

How to Diagnose Abdominal Emergencies

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Abstract

Abdomen contains a number of important organs of the body. The basic functions of the body for maintenance of the vital functions are performed by the abdominal organs. Digestion is one of the most important function of the body that begins the process of formation of nutrients and excreta from the food taken. From here the process of transformation of the nutrients starts and at different levels different necessary components are formed. Any defective functioning of the abdominal organ/organs can cause disease of other vital organs. Considering all the functions of the abdomen a physician is advised to understand the functions of the abdominal organs in detail. The ancient Indian classics on health (Ayurveda), viz. Charaka Samhita and Susruta Samhita identified the abdominal emergencies which can be considered as a topic for discussion even in present situation.

Keywords: Abdomen; Vital Functions; Defective Functioning; Ancient Classics on Health (Ayurveda)

Improper digestion is proved to be an important cause of different diseases. The diseases are considered to be manifested due to "Amadosha" (products of improper digestion due to weak functioning of the digestive enzymes) by the ancient Indian scholars of health science. This Amadosha acts as potent irritant and produces a number of signs and symptoms related with the Gastro-intestinal and other systems. The conditions are described by Charaka, the father of Medicine and Susruta, the father of Surgery under the following heads, early diagnosis and treatment of which are most important to avoid fatal sequences:

- (1) Bisuchika: In this condition the amadosha comes out through the mouth (vomit) and also through the anal route (stool). It is accompanied with the following signs and symptoms:
 - (i) Pain (shoola) - Charaka, Susruta
 - (ii) Flatulence (Anaha) - Charaka
 - (iii) Generalised pain and uneasiness (Angamarda) - Charaka
 - (iv) Fainting (Murcha) - Charaka, Susruta
 - (v) Thirst (Pipasa) - Susruta
 - (vi) Delirium (Bhrama) - Susruta
 - (vii) Cramp on the calf muscles (Udvestana) - Susruta
 - (viii) Excessive yawning (Jrimbha) - Susruta

- (ix) Burning sensation (Daha) - Susruta
- (x) Change of colour of the body (Baibarnya) - Susruta
- (xi) Trembling (Kampa) - Susruta
- (xii) Pain in the heart region (Hridruja) - Susruta
- (xiii) Headache (Siraso bheda) - Susruta.

(2) Alasaka: This is a situation when there is no expulsion of the accumulated amadosha through the mouth (vomit) or through the anal orifice (in the form of stool) occurs. The individual develops all signs and symptoms as a patient of Bisuchika. If the condition is not treated accordingly at the early stage then the individual loses the functions and falls like a stick (Danda- becomes unconscious and behaves like a dead). This condition is considered to be critical and difficult to treat.

From the concepts of the two eminent scholars of ayurveda charaka and susruta it can be concluded that, they were vigilant and aware about the important functions of the gastro-intestinal system and after observation identified the emergency situations that can manifest due to improper functioning of the system. For identification of the abdominal emergencies a medical person should be acquainted with these conditions.

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