

MEDICAL EMERGENCY AND THEIR MANAGEMENT: AN AYURVEDA PERSPECTIVE**Dr. Sandeep S. Kamble^{*1}, Dr. Sanjay Khuje², Dr. Jinesh Jain³, Dr. O. P. Dwivedi⁴**¹M.D. Ph.D. (Sch.), Associate Professor, Rani Dullaiya Smriti Ayurved P. G. College and Hospital, Bhopal, India.²M.D. Ph.D. HOD, Dept. of Rognidan, Govt. Ayurved College, Rewa, India.³M.D. Ph.D. HOD, Dept. of Panchakarma, Govt. Ayurved College, Rewa, India.⁴M.D. Ph.D. Professor & HOD, Dept. of Rachna Sharir, Govt. Ayurved College, Rewa, India.***Corresponding Author: Dr. Sandeep S. Kamble**

M.D. Ph.D. (Sch.), Associate Professor, Rani Dullaiya Smriti Ayurved P. G. College and Hospital, Bhopal, India.

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ABSTRACT

Medical emergency is the state that needs possible immediate care from physician, nurse or any nearby persons who deal with that condition by his intellectual awareness and wisdom. These activities may include any procedure, drug administration or surgery that required for the maintenance of ABCD in emergency i.e. A- (Airway), B-(Breathing), C-(circulation) and D-(Deformities). These types of medical emergencies can be caused due to various alertness in the body like acid-base imbalance, disturbed homeostasis, endocrinal crises, environmental fluctuations, infections and accidental injuries. The medical system of India Ayurveda emphasized that mankind should be relieve from diseases. However ayurveda has paid great attention towards the concept of prevention than cure. The conditions which are fatal and life threatening considered as emergency conditions which requires specific treatment protocol. It is a great rumour that Ayurveda doesn't deal emergency management; on the other hand ayurveda text contains lots of diseases and conditions mentioned under "Atyayik Avastha". These types of therapeutic approaches termed as emergency management. The traditional text of ayurveda mentioned terms like; Vegavastha, Dhatugat avastha, Upadrava, Asadhya lakshanas, Aagantuj vyadhi, Darun Vyadhi, Sadyah, Ashu etc. for emergency conditions which need to be care immediately.

KEYWORDS: Ayurveda, Emergency, Atyayik avastha, Vegavstha, Darun, Sadya, Ashu.**INTRODUCTION**

Ayurveda is oldest holistic systems of medical science developed 1,000 years ago in India. Ayurveda belief that wellness of mind, body and spirit resembles healthy status of an individual. The ayurveda system believes to maintain healthy physical & mental status; the treatment approaches of ayurveda for particular diseases follow specific protocol depending upon severity of diseases and *prakriti* of diseased person. However the primarily approach of ayurveda system resides around to manage balances of three *doshas*; *vata*, *pitta* and *kapha* for the management of any disease. Proper diet, yoga, meditation, external therapies, ayurveda formulations and use of herbs help to balance the *doshas*.

Ayurveda mainly implies for chronic conditions but some text of ayurveda discussed about emergency conditions. The literature of *daruna* and *ashukari* diseases need to be elaborated which respect of current scenario. *Nidan*, *dosha* and *dushyas* if vitiates very strongly, rapidly and altogether then these diseases may have strong manifestations and called acute diseases or emergency. *Charaka* describe that *Upadrava* which is

more troublesome conditions and occur when a diseased person affected by another disease; emergency conditions arises due to the lack of resistance power. *Twaraya Jayet* mentioned in ayurveda as approach of prompt treatment for management of medical emergency. There are various conditions which can be considered as medical emergencies such as; hyperthermia, intense fever, acute diarrhea, severe migraine, trauma, injury to soft tissue or brain, surgical conditions, gynecological emergencies, burns, poisoning and cardiac arrest etc.

