

3. PARIŪĀMA ŚŪLA (DUODENAL ULCER)

A. Single formulations

| Sl. No. | Name of the formulation (Botanical/ Mineral/ Metallic preparations) | Auṣadha kalpanā (Dosage form)* | Mātrā (Daily dose) | Anupāna (Vehicle) | Textual reference |
|---------|--|-----------------------------------|-----------------------|----------------------|----------------------|
| 1. | Śambūka Bhasma (Bi-valve Shell) | Bhasma | 250 mg BD | Hot water | Y.R. Śūla cikitsā |

B. Compound formulations

| Sl. No. | Name of the formulation | Auṣadha kalpanā (Dosage form)* | Mātrā (Daily dose) | Anupāna (Vehicle) | Textual reference |
|---------|-------------------------|-----------------------------------|-----------------------|----------------------|---------------------------|
| 1. | Sūtaśekhara Rasa | Vaṭī | 250 mg BD | Water | Y.R. Amlapitta cikitsā |
| 2. | Nārikela Kṣāra | Kṣāra | 500 mg BD | Pippalī Cūrṇa | B.P. Śūla adhikāra |

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|----|---------------------|--------|--------------|--------------------------|-------------------------------|
| 3. | Śūlagajakeśarī Rasa | Vaṭī | 250 mg BD | Bettle leaf juice | B.R., Śūla roga cikitsā |
| 4. | Śūlavajriṇī Rasa | Vaṭī | 250 mg BD | Water/ Goat's milk | B.R., Śūla roga cikitsā |
| 5. | Nārikela Khaṇḍa | Modaka | 6 gm BD | Water | B.P. Amlapitta adhikāra |
| 6. | Śatāvarī Maṇḍūra | Vaṭī | 500 mg BD | Water | Y.R., Śūla cikitsā |

C. PATHYAPATHYA (Do's and Don'ts)

| | Pathya (Do's) | Apathya (Don'ts) |
|---------------------|--|---------------------------|
| Cereals | Old śāli rice, some special varieties of rice (sāṃvaka, kodrava), parched roasted rice (dhāna ka lāvā), barley powder (yava-sattu) | Rice |
| Pulses | Pea soup (kalāyayūṣa) | Kulattha and other pulses |
| Fruits & vegetables | Banana, coconut | Ginger (ārdraka) |

| | | |
|------------|--|---|
| Others | Cow's milk, coconut water | Spicy foods, mustard oil, rāī, sour food substance, fish, alcohol |
| Life style | Therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti) | Night awakening, sun exposure, fasting |

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.