



GULMA VIVECHANA – A CRITICAL REVIEW

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ABSTRACT

Background: *Gulma* is a disease caused by *Vata*. The word meaning of *Gulma* is *Lata* i.e. a shrub or bush. It is a *Shoola Pradhana Vyadhi*. Deranged *Agni (Digestion & Metabolism)* and *Kshaya of the Dhatu (Tissues)* are the chief causative factors, which provoke *Vata* either because of the increase in its *Ruksha Guna (Dryness)* or because of *Avarana* caused by other subtypes of *Vata / Pureesha (faeces) / Mootra (Urine) / Kapha / Pitta and Aama*. **Material and methods:** The ways of understanding & concept of *Gulma* according to our *Acharyas* are different. The analogy, keen observation and the way of understanding of the concept of *Gulma* according to different acharyas concept helps a lot in our clinical practice. **Objective:** Here an attempt is made to understand and apply the treatment principles of *Gulma* based on the *Guna and Karma*. **Discussion and conclusion:** *Gulma* is a very unique disease in Ayurveda, which is a *vatapradhana kosthagata roga*, signifying a group of diseases with pain and localised abdominal lump as the cardinal features along with many gastro intestinal symptoms. Its correlation with a single modern disease is not possible at all. Because, it covers a group of diseases occurring intra-abdominally ranging from simple gaseous obstruction in the intestine to an incurable malignant condition including intra-abdominal abscess as one of its chronic condition.

KEYWORDS: *Gulma, Shoola* and *Agni*.

INTRODUCTION

Gulma is one of the *Raktapradoshaja Vikara*.^[1] It is one among the 48 *Samanyaja Vikara*.^[2] It is one of the *Ekadesiya Shotha / Sthaniya Shotha Prakaraja Roga*.^[3] *Gulma* manifests in 5 *Sthanas* namely *Hrudaya, Nabhi, 2 Parshva* and *Basti*.^[4,5]

Gulma is characterized by pain (*Vedana*) as the most important symptom and a palpable lump as the most important sign. It can be judged by 5 diagnostic criteria namely *Samutthana, Purvarupa, Linga, Vedana* and *Upashaya*.^[6]

The word *Gulma* literally means a bush, shrub, a cluster or clump of trees, a troop or division of army which signifies a collection of something together, having a specific shape, size, mass, or specific form to defined. But in Ayurveda, it signifies a very unique disease which occurs only in the *Koshtha (Mahasrotasa)* but having *Bahyamargaja* and *Abhyantara Margaja* forms.^[7]

Mythological Origin

During the destruction of *Daksha's* sacrifice, *Gulma* manifested in human beings, who fled in all directions, due to agitation in their body because of fleeing, swimming, running, flying, jumping etc by *Rudra Kopa*.^[8]

Sankhya Samprapti

<i>Charaka</i>	5	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Nichaya Gulma</i>
<i>Sushruta</i>	5	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Kshataja Gulma</i>
<i>Vagbata</i>	8	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Sannipataja, Samsargaja Gulma</i>
<i>Madhava</i>	5	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Sannipataja Gulma</i>
<i>Bhavaprakasha</i>	5	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Sannipataja, Samsargaja Gulma</i>
<i>Sharangadhara</i>	8	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Sannipataja, Samsargaja Gulma</i>
<i>Bhela</i>	5	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Sannipataja, Samsargaja Gulma</i>
<i>Kshyapa</i>	5	<i>Vataja, Pittaja, Kaphaja, Lohita</i> and <i>Sannipataja, Samsargaja Gulma</i>
<i>Harita</i>	5	<i>Vataja, Pittaja, Kaphaja, Raktaja</i> and <i>Sthanaanusara Gulma</i>

