

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



A Review On Concept Of *Gulma* In Ayurveda

Priyadarshani Ashok Mohite,¹ Umesh Balaso Jagtap,² Sonal Shah³

VOLUME 4 ISSUE 7

1. P.G Scholar of Kayachikitsa Department Lokanete rajarambapu ayurvedic college islampur
2. P.G Scholar of Kayachikitsa Department Lokanete rajarambapu ayurvedic college islampur
3. H.O.D Kayachikitsa Department Lokanete rajarambapu ayurvedic college islampur

Corresponding Author:- Dr. Priyadarshani Ashok Mohite, P.G Scholar of Kayachikitsa Department Lokanete rajarambapu ayurvedic college islampur Email:priyadarshanimohite555@gmail.com

Article received on 29th June 2021

Article Accepted 24th July 2021

Article published 31st July 2021

ABSTRACT: -

Introduction

Gulma is a disease entity linked to *Vata* (a bodily humour) that encompasses a wide range of gastrointestinal and gynaecological disorders, however because to its complex clinical presentation, diagnosis can be challenging. As a result, a thorough understanding of *Gulma* is required for precise and straightforward diagnosis.

Aims and objectives

To conduct a *Nidanatmaka* (Epidemiological) study of *Gulma* in context of *Dosha* predominance.

Material and methods

Classical Ayurvedic books, particularly the Charaka Samhita, were thoroughly examined, together with Sanskrit commentary, to compile a list of relevant references. A thorough search of the Internet was conducted to locate prior study papers and related material.

Results

Shotha (Inflammation) and *Shula* have a close bond with *Gulma* (Pain). The main causal variables are deranged Agni (Digestion & Metabolism) and emaciated Dhatu (Tissues), which provoke *Vata* by raising its *Ruksha Guna* (Dryness) or inhibiting its functioning (*Avarana*)

Conclusion

Gulma is primarily *Vata Dosha* provoking. It can be found on the surface or deep within the Thoraco-abdominal cavity, and it might be palpable or not. *Shotha* is the basic phenomenon that causes *Gulma's* pathogenesis, and *Shula* is the Cardinal Symptom. In comparison to *Prakriti Sama Samaveta*, where the result is perfectly in accordance with the cause, *Vikriti Vishama Samaveta* varieties of *Dwandwaja Gulma* require specific treatment.

Keywords: Charaka Samhita, Prakriti sama samaveta, Vikriti vishama samaveta, Ayurveda



This work is licensed under a creative attribution -Non-commercial-No derivatives 4.0 International License commons

How to cite this article: Mohite A.P, Jagtap U.B, Shah S "A Review On Concept Of *Gulma* In Ayurveda; IRJAY. [Online] 2021;4(7): 154-157. Available from: <http://irjay.com> ; DOI: <https://doi.org/10.47223/IRJAY.2021.4723>

INTRODUCTION

Gulma is a disease with a very complicated clinical picture. It's only being likened to an abdominal lump or uterine fibroids, which isn't accurate or sufficient. The A clump or cluster of trees is what the term "*gulma*" means. a thicket, a bush, or a shrub. The term can be found in a number of ancient texts.

The same meaning is found in Indian scriptures. *Gulma* is a character in Ayurveda. is said to be a sickness caused by an exacerbated *Vata* (one of the three doshas). three primary bodily humours). The disease's official name is *Avritta Vata* (Covered or Obstructed) is indicated.^[1]

As a result, accurate diagnosis and therapy require a thorough understanding of the disease's shape, location, and characteristics.

Review of literature

Gulma is a mass of Dosha (Bodily Humours) that has accumulated in a dense, nearly spherical, bubble-like mass, specifically *Vata* Dosha.^[2] It can be in a single or multiple mass, and it can move freely within the cavity of its growth or not. When *Gulma* gets excessively dense, its overlaying muscles and skin appear to be elevated, as if it can't be viewed by examination otherwise. *Gulma* is more than one disease. It is a single term that encompasses a wide range of medical and surgical conditions that affect the intra-abdominal organs. Any form of pain accompanied by a palpable mass

in any quadrant of the abdomen raises the possibility of *gulma*.^[3]

AIMS AND OBJECTIVES

To learn about the notion of *vataja gulma* and how it has been interpreted in current times.

MATERIALS AND METHODS

After studying all Ayurvedic texts and their comments, as well as pertinent material from papers, periodicals, journal and published articles, and internet media, a conceptual research is conducted.

Nidan: Only the *nidan of Vataja Gulma* has been mentioned by Acharya Charak. However, only the *samanya nidan* has been referenced by Acharya Sushrut and Vagbhata.^[4]

Table 1 *Nidan of Vataja Gulma*^[5]

- Foods that aggravate the *Vata dosha*.
- The use of extremely cold regimes.
- Emetic or purgation therapy administration without oleation.
- Vomiting without a desire to vomit.
- Suppression of the expressed desire to pass flatus, urine, or stool.
- Excessive intake of fresh water, especially after a meal.
- Travel in cars that are really jarring.

