

A REVIEW ON- AN AYURVEDIC VIEW FOR ASCITES TREATMENT

**Annasaheb B. Jagnar*¹, Dipika U. Gite¹, Abhinav R. Fargade¹, Priyanka M. Wavare²,
Krishnaprem U. Trivedi³**

¹Amrutvahini Institute of Pharmacy, Sangamner, Sangamner, Ahemednagar, Maharashtra,
422 605, India.

²S.P.C.O.P Otur, Tal-Junnar, Dist-Pune.

³Parul Institute of Pharmacy and Research, Parul Institute, Limda, Waghodia, Vadodara,
Department of Pharmaceutical Technology. Gujarat-391760, India.

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***Corresponding Author**

Annasaheb B. Jagnar

Amrutvahini Institute of
Pharmacy, Sangamner,
Sangamner, Ahemednagar,
Maharashtra, 422 605, India.

ABSTRACT

Ascites is the presence of excess fluid in the peritoneal cavity. Ascites is more often associated with liver disease and other long-lasting (chronic) conditions. Ascites is a condition of pathologic fluid accumulation within the abdominal cavity. Most cases of ascites are due to liver disease usually caused by alcoholism, chronic viral hepatitis, and intravenous drug use. Tumors, obstruction in the portal vein, and diseases causing loss of protein, may also cause ascites. Ascites can be cured by Allopathic as well as Ayurvedic treatment. Allopathic treatment involves use of Diuretics and direct operative procedure while Ayurvedic treatment is done using various natural/

home remedies. Ayurvedic treatment was found to be more curable and more effective than Allopathic treatment as Allopathic treatment have side effects and high cost of therapy. Various natural home remedies for ascites treatment are: Garlic, Fenugreek Seeds, Onion, Fluids, Melon, Punarnava, Liv 52, etc. Among all these remedies Punarnava and Liv 52 are most beneficial and so widely used. In ayurvedic formulation SAVLIV DROPS is more beneficial and so widely used. This article gives an overview of various ayurvedic treatments which are used in Ascites.

KEYWORDS: Ayurvedic treatment, Allopathic treatment, various natural home remedies and ayurvedic formulation – SAVLIV DROPS.

Key messages

The message of this review article is to provide information regarding treatment of Ascites. Ascites can be cured by allopathic as well as ayurvedic treatment, but allopathic treatment have some side effects and some what costlier, besides this an ayurvedic treatment is more beneficial in treatment of Ascites.

INTRODUCTION

Ascites is a condition of pathologic fluid accumulation within the abdominal cavity. Most cases of ascites are due to liver disease usually caused by alcoholism, chronic viral hepatitis, and intravenous drug use. Tumors, obstruction in the portal vein, and diseases causing loss of protein, may also cause ascites.

Etiology

Chronic liver disease with portal hypertension, congestive cardiac failure, tuberculosis and malignancy are important causes of ascites. However, it can occur secondary to a number of pathological conditions.

Causes of Ascites

Venous hypertension, Cirrhosis of liver, Congestive cardiac failure, Constrictive, pericarditis, Hepatic venous outflow obstruction, Acute portal vein thrombosis Hypoalbuminemia, Cirrhosis of liver, Nephrotic syndrome, Malnutrition, Infections, Tuberculosis, Parasitic (strongyloidosis, entamoeba)

Malignancies

Peritoneal carcinomatosis, Lymphomas and leukaemias, Primary mesothelioma Miscellaneous, Chylous ascites, Systemic lupus erythematosus, Ovarian disease Pancreatic ascites, Pseudomyxomaperitonei,

Types of Treatment**1. Allopathic Treatment- done but two methods**

- 1) By Diuretic Treatment
- 2) By Direct Operative Procedure

2. Ayurvedic Treatment- done by

- a) Various Natural Home remedies or by
- b) Various Ayurvedic.

Allopathic Treatment^[4]

In allopathic treatment for disease ascites two types of treatment are there,

1. **Diuretic treatment** – These drugs causes excessive urination of the Patients by using drugs like furosemide and spironolactone and there by hepls in removal of excessive water from the abdominal cavity.
2. **Operative treatment-** In which the excessive water from the abdominal Cavity is directly removed by means of operative procedure like cut on the abdomen.

Some natural ways to prevent and treat the ascites^[5]

- Salt intake should be minimized or totally stopped
- Bed rest and reclining help in minimizing the salt the kidneys absorb
- Increase intake of potassium
- Punarnava herb is a diuretic that helps in reducing abdominal fluid
- Liv 52 is the best known herbal remedy for healing liver cirrhosis and other disorders.

