

A LITRARY REVIEW ON USE OF *KUSHMANDA* IN PEPTIC ULCER¹Dr. Sheetal Katariya and ²Dr. Ravi Sharma¹PG Scholar Department of KayaChikitsa²Prof. and HOD., Department of KayaChikitsa

MMM. Government Ayurved College Udaipur, Rajasthan. (PIN 313001)

Article Received on
07 Feb. 2023,Revised on 28 Feb. 2023,
Accepted on 21 March 2023

DOI: 10.20959/wjpr20235-27605

Corresponding Author*Dr. Sheetal Katariya**PG Scholar Department of
KayaChikitsa, MMM.
Government Ayurved
College Udaipur, Rajasthan.
(PIN 313001)**ABSTRACT**

Peptic ulcers are common in the present – day life of the industrialised and civilised world. Peptic ulcers are the areas of degeneration and necrosis of gastrointestinal mucosa exposed to acid-peptic secretions. Though they can occur at any level of the alimentary tract that is exposed to hydrochloric acid and pepsin, they occur most commonly (98-99%) in either the duodenum or the stomach. All spicy junk food like Pizza, burger etc. have low nutritive value and cause peptic ulcer, Gastritis, obesity, indigestion like health dangerous diseases and as well as disturb mental health also. In peptic ulcer high level of acid formation is occurred. And we know that for acid neutralize best option is Basic(*kshar*) medium. In *Ayurved samhitas* describe many

herbal drugs that neutralize acid, one of them *kushmanda* (*Benincasa hispida*) is the best herbal drug. in local language we know *kushmanda* as *petha*(white gourd). The seeds and fruit juice of *Kushmanda* is claimed to be nootropic (*Medhya*) and is recommended in *Ayurveda* for enhancing memory and other cognitive functions. *Acharya shushrut* told that *bala phala* (unripe fruits) of *kushmanda* have best *pitta shamak* properties. In peptic ulcers increase level of Acid (*pitta*) is diminished by *kushmanda* 's *pitta shamak* properties. And *Acharya charak* told that *kushmanda* have *kshariya guna* so this *guna* is also neutralize the acid formation. so, we describe below some *kushmanda*'s healthy nutritive recipes that are helpful for peptic ulcer patients.

KEYWORDS: *Kushmanda*, peptic ulcer, food recipes, *Ayurveda* herbs.

INTRODUCTION

‘सक्षारं पक्वकूष्माण्डं मधुराम्लं तथा लघु ।

सृष्टमूत्रपुरीषं च सर्वदोषनिर्हणम् ॥ ’ (च. सू. २७/ ११३)

That means ripe fruit of *kushmanda* is *Madhur ras* (sweet test) and *Amla ras* (citric test) and *kshar* (base) properties. And have Diuretic, laxative and *sarvadoshanirharna* properties.

Study shows that the extract of *Kushmanda* may be a natural drug with antiulcer activity. *Kushmanda Avaleha* provides strength and reduces aggravated *Pitta* symptoms including burning sensation, acid reflux and hyperacidity.

About *Benincasa hispida*

Botanical name – *Benincasa hispida*

Family- cucurbitaceae

Synonyms- *kushmanda*, *pushpaphala*, *brahatphala*, *valliphala*, *petha*, *kholha*, white gourd melon.

Chemical composition - It contains starch, an alkaloid called cucurbitine, a bitter resin, protein, myosin, vitelline, sugar and alkali. There is a stable oil in the seeds.

Guna:

Guna – *Laghu*, *Ruksha*.

Rasa – *Madhur*

Vipaka – *Madhur*

Virya – *Sheeta*

Prabhava – *Medhya*

Ripe *kushmanda* have *Laghu guna* and *kshariya* properties.

Dodh shamakata: *kushmanda* have *madhur* and *shnigdha* properties so it is *Vata Shamak*.

It has *madhur* and *sheeta* properties so it is *pitta shamak*.

Ripe *kushmanda* is *Treedosha Shamak*.

AIMS AND OBJECTIVES

‘पित्तघ्नं तेषु कूष्माण्डं बालं, मध्यं कफावहम् ।

शुक्लं लघूष्णं सक्षारम् दीपनं बस्तिशोधनम् ॥

सर्वदोषहरं हृदयम् पथ्यं चेतोविकारिणाम् ।’ (सु. सू. ४६ / २१३, २१४)

- Unripe fruit of *khushmand* is *pitta shamak*.
- In middle *khushmand* is *kapha karak*.
- And ripe *kushmanda* have *ushna*, light, alkaline, *Agnidipak* (carminative), *Bastishodhak* (Diuretic). *Sarvadoshanash*. Good for heart, use in *chitta vikar* (Anxiety, mood swings, depression, epilepsy etc.) Properties.