- Excessive sexual activity, physical activity, alcohol consumption, and anxiety.
- Assault
- Improper posture while sitting, sleeping, standing, or moving

SAMPRAPTI GHATAKA (FACTORS OF PATHOGENESIS) OF GULMA

The primary cause is a reduction in Agni (digestive fire). *Gulma is Nirashraya*, which indicates that no Dhatu (tissue) is engaged in the pathophysiology of the disease until it gets chronic and severe (*Kritavastuparigraha stage*) and begins to suppurate. Only *Hridaya and Ashtang Samgraha* have addressed the possibility of *Rakta Dhatu* (Blood Tissue) participation in the pathophysiology of *Doshaja Gulma* (*Gulma* primarily caused by dosha).^[6]

Samprapti (Pathogenesis) of Gulma:

The pathophysiology of *Gulma* is described as a *Vatika Ekadeshiya Shotha* (Painful Localized Inflammation Caused by *Vata*) in *Sutra Sthana of Charaka Samhita*. As a result, *Shotha* (Inflammation) is the basic phenomenon of *Gulma* pathogenesis, and *Shula* is the Cardinal Symptom (Pain).^[7]

Samanya Poorvarupa (Prodromal symptoms)

Anannabhilasha (no desire to eat) and *Aruchi* (desires but unable to eat) are both stated by Acharya Charaka.^[8] *Abubhuksha* (lack of appetite), *Avipaka* (indigestion), and *Agnivaishamya* (irregular digestion and metabolism) are all prodromal signs of *Gulma*, indicating that a disturbed Agni (digestive fire) plays a significant part in *Gulma* aetiology. *Vata* provocation causes other prodromal signs and symptoms. However, two peculiar prodromal symptoms should be considered for pin-point diagnosis.^[9]

Vomiting / belching at the end of digestion for no obvious reason, also known as *Sauhityasya asahatvam or Triptakshamatva*, indicates that the patient is unable to consume enough food to reach maximum satiety.^[10]

Lakshana (Signs and Symptoms): The dominant Dosh affects the location, signs and symptoms, pattern, and timing of pain. *Vataja Gulma*, for example, causes pain at the end of the digestive process but subsides after eating. In the *Charaka Samhita*, this can be considered a key reference for *Parinama Shula* (abdominal pain at the completion of digestion)^[11]

DISCUSSION

Gulma is a palpable localised bulge/lump in the belly that travels around and is related with faeces stasis, flatus, and discomfort. When you eat anything, the pain goes away, but when you don't, it becomes worse. Flatulence increases as flatus and faeces get obstructed, particularly in the large intestine. Air travels through the ascending, transverse, and descending colons as a bolus, generating palpable air bulges in the flanks (related to gas in the ascending and descending colons), and *hrdayaudarik pradesa* (due to gas in the transverse colon).

CONCLUSION

Any form of pain accompanied by a palpable mass in any quadrant of the abdomen raises the possibility of *gulma*. *Gulma is a vata pradhana* ailment, hence its diagnosis is dependent entirely on *vayu's vikrit lakshana*. *Vata* pacifying agents and therapies should be used in the treatment of *Gulma*.

Acknowledgment: Nil.

Financial Support: Nil.

Conflict of Interest: Nil

REFERENCES

1. Sharma R.K. Charak Samhita Part II, Nidan Sthan Chapter 3 /6, choukhambha Sanskrit, Varanasi; 2009.pp.44-45
2. Sharma R.K. Charak Samhita Part II, Nidan Sthan Chapter 3 /6, choukhambha Sanskrit, Varanasi; 2009.pp.45-46
3. Sharma R.K. Charak Samhita Chikitsa Sthan Chapter 5 /9-11, choukhambha Sanskrit, Varanasi 2009.pp. 255-256.
4. Sharma, P.V Sushrut Samhita, Uttar tantra, Chapter 42/ 10, choukhambha Sanskrit, Varanasi 2007.pp.421-422
5. Tripathy B Astanga Hrudaya, Nidan Sthan Chapter 11/41-43, choukhambha Sanskrit, Varanasi 2012.pp. 508
6. SRB's Manual Of Surgery, 4th edition, By Sriram Bhat M, Jaypee Publications, Pg. No. 994-995
7. A concise textbook of Surgery by S. Das, Jaypee Publications ;2010.pp. No.1115
8. <https://medicaldictionary.thefreedictionary.com>
9. Sharma R.K. Charak Samhita Chikitsa Sthan Chapter 5 /9-11, choukhambha Sanskrit, Varanasi 2009.pp. 255-256,
10. Sharma, P.V Sushrut Samhita, Uttar tantra, Chapter 42/ 10, choukhambha Sanskrit, Varanasi 2007.pp.421-422
11. Tripathy B Astanga Hrudaya, Nidan Sthan Chapter 11/41-43, choukhambha Sanskrit, Varanasi 2012.pp. 508