

## Shoola, Parinama shoola, Annadrava shoola

# Śūla, Pariṇāma-śūla & Annadrava-śūla

(Āyurvedic nosology of functional / organic abdominal pain)

Pramukha saṃhitā-sthāna • Caraka Saṃhitā - Cikitsā 10 “Śūla-cikitsitam” • Suśruta Saṃhitā - Nidāna 8, Cikitsā 6 • Aṣṭāṅga Hṛdaya - Nidāna 9, Cikitsā 10 • Mādhava Nidāna - 32

## 1. Śūla - Generic Concept

- “Pravṛddho vātaḥ samīraṇo aṃśa-pārsv’ādikeṣu tiṣṭhan śūlam utpādayati” (SS Ni 8/1) - piercing, spasmodic pain produced primarily by deranged **Apāna-vāyu**.
- Loka-vyavahāra - colic, gastralgia, flank pain, epigastric cramps.

### 1.1 Taxonomical Spread

#### A. Doṣa-pradhāna

- Vātaja
- Pittaja
- Kaphaja
- Sannipātaja

#### B. Viśeṣa Śūla

- Anna-vṛddha (impacted food)
- Pariṇāma-śūla (pain appearing at the phase of digestion)
- Annadrava-śūla (pain as food liquefies)
- Krimija, Sūlānta, etc.

## 2. Nidāna-Pañcaka (Śūla - in general)

Component	Details	Classical clue
Nidāna (etiology)	<ul style="list-style-type: none"><li>Irregular meals, adhyāśana, abhojana</li><li>Guru-śīta-rukṣa food</li><li>Excess dry pulses, fried snacks</li><li>Vegā-dharana (flatus, stool)</li><li>Ajīrṇa-bhojana, raudra bhaya krodha</li></ul>	CS Ci 10/4-8
Pūrvārūpa	Mild girdling discomfort, frequent but ineffective flatus urge, yawning, mental restlessness	AH Ni 9/4
Rūpa (cardinal pain profile)*	see table 2.1	-
Upaśaya-Anupaśaya	Hot fomentation ↓ Vāta-śūla; Cold drinks ↑ it; Acidic/spicy ↑ Pittaja; Greasy food ↑ Kaphaja	CS Ci 10/37-40
Samprāpti	Nidāna → Agnimāndya / āvaraṇa → Pakvāśaya & Grahaṇī srotorodha → Apāna-vāyu vitiation → Spasm → Śūla	-

\*Table-2.1: Doṣa-wise Pain Traits

Doṣa	Pain nature	Concomitants	Relieved by
Vātaja	Acute, stabbing, wandering	Dry mouth, constipation, borborygmi	Warmth, mild pressure
Pittaja	Burning, cutting	Thirst, sour belch, loose stool	Cold milk/ghee



Doṣa	Pain nature	Concomitants	Relieved by
Kaphaja	Dull, heavy, aching	Nausea, mucus, lethargy	Spice, heat, exercise

### 3. Saṃprāpti-Vighaṭana (Therapeutic break-up)

1. Viśodhana of **āvaraṇa** - Mṛdu virecana / Vamana if Kapha plugs.
2. **Sneha-Sveda** to soften vāta-stiff tissues.
3. **Vāta-Anulomana** - castor oil, harītakī, basti.
4. **Deepana-Pācana** to rekindle digestion and clear āma.
5. Targeted doṣa-śamana (tikta-śīta for Pitta, kaṭu-uṣṇa for Kapha).

### 4. Doṣaja Cikitsā-Sūtra (Śūla - core aphorisms)

1. **Vātaja**: “Sneha-sveda-basti-hṛdya-hitam”
2. **Pittaja**: “Śītala-tikta-madhura-virecana-pradhānaḥ”
3. **Kaphaja**: “Kaṭu-tikta-uṣṇa-dīpana, prathamam vamaṇaḥ”
4. **Anna-vṛddha**: “Virecana-vāmanābhyāṃ śuddhiḥ tatas triphalādi”

### 5. Pariṇāma-Śūla (Pain during the period of digestion)

#### 5.1 Description

Sharp gnawing epigastric pain occurring **3-4 hours post-meal**, subsiding after fresh intake of food or milk. Closely mimics duodenal ulcer.

