

## वातश्लेष्मविबन्धे वा WSR TO PRAVAHIKA-A CASE STUDY

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## ABSTRACT

Pravahika is one of the important and frequently occurring Vyadhis of Annavaha and Purishvaha Srotas presently. Pravahika is the Pakwashayagatakaphajavikara with symptoms of – Sarakta mala, Sappravahana mala, Sakapha mala, Daha, Jwara, Bhrama, Daurbalya, Anannabhilasha, Sweda and Trishna. This disease can be resembled in modern with ulcerative colitis which is a form of inflammatory bowel disease. It is a single case study of 23-year-old woman who was diagnosed with pravahika having symptoms of frequent loose motion with mucous discharge in less amount along with few traces of blood, since 1 year. She visited Ayurvedic doctor and was suggested investigations which included routine stool examination, blood glucose, serum lipid profile and liver function test. The patient was treated with Ayurvedic medicine – A combination of powders Lavanbhaskar Churna, Yashtimadhu Churna, Lodhra Churna, Sariva Churna, Patha Churna, Dhamasa Churna; Tab PravalPanchamrut; Tab Kamadudha Rasa. This case study demonstrates the therapeutic efficacy of the mentioned drugs.

**KEYWORDS:** Inflammatory bowel disease, Ulcerative colitis, Pravahika, Shamana Ausadhies.

## INTRODUCTION

Inflammatory bowel disease (IBD) is an idiopathic disease caused by dysregulated immune response to host intestinal microflora, due to diet, hygiene conditions, stress, and smoking. Two major types of inflammatory bowel disease are ulcerative colitis (UC), which is limited to the colonic mucosa, and Crohn's disease (CD) which can affect any segment of gastrointestinal tract from the mouth to anus. Ulcerative colitis (UC) is a form of inflammatory bowel disease (IBD) that causes inflammation and ulcers in the colon. The disease is a type of colitis, which is a group of diseases that cause inflammation of the colon, the largest section of the large intestine, either in segments or completely. The symptoms can vary depending on the severity of inflammation and where it occurs. The main symptom of this active disease is diarrhoea mixed with mucus and blood, along with abdominal pain. Ulcerative colitis can be debilitating and can also lead to life threatening complications. Inflammatory bowel disease (IBD) is a group of inflammatory conditions of the colon and small intestine; among them, ulcerative colitis (UC) is one with a prevalence rate of 2–3% in the world, which is characterized by abdominal pain, vomiting, diarrhoea, rectal bleeding, severe internal cramps/muscle spasms in the region of the pelvis, and weight loss. The main causes include dietary habits and stress. According to

Ayurveda, it can be correlated to the disease Pravahika which manifests in the form of Atipravahana of Purisha (repeated defecation with tenesmus), Atidrava Purisha Pravritti (watery stool), Udarashoola (pain abdomen), Picchila, Saphena (sticky and frothy), and Raktayukta Purisha (blood-mixed stool). In the conventional part, usually, the allopathic treatment is started by administering drugs with high anti-inflammatory effects. Once the inflammation is successfully controlled, the patients usually switched to a lighter drug to keep the disease in remission. Although anti-inflammatory steroids are used to control disease flares and were once acceptable as a maintenance drug, still the prognosis of the disease is very poor. Looking into these limitations in the treatment and prognosis of Ulcerative Colitis, a single case of Pravahika was observed by using Deepana, Pachana (digestive-carminative), and Sangrahi Dravyato analyze its effect in the management of disease.

## CASE REPORT

A 23-year-old patient visited the outpatient department of Kayachikitsa with complaints of – Punaha Punaha Purisha Pravritti (frequent defecation) Pravahana of Purisha (tenesmus), Durghandhayukta, Purisha (foul-smelling stool), Pichchhila and Raktayukta Purisha (mucous-and blood-mixed stool), Kshudha Mandya

(reduced appetite), Adhmana and UdaraShoola (distension and pain in abdomen), Associated complaints of Daurablya (generalized weakness), Nidranash (insomnia), and Shirashoola(headache) were mentioned.

### History Of The Present illness

The patient was apparently normal 1 year back. After that she started having problems like reduced sleep, headache, reduced appetite, frequent defecation, bloating, abdominal pain, followed by foul smelling stool which were mixed with mucous and blood. The patient consulted local doctor for these complaints but with the treatment given she had no relief in symptoms. About 7-8 months ago, the patient started experiencing 6-8 loose, frothy, and foul-smelling stool stained with mucous and blood. Pain in the abdomen and distension of the abdomen were the associated symptoms.

### Nidana Panchaka

Ahara – Akal Bhojan (irregular meal timings), AtiAmlaAahara (excessive sour foods), AtikatuAahar (excessively spicy foods), Adhyashan (over-eating).

Vihara – Atichintan (over thinking, stress), Ratraujagran (Staying awake late night, insomnia)

Samprapti – Hetu Sevana ->Kledak Kapha Dushit + Saman Vayu Dushit + Pachak Pitta Dushti->KledakKapha becomes Styana (more sticky) and sticks to inner layer of Pakwashaya ->Apana Vayu Dushit ->Pravahan->frequent minimal sticky mucous mixed loose stool -> again Vataprakop due to PravahanShrama ->PravahanYukta frequent minimal sticky mucous mixed, blood stained loose stool ->Pravahika.