Home remedies for ascities

- **Garlic:** It plays a pivotal role in curing ascities. Take 125 ml of water. Mix in half teaspoon garlic juice. Drink the garlic mixture regularly for days.
- **Gram:** Take 25 gm gram. Boil it in one fourth litre water. Let the water reduce to half. Strain the liquid. This will continue for at least 3 weeks.
- **Bitter gourd:** It provides the needed relief from ascites. Extract 25 ml juice of bitter gourd. Drink it thrice after mixing with water. Juice of bitter gourd can be taken empty stomach also.
- **Radish:** It is very beneficial in the treatment of ascites. Mix the juice of the leaves of radish plant with water.
- **Fenugreek seeds:** Soak the fenugreek seeds overnight. Strain and drink that water in the morning.
- **Avoid drinking excess water:** Milk can be given to the patient replacing water, when thirsty. Intake of more water during the case of ascites adds to swelling and weight gain.

- **Therapies:** Some therapies are helpful to cure these diseases which are patoladhyaghrith, punarnave chum, and punarnavakwath and shilajatwativati.
- **Punarnava or boeharia-diffusa powder:** This powder is also beneficial in Ascites. It helps in draining the added fluid.
- **Onion:** It has diuretic goodness. So, include it in your diet. It helps in draining excess accumulated fluid through the means of urine.
- **Fluids:** Carrot juice and buttermilk are benefiting in this disease. They have a vital role in restoring energy in the body, along with not adding to the accumulated fluid levels.
- **Melon:** Eat melon daily in a lavish portion to stay healthy and fight ascities. It also helps in digestion and restoring the fluid balance and homeostasis.
- **Alcohol:** Stay away from alcoholism. It is the one and only cause behind the 83% of the total patients suffering from this disease.
- **Active life:** Exercise helps your abdominal muscles in building process. This also protects the fluid accumulation.
- **Sleep:** Do not sleep during the day. Maintain a fixed time to go to the bed at night and wake up early in the morning. This plays an important role in maintaining the homeostasis of the body.
- **Helpful diet:** This includes buttermilk, camel milk, soup of horse gram, old rice, salads with dry radish, garlic, asafoetida and honey.
- **Harmful diet:** Avoid taking too much starch like rice and wheat. Salt is very harmful for the patient of ascites.
- **Herbs:** Arjuna or white murdah has diuretic properties. Heenga or asafoetida dissolved in hot water is used to foment the abdomen. Himsra or caper brush should be taken as directed. Kakamachi or black nightshade is used in the ayurvedic treatment of Ascites. Kateli or kantakari is used to treat dropsy along with ascites.

Punarnava

Punarnava acts as a diuretic and is a well known ayurvedic herbal remedy for ascites. Punarnava is a pure herb extract. Punarnava literally means renewer in Sanskrit. Boerhaavia helps tone the urinary system and promotes health of the urinary tract. Punarnava helps maintain efficient kidney function, with its diuretic action. The herb supports the body's natural ability to remove fluids. Boerhaavia is also considered to be a heart tonic and kidney tonic. It also helps to maintain healthy skin.

Benefits of Punarnava/Boerhaavia

- Punarnava/Boerhaavia helps in maintaining efficient kidney functions
- Punarnava/Boerhaavia helps in toning of Urinary Tract and maintains health of the urinary tract
- Punarnava/Boerhaavia promotes liver health
- Punarnava/Boerhaavia support lung function and respiratory health
- Punarnava/Boerhaavia support the body's natural ability to expel fluids and prevent water retention.
- Punarnava/Boerhaavia helps in weight loss.

Punarnava in ayurveda

As per ayurveda, punarnava's properties are bitter, cooling, astringent and purifying. Punarnava is said to balance all three doshas of vata, pitta and kapha. The roots are considered an excellent diuretic and it aids in preventing fluid retention in the body.

Directions for taking punarnava

One capsule twice a day before meals. Allow several weeks for long lasting benefits. Natural products treat not just the symptoms but the body as a whole and take time for absorption and results.

People with liver disorders are most likely to be affected by ascites. However certain cancers, traumas and infection of the peritoneum can also cause it. Ascites is generally caused by liver disorders and cirrhosis of the liver. The body is unable to produce albumin and other proteins that provide osmotic pressure to draw fluid out of the peritoneal space causing fluid to leak out from blood vessels. Scarring due to liver cirrhosis increases pressure in the portal vein and forces blood to seep into the abdomen.

