

## **Parinama Shoola (Peptic Ulcer)**

1. When associated symptoms are of vata aggravation like abdominal pain
  - Snehapana – Indukanata Ghrita 3-7 days
  - Vashpa Sweda for 3 days
  - Virechana may be given with Eranda Taila followed by Samsarjana Karma
  - Respective Shamana medicines as per the requirement may be started after this.
2. When the patient complains of vata vriddhi lakshanas like gripping pain in the abdomen, Shamana is advocated if the patient is weak and contraindicated for Shodhana.
  - Indukanta Ghrita – 10 gm twice daily orally for 60 days with milk
3. In chronic ulceration with pitta dominated symptoms such as sour eructation, regurgitation, heartburn and when the patient is eligible for Shodhana:
  - Snehapana – Mahatiktaka Ghrita
  - Vashpa Sweda for 3 days
  - Virechana with Eranda Taila followed by Samsarjana Karma.
  - Respective Shamana medicines as per the requirement may be started after this.