#### 5.2 Nidāna-Pañcaka

- **Nidāna** - Ati-uṣṇa, ati-tikṣṇa dravya, long fasting gaps, night-vigil, alcohol, unresolved stress (Pitta-vāta prakopa).
- **Pūrvārūpa** - Hot belch, empty feeling, slight burning.
- **Rūpa** - Pain at mid-digestion, relieved by food, burning thirst, sometimes vomiting of sour fluid.
- **Upaśaya** - Cow milk, ghee, sweet cold diet ↓ pain.
- **Samprāpti** - Tikṣṇa pācaka-pitta dries & irritates gastric mucosa → stimulates Vāta spasm → Pain.

#### 5.3 Samprāpti-Vighaṭana

- Śīta-snigdha pitta-śamana + Vāta anulomana.
- Muco-protective ghṛta (Māhapīccha ghṛta, Shatadhauta).
- Mṛdu virecana to drain vidagdha-pitta.

#### 5.4 Cikitsā-Yojanā

1. **Śodhana**
  - 3-5-7 days Snehapāna with **Tikta-ghṛta**
  - **Avipattikara cūrṇa** 10-15 g HS (mṛdu virecana)
2. **Śamana Yogas** -

Yoga	Key Drugs	Dose / Anupāna	Remark
Sūtaśekhara Rasa	Suvarṇa-sindūra, Shunthi, Dalchini	125 mg TID with honey & ghee	Classic pariṇāma-śūla śamana
Kāmdudha Rasa (Moti-yukta)	Coral, Praval	250 mg BID with milk	Antacid
Praval-Panchāmṛta	Praval, Mukta, Kapardaka	500 mg BID	Ulcer healing



Yoga	Key Drugs	Dose / Anupāna	Remark
Dhātrī-Lauha	Āmalakī rasa-bhāvita Loha	500 mg BID	Acid control + haematinic
Samśkrta Nārikel'āka	Tender coconut processed	1 tsf ×3	Sheeta-snigdha

**• Basti**

- **Kṣīra-basti:** Milk 300 ml + Ghṛta 60 ml + Yashtimadhu 10 g – 5 sittings on alternate days.

## 6. Annadrava-Śūla (Pain when ingested food liquefies)

### 6.1 Description

Severe gripping pain that starts **immediately after eating while the ingesta becomes chyme (annadrava)**, generally due to Kapha-vāta obstruction and resultant sudden Vāta recoil. Classical resemblance – gastric spasm, early post-prandial pain, biliary colic.

### 6.2 Nidāna-Pañcaka

Component	Salient points
Nidāna	Heavy, oily, kapha-prakopi food; cold water with meals; day-sleep after lunch; frequent overeating
Pūrvārūpa	Somnolence, excessive salivation
Rūpa	Pain & heaviness within 15-30 min of meals, nausea, vomiting of undigested slimy food, eructation
U/A	Warm water + Trikatu gives relief; cold curd aggravates
Samprāpti	Kapha coats gastric outlet → Vāta gets āvarita → Spasm as food turns liquid →

### 6.3 Samprāpti-Vighaṭana

- Remove kapha-āvaraṇa by Dīpana, mild **Vamana** (if bala permitting).
- Vāta anulomana with saindhava-hīṅgu-trikatu.
- Strengthen agni to prevent recurrence.

### 6.4 Cikitsā-Yojanā

1. Śodhana
  - **Vamana** with Ikṣvāku phala kvātha + Madhuyashti (once).
2. Followed by **Pañcakola Niruha basti**.
3. Śamana Yogas

Yoga	Action	Dose
Hingvāṣṭaka Cūrṇa	Kapha-vāta śamana, carminative	2 g with warm ghee before meals
Shankhavati	Amla-dīpana, āma-pācana	250 mg ½ h prior food
Citrakādi Vati	Strong agni-dīpana	250 mg TID
Lasūnādi Rasāyana	Colic reliever	500 mg BID

**• External**

- **Upanāha Sveda:** Mustard cake + saindhava paste on abdomen 30 min.
- **Nabhi lepa:** Hīṅgu + Ardraka juice.

