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## The potency of a single drug to manage Udavart in infant: A case report

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## ABSTRACT

**Background:** Udavart (reverse movement of Vata) is among the most common Vata diseases, astonishingly most underrated, and misunderstood clinical conditions.

**Materials and methods:** A 49-day-old infant was diagnosed with Udavart. The case was managed by a single drug. Haritaki (*Terminalia chebula* Retz.) fruit rubbed with mother's milk and given to the child. Haritaki Churna (powder of *Terminalia chebula* Retz.) was also given to the mother with Pathya Palana (does and don'ts) for seven days.

**Results and Discussion:** After 7 days of treatment for the child and mother, grunting ceased completely and the child got a sound sleep.

**Conclusion:** Haritaki has Deepen (appetiser), Pachan (digestion), and Vatanulomaka (carminative) properties. It was found that Haritaki gives excellent results in Udavart.

**Keywords:** Ayurveda, Apanvayu, Haritaki, Udavart, Terminalia chebula

## INTRODUCTION

Udavart (reverse movement of Vata) has been mentioned as both an autonomous disease and as a clinical feature of several ailments where the physiology of Vata is impeded or can be a contributing factor or a complication of several disorders. Udavart manifests due to Vega Dharana (suppression of natural urges) along with Vata Prakopaka (vitiation of vata), Aahara (diet), and Vihara (lifestyle), which disturbs the function of Apana Vata, leading to Pratilomagati (reverse movement of Vata) and eventually hindering the function of Apana Vata in the form of dysfunction in the elimination of Vata. Purisha (stool), Udavart is one of the important diseases. Vata is the key factor responsible for Udavart, so the initial management is to correct the Vata.<sup>1</sup> Obstruction of Apana Vayu can cause tympanitis, nausea, stabbing pain in the pelvis, pain in the cardiac region, abdomen, and back, Agnimandhya (indigestion), and Malavarodha (retention of stool).<sup>2</sup> Effective treatments in Udavart are Deepan (appetiser), Pachan (digestion), Vatashamaka (Vata elimination), Vatanulomaka (carminative), Basti (medicated enema), and Virechana (purgation).<sup>3</sup> Udavart is the most common manifestation among infants and can be correlated with infant dyschezia or grunting baby syndrome. Haritaki is one of the choices of drugs for Udavart condition whose efficacy in Udavart has not been published anywhere till date.

## Chief complaints

A 49-day-old male infant reported to the Dravyaguna outdoor department, ITRA, Jamnagar, with chief complaints of grunting at night and abdominal bloating and disturbed sleep from the 24<sup>th</sup> days of his life on 06/02/2023. The infant was feeding properly without any crying

and also passed stool 2-3 times a day, but abdominal bloating was noticed. There was no sign of constipation.

Medical history

There was a history of watery diarrhoea 3-4 times a day on the 22<sup>nd</sup> day of his life. The infant was treated with Enterogermina oral suspension to control the stool frequency. Stool frequency was controlled, but the infant developed bloating of the abdomen, stomach upset, and grunting at night because of *Apanvayu Vikruti*. Sleep was also disturbed.

The infant was prescribed *Balachaturbhadra churna*<sup>5</sup> and *Rajaniyadi yoga*;<sup>6</sup> however, he did not get relief from abdominal bloating and grunting. The infant’s parents consulted paediatricians

and prescribed 6 drops of Bestozyme thrice a day for 5 days. After taking medication, the condition of the infant was not improved, so the parents of the infant changed pediatricians. The doctor then prescribed 1 drop of Yamoo (lactase enzyme; 600 FCC units) three times a day with breast milk for 5 days, but the result was not satisfactory.

Clinical Findings

The overall health status of the infant was good. His appetite, bowel movements, and frequency of urine were normal. Per abdominal examination revealed no abdominal tenderness and no swelling. Sleep was disturbed.

Treatment Plan

Table 1: Prescribed treatment with dose and duration

Date	Medicine	Dose	Duration
06/02/2023	The fruit of <i>Haritaki</i> was rubbed with mother milk and administered to the infant.	375 milligrams twice a day	3 days
	The mother was treated with <i>Haritaki Churna</i> .	5 grams with 1 tsp <i>Guda</i> (Jaggery) and <i>Ushanodaka</i> (lukewarm water) in the morning with an empty stomach	3 days
09/02/2023 to 12/02/2023	The same oral medication was given to the infant and mother as previously.	Same dose	4 days
06/02/2023 to 05/03/2023	Pathya: <i>Madhura</i> (sweet), <i>Amla</i> (sour), <i>Lavana</i> (salty), <i>Rasa Pradhan Ahara Dravyas</i> , <i>Ghrita</i> , <i>Ushna</i> (hot) <i>Dravya Apathya-Vata Vardhaka Ahara</i> such as <i>Shimbi Dhanya</i> (beans), <i>Sheet</i> (cold) <i>Ahara</i> , <i>Sheet Jala</i> (cold water), etc.	(Jaggery) and <i>Ushanodak</i> (lukewarm water) in an empty stomach to the mother in the morning for 7 days (Table 1).	1 month

For infants, 375 mg of fruit of *Haritaki* was given after rubbing with the mother’s milk twice a day for 7 (3+4) days. 5 grams of *Haritaki churna* were administered one tea spoonful of *Guda*

(Jaggery) and *Ushanodak* (lukewarm water) in an empty stomach to the mother in the morning for 7 days (Table 1).