Mordern review

Causes of gastric ulcer

H. Pylori infection

NSAIDS

Neoplasm (carcinoma, lymphoma, lymphosarcoma)

Stress

Crohn's disease

Infections (herpes simplex, cytomegalovirus)

Causes of duodenal ulcer

Common causes: H. pylori infection

NSAIDS

SYMPTOMS - PAIN

1. Character and intensity-Variable, usually gnawing, moderate, very mild or severe.
 2. Location and radiation-Characteristically sharply circumscribed to an area about one inch in diameter between xiphoid and umbilicus. Can occur anywhere in the abdomen, retrosternally, or with a posterior ulcer in the back.
 3. Relation to food-Rhythmic occurrence and disappearance. Pain invariably absent in morning. Pain usually comes 2-3 hours after meals and is eased by food. Characteristic nocturnal distress between 12 and 2 am. Freedom from pain for about two hours after rising. In gastric ulcer pain is precipitated by food.
 4. Aggravation and relief-Aggravated by coarse foods, alcohol, nervous tension, undue fatigue. Relief by ant- acids or after vomiting of acid fluid.
 5. Periodicity of pain-Most characteristic feature. Even when pain is absent, recurrent bouts of heartburn, anorexia, nausea and vomiting suggest possibility of ulcer.
- Nausea and weight loss occur more commonly in gas- tric ulcer patients.

INVESTIGATIONS

1. Endoscopy is the ideal method of diagnosing duodenal ulcer. The ulcer often appears like a severe aphthous ulcer with a creamy base.
2. Barium meal
3. Gastrosocopy. In addition to allowing direct visualization of the mucosa, photographic documentation of a mucosal defect and tissue biopsy to rule out malignancy.
4. Tests for *H. pylori*.
5. Gastric studies include measurement of basal secretion, or response to injection of histamine, pentagastrin or insulin. Not necessary for assessment of uncomplicated DU, but required only for hypersecretion when patient has continuing DU after gastric surgery.
6. Hb and MCV-To exclude anemia of iron deficiency.

Peptic ulcer has two types:

1. Duodenal ulcer
2. Gastric ulcer

Difference by Clinical feature

Duodenal ulcer	Gastric ulcer
Pain-food-relief pattern.	Food-pain pattern
Melaena more common than haematemesis	Haematemesis more common
No vomiting.	Vomiting common
Night pain common	No Night pain
No particular choice of diet.	choose bland diet devoid of fried foods, curries etc.
Deep tenderness in the right hypochondrium.	Deep tenderness in the midline in epigastrium.
Occurs more commonly in people at greater stress	More often in labouring groups
No loss of weight.	Significant loss of weight

Ayurvedic review

Parinamshool (Duodenal ulcer)

भुक्ते जीर्यति यत् शूलं तदैव परिणामजं ।“ (मधुकोश)

After complete digestion of food, which pain is occurred that is known as *Parinamshool*.

Annadarvashool (Gastric ulcer)

जीर्णेजीर्यत्यजीर्णे वा यच्छूलमुपजायते ।” (मधुकोश)

After complete digestion of food, before taking of food and during digestion of food, which pain is occurs that pain known as *Annadarvashool*.

Kushmanda recipe/Ayurvedic medicine that can useful in peptic ulcer patients:

Kushmandavleha

Kushmand Rasayana

Kushmand Ghrita

Kushmand ka Halawa

Agare ka petha

CONCLUSION

In these section describe difference between Anadrvashool (Gastric ulcer) and parinaamshool (Duodenal ulcer) and how to kushmanda useful in control of peptic ulcers. And tell about kushmanda guna and useful recipes.

REFERENCES

1. Kashinath shashtri, charak samhita volume 2 (27/113) pg. No.539.
2. Kaviraj dr. Ambhikadatt shashtri sushrut samhita volume 1 (46/214-215)pg.No.216.
3. Aspi golwalla and sharukh A golwalla, Golwalla 25 th edition, pg. No. 18,19,20.
4. Harshmohan, taxtbook of pathology, 8th edition pg. No. 575.