

MANAGEMENT OF IRRITABLE BOWEL SYNDROME THROUGH AYURVEDA WSR
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Article Received on 29/08/2019

Article Revised on 19/09/2019

Article Accepted on 09/10/2019

ABSTRACT

The rapid increase in the prevalence of grahani or the irritable bowel syndrome is a matter of great concern now a days. It is a digestive disorder occurring as a result of sedentary life style, bad dietary habits, stress and also due to the altered environmental conditions. Every individual at one time or the other experience the digestive disorder grahani in their lifetime due to the change in lifestyle. Here an attempt has been made to treat the patient of grahani with *Ayurvedic* parameters as the mainstay of the therapy. Parpati kalpana has been described in *Ayurvedic* texts since ages. The patient was completely cured after a period of 20 days with medication along with strict *pathya-apathya aahara-vihaara* chart. Similarly the ayurvedic treatment for Irritable Bowel Syndrome can prove to be a boon for a large no of patients suffering from such disease condition and thus providing them a better quality of life.

KEYWORDS: Grahani, irritable bowel syndrome, ayurveda, parpati kalpana.

INTRODUCTION

IBS is a chronic bowel disorder that significantly impacts people's lives. People with IBS frequently report feeling depressed, embarrassed, self-conscious, and an inability to predict symptoms, which places significant burden on daily living. The condition has a negative effect on the quality of relationships and limiting participation in routine social activity.^[1] the prevalence of IBS globally is 11%.^[2] However, it is thought that IBS often remains underdiagnosed.^[2]

Grahani Dosha is one of the *Mahagadas*.^[4] It is associated with digestive problem and prevalence of *Grahani* increase in current scenario due to the bad dietary habits, irregular lifestyle, stress and environmental conditions.^[5] The *Grahani* related to *Jatharagni* (digestive fire) and supported by the strength of *Agni*. *Grahani* receives ingested food and after digestion it releases the food to next *Ashaya*. During abnormal physiological conditions, due to weakness of *Agni*, *Grahani* gets vitiated and releases indigested food.

This overall stimulates formation of *Ama* which leads *Grahani Dosha*. *Agnimandhya* is important causative factor of *Grahani Dosha*.^[6]

As per *Acharya Sushrta* *Grahani* is the 6 th *Pittadhara*

Kala situated between *Amashaya* (Stomach) and *Pakwashaya*.^[7]

Acharya Charaka mentioned it is the part which situated above *Nabhi* (Umbilicus), it supported and nourished by strength of *Agni* (digestive power).^[8]

Thus it produces symptoms as *Atisrushta Atibadha Mala* (loose/constipated), *Trushna* (Thirst), *Arochaka* (tastelessness), *Asyavairasya* (Altered oral taste), *Prasek* (excessive salivation), *Shoon Padakara* (edema over hands and feet), *Asthiparva Ruk* (pain at phalangeal joint and bone), *Chardan* (vomiting), *Jwara* (fever), and *Louhagandhi Amlaudgara* (iron pungent odor burps).^[9]

IBS is a chronic functional bowel disorder characterised by symptoms of abdominal pain and altered bowel habit (constipation and diarrhoea), in the absence of structural or biochemical abnormalities that are detectable with the current routine diagnostic tools.^[10-12]

CASE STUDY

A 24 yr old male patient came to the Kaya Chikitsa Opd Of All India Institute Of Ayurveda with the chief complaints of irregular bowel habits, mucus stained stool, burning sensation at the time of defecation, and pain in left hypochondriac region since last 3 years. The patient

had to go 2 to 3 times a day for bowel clearance, even after which he was unsatisfied. He took the allopathic treatment for the above complaints for a duration of about two and a half years but didn't get significant relief. He was not even able to concentrate on his work and studies, eventually affecting his personal and social life.

Finally he came to AIIA for the better management and care.

Examination and diagnosis:

He was clinically examined considering all the *Ayurvedic* parameters and diagnostic tools and was diagnosed with 'Grahani'.

Dashavidha pariksha

Prakriti: Vata pittaja

Vikriti: Prakriti sam samveta

Sara: Asthisara mansa sara

Samhanan: Madhyama

Satmya Madhyama

Satva: Madhyama

Vyayam Shakti: Madhyama

Ahara Shakti: Avara Vaya: madhyama

Ashtavidha pariksha

Naadi: vp, 76/min

Mootra: 2-3 Times a day, once in night, normal colour,

Shabda: Normal

Mala: 3-4 Times a day sticky stool, loose stool

Jihwa: Coated

Sparsha: Normal

Drika: Normal

Akriti: Average built

Treatment

Agnimandhya is main causative factor in *Grahani Dosha*. Therefore use of *Agnivardhana*, *Deepana* and *Pachana* drugs are recommended for the same. *Ajirna* and *Atisara* should be considered while treating *Grahani Dosha*.^[13]

He was treated with the rasa parpati kalpa chikitsa.