However ascites can also be caused by heart problems, lung disorders, abdominal cancers, pelvic cancers, depressed thyroid activity and lupus. Ascites is generally caused by liver disorders and cirrhosis of the liver, so the most commonly used Ayurvedic treatment for the prevention of cirrhosis is by Liv- 52.

Benefits of Liv52

- Liv 52 improves the functional efficiency of the liver, promotes detoxification, protection from harmful food and medication toxins, helps to maintain healthy levels of liver

enzymes, improve in absorption and digestion, helps in the liver's ability of regenerating itself, useful during convalescence, supports the liver's normal ability to burn fat, helps support the body's metabolic process.

Directions for taking Liv52

2 - 3 tablets twice daily with meals or as prescribed by your physician.

Liv-52 herbs

The herbs in Liv-52 have been selected due to their well known ayurvedic properties that are beneficial for the liver and for overall well being. Capers (*Capparis spinosa*) are well known to improve the functional efficiency of the liver and protect and stimulate the liver. Wild Chicory (*Cichorium intybus*) is also known as a powerful hepatic stimulant which increases bile secretion and promotes digestion. Black Nightshade (*Solanum nigrum*) – protects the liver from toxicity induced by drugs. Arjuna (*Terminalia Arjuna*) – helps to protect against toxins and is a tonic for the heart and liver. It also regulates hepatic cholesterol biosynthesis. Negro Coffee (*Cassia occidentalis*) promotes detoxification of the liver and helps in promoting digestion. Yarrow (*Achillea millefolium*) – helps to improve appetite and to relieve infections and inflammation of internal organs. Tamarisk (*Tamarix gallica*) - also helps to stimulate the liver and improves digestion.

About tamra bhasma^[3]

As in ayurveda most of the medicinal products have been obtained by the surrounding environment rather than synthetically prepared. So for this purpose various elements are also been used not as in their raw forms but is prepared by various means so that it can be assimilated by the body easily. Therefore all these elements are used after being converted into bhasm's.

Tamra a source of copper metal acts as a strong anti-oxidant with no detectable adverse effect in lower doses of therapeutic range. It is also reported for treatment of Leucoderma. Besides, many metabolic disorders such as diabetes, atherosclerosis, arthritis, nervous diseases etc are now established free radical mediated diseases. Since in ayurveda there are very specific methods for the detoxification and Bhasma preparation, which makes it suitable for clinical use in therapeutic doses. Since these preparations are sustaining themselves since centuries in clinical use, therefore one can not exclude its use just by saying that heavy metals are toxic.

Tamra Bhasma is very useful in managing liver disorders, gastro-intestinal tract (GIT) disorders, old age diseases, Leucoderma, cardiac problems and various other free radical mediated disorders, either alone or as herbo-mineral compositions. Deficiency of copper in the body causes weight loss, bone disorders, microcytic hypochromic anemia, hypo pigmentation, graying of hair and demyelization of nerves etc.

The key ingredients of TamraBhasm as per their Sanskrit or the Indian names are

- Tamra or copper.
- Prepared into Bhasm by various ayurvedic processes.
- Made into the finest powdered form that can be easily assimilated even by the smallest of the tissues of the body. This is the main property of Bhasm.

Tamra Bhasma is beneficial in Ascites

- Tamra is beneficial in various types of liver disorders.
- This is also known to be benefiting in various types of fevers.
- Tamra is also known to be having rejuvenating properties.
- This is also beneficial in various types of gastric problems.
- Also known to b providing relief in various types of inflammations in the body.
- Tamra is also beneficial in diarrhoea and dysenteric conditions.
- Tamra is also known to be providing relief from various types of worm infestations.
- Tamra helps in the maintenance of a healthy digestive system.
- This is also found to be useful n diabetes mellitus.
- This is also known to be benefiting in various types of intestinal disorders whether it is inflammation, infections or even obstruction.
- Has a tremendous healing effect on the disturbed digestive system.
- Tamra is also known to b benefiting in various types of blood disorders.
- Tamra is also known to be benefiting in ascites.
- Tamra is also found to be very useful in epidemic conditions as plague.
- This brings about the strengthening of the cardiac muscles and even brings about the increase in their efficacy.
- This is also very beneficial in anemic condition.
- Tamra is also known to be having Rasayana effect.
- This also brings about rejuvenation of the entire tissues of the body.

- Is also beneficial in various types of urinary infections or disorders of the urinary tract etc.
- Strengthens the immunity of the body.
- Improves circulation.
- Increases the permeability of the vessels crying blood and other nutrients to various tissues in the body.
- Acts as an anti oxidant to a certain extent.

