EFFECT OF HINGU (Ferula Asafoetida) PRATISARAN ON UDARSHUL (EVENING COLIC) IN THREE MONTHS OLD INFANT - A CASE STUDY.

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ABSTRACT
Background: Udarshul (evening colic) is common complaint of infants up to 3 months of age. It’s due to inhaled air during breast feeding or top feeding and immaturity of gut mucosa. Certain precautionary measures and home remedies which are easily available are effective to treat such evening colic. Case Report: A three months old female baby was brought to casualty with complaint of excessive crying since last 2 hours. On examination it was diagnosed as Udarshul (evening colic). Hingu (Ferula Asafoetida) Pratisaran is advised in Ayurvedic books for colic pain in infants. A paste of Hingu was applied over peri-umbilical area. Baby was kept in prone position for 10 minutes. Result and Discussion: After 10 minutes baby was relatively calm, stopped crying, abdomen was soft. Patient was discharged to home with advice for proper burping. Udarshul is Vataj vyadhi. Shaman of Vata may be due to ushna, snigdha guna of Hingu. Also massage during application of paste may have helped in releasing gas thus relieving pain. Conclusion: Hingu Pratisaran was found effective in management of Udarshul (evening colic) in infants.
Keywords: Udarashula, Evening Colic in infant, Hingu (Ferula Asafoetida) lepa, Case study.

1. INTRODUCTION
Udarshul (evening colic) is common complaint of infants up to 3 months of age.1 Infants end to swallow air during feeding either breast feed or top feed. Proper burping practices has to be followed to avoid flatulence. Gut immaturity in children also contributes to flatulence and pain. The clinical picture is characterized by sudden bouts of unexplained crying spells in the evening after few days of birth. The attacks of sudden bouts of unexplained crying spells with flexion of thighs, flushing or frowning of face occur at precise time during evening in a clockwise regularity and may last for couple of minutes or hours.

As baby cries usually at night, this causes significant discomfort to parents. Rocking, sleeping baby in prone position are the common methods employed with or without results. As this is very common problem in infants up to three months, easily available and effective home remedy is need of time. During dealing with many such cases, in one female infant of three months, it was decided to apply Hingu (Ferula Asafoetida) pratisaran (lepa) over peri-umbilical area. It is advised by some Ayurveda classics as well as modern neonatology book.3 After application of Hingu pratisaran (lepa), we observed it to be effective in relieving pain as baby gradually stopped crying. Same remedy was successfully used in many such infants later. To make awareness, to serve people and to increase faith of Ayurveda graduates towards remedies mentioned in classical texts, it was decided to publish this case.

2. CASE REPORT
2.1. Case history
A three months old female infant was brought to casualty of PMT’S Ayurveda College, Shevgaon in the evening. Previously otherwise normal baby started excessively crying with flexion of thighs approxi-
mately two hours before. Parents tried to sooth baby without success so they decided to take medical help.

### 2.2. Birth History
- Birth weight - 2.7kg
- Full term normal delivery
- No H/O birth asphyxia
- No H/O NICU stay
- No congenital anomaly

### 2.3. Family History – NAD

### 2.4. Physical Examination
- Afebrile
- No pallor
- No icterus
- No rash
- Heart rate- 92/min
- Respiratory rate- 30/min
- RS- AEBE, clear
- CVS- NAD
- CNS- NAD
- AF- not bulging, not depressed
- Eyes, ears and throat- NAD
- Urine- passed
- Stool- passed
- P/A – abdominal distension
- No hepatomegaly
- No splenomegaly

### 2.5. Treatment plan

#### 2.5.1. Treatment

The diagnosis was confirmed as Udarshul (evening colic) from history and clinical examination. Promptly paste of Hingu in lukewarm water was made and applied over periumbilical area in circular clockwise movement. Baby kept in prone position for 10 minutes.

#### 2.5.2. Method of preparation of Hingu lepa

For preparing Hingu lepa Hinhu choorna (fine powder) aand Luke warm water were taken in adequate quantity. Hingu choorna is is slowly added to water and stirred well to get stick paste. Someone should take that the paste should not be too thin (loose texture) or too tight (close thick). Materials needed for Hingu lepa are shown in Phtograph 1 and method of preparation of Hingu lepa is shown in Photograph 2.

#### 3. RESULTS AND DISCUSSION

When patient was brought in casualty she was crying excessively with flexion of thighs. On examination abdominal distension was found. After Hingu pratisaran was done, baby was kept in prone position for 10 minutes that reduced distension, baby passed gases and stopped crying. Hingu pratisaran was found instantly effective to reduce pain (Photograph 4). Udarshul is Vata dosha pradhan vyadhi considering its symptoms, as shula, adhamna etc. are produced due to vitiated Vata. Hingu by its ushna and shulaghna guna which are opposite to shita and ruksh guna of vata dosha resulted in shaman of vata dosha. Also, massage during application of Hingu paste, helped in passing of gases and in relieving pain. A single case study cannot give strong medical evidence. Many such cases collectively will provide sufficient data to draw definitive evidence.

### 5. CONCLUSION

Hingu is available at each and every home being integral part of everyone’s kitchen. Hingu pratisaran can be used in emergency management of Udarshul (evening colic) in infants. We hope this case study will help to make awareness about effective use of home based remedies in acute conditions.

### REFERENCES


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Pacharane KD, Sonawane SR. Effect of Hingu (Ferula Asafoetida) Pratisaran on Udarshul (Evening Colic) in three months old Infant - A Case Study.

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PHOTOGRAPHS

Photograph 1. Materials for Hingu lepa

Photograph 2. Preparation of Hingu lepa

Photograph 3. Method pf application of lepa.

Photograph 4. After treatment

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