



## **A Case Study on *Udavartajanya Udgar*- Belching Disorder**

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### **ABSTRACT**

*Eructation (also known as belching, burping, or ructus) involves the release of gas from the gastrointestinal tract (mainly the esophagus and stomach) through the mouth. Belching is a part of daily experience and can only be considered a disorder when the symptoms become frequent and distressing, particularly in social situations, for the patient. Udavarta is one of the important diseases in ayurved, which produced due to the suppression of natural urges which reverse the moment of Vata dosha. In Apanavata Vegavroddhjanya Udavarta and Purishvegavroddhjanya Udavarta these symptoms- excessive belching, hiccoughs, and loss of appetite are mentioned. A 80-year-old female was registered in Kayachikitsa opd with complaints of a 10-year history of frequent belching, associated with intermittent hiccoughs, loss of appetite, nausea and weakness. This case is diagnosed as Udavarta janya udgar- belching disorder and treated with Ayurvedic treatment modalities. Total period of treatment was 7 days, in which Matra Vasti (Enema by Medicated oil in fixed-dose) by Dadimadi ghrut, Sirodhara is given to the patient followed by Shaman medications. Results were assessed by improving in symptoms& ROM-III criteria for belching disorders. Treatment protocol of oral medication with Panchakarma delivered significant results in Udavarta condition, especially improving appetite, and symptoms like nausea and vomiting are completely cured with no occurrence of belching and hiccoughs.*

**Keywords:** *Udavarta, Vegavroddh, Belching disorders, Matra-Vasti, Sirodhara, Dadimadi ghrut*

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### **INTRODUCTION**

*Udavarta* is produced due to the suppression of natural urges, *Vegavroddh* is the main cause of *Udavarta* [1]. Among the *Panchavayu* (Five types of *Vata Dosha*), *sthān* of *Apana Vata* in the *Pakvashaya*, it will get vitiated due to the *nidanas* and will lead to the *Avarodha* (Obstruction) of *Adhovaha Srothas* i.e. *Purishavaha*. *Apanavata* is getting *Avarodha* (obstruction) by itself, as a result *Samayak Pravrutti* (Normal functions) of *Vata* won't happen i.e. in place of *Adhogamana* (Downward movement), *Urdhvagamana* (Upward movement) will take place. It will lead to *Udavarta*. *Udavarta* are of 13 types, due to obstruction of *Apanavayu* which cause *urdhwa gati* of *vayu*- frequent belching is given by the *acharya* as a classic symptom of *udavarta*; other symptoms are due to *Apanavata Vegarodhaja Udavarta* (Due to suppression of urge of downward movement) - The different *Lakshanās* are *Adhmana* (Flatulence), *Shoola* (Colic pain), *Hikka* (Hiccough), Suppression of stools & excrete, in *Purisha Vegavroddhaja Udavarta* (Due to suppression of urge of passing stool) - The different *Lakshanās* are Distension of abdomen, *Shoola* (Colic pain), *Purisha Sanga* (Constipation), more belching or emission of faeces through the mouth are found[2]. Repetitive eructation is usually caused by either excessive gas production in the stomach (fiber-rich diet, carbonated beverages, antibiotics) or chronic swallowing of air (aerophagia)[3]. Repetitive eructation have also been associated with a variety of psychiatric conditions such as anxiety disorders, obsessive-compulsive disorder, somatoform disorders and conversion disorders. Moreover, repetitive eructation is commonly associated with gastrointestinal disorders. Obstruction in the functioning of *Apanavata* symptoms like *udgar*, *hikka* and *shool* are commonly found, due to derangement in normal moments of *vata*, it can cause from mild dysfunction to life-threatening complications.

**Basic Information of the Patient**

Age: 80 years

Sex: Female

Religion: Hindu

Socioeconomic Status (SES): Lower class

**Chief Complaints**

- Presence of Belching whole day, which increases during night time & stress.
- Intermittent hiccoughs
- Loss of appetite
- Nausea and Weakness

Since 10 years.