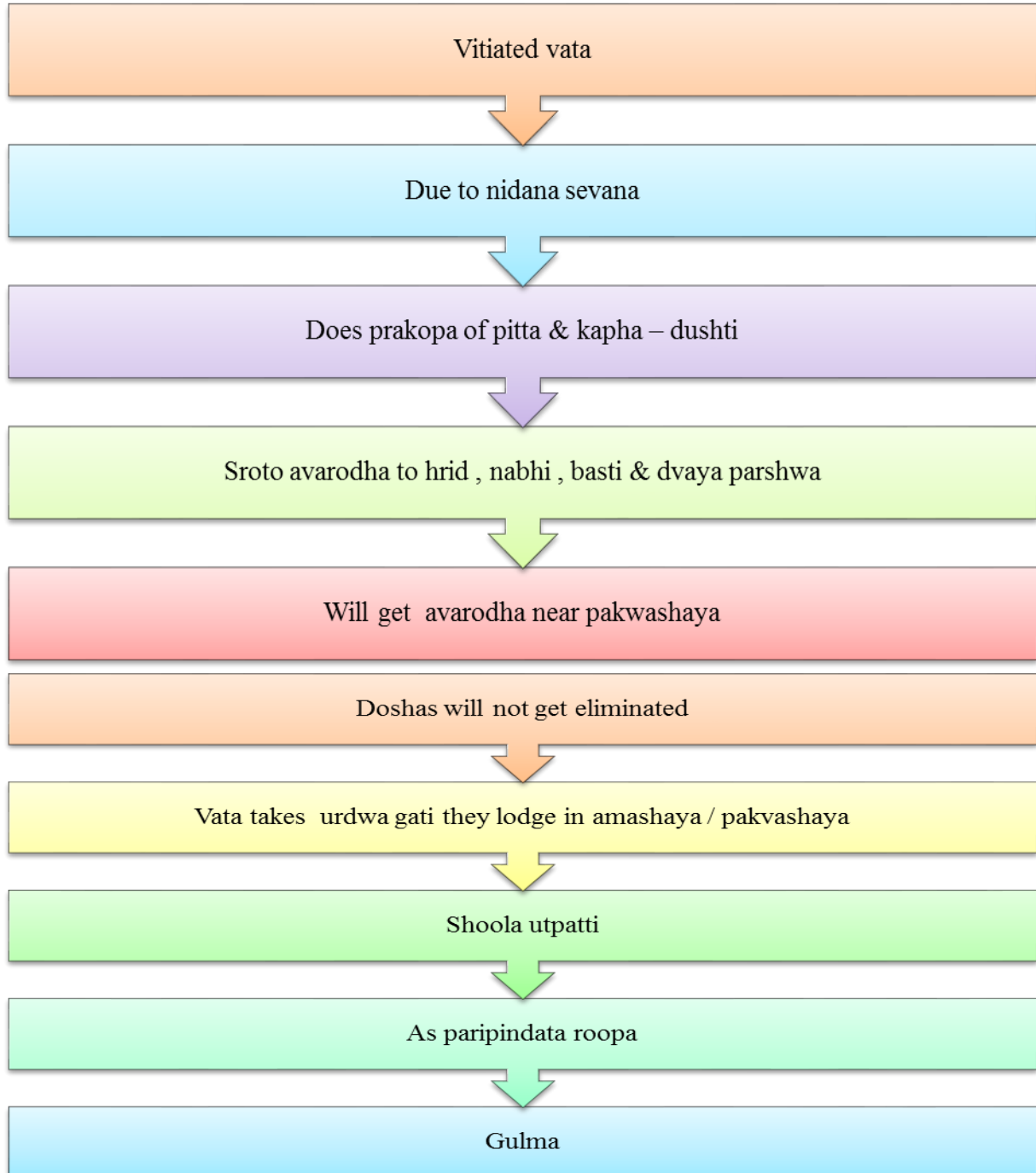
Gulma Sthana

Gulma manifests in 5 sites namely *Basti*, *Nabhi*, *Hrudaya* and *Parshva Dwaya*.^[9]

