

## AYURVEDA PERSPECTIVE ON HIATUS HERNIA AND ITS MANAGEMENT THROUGH ALTERNATIVE APPROACH: A CASE REPORT

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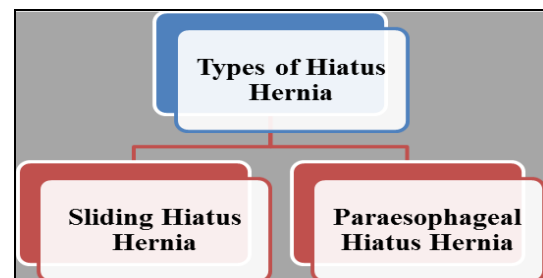
### ABSTRACT

Hiatus hernia involves an anatomically abnormal condition in which stomach's part protrudes into the cavity of chest. This takes place through the diaphragm's hiatus therefore termed as hiatus hernia. Obesity, spicy and sour foods, anatomical defects, intra-abdominal pressure and intestinal obstruction, etc. are the major causative factors of this condition. Nausea, stomach pain, heartburn, acid reflux and difficulty in defecation, etc. are main symptoms associated with this condition. The medical science provides several approaches for managing this condition, in this context Ayurveda offers different regimen for the prevention and treatment of hiatus hernia. Present article supports this fact, here a case study presented in which a female suffered with hiatus hernia underwent Ayurvedic therapy and she acquired appreciable relief in symptoms after the completion of treatment.

**KEYWORDS:** *Ayurveda, Hiatus Hernia, Protrude, Stomach, Vidagdhajirna.*

### INTRODUCTION

Hiatus Hernia is a condition mainly seen in middle-aged or elderly people. In this condition the stomach gets protruded into the thoracic cavity through the diaphragm. In this condition the part of stomach bulges through the diaphragm into the cavity of chest. Opening through which esophagus passes becomes enlarged or weakened in Hiatus Hernia allowing stomach to herniate into the cavity.<sup>[1-3]</sup> Overweight, stress, tension, anatomical defects, flatulence and intra-abdominal pressure, etc. are factors which may induce this type of condition if persisted for long period of time. Nausea, heartburn, acid reflux, excess thirst, fever, burning of eyes, giddiness and stomach pain, etc. are main symptoms. There are two types of Hiatus Hernia as depicted in **Figure 1**. Sliding Hiatus Hernia involves the condition in which stomach and gastroesophageal junction slide up into the cavity of chest.<sup>[2-5]</sup> While another type is Paraesophageal Hiatus Hernia in which gastroesophageal junction remains anatomically normal, however stomach's part herniates beside the esophagus through the hiatus.



**Figure 1: Types of Hiatus Hernia.**

### Ayurvedic Perspective

The condition appears like a rupture and known as *Vidagdhajirna* in Ayurveda. According to Ayurveda *Pitta Dosh* predominantly involves with the symptoms of Hiatus Hernia. The aggravation of *Pitta Dosh* leads to *Vidagdhajirna*, which affects gastric fire and causes indigestion. Ayurveda suggests adherence to regular eating schedule, avoidance of sour and spicy foods. Excessive weight lifting, stress and pressure during defecation are also to be avoided.<sup>[6-8]</sup>

In Ayurveda, a hiatus hernia is often associated with an imbalance of the *Doshas*, particularly *Vata* and *Pitta*. The displacement of the stomach is attributed to *Vata* imbalance, while the related acid reflux and digestive

issues are linked to *Pitta* imbalance.<sup>[9-11]</sup> The predominant symptoms associated with specific *Dosha* involvement are as follows

**Lakshana**

**Vata Imbalance Lakshana**

- Irregular movement and displacement, leading to bloating, pain, and discomfort. These symptoms mainly associated with contributing factors such as; irregular eating habits, stress, and excessive physical strain.

**Pitta Imbalance Lakshana**

- Acid reflux, burning sensation and inflammation. These symptoms mainly arise due to the consumption of spicy & acidic foods, stress and abnormality in intestinal movement.