**History of Present Illness**

A 80-year-old female patient registered in *Kayachikitsa* OPD, Parul Ayurved Hospital, Vadodara with OPD/IPD NO:22003407/220440 on date 12/2/2022 with the complaints of continuous belching with intermittent hiccoughs, associated with loss of appetite, nausea and weakness. She was having episodes of belching since 10 years, the severity of belching increases day by day which is continuous in nature and increases at night time, associated with anorexia. She was unable to eat anything even after viewing or smelling any food, she developed nausea and sense of vomiting. Due to this she developed weakness also, after some time she also developed episodes of intermittent hiccoughs which is non responding to medications. So for these complaints she came here for further treatment.

She is a known case of diabetes and hypertension with stable -RBS 115 mg/dl, and B.P 138/70mmhg and on medication for both. She had a history of constipation with hard stool twice to thrice a week. Frequency of urine 6-7times/day & 2-3 times/night, with disturbed sleep. The patient's diet comprises vegetarian diet. Systemic examination of patient revealed no abnormalities, she had a normal gait with well orientation, absence of pallor, icterus, clubbing or cyanosis, also no palpable lymph node was noted on examination. She had no history of GERD or Gastric Ulcers. On Abdominal examination his abdomen was soft and lax with increased bowel sound. On palpation mild tenderness was present on the Epigastric and Rt. Hypochondrium region. There is no any presence of organomegaly, her blood parameters; Complete blood count, urine routine, and ECG parameters were in normal range with normal USG findings.

**Criteria for diagnosis**

**Rome III diagnostic criteria for unspecified excessive belching-[4]**

1. Troublesome repetitive belching at least several times a week

2. No evidence that excessive air swallowing underlies the symptom

*\*Criteria should fulfilled for the past 3 months, with symptom onset at least 6 months before diagnosis.*

On the basis of the above case findings the case was diagnosed as *Udavartajanya udgar* - unspecified excessive belching and for that, an Ayurvedic treatment protocol was designed which comprises *Shodhan* and *Shaman* treatment.

**Material and Method**

In this case study a case of *Udavarta janya udgar*- belching disorder was registered and treated with *Ayurvedic* treatment modalities. Total period of treatment is 7 days. In treatment protocol- *Matra Vasti* (Enema by Medicated oil in 60ml dose) by *Dadimadi ghrut* with *Sirodhara* ( Continuous drop by drop oil pouring on forehead and glabella- for 45 min)by *Murchit til tail* is given to the patient followed by *shaman* medication for a duration of 7 days.

**Treatment Protocol**

According to involvement of *dosha* an *Ayurvedic* treatment protocol was designed which comprises *Shodhan* and *Shaman* treatment.

**Table No. 1: Pancha karma procedures**

<b>Panch karma procedure (12-2-2022 to 18-2-2022)</b>	
<i>Matra vasti</i>	To the patient <i>Dadimadi ghrut</i> was administered for 7 days. About 60ml of <i>Dadimadi ghrut vasti</i> was administered to the patient with the help of disposable syringe which was connected to a disposable tube.
<i>Sirodhara</i>	That was advised to the patient for 7 days. <i>Murchit til tail</i> after mild heating, was continuous pour on the forehead and glabella of the patient by gently drip, for 45 min daily.

Table No. 2: Medication details

<b>Oral medication (12-2-2022 to 18-2-2022)</b>	
Drakshadikshayam	15ml with 10ml Water Twice Daily After Meal
Chandrakala ras	2 Tab Twice a day Before Meal
Vr hut vaat Chintamani ras	2 Tab Twice a day After Meal
Amalpittamishran	15ml Twice Daily Before Meal
Sitopladi Choorna	2gm Thrice a day After Meal
Tab Eranda bhrusta haritaki	2 Tab Twice a day at Bedtime (14-2-2020 to 18-2-2020) for 5days.

## RESULT

Table No. 3: Showing Result Before and After Treatment

No.	COMPLAINTS	Before treatment	After treatment
1.	Belching	Continuous belching	No any belching episodes
2.	Hiccoughs	Present half or one hour after food, intermittent in nature	No any episodes of hiccough present before or after food.
3.	Loss of appetite and Nausea	Present, even after smelling food patient feel nausea sensation	Appetite improved, patient, take normal food. No any sensation of nausea.
5.	Weakness	Generalized weakness (Patient feel weakness on simple tasks)	Improved, (no any weakness during normal activity)