Table 2: Case Timeline

Years/days/week	Relevant medical history and interventions	
8 <sup>th</sup> January 2023	The infant passed watery stool 3-4 times a day.	Enterogermina oral suspension was given by Parents.
10 <sup>th</sup> January 2023	Stool frequency was controlled but the infant developed bloating of the abdomen, an upset of stomach and grunting at night time because of <i>Apanvayu Vikruti</i> . Sleep was disturbed.	<i>Rajanyadi yoga</i> and <i>Balachaturbhadra churna</i> was given but did not have any relief. The condition was the same as the infant couldn’t sleep properly at night.
1 <sup>st</sup> February 2023	For the same complaints (Night time grunting and shallow sleep of baby) parent visited to MD Pediatric doctor.	Bestozyme drop was given.
3 <sup>rd</sup> February 2023	The condition was the same and no relief was noted.	Prescribed Yamoo drop.
6 <sup>th</sup> February 2023 (Day 0)	The parents came to Dravyaguna outdoor patient department, ITRA, Jamnagar with a complaint of grunting at night, and abdominal bloating, disturbed sleep for 27 days.	For infant, 375 mg fruit of <i>Haritaki</i> was given after rubbing with the mother’s milk thrice a day. 5gm <i>Haritaki churna</i> with 1 tsp of <i>Guda</i> (Jaggery) and <i>Anupana Ushanodaka</i> (lukewarm water) in the morning with an empty stomach given to the mother for 3 days. Advised <i>Pathyapalan</i> to mother.
9 <sup>th</sup> February 2023 (Day 3)	Baby’s night time grunting was completely stopped and baby had a deep sleep, abdominal bloating relieved, <i>Apanvayu</i> passed properly.	Advised same treatment mentioned ed above for further 4 days.
14 <sup>th</sup> February 2023	Patient was completely cured.	All medication was stopped. Mother was advised to follow <i>Pathya – Apathya</i> for next 21 days.

## RESULTS AND DISCUSSION

The total treatment duration was 7 days. After 3 days of adjuvant, the patient showed an improvement in sleep and the passing of gas. Further subsidence was observed in all symptoms after 7 days of treatment. *Udavart* (reverse movement of *Vata*) is among the most common Vata diseases, astonishingly most underrated, and misunderstood clinical conditions.

Enterogermina, a probiotic capsule, is used in children and adults who are suffering from diarrhea. Side effects of enterogermina are nausea, skin rash, stomach upset, and acute toxicity.<sup>4</sup>

The aim of treatment and selection of drug was to improve *Agni* and *Anulomana* of *Vata*.

The infant is dependent on breastfeeding, so the diet and routine of the mother do affect the infant directly. So, the infant and mother both were exclusively treated with a single herb, *Haritaki*. *Haritaki* has *Kashay Rasa Pradhana* (astringent), *Lavana Rasa Varjit Pancharasa* (five tastes except salty), and *Tridosahara* property. It has *Vatanulomaka*, *Deepan*, and *Pachan* properties.<sup>7</sup> *Haritaki* has *Deepan*, *Pachan*, and *Anulomaka*, which act to improve digestion, metabolism, and *Vatanulomana* (downward movement of *Vata*). The carminative effect relieves abdominal bloating. It has a synergetic effect on the production of normal breast milk.

This case report must be evaluated among a larger sample size of the patients to validate the line of treatment for *Udavart* scientifically.

## CONCLUSION

This single case report of *Udavart* in infants can be successfully managed by a single drug like *Haritaki* without any complications. *Udavart* can be cured effectively with a single drug without any complications.

## RECOMMENDATION

The effect of *Haritaki* powder in infant *Udavart* should be evaluated by conducting a study with a larger sample size.

## CONFLICTS OF INTEREST

There are no conflicts of interest.

## SOURCE OF FUNDING

Nil

## DECLARATION OF PATIENT CONSENT

The authors declared that they had obtained consent from the parents of the patient verbally and in writing. In the form, the patient has given his consent for his images and other clinical information to be reported in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

## ACKNOWLEDGEMENT

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