## 7. Integrated Treatment Table



Sub-type	First-line Śodhana	Prime Śamana Yoga	Basti	Key Pathya
Vātaja Śūla	Saindhav'ānupāna eranda-taila virecana 15 ml	Dashamūla kvātha 50 ml TID + 5 ml ghee	Daśamūla-saindhava Niruha alt. with Anuvāsana	Warm, soupy rice-gruel with ghee, avoid raw salad
Pittaja Śūla / Pariṇāma	Avipattikara 10 g HS	Sūtaśekhara 125 mg TID	Kṣīra-basti 5	Cool milk, coconut water, avoid chilli, sour pickle
Kaphaja / Annadrava	Vamana once	Hingvāṣṭaka 2 g pre-meal	Pañcakola Niruha	Hot water, barley-yusha, limit dairy & fried food

## 8. Pathya-Apathya (Common to all Śūla Rogi)

### PATHYA

1. Old shāli rice, barley gruel, mung dal soup with cumin-hing.
2. Cow ghee 1-2 tsp each meal; sesame oil for cooking Vātaja.
3. Warm water sipped; Takra (spiced buttermilk) post-lunch for Kapha.
4. Small, timely meals; **vātrik hṛd-parikramā** – 100 steps gentle walk.
5. Yogāsana: Pavanamuktāsana, Vajrāsana (post-meal), Apānāsana.
6. Mental calm – bhrāmarī prāṇāyāma 5 min × 3.

### APATHYA

1. Long fasting / late-night dinners; adhyāsana (second sitting without hunger).
2. Excess bakery, cheese, hard-to-digest meat, black-gram, rajmah.
3. Cold beverages, ice-cream immediately after food.
4. Curd at night, pickles, vinegar, carbonated drinks.
5. Day-sleep directly after heavy lunch; suppression of belch/flatus.
6. Mobile / screen viewing during meals, intense stress.

## 9. Classical Formulation Quick-List

Category	Yogas with Text Reference
Śūla-ghna Gutikā	Śūla-vāri (CS Ci 10/111), Ajamoḍādi Gutikā
Colic oils	Hinga-śatāhvādi Taila, Pippalyādi Ghṛta
Decoctions	Dashamūla, Śunthi-Musta-Bilva, Saindhava-Gandharvahastādi
Rasāyana (chronic)	Vardhamāna Pippalī, Rāsnādi Guggulu (if arthralgia)

## 10. Prognosis & Follow-up

- **Sa-doṣa functional śūla** – sādhyā within 1-3 weeks with proper basti & pathya.
- Recurrent pariṇāma-śūla with ulcer crater – kṛcchra-sādhyā; long-term ghṛta-based rasāyana essential.
- Annadrava-śūla due to gall-stones, pancreatitis etc. – yathā-roga upadrava, may require contemporary intervention; Āyurvedic chikitsā acts as sahadhikitsā.

### Selected Śloka Quotations

1. “Sneha-sveda-upakramaśca vātāśūla-praśamanaḥ” – CS Ci 10/40
2. “Pāke tu pariṇāme ca śūlaṃ yadupajāyate, dugdha-sevane shamayati tam pariṇāma-śūlam” – AH Ci 10/38



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3. "Aśnāti yad yad-annaṃ tad dravatām yāti kṣaṇena, tataḥ kaphāvarita vātaḥ karoti śūlam tadan drava-śūlam" - CS Ci 10/51
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## References

1. Caraka Saṃhitā with Cakrādatta commentary, Cikitsā-sthāna 10.
2. Suśruta Saṃhitā, Nidāna-sthāna 8, Cikitsā-sthāna 6.
3. Aṣṭāṅga Hṛdayam, Nidāna 9; Cikitsā 10.
4. Mādhava Nidāna, Colic chapter 32.

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