

AYURVEDIC PERSPECTIVE ON GENERAL OUTPATIENT CARE FOR ACUTE MINOR ILLNESSES

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ABSTRACT

Background: “Acute minor illness” term does not mean it is insignificant, from patients consideration many such instances will not feel minor in any sense. It is important to diagnose, investigate and manage the acute minor illnesses at OPD level for cut down the admission burden in hospital and controlled the diseases before it becomes chronic & life threatening. **Aim & Objectives:** General outpatient care through *Ayurvedic* management and to find out an effective and safe treatment for acute minor illnesses. **Materials and Methods:** For this conceptual study *Ayurveda Samhitas*, internet and modern medical literature have been reviewed. **Observation and Conclusion:** Enlist the acute minor illnesses and its treatment is very important to avoid unnecessary hospital admissions, early recognition of health problems and for well management.

KEYWORDS: Acute minor illnesses, *Ayurvedic* management.

INTRODUCTION

Acute medicine is the part of general medicine that is concerned with the immediate and early management of medical patients who require urgent care. As a specialty, it is closely aligned with emergency medicine and intensive care medicine, but is firmly rooted within general medicine. Acute physicians manage the adult medical take and lead the development of acute care pathways that aim to reduce variability, improve care and cut down hospital admissions.^[1]

General outpatient care

- All the patients other than emergencies who report directly to the OPD called general outpatient.
- Medical care including screening, diagnosis, consultation, treatment & prevention are provided by consultant termed as General Outpatient Care.

Importance of outpatient care

- Outpatient care implementing preventive & primitive health activities.
- It is a stepping stone for health promotion & disease prevention.
- It controlled many of acute illnesses before it becomes chronic & life threatening.
- It contributes to reduction in morbidity & mortality.
- By outpatient care patient does not need to stay overnight.
- Many medical investigation & treatment can be performed at the OPD level.
- Reducing unnecessary hospital admissions.

AIM AND OBJECTIVES

- General outpatient care through *Ayurvedic* management.
- To find out an effective and safe treatment for acute minor illnesses.

MATERIALS AND METHODS

- The study is designed as a conceptual study and for this study *Ayurveda Samhitas*, internet and modern medical literature have been reviewed.

Acute minor illnesses**Neurological**

- Headache
- Insomnia
- Vertigo
- Dizziness

Respiratory

- Common cold
- Coughs
- Sore throat
- Upper respiratory tract infections

- Earache

Cardiovascular

- Musculoskeletal chest pain
- Palpitation
- Ankle swelling
- Varicose veins

Gastrointestinal

- Nausea
- Vomiting
- Diarrhoea
- Dyspepsia
- Constipation
- Acute abdominal pain

Dermatological

- Rashes
- Cysts
- Warts
- Itching
- Allergy (urticaria)

Musculoskeletal

- Minor traumatic disorder
- Degenerative disorders
- Backache

Infectious diseases

- Pyrexia

Clinical presentation & management of common acute minor illnesses^[2, 3, 4, 5, 6]

Headache

Headache is a common clinical complaint & can occur for so many reasons.

- Excluding the cause (migraine, hypertension, exertional etc.)

- Rx
- *Shirashooladi Vajra Rasa* 125mg
- *Nardiya Laxmi Vilasa* 125mg
- *Godanti Bhasma* 125mg
- One dose thrice with honey
- *Shiroabhyang* (massage on scalp by oil)
- *Shadbindu* oil-2 nasal drops
- *Pathyadi Kwath* 20 ml with water after meal

Insomnia

- Sleeping disturbance or loss of sleep due to multiple factor both psycho & somatic, various pollution, social changes, fear, anxiety & old age etc.
- Rx
- *Shiroabhyanga* (scalp massage by oil)
- *Shiropichu* with *Ksheerbala* oil
- *Bramhi Vati* 125mg with *Shakhpushpi* 2tsf at bed
- *Sarpgandha Ghan Vati*, *Akik Pishti*, *Prawal Pishti* each 125mg once with *Mansyadi Kwath* 20ml at bed time.