Samprapti

The vitiated *Vayu* provokes either *Kapha* or *Pitta* or both. They obstruct the channels of circulation to cause

pain in the regions of heart, umbilicus, and sides of the chest, abdomen and urinary bladder. *Doshas* do not get eliminated and are confined to *Pakvashaya* (colon) *Pittashaya* (small intestine) or *Kaphashaya* (Stomach) either independently (*Svatantra*) or in association with other *Doshas* (*Paratantra*) it becomes palpable because of its round shape for which it is called *Gulma*.^[10]

**Samprapti Ghataka**

- *Dosha* – *vata pradhan tridosha*
- *Dushya*- *Nirashraya*
- *Adhisthana*- *Hridaya, Nabhi, Basti, Parswa*
- *Agni*- *Jatharagni, Dhatwagni*
- *Agnidusti* – *Visamagni, Mandagni*

- *Srotas*- *Annavaha, Purishavaha*
- *Srotodusti*- *Sanga, Vimargagaman, Atipravritti*
- *Sancarasthana*- *Mahasrotas*
- *Vyaktasthana*- *Hridaya, Nabhi, Basti, Parshwa, Amashaya, Pakwashaya, Garbhashaya*

- Vyadhi Udbhavasthana- Amashayottha, Pakvashayottha
- Vyadhi Swabhava- Ashukari, Chirakari
- Prabhava- Ekadoshaja-Sadhya Tridosaja- Asadhya

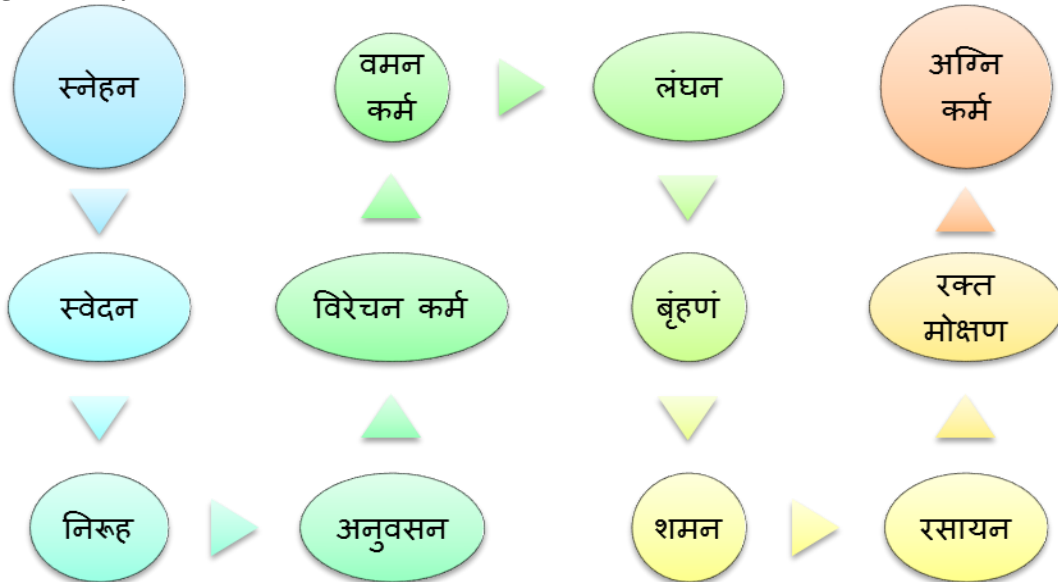
Poorvaroop

The Poorvarupa mentioned for Gulma are Anannabhilasanam, Arocaka – Avipaka, Agnivaishamyam, Vidaha Bhuktasya, Dourbalyam, Udgara Bahulya, Vibandha, Antravikujana, Atopa, Adhmana and Apakti.^[11]

Samanya Lakshanas of Gulma

The Samanya Lakshanas mentioned in the classics are Aruchi, Krucchra Vit, Mootra Vata, Aantra Koojana, Aanaha and Urdhwa Vata.^[12]

According to Acharya Harita^[16]



Vataja Gulma Chikitsa Sutra^[17]

- If Baddha Vit, Mootra, Vata presents then Snehana in the form of Bhojana, Abhyanjana, Pana, Niruha Basti and Anuvasana Basti should be given.
- After Snehana, advice Svedana for Gulma Shamana so that it causes Sroto Mardavata and Vata Shamana.
- In Urdhwa Nabhi Shtitha Gulma Snehapana should be administered.