**CASE REPORT**

This study deals with a case of hiatus hernia, in which a female patient (age 75 years) was treated using Ayurvedic and alternative approaches. The patient came

with complaints stomach pain, piles, *Sotha*, heartburn and chest pain, etc.

- ✓ History: Suffering from condition from few years, however no family history of such case was reported.
- ✓ Diet: Spicy and sour foods and *Amla Ahara*
- ✓ General Examination: Pulse -70/min., BP -140/86 mm.
- ✓ Rogi-Pariksha: *Koshtha –Asamyak Agni –Mandagni Prakruti –Amla pitta*

**Diagnosis**

Diagnosing involves combination of medical history, physical examination and some other diagnostic tests which are as follows

- ✓ Barium Swallow
- ✓ Endoscopy
- ✓ Esophageal manometry.

**Assessment Parameters and their Grading**

Parameters		Stomach pain	<i>Sotha</i>	Heartburn	Indigestion
Grading Scale of Parameter Severity	<i>Mild</i>	+	+	+	+
	<i>Moderate</i>	++	++	++	++
	<i>Severe</i>	+++	+++	+++	+++

**TREATMENT PRESCRIBED**

**Remedy**

1. Powder made from roasted Fenugreek seeds (100 g), *Ajwain* (100 g), Black *Til* (100 g) and Black *Pipper* (10 g). **Dose:** 1 teaspoon, morning & night after food.
2. Dicar Tablet. **Dose:** 2 tablets morning & night daily.
3. Syrup *Paxid*. **Dose:** 2 teaspoon, morning & evening daily.

**Lifestyle advices**

- ✓ Avoiding heavy, spicy and sour meals.

- ✓ Elevating the head of the bed.
- ✓ Advised not to put pressure during defecation.
- ✓ Avoidance of physical and mental stress.

**OBSERVATION AND RESULTS**

Remarkable reduction was observed in disease symptoms such as; stomach pain, *Sotha*, heartburn and chest pain. The fullness of stomach also gets reduced, feeling of softness while touching stomach with palm. Frequency and severity of symptoms suppressed appreciably as depicted in **Table 1**.

**Table 1: Effect of therapy on assessment parameters.**

Parameters of Assessment	Effect of Therapy	
	Before Treatment	After Treatment
Stomach pain	+++	++
<i>Sotha</i>	+++	+
Heartburn	++	+
Indigestion	++	+

**DISCUSSION**

The prescribed drugs mainly used for the treatment of stomach disorders. Drugs used for the treatment provided relief from indigestion along with nausea and vomiting. Therapy relieved abdominal pain and feeling of heaviness in stomach. The key ingredients present in prescribed remedies includes *Sindhav*, *Jirak*, *Sunth*, *Pipar*, *Kali mirch*, *Elaichi*, *Talis patra*, *Katuka*, *Svarjika*, *Hing* and *Suddha kuchala*, etc.<sup>[6,7]</sup> Similarly syrup contents ingredients such as; *Jethimadh*, *Satawari*, *Amla*, *Brahmi*, *Kapoor Kachali*, *Guduchi*, *Sukti Bhasma*,

*Udumbar chal* and *Narikel Lavan*, etc. These ingredients helped to improves digestion, relieved abdominal discomfort, pain, suppress flatulence, clears intestinal obstruction and reduces severity of heartburn. Prescribed therapy causes pacification of aggravated *Dosha* mainly *Pitta Dosha* and normalization of intestinal motility. The balancing state of *Pitta* further normalizes digestion and suppress problem of acid reflux. The clearance of intestinal obstruction by therapy and normal movement of intestine helped to reverse pathology of disease

thereby prevented further pathological manifestations of disease.<sup>[7,8,11]</sup>

## CONCLUSION

Hiatus hernia is a prevalent condition with diverse manifestations and treatment options. Current research underscores the role of alternative and ancient therapeutic approaches for the management of hiatus hernia. Study concluded that natural remedies can be used successfully for alleviating symptoms of hiatus hernia. However lifestyle and dietary recommendation also play vital role towards the management of such conditions along with natural drugs.

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