Common cold

- Nasal congestion
- Running nose
- Coughing
- Mild fever
- Headache
- Body ache
- Rx
- *Tab Tribhuvankirti Rasa* 1tds
- *Tab Nardiya Laxmivilas* 1bd with honey
- *Sitopaladi Churna* 5g tds with honey
- *Lavangadi Vati* 1tds
- *Khadiradi Vati* 1tds
- *Chitrak Haritaki* 2tsf at bed.

Cough

- Cough with or without expectoration
- Irritation in throat
- Chest pain & discomfort
- Find out the duration, type, colour, consistency of sputum & weight loss etc.
- If TB suspected refer to hospital for investigation
- Rx
- *Vyoshadi Vati* or *Eladi Vati* to chew
- *Kanakasav* 2tsf twice
- *Vasavaleha* 2tsf twice
- *Shwasakuthar Rasa* or *Kaphketu Rasa* 125mg with ginger juice thrice
- Steam inhalation
- Advice rest.

Sore throat

- Inspect for white patches- if yes its s/s of diphtheria – need hospitalization
- If pharyngitis – saline gargle
- *Haldi+Tulsi+Adusa* leaves *Swarasa* with honey thrice
- *Dashmool Katutraya Kwatha* 20ml twice
- *Khadiradi Vati* 1tds.

Earache

- Rx
- Local application of heat (fomentation)
- Filling of ear by warm mustard oil
- *Sarivadi Vati* 2bd
- If discharge is present, clean & perform *Karnadhoozana*.

Musculoskeletal chest pain

- Most common cause of chest pain
- Musculoskeletal chest pain feels coming from the breast, rib cage or a chest muscle
- Excluding the cause by CXR, ECG etc.
- Local warm oleation & hot fomentation
- *Mrigshringa Bhasma* 125mg

- *Pushkara Guggulu* 250mg
- *Arjuna Churna* 1g
- One dose with milk half cup
- *Arjunarishta* 20ml after meal
- Avoid alcohol & smoking
- physical therapy.

Palpitation

- Obesity, hyperlipidemia, hypertension and alcoholism etc. may lead to weakness of heart associated with palpitation
- Rx
- *Arjuna Twak Churna* 5g with milk
- *Nagarjunabhra* 250mg twice with honey 1tsf
- *Aswagandha+Pushkar Mool Churna* 500mg with honey
- Low salt & low fat diet, maintain weight
- Reduce stress by meditation & yoga
- Avoid stimulants like caffeine, nicotine & alcohol.

Ankle swelling

- Excluding the cause (pregnancy, renal or cardiac diseases, any infection etc.)
- Rx
- *Gokshuradi Guggulu* 2bd
- *Varunadi Kashayam* 20ml twice
- Analgesic liniment & local hot fomentation
- Reduce weight (if obese).

Varicose vein

- Enlarged & dilated veins, most commonly appearing in legs & feet, generally benign.
- Rx
- Leech therapy
- *Kaanchnar Guggulu* 2bd
- Oil massaging (cannabidiol oil) may help to reduce swelling or discomfort.

Nausea & Vomiting

- Excluding the cause (pregnancy, migraine, toxicity etc.)

- *Kamdhugdha +Godanti Bhasma +Mukta Shukti* each 125mg +*Avipattikar Churna* 3g twice
- *Eladi Vati* 2bd
- Maintain fluid and electrolyte balance of body.

Diarrhoea

- It is defined as an increase in the frequency, fluidity & volume of bowel movements, implies to the condition where a person has more than 2 to 4 loose or watery stool.
- Rx
- *Kutajghan Vati* 2tab thrice
- *Rambana Rasa* 125mg thrice with *Jeerakadyarisht* 20ml
- *Ahifenasava* or *Kurpurasava* 10 to 20 drops
- *Dhanyak Panchak Kwath* 20ml twice
- *Gangadhar Churna* 3g twice
- Oral Rehydration Therapy(ORS)
- Rice water, coconut water, lemon juice, banana should be given to the patient
- Food and water should be protected
- People should be educated about the control of flies.