Samanya Chikitsa Sutra

If, by the therapies for alleviation of Vayu, other Doshas – Pitta, Kapha and Rakta get vitiated, then carefully, treatment must be done to pacify the aggravated Dosha, while taking extra precautions for balancing Vata Dosha.^[13]

According to Chakra Datta, Langhana, Deepana, Snigdha, Ushna and Vaatanulomana Chikitsa should be adopted followed by Brimhana Chikitsa.^[14]

According to Kashyapa, Snehana and Swedana should be the initial line of management followed by Shamana Aushadhis. If the Nidana is Brimhana then Ati Rookshana should be done.^[15]

- In Adho Nabhi or Pakwashaya Sthita Gulma, Niruha / Anuvasana basti should be administered.
- Vataja Gulma Rogi should be given Snigdha, Brimhana Ahara after Deeptagni is achieved.
- Repeated Snehapana, Niruha, Anuvasana Basti to be advised to control the Prakupita Vata and one must take care as to not to aggravate Pitta and Kapha.

Rationality

Vataja gulma lakshanas	Amshamsha Kalpana
Vit, Vata Sanga	Vata Vriddhi – Ruksha, Laghu, Khara Guna - Shakrit Graha
Gala Vaktra Shosha	Ruksha, Ushna Guna Vriddhi of Vayu
Chala Gulma	Sukshma, Chala Guna Vriddhi of Vata
Shyava Arunatva	Vata Prakopa- Sukshma Guna Vriddhi
Shishira Jwara	Sheeta, Laghu Guna Vriddhi
Hrid, Kukshi, Parshwa Shiro Ruja	Sukshma, Khara Guna Vriddhi, Vata Prakopa Avastha
Jeerne Abhiadhikam, Bhukte Mrudu Vedana	Sheeta, Ruksha Guna Vriddhi
	Jeerne Anne – Vata Prakopa

Pittaja Gulma Chikitsa^[18]

- In Snigdha, Ushna Janita Pittaja Gulma, Sramsana should be done.
- If Gulma manifests due to Ruksha and Ushna Gunas, Sarpi Pana is advised
- Pittaja Gulma in Pakvashaya should be treated with Tiktaka Ksheera Basti
- Tiktaka Dravya Ksheera Kashaya should be used for Virechana
- Tilvaka Ghritha for Pana
- Kakolyadi Ghrita, Tiktaka Ghrita, Vasadi Ghrita can be used for Virechanartha.
- Sira Vyadha
- Mamsa Rasa Yukta Yoosha
- Nitya Ghritha Pana (Tikita Dravya Yukta)

Rationality

Pittaja gulma lakshanas	Amshamsha Kalpana
Jwara	Ushna, Drava Guna Vriddhi
Pipaasa	Ushna – Pitta, Ruksha - Vata
Vadana Anga Raagata	Tikshna, Ushna Guna Vriddhi
Shoolam mahat jeeryate bhojnam cha	Tikshna, Ushna guna vriddi
Svedadhikyata	Drava, ushna Guna Vriddhi of Pitta, visra guna vriddi
Vidaaha in udara	Ushna guna vriddi
Sparsha asaha gulma	Tikshna, ushna, guna vriddi

Kaphaja Gulma Chikitsa^[19]

- Kaphaja gulma – guru, sheeta, snigdha - langhana prior to vamana karma if agni is manda.
- If mandagni, vedana, sthimitha koshta – Vamana karma
- Pashchat karma – ushna, katu – tikta ahara.
- If stira, katinya, vibhanda, aanaha – swedana, sweda yukta vilayana.
- By vamana, langhana, swedana – agni sandhukshana – katu kshara sanskaritha ghritha.
- Sthanad gatva gulme – virechana, sneha basti or dashamoola Kashaya.
- Mandagni – mooda vata in kaphaja gulma - sasneha – vatanulomana.
- If kaphaja gulma is kurta moola, maha vastu, Kathina, sthimitha, guru - Kshara / Arishta / Agni karma must be performed.