Initially we started with the dose of 250 mg. OD. with *bhrishtha jeeraka*, along with this he was kept on strict dietary restrictions and was allowed for *takra* only diet along with some pomegranate juice. *Hingwashtak choorna* also added. We gradually increased the dose of Rasa Parpati 125 mg daily till 1250 mg maintained on it for 3 days and then gradually decreased the dose 125 mg daily until reached 250mg This kalpa therapy was done for 19 days. Meanwhile when the dose was getting increased the patient complained of constipation for which *Haritaki choorna* 5gm in night time was prescribed and he got relieved.

Symptoms	BT (Befo Re Treatme NT)	After 10 days	After 20 days
Muhurbaddhamuhurdravamalapravruti (Irregular Bowel)	4	2	0
Apakvamalapravruti (Sticking of feces in pan)	4	2	0
Udarashool (Pain in Lt hypochondrium)	4	1	0
Aruchi (Reduced Appetite)	4	1	0
Alasya (Letharginess)	4	2	1
Udaragourava (heaviness in abdomen)	4	2	0
Ajeerna	4	2	0
Mucous stained stool	4	1	0
Sleep	Disturbed	Good	Good

The subjective assessment was done on the basis of signs and symptoms of *Grahani Roga* as described in classics. These symptoms were graded as 0, 1, 2, 3, and 4 for none, mild, moderate, moderate to severe and severe,

respectively.

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Rasa parpati kalpa

DAY 1	250 MG	DAY 6	875 mg	DAY 11	1250 mg	DAY 16	625 mg
DAY 2	375 mg	DAY 7	1000 mg	DAY 12	1125 mg	DAY 17	500 mg
DAY 3	500 mg	DAY 8	1125 mg	DAY 13	1000mg	DAY 18	375 mg
DAY 4	625 mg	DAY 9	1250 mg	DAY 14	875 mg	DAY 19	250 mg
DAY 5	750 mg	DAY 10	1250 mg	DAY 15	750 mg		

After the 19 days period the stool routine microscopic examination was done and this time no mucus was present. The patient was feeling much better as his complaints got relieved. He and his family members were really happy this time.

The patient was discharged after satisfactory result.

DISCUSSION

Agnimandhya is considered as the important causative factor of *Grahani Dosha* in *Ayurveda*. Therefore, the use of *Agnivardhana* drugs with *Deepana* and *Pachana* properties is recommended. *Laghu* and *Supachya Ahara* along with *Deepana & Pachana* drugs are mentioned for the management of disease.^[14] The condition of *ajirna*

and *atisara* is of prime importance while treating the patient of *grahani*.^[15]

Rasa parpati balances *vata*, *pitta* and *kapha* diet followed was buttermilk and powdered cumin seeds. it contains *shuddha gandhak* and *parad* in equal parts prepared as a *khalviya rasayan*.^[16]

The process of *Parpati* preparation is a *samskara* provided through *Agni*; with the contact of *Agni*, *Usnaguna* and *Deepana* properties responsible for increasing the appetite are derived. By the alleviation of the vitiated *vayu* the main symptom i.e. *Atipravritti* of *mala* gets converted to *Samyak Parvriti*. By the *Deepana*, *Pachana* and *Usna* properties of the drugs the intestinal ducts are opened and properly digested *Poshak Rasa* absorption gets started. *Deepan* and *Grahi* property of *Parpati* improves absorption of nutritive materials and supplementation of Iron, Copper etc. gradually relieves the associated symptoms.^[17] *Takra* is the best *Anupana* as mentioned in the classics of *Ayurveda*. Describing the property of *Takra*; *Acharya charaka* has already mentioned that there is no any other drug like *Takra* for *Kaphaja* and *Vatika* disorders.^[18] *Acharya Bhava mishra* in his text *Bhava*

Prakash defined *Takra* more precisely and mentioned that it can cure all the disorders of digestive tract.^[19] So in present case report; *Rasa parpati* with *Takra* as *anupana* has shown significant relief in symptoms of *Grahani* (IBS).

Dadima and *jeerak* were also advised as the vehicle for the medicine prescribed keeping in mind the recommendation for the use of *deepan* and *pachan* drugs in the treatment of this disease.^[20]

Those with IBS have significantly impaired Quality of Life (QoL).^[21] The symptoms of IBS can have a substantial 'dampening' effect on daily life due to their frequency, severity, unpredictability and persistence, which means that sufferers often need to make lifestyle alterations in order to accommodate their IBS.^[22-25] In this case, it was improved to a significant level as the patient started to regain interest and concentrate on his routine work which was nearly vanished earlier due to uneasiness caused by the disease *grahani*.

CONCLUSION

Parpati preparations possess the hot potency and thus stimulate appetite and improve digestion. Because of these properties it stokes the *Agni* and mitigates *Ama*, the toxic metabolites in the gastro-intestinal tract and hence used in diseases caused by *Ama* in the gut like *anorexia*, *colitis*, *gout*, *piles*, *diarrhea*, *dysentery* etc.

The *kayachitikitsa* branch of *ayurveda* possesses ability to control *tridoshic* imbalances using various herbs and natural medicines; it treats numerous disease and offer unique therapeutic approaches for managing gastric/

bowel disorders. *Grahani Dosha* is one of them and can be cured using basic principles of *kayachitikitsa*.

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