



Gulma Roga

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Review Article

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Abstract

Gulma is diseases entity which is caused due to aggravation and encapsulation of Vata Dosha (Kupita Anila Moodhatwa), which does not give clue about its site of origin (Goodha Gulmodhaya) which spreads widely like shrubs (Gulmavat Vishaltwat). It covers various gastro-intestinal and gynecological diseases, but its diagnosis becomes difficult, due to its complex clinical presentation. Hence, it's essential to understand gulma in a comprehensive way for accurate and easy diagnosis. gulma is Vata pradhana Udara Vikara, any type of gulma cannot deny without vayu. It is merely compared with abdominal lump with different names like Cysts, Tumours, Herniation, Fibroid, Inflamed condition, Abscess etc. Any type of pain with palpable mass which occur in any quadrant of abdomen may create a suspicion of gulma. Various types mentioned by Various Acharyas (Vataj, Pittaja Kaphaja, Sannipataja & Raktaja). Here, Rakta gulma is mentioned by some Acharyas which is a diseases having accumulation of only blood within the uterus, in the women of active reproductive age, having normal menstruation. In this article Nidana, Purvarupa, Lakshen, Samprapti, Sites, Types, Stages and Management of gulma has been reviewed along with gulma nashaka yogas.

Keywords: Gulma; Abdominal Lump; Charaka Samhita; Rakta Gulma; Pregnancy

Introduction

Gulma has been named based on its akriti (shape). It is characterized by pain as most important symptom and palpable lump as most important sign. It is merely being compared with abdominal lump or uterine fibroid, but that's neither accurate nor sufficient. The meaning of word "Gulma" is a cluster clump of trees, bush or shrubs [1]. The word is found in various ancient Indian texts, denoting the same meaning [2]. In Ayurveda gulma is Vata pradhan Udara Vikara. It manifests only in five sthan Hridaya, Nabhi Vasti and two Parshwa [3]. The nomenclature of the diseases itself indicates the Avritta Vata (Covered or Obstructed movement/functioning of Vata) is its root from which several branches in form of various diseases arise [4]. That's why comprehensive

knowledge of form, location and features of the diseases is inevitable for correct diagnosis and treatment. Gulma is a single name representing a collection of many medical and surgical condition which occur in intra- abdominal organ. Any type of pain with palpable which occur in any quadrant of abdomen may create a suspicion of gulma.

Methodology

Classical texts of Ayurveda, especially Charaka Samhita, Sushruta Samhita were studied along with Sanskrit commentaries to collect relevant references. A thorough search was made on Google, PubMed, Research Gate. Also various textbooks and published powerpoint presentation were checked to fetch important points.

Result

Nidan (Etiology): Vayu gets vitiated in belly due to excessive discharge of faeces, kapha & pitta compression because of their excessive accumulation or suppression of impelled downward urges or external injury or excessive pressure or excessive intake of food and drinks or grief or uneven and excessive movement [5].

Purvarupa (Prodromal Symptoms)

Excessive belching, Constipation, Fullness of abdomen, Inability to work, Gargling sound of abdomen, Flatulence, Tympanitis, Indigestion, Weakness are prodromal symptom [6].

Lakshana (Sign and Symptoms)

Location, signs and symptoms, pattern and timing of pain vary in accordance of the dominant Dosha Common symptoms are Variable abdominal lump, Anorexia, Obstruction of urine, faeces and flatus, Excessive belching [7].

Samprapti (Etiopathogenesis)

Due to above described Nidana Vayu gets vitiated thus vayu aggravates Kapha and pitta and obstructing the passage through them producing pain in Cardiac region, Navel sides, abdomen, and pelvis and does not move downwards due to blocking of passage, thus located in pakwasaya (Colon), and Pittashaya or Kaphashaya, independent or dependent known by palpation acquires the name of gulma (Lump) due to its lumpy nature according to Dosha [7].

Difference in Pathogenesis Mentioned in Nidan And Chikitsa Sthan of Charaka Samhita:

In Nidan Sthan, only elevation and provocation of Vata have been emphasized. Here, provoked subtype of Vata itself causes Avarana of another Irritant subtype of Vata. While in Chikitsa Sthan, Avarana of Vata is indicated by Pureesha (Faeces), Mootra (Urine), Kapha, Pitta and Aama (Incompletely Metabolized entities) too [8]. In accordance of same the etiological factors mentioned in both sthana also differ [9].

Types of Gulma

According to Acharya Charaka [9], Sushruta [10] and Madhukoshakara five types of Gulma have been mentioned: Viz. Vataja, Pittaja, Kaphaja, Raktaja, and Nichaya (Gulma caused by all the three bodily humours). Nichaya Gulma has been termed as "Nichaya" instead of Sannipata to

illustrate its incurable nature [11]. As per Acharya Vagbhata "Antargulma" and "Vahyagulma" is also explained. As per Astanga Sangraha and Astanga Hridayakar "Dwandajan Gulma" (Gulma caused by two provoked Humours) have also been explained. As per Madhav Nidana [12] and Ayurveda Deepika [13] another type of Raktaja Gulma mentioned in males, which is caused by vitiation of Rakta Dhatu instead of Artava (Menstrual fluid).

Vatika Gulma

Causes [14]: Rough foods and drinks, Uneven and excessive Activities
Suppression of Urges
Injury
Excessive loss of Excretion
Fasting
Symptoms:
Obstruction in Faeces and Flatus
Dryness in throat and mouth
Blackish and Reddish Complexion
Fever with Shivering
Pain in Heart, Abdomen
Aggravates in empty stomach and becomes mild on taking food.