### Discussion:

#### Effect of medication & procedures

##### Matra vasti:

The main principal of treatment for this case is *Vata shaman* and *Anulomana* of *Apanavata* with *shaman* of associated *Pitta dosha*. *Vasti* has been mentioned by *Acharya Charaka* as important therapy to manage *Vata Dosha*, it is called as *Ardha Chikitsa*. *Vasti Karma* acts on various systems like GIT, Enteric nervous system and Autonomic nervous system of body. Short-chain fatty acids of medicated oil reaches rectum, colon and it have direct diffusion property from epithelial cells to blood capillary where it shows generalized effect [5]. Ingredients of *Matra Vasti* are *Dadimadi ghrut*; which contain- *Dadima*, *Dhanyaka*, *Chitrak*, *Shunthi*, *Pippali*, *Goghrut*. *Shunthi*, *Pippali* and *Chitrak* causes *Amapachan*, *Agni Deepan* and *Vatanuloman* which is main line of treatment for *Udavarta*. *Dadima*, *Dhanyaka* and *Goghrut* due to *madhur ras* and *madhur vipak* and due to *sheet veerya* of *Dhanyaka* they causes *Pitta shaman*. The *Guna* of *Vasti* helps in overcoming the *Srotodushti* which occurs due to *Sanga* thus it help in breaking down the pathogenesis of disease [6].

##### Sirodhara

*Sirodhara* indicates *shira* = head and *dhara* = a steady flow. *Sirodhara* is a classical and a well-established ayurvedic procedure of slowly and steadily dripping medicated oil on the center of the forehead of the patient. A continuous dripping of *Sirodhara* oil was then initiated and maintained for 45 min. The temperature of *Sirodhara* oil was kept at  $40 \pm 1.5^{\circ}\text{C}$  with a thermostatic control. The continuous flow of warm liquid on the forehead for such a long period will cause mild vasodilatation and increases blood supply to the brain [7]. Vibration along with temperature may activate the function of thalamus and the basal forebrain. This patient's episode of belching increases during stress. *Sirodhara* induces a relaxed state of awareness, which results in a dynamic psycho-somatic balance, for *Sirodhara* we use *Murchit til tail* which act as *Vatahara* and *Vednastaphak* in nature.

##### Drakshadikashayam

*Drakshadikashayam* is the combination of drugs like *Draksha*, *Madhuk*, *Yastimadhu*, *Lodrha*, *Musta*, *Aamlak*, *Ushir Chandana* etc. having *Madhur* and *Tikta Rasa* mainly, *laghu*, *sara* and *snigdha guna* and *madhura* and *katuvipaka*, *sheet veerya*. *Drakshadikshayam* is having a potential property of *vata -pittashaman* by virtue of *madhur* and *tikta rasa* and *sheet veerya*, *laghu* and *sara guna*, having the property of *vata shaman* due to *madhura rasa*, *snigdha guna* and *madhura vipaka* and *vatanuloman* due to *sara guna*. Some ingredients of the study drug having *Rasayana* (immunomodulator) quality, which helps to improve *dhathu* both qualitatively and quantitatively e.g *Amalaki*, *Yastimadhu*. *Draksha*, *Yavasa*, and *Pippali* improves *Rasa-dhatwagni*, incre the absorption, improved the appetite and digestive power of the patients<sup>[8]</sup>. The drug due to *Deepana-Pachana* properties digests the *Ama* by improving the *Jatharagni* as well as *Rasagni* and *Bhutagni*. *Haritaki*, *Sita* and *Draksha* have *pitta rechana* and *pitta shamak* properties. *Madhura vipaka* of

*Draksha, Yastimadhu and Sheet Veerya of Ushir, Chandana, Musta* acts mainly on symptoms like *Utklesha, Udgara, Avipaka, Aruchi* helps in *Anulomana* of *Vata* and elimination of *Pitta*[9].

**Chandrakala rasa:**

*Chandrakala rasa* contains drugs like *Ela, Kapoor, Dhatri, Jatiphala, Shalmali, Parad, Vang, Ayas, Guduchi, Madhu*; *Ela* is *ushna veerya* due to this act as *Vaatshamak, Amapachak*& having *Rochan* properties, it indicated in *Chardi* and *Hrullas* by *Bhavaprakash*[10]. *Kapoor* is *Tridoshshamak* with *tikta, katu, madhur rasa* & *sheet veerya*. *Chandrakala rasa* possess *rasayan* properties due to *Dhatri* and *Guduchi*. *Jatiphala* improves digestion, increases *Agni* by controlling exaggerated *Vata dosha*, improves conditions like flatulence, anorexia. *Vanga* is *tikta rasa* in nature & useful in the treatment of vomiting, anorexia.