Rationality

Kaphaja gulma lakshanas	Amshamsha Kalpana
Staimitya	Snigdha, sheeta guna vriddhi
Sheeta jwara	Snigdha, sheeta guna vriddhi
Gatra Saada	Sthira guna vriddhi
Hrillasa	Snigdha, Guru guna vriddhi (dravyataha)
Kasa	Snigdha, sheeta guna vriddhi
Aruchi	Guru, manda, snigdha guna vriddhi
Gourava	Sthira, manda, guru guna vriddhi
Shaitya	Kapha karmataha vriddi Snigdha, sheetha guna vriddhi
Ruk alpa	Slakshana, manda guna vriddhi
Kaathinyata	Manda, sthira guna vriddhi

Raktaja Gulma Chikitsa^[20]

- After 10 months, snehana, swedana – snigdha virechana.
- Palasha kshara + taila + ghritha to be boiled to be given as yamaka snehapana for pakvatavand shaithilyatha of raktaja gulma.
- If above measures fail –
- yoni- vishodhana with kshara palala
- Kshara palala with sudha kshara
- Kshara palala katuka matsya rasa bhavita
- Matsya or varaha pitta varti
- Adobhagahara or urdvabhagahara dravyas with honey as A yoni varti.
- Kinva with kshara & guda for panartha.
- If still bleeding doesn't occur rakta – pittahara kshara yogas can be given as a lehya with madhu & sarpi.
- Lashuna + matsya sanskaritha madira for panartha.
- Dashamoola with gomutra, ksheera & kshara sadhita kashaya for basti.
- Once rudhira pravrutti is seen, gulma rogi should be given mamsa rasa odana.
- For Panartha Ghrita, Taila and Nava Sura can be used.
- Ghrita, taila can be used for Abhyanga.
- If rudhira atipravrutthi - raktapittahari kriya should be adopted.
- If shoola increases, then vatahara kriya should be done.

- Jeevaniya gana ghritha utara basti.
- If raktatipravrutti – tikta dravya anuvasana should be administered.

Rationality

Raktaja gulma lakshanas	Amshamsha Kalpana
Spandate	Vata chala, sheetha -guna vriddhi Pitta – tikshna guna vriddhi
Pindite	Kapha – sthira, guru guna vriddhi
Chirat anga- sama garbhalinga	Aartava adarshana
Sashoola (Sphuranavat)	Pitta – tikshna, ushna, guna vriddhi Vata – sukshma, chala guna vriddhi

Dwandwaja Gulma Chikitsa^[21]

- In vataja gulma if kapha prakopa occurs and presents with the lakshanas namely aruchi, mandagni, hrillasa, gourava, tandra then Vamana should be conducted.
- Vatakapholbana gulma if presents with Shula, Aanaha, Vibandha - Kaphavatahara Vartis - Gutika - Churna.
- In vataja gulma if pitta aggravates causing Santapa then Sasneha Virechana and Vatanulomana should be planned.

Taila Panchaka^[22]

Acharya Charaka has mentioned *Taila Panchaka* which is said to be *Shrestha* in Gulma, Udakodara and Anaha. This combination includes Eranda taila, Prasanna, Gomutra, Aranala and Yava kshara.