Constipation

- It is very common ailment due to changes in life style including sedentary habits, fast food, pollution, stress & poor motility etc.
- Stool not passed in time
- Incomplete evacuations
- Hard & dry stool
- Painful or pressful defecation
- Rx
- *Churna: Triphala* or *Avipattikar* or *Panchsakar* 3g with lukewarm water at bed.
- *Abhyarishhta* 25ml with water twice
- *Kumariasava* 25ml with water twice
- Castor oil 20ml with milk
- *Icechabhedi Vati* 125mg 2tab in morning
- Advice more fluids, leafy vegetables.

Acute abdominal pain

- It may be caused by contraction of smooth muscle, or due to inflammation or due to obstruction.
- Excluding type of colic: intestinal, vesical, ureteric, biliary, renal, pancreatic, gastric, appendicular & uterine colic.
- Rx
- Nil orally till pain subside
- *Shoolvajrini Vati/ Shankh Vati* 125mg with *Kumariasava* 2tsf twice
- *Sajji Kshar* 125mg & *Yav Kshar* 125mg with water or *Dhanyak him*
- *Shivashar Pachan Churna* 3gm with lukewarm water
- *Hingwashtak Churna* 3-6 gm
- Application of warmth local water bag fomentation to site of pain.

Allergic skin condition (Urticaria, Rashes, Itching)

- A vascular reaction of the skin characterized by sudden eruption of rashes, wheals or papules with itching by contact with external irritants or allergens & chemical.
- Rx
- Avoidance of causes
- *Haridra Khanda* 5g & *Giloy Satva* 1/4g one dose twice with *Sarivadyasava* 2tsf
- *Arogyavardhini Vati* or *Kasor Guggulu* 125mg twice
- *Khadirarishta* 4tsf after meal with water twice
- *Rasasindura, Sutshekhar Rasa, Rasa madikya* each 125mg twice with honey
- Hot water bath with *Amla-Musta-Nimbadi Churna*
- Application of mustard oil.

Degenerative disorders

- Excluding RA, Parkinsons, Alzheimers & Hypertension etc.
- Chronic joint pain
- Lower backache
- Generalised weakness
- indigestion
- Rx
- Oleation and hot fomentation in joint pain
- *Ashwagandha Churna* 2-6g with *Amalaki Rasa*

- *Makardhwaj Vati* 125mg twice
- *Chyawanprash* 1tsf daily
- *Shilajeet Vati* 125mg twice with milk
- Herbal antioxidants & immunomodulators like *Cronch Paka*, *Shatavari Kalpa* & *Giloy Churna*.

Pyrexia

- Examine the vitals (BP, pulse, temperature etc.)
- Fever accompanying with chills, headache, nausea, vomiting, skin rashes, exclude the causes by CBP, ESR, malaria test & widal test.
- *Mahasudarshan Ghan Vati* 2tab twice
- *Tribhuvankirti Rasa* 125mg twice
- *Jayamangal/Mritunjaya Rasa* 125mg twice
- *Amritarishta* 20ml twice
- Plenty of oral fluid
- If the fever is more than 102 degree F tepid sponging.

DISCUSSION AND CONCLUSION

The aim of the *Ayurveda* is to maintain health of healthy persons and to cure disorder in the diseased.^[7] All mentioned acute minor illnesses may be presented in someone who is not necessarily acutely, seriously ill but are indicative of a potential seriously underlying problem that mandates speedy investigation and/or management. So, it is concluded that, enlist the acute minor illnesses and its treatment is very important to avoid unnecessary hospital admissions, early recognition of health problems and for well management.

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ABBREVIATIONS

- CBP: Complete Blood Picture
- CXR: Chest x-ray
- ECG: Electro cardio gram
- ESR: Erythrocyte sedimentation rate
- OPD: Out Patient Department
- RA: Rheumatoid Arthritis
- Rx: Medical prescription
- s/s: signs & symptoms