**Eranda bhrusta haritaki:**

The patient is constipated chronically, *Erand bhrusta haritaki* is advised for *Kosthashodhan*. *Erandis madur ras, ushna veerya* with *snigdha andteekhshna guna* having *Srotoshodhak, Vaatshamak and Amapachak* properties. *Haritaki* is *panchrasayukta* due to *Madhur* and *tikta rasa* it balances *Vata* as well as *Pitta*, It is *rechak* in nature and balances *Vata* also. *Erand bhrusta haritaki* is indicated in *Udavarta* it acts as a laxative and antiflatulent.

**Brihut Vata Chintamani rasa:**

*Brihut vata chintamani rasa* is indicated in all disorders of *Vata* including *Udavarta* and it is *rasayan* and *balya* in nature. It contains *Swarna bhasma, Raupya bhasma, Abhrak bhasma, Lauha bhasma, Praval bhasma, Mauktika bhasma, Ras sindoor* with *Kumari swaras*. It is having *tikta rasa, sheeta veerya* with *madhura vipak* having *Vata Pitta shamak, rasyan and balya properties*. It is excellent in *Vatashaman*. Its probable site of action in the Central nervous system. *Swarna and Raupyaaredhatupustikar, Vata shamak* has cell rejuvenation properties. *Abhrak bhasma* act as *rasayan, Loha bhasma* helps in *rakta dhatu Vardhan* improves circulation, *Praval and Mukta* helps in *Pitta shaman* and also a soothing effect on the stress condition. *Rasa sindhoor* did best in *Vata shaman* due to *kupipakkvait* has great penetration power, and also acts as *rasayan*.

**Amalpitta mishran:**

It contains drugs like *Vāsa, Guḍūchi*), *Nimba, Kirātakta, Bhṛīgarājaa, Yaṣṭimadhu, Āmalaki, Harītaki, Bibhitaka, Shouktik (Muktāshukti) bhasma*, as active ingredients. It acts as *Pittashamak* effective in *Agnimandyaa and Aruchi* by regularizing *Pitta* secretion & strengthens *Annavaaha srotas* by re-establishing metabolic activity. *Vasa* contain enzyme trypsin which improved digestion, *Guduchi, Kiratikta and Nimba* is *tikta* in *rasa* and balance *Vata* and *Pitta*, as well as act as *agnideepak* and *aampachak*. *Guduchi* acts as *tridoshshamak*, and having *rasayana* properties, *Kiratikta* helps in the regeneration of liver cells. *Triphala* is *tridoshshamak*, It acts as a powerful detoxifier. It helps to flush out toxins from the stomach, small intestine and large intestine. It also acts as a colon toner and helps in strengthening and toning the tissues of the colon, and keeps the digestive system healthy.

**Sitopladi churna:**

*Sitopladi Choorna* contain drugs- *Sita, Ela, Vansalochan, Pippali and Twak*. Due to *Madhur rasa* of *Sita*, and *Vansalochan* and *tikta rasa* of *Ela* and *Katu rasa* of *Pippali* it causes *Pitta and Vata shaman* and also works on *aruchi* mentioned by *acharya CharakinRajyakarma chikitsa*. *Pippali* contains a compound named *Piperine*- which has antidepressants, antioxidant activities & *Cinnamaldehyde* is having anti-inflammatory activities [11]. It works on psychosomatic causes of belching and also works on *kshaya* condition to improve nutrition.

## CONCLUSION

*Vegavrodh* is the main cause of *Udavarta*, in *Apanavata Vegavrodh janya* and *Purish Vegavrodh janya Udavarta*; symptoms-continuous belching, hiccups, loss of appetite, nausea are present, according to ROM-III criteria it mentioned under unspecified belching. *Shaman* medication and treatment procedure give a significant improvement in these conditions; her symptoms settled with no reoccurrence. In the management of these conditions, Ayurveda gives promising results.

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