Importance of Agni^[23]

Doing the Rakshana of the Agni is of utmost importance in Gulma. Few of the Deepaniya Yogas that are mentioned in the classics as below,

Deepaniya Yoga^[24]

- Combination of Yavani, Takra, Bida lavana in Kaphaja gulma can be given which helps to stimulate the Agni and does kapha mootra vata anulomana.
- If Ama lakshanas are seen after Langhana in Vataja or Pittaja or Kaphaja Gulma then, Yavagu and Khada Yusha should be administered for Deepanartha.
- The drugs mentioned for the preparation of trayushnadi gritha, hingu souvarchala gritha, hapushadya gritha, pippaladya gritha should be powdered and administered with matulunga swarasa and the same can be used for basti, Kashaya, varti prayoga for shola nashana.

Anupana mentioned for the sevana of the above mentioned formulations are –

- Bijapura peya
- Kola swarasa
- Dadiama swarasa
- Hot water
- Sura
- Manda

- Amla kanji Yava prayoga in gulma
- Yava, pippali Yusha, moolaka rasa should be consumed with Snigdha bhojana which helps to relieve Udavarta and Gulma.

Shilajathu prayoga in gulma

Shilajatu prayoga is mainly indicated for Vataja Gulma which should be administered with Yava Kshara and Panchamoola Kashaya in order to manage the Vataja Gulma.^[25]

- Abhyanga should be done in order to reduce the Daha in Pittaja Gulma especially Sarpi is advised.
- Abhyanga with Chandanadi taila / Madhuyashti taila is advised in Pittaja Gulma.
- In Vataja gulma – All yogas of Vatavyadhi can be used / Vatahara taila.
- For Malashodhana in Vataja gulma – Nilinydi ghritha.

Svedana in gulma

- If Vataja gulma rogi suffers from shula, Aanaha and vibandha then, nadi, prastara, sankara sveda has to be adopted. By Swedana Gulma becomes Mrudu.

Virechana yogas

- In pittaja gulma – Draksha rasa, abhaya with guda.
- Pittaja – Eranda taila with ksheera
- Vataja gulma - Eranda taila with manda
- In kaphaja – Eranda taila with varuni

Raktamokshana in Gulma^[26]

Gulma if doesnot gets relieved by adopting Panchakarma then Raktmokshana should be adopted. If Gula ogi suffers from Trushna, Jwara, Paridaha, Shula, Sweda, Agnimandya and Aruchi Sira Vyadha should be done. As there is Rakta dooshana in Gulma Siravyadha helps in the immediate relief of the Shula.

Basti in gulma^[27]

- Basti is said to be the best in gulma as it acts on vata in its sva sthana.
- As told in charaka siddi sthana one can employ basti in vataja, pittaja, & kaphaja gulma.
- Eg – tiktaka ksheera basti
- It helps to reduce jwara, and in pittaja gulma

Removal of Residual Doshas

After the removal of the vitiated blood, the patient becomes emaciated. He should be given with the soup of meat of animals inhabiting arid land. He should be consoled and for the removal of the residual pain, he should be regularly given Ghrita again.

Kshara and Arishta Prayoga in Gulma

Considering the Roga and Rogi Bala Kshara Prayoga should be done in Kaphaja Gulma. It should be repeated at an interval of one, two or three days considering the status of the Dosha and the Patient. The Ksharana property of the Kshara erodes Kaphaja Gulma and brings it downwards.

In the course of administering Sneha if Kaphaja Gulma Rogi suffers from Mandagni and Aruchi and if the patient is habituated to Madhya Sevana, Arishtas can be administered.

Shalya Chikitsa in Gulma

- In Gulma if rakta & pitta are involved and if sira vyadha chikitsa fails then gulma vyadhana should be done.
- In Kaphaja Gulma, snehana, svedana and vama should be done initially. Once gulma become mrudu then adopt Shastra karma with gati / kumba yantra. Here, gulma is covered and ignited with balvaja or kusha to create negative pressure and a cloth is tied at the root of gulma then vyadhana is done. Lepa should be with tila, eranda, atasi, sarshapa and followed by tapa swedana should be done with ayaha paatra.

During snehapana to kaphaja gulma rogi, if he develops mandagni, aruchi & If he is saatmya to Madhya preparations then asava / arishta kalpana should be given to treat mandagni.