Management of Daruna Disease

Jwara such as; *Tandrika Sannipat Jwara*, *Prelapaka Sannipat Jwara*, *Akshapaka Sannipat Jwara*, *Karnika Sannipat Jwara*, *Teevre Sannipat Jwara*, *Sheetanja Sannipat Jwara* and *Swasa-santamaka* may sometimes considered as medical emergency and needs immediate attentions. *Teevra Atisara*, *Pakta atisara*, *Apkshaya*, *Mootraphat*, *Vishoochika Tamaka Shwasa*, *Pratata Kasa*, *Rakta Chhardi*, *Hrid upaghata*, *Hrid Bheda*, *Raktachapa Vriddhi*, *Paksha-Vadha*, *Akshepa & apatanata*, *Mada*, *Moorcha*, *Sangasa*, *Moorcha*,

Balrama, Sanyasa, Teevra Udar Shool, Adhmana, Antar Lohita and *Chhidrodara* are also considered as *Daruna* disease and sometimes require immediate care.

Ayurveda management of Epilepsy

Epilepsy is known as *Apasmara* in Ayurveda which involve accumulation of aggravated *doshas* in brain. *Apasmara* may be into *vataja*, *pittaja*, *kaphaja* and *sannipataja* depending upon *doshic* predominance.

❖ *Vata dosha* predominance

Convulsions may be due to the imbalance of *Vata dosha*.

❖ *Pitta dosha* predominance

The loss of consciousness attributed to the vitiated *Pitta dosha*.

❖ *Kapha dosha* predominance

Attack for longer time with whitish foam, heaviness and cold may be associated with *Kapha dosha* predominance.

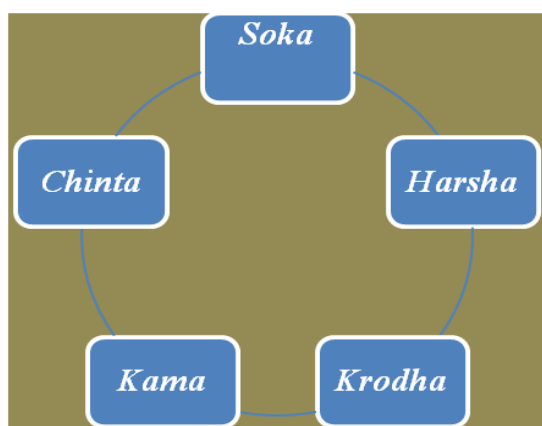


Figure 1: Causes of epilepsy as per ayurveda.

Herbs such as; *Sankhapushpi*, *yastimadhu*, *vacha*, *jatamamsi*, *tagara*, *amalaki*, *brahmi*, *lashuna*, *kooshmanafda* and *vacha* offers beneficial effects in the management of epilepsy.

Following formulation also recommended for the treatment of epilepsy

- Dhanadanayanadi kashayam
- Kasturyadi gulika
- Mahakalyanaka kashayam
- Mahapanchagavya ghrita
- Smritisagara rasa
- Saraswatharishta
- Mahakalyanaka ghrita
- Ashwagandharishta

Ayurveda in acute asthma

Pathologically it involves obstruction of *vata* movement by *kapha* which further vitiates *prana*, *udaka* and *anna* in the chest region and produces *svasa* which originated from the stomach. Acute asthmatic attack possess symptoms such as; non-productive cough, chest tightening, shortness of breath, coughing fits, wheezing, expectorating mucus, tachycardia and sweating. Acute asthmatic attack may also lead inflammation, damage to the lungs and general fatigue.

Cause of Asthma

❖ Allergens

Pollen, grass, skin dander, hair, dust and fog.

❖ Irritants

Cold air, sudden climatic changes, cigarette, chemical fumes, paint and scented products.

❖ Diet

Junk food, processed potatoes, beer, wine, preservatives and additives.

❖ Medicines

Aspirin and beta-blockers.

Herbs for asthma

❖ *Bala* offer bronchodilator effect.

❖ *Gotu Kola* and *vasa* relief *pitta* type asthma.

❖ Ephedra, thyme, pepper, ginger and cayenne help to treat *kapha* type asthma.

❖ Herbal tea of *ajwain*, *tulsi*, *pepper* and ginger acts as natural expectorant.

❖ *Yashtimadhu* prevent airways obstruction.

❖ Pepper + honey + little onion juice.

❖ Gum of *Asafetida* + Honey is also useful in asthma.

❖ Garlic also reduces the asthmatic severity.

Ayurveda formulation for asthma

➤ *Sitopaladi churna* reduces chest congestion.

➤ *Kantakari Avaleha* reduces frequency of asthmatic attacks.

➤ *Talisadi churna* offer relief in allergic bronchitis.

➤ *Vasarishta* act as expectorant.

