warm water	3 times/day
21/10/23-30/10/23	1.No. 17 susushesharpunkha	250 mg	Luke warm water	3 times/day
	2.phaltrikadi churna 1 Matra+ Goksharu churna 1 matra+ punarnava churna 1 Matra	1 Sachet	Luke warm water	3 times/day
	3.Jwaraghnashatpeerya	4 spoons	Luke warm water	3 times/day
	4.Sanshamani vati	500 mg	Luke warm water	3 times/day
	5.punarnava mandur	250 mg	Luke warm water	3 times/day
	6.Ikshuchavarna	2 spoons	Luke warm water	3 times/day
31/10/23-10/11/23	1.No. 17 susushesharpunkha	250 mg	Luke warm water	3 times/day
	2.phaltrikadi churna 1 Matra+Goksharu churna 1 matra+ punarnava churna 1 Matra	1 Sachet	Luke warm water	3 times/day
	3.Jwaraghnashatpeerya	4 spoons	Luke warm water	3 times/day
	4.Sanshamani vati	500 mg	Luke warm water	3 times/day
	5.punarnava mandur	250 mg	Luke warm water	3 times/day
	6.Ikshuchavarna	1 spoon	Lukewarm warm water	3 times/ day

Pathya-Apathya

Diet was restricted to the patient and he was suggested to take Amla juice 4 tbsp Jesthamadh powder half spoon with half glass water and granulated sugar 1 spoon by combining, drink every morning on empty stomach and at 4 pm. Took ghee salt and warm soft rice, Mix fresh sorghum bread(bhakari) with warm milk with water and added granulated sugar, advised rice peya, took 2 handful of puff rice, coriander seeds with 2 litre water, boiled the mixture, keep half of the remaining and strain it when it cools down. a handful of raw rice washed twice. Then crushed by hand in a glass of water. The water became milky white. Strained and advised to take once a day. Advised six teaspoons of coriander juice with spoonful of honey, taken twice a day.

Avoid taking any hot food like chili, spices, garlic, ginger, black pepper, cinnamon, All foods together should not take more than one and a half litres of liquid during the day. Urine output was measured, The patient was strictly on this regimen for 2 months.

RESULTS

Significant results were found in all the symptoms, abdominal girth [Tables3-4].

Table 3

Date	Anorexia	Vomiting after meal	Abdominal distension	Respiratory distress	Generalized Weakness	Disturbed sleep	Bilateral pedal oedema
29/9/23	+++	++	+++	++	+++	+++	+++
10/10/23	+++	++	+++	++	+++	+++	+++
20/10/23	++	++	++	++	++	++	++
30/10/23	++	+	++	++	++	++	++
11/11/23	+	-	+	+	+	+	+
7/12/23	-	-	+	-	-	-	+

+ Indicates severity of symptoms where – indicates absence of sign or symptoms.

Table 4: Measurement of abdominal girth.

Date	Abdominal girth (in inches)		
	At diaphragm	Above umbilicus	Below umbilicus
11/10/23	37	38.5	40
12/10/23	37	38.5	39.5
13/10/23	37	38	37.5
14/10/23	36.5	38	37.5
15/10/23	36	38	36
16/10/23	37	38	36.5
17/10/23	36.5	37	36
18/10/23	35	36	35
19/10/23	35	36	35
20/10/23	35	36	34
21/10/23 – 7/12/23	34-35	35.5 -36.5	34 -35

Table 3 presents the relief in symptoms and Table 4 provides the measurement of abdominal girth.

DISCUSSION

Discussion on causes of ascites, Acharya Charaka has mentioned many causes of Udararoga. In the present case, the patient had low digestive fire, over eating, very hot, salty, spicy, acidic food, taking dry and impure diet, negligence of the treatment of severe diseases and suppression of natural urges.^[5]

Discussion on treatment of ascites^[6]

Nidana Parivarjana (avoid causative factors) For this diet and water, intake was restricted and the patient was kept only on strict diet.^[7]

Agnidipti (provocation of digestion) Mandagni is the chief factor in any type of Udararoga. For Agnidipti, phaltrikadi churna, sanshamini vati were given to the patient. It enhances Agni and helps in Samprapti Vighatana (breakdown of pathogenesis).

Apyam Doshaharanam and Sroto Shodhana (removing the accumulated fluid) punarnava mandur, gokharu churna, varunadi kadha^[8] was given. Tikshna, Ushna Guna of Mutra (urine) enhances Agni (digestive power). By its Ushna (hot), Tikshna (sharp) and Ruksha (dry) Guna, it removes Strotosanga (obstruction) of channels and helps in Samprapti Vighatana (breakdown of pathogenesis). Simultaneously, there was removal of Apya Dosha (water retention) also.

Ascites may be caused due to any pathology of liver, heart, kidney, etc., but ascites from liver disease is difficult to be treated; hence, there comes the need to correct the pathology from its root cause. In the present case, the patient also has hepatomegaly hence these drugs were administered. Sharapunkha is the drug of choice in spleen and liver diseases. It corrects the working of digestive system. It improves the functioning of liver. The study shows that Sharapunkha has hepatoprotective activity.^[9]

Punarnavadi Kwatha and Punarnavadi Mandura Punarnavadi Kwatha is indicated in the treatment of Udara Roga and it also reduces Shotha (swelling). It corrects Pandu and Shwasa too. The patient had all these symptoms with Jalodara, hence this Kwatha was prescribed which had shown significant result in all symptoms. Mandura is also indicated in Pandu (anemia), Shotha (oedema) and Shwasa (bronchial asthma) which significantly improved Pandu.^[10,11]

CONCLUSION

Daily therapeutic purgation, diet restriction and Ayurvedic medicines had shown improvement in all the symptoms of Jalodara. In the present case, abdominal girth, pedal edema and all above-mentioned symptoms were significantly improved without any side effect. Although the patient was kept only on milk diet, no any side effects were noted during and after the treatment. Also it shows significant results. In the present case, ayurvedic

medicine was given for 60 days continuously, but no any side effects were noted; Hence, it can be concluded that Ayurvedic medicines give better result in ascites without side effect.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form the patient has given her consent for her images and other clinical information to be reported in the journal. The patient understand that her name and initials will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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Conflicts of interest

There are no conflicts of interest.

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