Agni karma^[28]

Even after following langhana, vama, virechana, snehana, svedana, basti karma, gutika, kshara karma, churna, arishta prayoga if kaphaja guma shamana doesn't occur then vaidhya should adopt dahana karma with shara or loha shalaka after sira vyadha.

- It works due to the ushna, tikshna guna it does kapha – Vata shamana.
- Dhanvanthri sampradhaya vaidhyas who is skilled should perform the dahana karma.

Different Chikitsa Concepts Under Gulma

The following Chikitsa Principles should be considered while treating Gulma.-

- Ajeerna chikitsa
- Visuchika chikitsa
- Alasaka chikitsa
- Amlapitta chikitsa
- Grahani dosha chikitsa
- Udavarta chikitsa
- Shotha chikitsa

- Sama dosha chikitsa
- Shonitha pradoshaja vikaravat
- Vatahara chikitsa
- Vatarakta chikitsa

Eka Moolika Prayoga: Single drugs recommended in gulma are Lashuna, Hapusha, Hingu, Draksha, Vacha, Eranda, Ajamoda, Saindhava, Lavana, Pippali, Chavya, Danti, Haritaki, Varuna, Manjishta and Ashoka.

Pathya in Gulma: Snehana, svedana, snehapana, Basti, bahu sira vyadha, Langhana, varti, abhyanga, Pakve tu paatanam.

Apathya in Gulma: Vatahara ahara & vihara, Virudhashana, Adhyashana, Shushkashaaka, Shamidhanya, Vishtambha, guru ahara, Adhovata, purisha, mutra, shrama shwasa – vega Dharana, Vama and jala pana varjayet, Valloora, Moolaka, Shushka shaka, Matsya, Aaluka And Madhura phala

DISCUSSION

- Acharya Charaka has mentioned Gulma just *after raktapitta* because due to raktapitta vata dosha is aggravated and vata is the main dosa for causation of Gulma.
- Acharya Sushruta has mentioned Gulma along *with Shula* in Uttar tantra as both has common symptom - vedana as their feature and is to be differentiated from *vidradhi* in Nidana Sthana
- Madhavkara have mentioned gulma *after Anaha* as anaha is present in gulma also.
- Vagbhata in Astanga Hriday have mentioned similarity between *Vidradhi, Vriddhi and Gulma* along with *Anaha, Asthila, pratyasthila, tuni and Pratituni* in the same chapter.
- It is very difficult to correlate the gulma with a single entity in modern context.
- Gulma has various presentations, but there is no definite etiology.
- Various condition having suppurated or nonsuppurated abdominal mass with or without association of other sign/ symptoms may include in gulma.
- Medicinal management was preferred as first choice by acharyas.
- Raktamokshana & agnikarma is the last resort procedure advised by all of the acharyas.

CONCLUSION

- Gulma is a very unique disease in Ayurveda, which is a vatapradhana kosthagata roga, signifying a group of diseases with pain and localised abdominal lump as the cardinal features along with many gastro intestinal symptoms.
- Its correlation with a single modern disease is not possible at all. Because, it covers a group of diseases occurring intra-abdominally ranging from simple gaseous obstruction in the intestine to an incurable

malignant condition including intra-abdominal abscess as one of its chronic condition.

- It includes many medical, surgical, gynaecological and obstetrical conditions in modern medicine. But for judging gulma we have to look for causative factors, signs and symptoms and Upasaya.
- As indicated by its name, it is a collection of morbid dosas in condensed form, like a shrub having its concealed root.
- This gulma may vitiate mamsaadi dhatu and may make deep seated extensive base/root or sometimes may involve amlatayukta dusta rakta finally terminating into a vidradhi.
- The serious upadrava should be attempted first immediately than the other one which is less serious. If we are not able to ascertain its type, we should start with the treatment of vata dosa.
- The types of gulma caused by 2 dosas should be treated by sadharana cikitsa. Summarising the treatment procedure we can conclude that, Gulma is caused by vata.

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