Dosage

- One can consume from half to 1 teaspoon twice in a day.
- And one must remember to consume it with honey.
- One can also consume it as per the disease requirement.

Newer approach to the ayurvedic treatment of ascites

Ayurvedic treatment of ascites by savliv drops⁴

- In ayurvedic treatment one formulation is there ‘SAVLIV DROPS’. This is particularly useful in Ascites or liver cirrhosis. ‘SAVLIV DROPS’ increases platelets and protein level and make spleen Stronger. General condition regains during course of time and it is important herbomineral Formulation. Appreciable results are obtained in ascites and liver cirrhosis by this formulation. Ayurvedic formulations like Jaypal-Ras and Icchabhedi-Ras. This purgation reduces the excessive accumulation in the abdominal cavity and gradually prevents further tetention of Fluid by removing the causative obstruction.
- Arogya-vardhini, Shankh-vati, kutki, Tamra-bhasma and Sharpunkha are used to reduce Inflammation and swelling in the liver, spleen. Medicines like Punarnavadi-Qadha, Gokshur, Amalaki, Guduchi, Kutaj, Patol, Kutki, Saariva, Patha, Musta are also very useful in this condition.
- In the reported case, the diagnosis of chylous ascites was elusive till feeds were commenced. No etiology for the ascites was found despite exhaustive investigations. A leak in the lymphatic system was inevitable due to the nature of the fluid and hence lymphoscintigraphy was considered unnecessary. A decision to stop enteral feeds and treat with parenteral nutrition was made with the backup plan to use somatostatin in case

the therapy failed. Surgical intervention was the last therapeutic option in case every other intervention failed.

Ascites treatment^[5]

- Ascites is generally treated simultaneously while an underlying etiology is sought in order to prevent complications, to relieve symptoms and to prevent further progression. In patients with mild ascites, therapy is usually as an outpatient. The goal is weight loss of no more than 1.0 kg/day for patients with both ascites and peripheral edema and no more than 0.5 kg/day for patients with ascites alone. In those with severe ascites causing a tense abdomen, hospitalization is generally necessary for paracentesis.
- If patient is disappointed having such fatal liver disease like Ascites or Liver Cirrhosis and loosing all hopes of survival but if he/she starts medication of drug 'SAVLIV DROPS' resulting this disease cures/relieves completely & Medicine discontinues, get normal diet back.

Table no. 1: Characteristics of the ingredients of traditional recipe characteristics of the ingredients of traditional recipe.

Traditional name of ingredient	Botanical Name	Origin	Origin Reported constituent	Literatures Indication
1.Kanghzinimu, (Lemon) Juice	Citrus medica (aurantifolia) Christm.	Plant	Plant Citric acid Phosphatidic Acid, Citrate Protein, Fat Carbohydrate	appetizer, antiseptic, stomachic antiscorbutic, in bilious vomiting
Sarjika	Salsola Kali, Linn. Fagonia Cretica Linn Barilia.	Plant	Plant Sodium bicarbonate, carbonate, Sulphate and Potassium	Cholagogues Treatment of malfunctions of the liver
Varat (Kapard)	Cypraeamoneta	Ocean	Ocean Cal. Carbonate, Phosphate, Chloride, Mag. Phosphate, Sodium chloride	Ash Jaundice (Kamala), Jeerana, fever, Visham fever

Mechanism of action of savliv drops

- The Traditional herbomineral recipe is a fast acting powerful hepatic stimulant. It increases the functional capacity of the liver, accelerates cellular metabolic activity and promotes regeneration. It has been reported to bring remarkable improvement in appetite within 15-30 minutes of its administration, gain in body weight and enhanced feeling of well being in the management of malnutrition. The traditional drug is used as corrective and curative for enlarged and fatty liver.

CONCLUSION

From the above discussion it can be concluded that the Ayurvedic treatment of ascites is effective. As the Allopathic treatment of medicine contain some adverse effects and operative procedure are also there in the allopathic treatment so it is some what costlier. And the ayurvedic formulations are reported completely cure from the disease Ascites and the Cirrhosis of liver. Clinical trials of the ayurvedic drug formulations also show wonderful results for the Ascites treatment and the liver cirrhosis.

Summary of the work

From the above discussion it can be concluded that the Ayurvedic treatment of medicines are effective adjunct as the Allopathic treatment of medicine may exert some adverse effects and operative procedure in the allopathic treatment is somewhat costlier. And the ayurvedic formulations are reported to cure the disease Ascites and the Cirrhosis of liver. Clinical trials of the Ayurvedic drug formulations also shows wonderful results for the Ascites treatment and the liver cirrhosis.

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