➤ *Padmapatradi yoga* increased peak expiratory flow rate.

➤ *Shwasakuthar Rasa* reduces obstruction.

➤ *Swasa Sudharana* helps to maintain normal respiration.

Formulation to relief childhood asthma

❖ *Bharangyadi Avaleha*

❖ *Shirishavaleha*

❖ *Nayopayam kashaya*

❖ *Vasa Haritaki Avaleha*

❖ *Kantakari Avaleha*

Ayurveda in Gynecological Emergencies

• *Abrijdara*

• *Gharbhasharva & Garbhapata*

• *Moodha – Garbha*

• Uncontrolled labor pain

Ayurveda in Poisonous emergency

• *Agni – dagdha*

• *Visha – peeta*

• *Vrisehika Damsha*

• *Sarpa – Damsha*

Management of Sannipat Jwara

An investigation study report efficacy of following *quath* in fever

- Pitta – Papada
- Amaltas
- Musta
- Brahmi
- Daksha
- Dashmoola



Figure 2: Some Jwara which needs immediate attention.

Management of Dehydration

- Karpoor Rasa
- Lemon juice, honey with water
- Shankh bhasma to control frequency of stool.

Management of cardiac emergency

Following combination may offer relief in cardiac problems

- Hingu churna, Lavana & lemon juice.
- Hingu churna, Lavana along with other *hridya aushadha*.
- Hingu churna, Lavana & Gokshru Panchamula.
- Hingu churna & Bilvadi Panchamula.
- Haritaki, nagar, puskarmula, hibera & hingu.
- Decoction of *kshra, matulung, shati, puskarmula, shunthi, palasha & vacha*.

Ayurvedic treatment For Dengue Fever (Dandak Jwara)

Following treatment options may help to reduce severity of dengue fever:

- ❖ *Shunthi churna & hinguleshwar* along with hot water.
- ❖ Herbs like; *tulsi, guduchi* and *guglu* also offer relief in fever.
- ❖ Formulation such as; *sudarsanam gulika, amruthottaram kashayam, amrutharistam* and *pachanamrutham kashayam* may also be used.

Management of others acute fever

Following drugs help to pacify aggravated *pitta*, reduces toxins and maintain body thermostat

- ❖ Praval Pisthi
- ❖ Godanti Bhasma
- ❖ Tulsi Powder
- ❖ Giloy Satva
- ❖ Tribunkirti Ras
- ❖ Shadanga Paniya
- ❖ Amritasthak Kwath
- ❖ Argavadhadi kalka
- ❖ Ananda bhariva Ras
- ❖ Sheetbhanji ras
- ❖ Kaal koot ras
- ❖ Jayamangal ras

Ayurveda management of surgical emergency & trauma:

- ❖ *Nasa Sandhana*: Reconstructive surgery of nose mentioned by *Sushruta* resembling plastic surgery.
- ❖ *Karna Sandhana*: Reconstructive surgeries of ear lobule caused by trauma or injury.
- ❖ Anorectal techniques: Fistulous tract such as; *langalaka, ardhlangalak, sarvatobhadrak, gotirthak & kharjurpatrak* may also removed by ayurveda para-surgical procedure.
- ❖ Sutures for *baddhagudodara* and *chhidrodara* also mentioned in *Sushruta Samhita*.
- ❖ *Asthisandhi bhagna chikitsa* for the management of fracture/displacement of bones.

Table 1: Some surgical emergencies.

S. No.	Diseases may need surgical interventions
1	<i>Sadhovrana</i>
2	<i>Anorectal disorders</i>
3	<i>Bhagna</i>
4	<i>Nasa Krimi</i>
5	<i>Adhimantha</i>
6	<i>Antra-Vridhhi</i>
7	<i>Visarpa</i>
8	<i>Agantu</i>

Ayurveda procedure for management of poisoning

- ❖ *Arishta/Venikabandhana*
- ❖ *Utkartana*
- ❖ *Nishpeedanam*
- ❖ *Chushana*
- ❖ *Agnikarma*
- ❖ *Parisheka*
- ❖ *Avagahana*
- ❖ *Raktamokshan*
- ❖ *Vamana*
- ❖ *Virechana*
- ❖ *Upadhana*:
- ❖ *Anjana*
- ❖ *Prativisha*

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