### Differential Diagnosis

Grahani and Atisara from Pravahika were considered. As there was no MuhurbhaddhamMuhurdravamPurishaPravritti, Grahani was excluded and also VatajaGrahaniLakshana such as Vatagulma, Hridroga, PleehaShankiLakshana, and KaphajaGrahaniLakshana such as Asyavairasya and Guruta were not observed. Atisara was also excluded as Pravahanawas present. Based on the clinical presentation, the patient was diagnosed as a case of Pravahika.

### Treatment Given

1. A combination of powders LavanbhaskarChurna, YashtimadhuChurna, LodhraChurna, SarivaChurna, PathaChurna, DhamasaChurna 300 mg each three times a day,
2. TabPravalPanchamrut 250 mg 2 tablets three times a day,
3. TabKamadudha Rasa 250mg 2 tablets three times a day before food was administered for 45 days.

### OBSERVATION

Follow-up was taken once in 15 days for 2 months.

## DISCUSSION

### 1. Lavanbhaskar Churna

Contents of this are Samudralavan (Sea salt), Dadimabija (seeds of Punicagranatum), Saindhavilavan (Rock salt), Vida lavan (Black salt), Dhanyak (Coriandrumsativum), Pippali (Piper longum), Pippalimula (Piper longum root), Krushnajeerak (Carumcarvi), Patra (Cinnamomumtamala), Amla (Embilicaofficinalis), Nagkeshara (Mesuaferrea), Talispatra (Abieswebbiana), Maricha (Piper nigrum), Shwetjeeraka (Cummincuminum), Shunthi (Zingiberofficinalis), Twak (Cinnamomumverum), Ela (Elletaria cardamom).It is useful in Vatakaphaj disorders. It is useful in Aamadasha, VatajShoola, Arsha, Bhagandar, Aruchi, Agnimandya, GrahaniDosh. Contents in this are Dipana, Pachana, ShoolaPrashaman, Anahaghna, Strotogamitva, Chedana, Bhedana, Vatanuloman, Ruchikara.

### 2. Yashtimadhu Churna (Glycyrrhizaglabra)

It is Madhura; Guna- Guru, Snigdha; Vipaka- Madhur; Veerya- Sheeta. It is Vatapittahara. Its Gunas are opposite to Vata thus they pacify it. It is Jeevaniya, Sandhaniya, Shonitasthapana.

### 3. Lodhra Churna (Symplococcuracemose)

It is Kashay, Tikta; Guna-Laghu, Ruksha; Vipaka- Katu, Veerya- Sheeta. It is Kaphapittahara. It is Shonitasthapana, Grahi, Chakshushya. Bhavprakash mentioned it in the treatment of Pravahika. Also used in Raktapitta, RaktajVikara, Atisar.

### 4. SarivaChurna (Hemidesmusindicus)

It is Madhura, Tikta; Guna- Guru, Snigdha; Vipaka- Madhur, Veerya- Sheeta. It is Tridoshara. It is useful in Kapha and Vata disorders. It is Jwara, DahaPrashaman, PurishaSangrahaniya. It is Sangrahi and also alleviates Rakta and Pitta Vikaras.

### 5. Patha Churna (Cycleapeltate)

It is Tikta; Guna- Laghu; Vipaka- Katu; Veerya- Ushna. It is Vatakaphara, also KaphaPittajRogahar. It is Atisaraghna and Shoolaghna.

### 6. Dhamasa Churna (Fagoniaarabica)

It is Madhura, Katu, Kashay; Guna- Laghu, Snigdha; Vipaka- Madhur; Veerya- Sheeta. It is Dahavinashini. It is Kapha, Meda, Mada, Bhranti, Pitta, RaktaDoshahar.

### 7. Praval Panchamrut

Contents in this formulation are MuktaBhasma (Bhasma of pearl), ShankhaBhasma (Bhasma of conch), ShuktiBhasma (Bhasma of pearl oyster), KapardaBhasma (Bhasma of cowries), PravalBhasma (Bhasma of coral). It is mainly Kaphamarutaghna. It Karya is specifically seen in MadhyamKoshta, Yakrut, Pleeha and Unduke. The contents in it are Pittashamak, Dahashamak, Raktaprasadak, Mutral, Grahi, Pachaka, Agnideepak, Stambhak.

### 8. Kamadudha Rasa

Contents of this drug are Amrutasatva (Tinosporacordifolia (Willd.), SuvarnaGairik (Red ochre), MuktaPishti (Pearl paste infused in pure rose water), PravalPishti (Coral calyx powdered using rose water), KapardaBhasma (Bhasma of cowries), ShuktiBhasma (Bhasma of pearl oyster), Shankha Bhasma (Bhasma of conch). Main Karya of is Pittashaman, Raktastambhan, Kshobhanashana and is SheetaVeeryatmak. Thus, is used in various MahastrotasVyadhis. Overall, due to the improvement in Agni (digestion and absorption), the Dushti of Pachak Pitta, KaphaDoshas were cured. Also further VataDushti was also cured. The PrakrutKarya of Doshas was resumed. Amapachan and bringing back the vitiated doshas to their normal, physiological state resulted in improvement in symptoms and Vyadhimiukti. Bala (strength), and Varna (complexion), body weight of the patient was also improved.

### CONCLUSION

Based on the clinical signs and symptoms, the disease Pravahika can be correlated to IBD with Ulcerative Colitis. In this study, combination of powders LavanbhaskarChurna, Yashtimadhu, Lodhra, Sariva, Patha, Dhamasa 300 mg each three times a day, along with tablet PravalPanchamrut 250 mg 2 tablets three times a day and tablet Kamadudha Rasa 250mg 2 tablets three times a day was found to be safe and effective in the management of Pravahika.

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