Paittika Gulma

Causes [14]: Excessive intake of Pungent, Sour hot, Burning, Rough Substances
Aama Dosha
Impure blood
Anger
Injury
Irritant
Symptoms:
Fever, Thirst
Reddishness of face and body,
Pain Aggravates during digestion
Burning tenderness as in abscess
Sweating

Kaphaja Gulma

Causes [14]: Cold, Heavy, Unctuous food
Lack of movement
Excessive sleep in day
Symptoms:
Feeling of weakness
Nausea, Cough, Anorexia
Hardness with elevation
Cold fever
Malaise

Dwidosaja

When the etiology and Symptoms of two Dosaja are found (Caused by two dosas)

Sannipataja

Three Gulma having mixed symptoms

SYMPTOMS [15]:

Intense pain

Burning, Stony hard and elevated

Severe which takes away the

strength of mind

Incurable

Rakataja Gulma

CAUSES [15]: Fasting during period of menses,

Fever, Roughening

Suppression of Urges

Other uterine Disorders

Astringents

Symptoms:

Pulsates only as a lump not with limbs Has symptom similar to that of Pregnancy Caused by Menstrual fluid Occuring only in female.

Sites of Gulma

Acharya Sushruta has described the site of Gulma in brief, between Hridaya and Vasti Which actually covers entire abdomen. He has also used the term Kostha to indicate overall location. Acharya Charaka has mentioned five locations, which broadly covers whole thoraco-abdominal Cavity [8].

S.NO.	Sthana	Body Parts	Dosa
1	Vasti	Urinary bladder, Abdomen	Vata
2	Nabhi	Para-umbilical region	Pitta
3	Hridaya	Cardiac region	Kapha
4,5	Parshwa	Latral of;	
	i. Vasti parshwa	Uterus, Inguinal canal	Vata, Rakta
	ii. Nabhi parshwa	Large intestine	Vata Pitta
	iii.Hridaya Parshwa	Lungs, Liver, Spleen	Vata, Pitta, Kapha & Rakta

Table 1: Sites of Gulma.

Raktagulma	Pregnancy
Gulma quivers just like a solid mass or muller, below umbilicus in restricted way sometimes it does not quiver.	Quickening in pregnancy is in free manner, relatively more and fetus quivers with different body parts
Quivering is delayed and is associated with pain	Quivering starts earlier, and is without pain
Only gulma increase in size not the Kuksi (Uterus)	Corresponding to the development of fetus Kuksi also develops.
Glands appear over the abdomen and blue spots in between breasts and around umbilicus.	No such sign in Pregnancy
Growth of Gulma is very slow and does not follow a definite sequences	Fetus grows comparatively earlier and follows a definite pattern of development according to gestational months.

Table 2: Difference between Raktagulma and Pregnancy [16].

Stages of Gulma

1. Immature (Recent Onset Tumour)

Tumours are Heavy, Hard Situated beneath the muscles. without changes of colour and fixed firmly.

2. Maturing Tumours

The tumours are burning, Painful, Causing agony, Loss of sleep, Irritation and fever

3. Matured (Suppurated) Gaseous Tumours)

The tumours are burning, bluish red in colour Palpable like bladder and severe painful in nature.

Prognosis of Gulma

Gulma associated with features of breathlessness abdominal pain, Thirst, Anorexia, Body ache, debility and

Stiffness are critical, likewise the tumour with features of all the three Doshas is incurable [17].

Management of Gulma

All measures are undertaken to control Vata
To achieve following measure are applied:
Asthapana Basti (Decoction enema)
Snehana (Oleation)
Swedana (Sudation)
Mild purgation

For Vataj Gulma

Unction
Fomentation
Ghrita
Enema Powders, Pills
Emesis
Purgation &
Blood letting [18]

For Pittaja Gulma

Ghee cooked with bitters
Non unctuous enema
Pacifactory, Poultice
Surgical operation of mature and internally
burst one
Other Evacuative and alleviative measures [18]

For Kaphaja Gulma

Unction, Fomentation
Incision, Lightening
Emesis, Purgation, Ghrita
Arista, Alkali
At last Cauterization after blood letting [19]

For Raktaja Gulma

It should be treated after ten months is passed.
After the time of labour has elapsed, Oleation, Sudation
Followed by unctuous Laxative should be prescribed [17].
Should be treated just like Pittaja Gulma Oleation with
Kakolyadi Ghrita followed by Laxation and Niruha basti made
with Madhura Drugs [20]. To Avoid Suppuration, Oleation
followed Venesection of cubital vein should adopt. To
Remove left over Dosas, Samsaman (Suppressive) treatment
should be given.

Single Drugs Recommended

Pushkarmoola, Hingu, Amlavetash, Vacha

Yavakshara, Chitraka, Dhanyaka, Yavani Vidanga, Chavya,
Pippalimula, Daadima, Jiraka and Ajamoda etc.

Vataj Gulma Nashaka Yoga

Trayushaadi Ghrita
Hingusauvarchalaadi Ghrita
Satphala Ghrita
Pippalyadi Ghrita
Nilini Ghrita [21]

Pittaja Gulma Nashaka Yoga

Rohiniyaadhi Ghrita
Trayamanadi Ghrita
Aamalakadi Ghrita
Drakshadi Ghrita
Vasadi Ghrita [22]

Kaphaja Gulma Nashaka Yoga

Nilini Ghrita
Dashmuli Ghrita
Bhallatakadi Ghrita
Kshirshatphalaka Ghrita [15]

Raktaja Gulma Nashaka Yoga

Jivaniya Groups of Drugs
Pippalyadi Ghrita
Treatment is aimed to:
Cure Amenorrhoea
Loosen Gulma
Expel the Gulma [19]

Discussion

In this article, definition of Gulma, Nidan, Purvarup
lakshen, Samprapti Classification, Sites of Gulma and Its
Managemets with Yogas have been reviewed along with
difference of Raktagulma and Pregnancy.

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