

## THE ROLE OF MODIFIED PICHA BASTI IN THE MANAGEMENT OF ULCERATIVE COLITIS - A CASE STUDY

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## ABSTRACT

Ulcerative colitis (UC) is an inflammatory bowel disease that causes inflammation and ulcer in digestive tract. UC affected the innermost lining of large intestine also called the colon and rectum. In most popular symptoms usually develop over time rather than suddenly. UC can be draining or sometimes lead to life threatening complication. While it has no know cure there are several new treatments that can greatly reduce sign and symptoms of the disease and bring about long term remission. In Ayurveda Raktaatisara, Pitajatisara, Parvahika and Grahani shows symptoms having resemble with UC like blood and bile mixed stool with excessive foul smell, burning sensation, suppuration of colon and anus, colic pain etc. Pichha Basti indicated in Parvahika, Grahani and Atisara by Acharya Charaka and Vagbatta. This Basti reduce inflammation due to its Grahani, Deepan dravya and PicchilaGuna. It also improves the function of Apanvata. In present study, A diagnosed case of ulcerative colitis, age 67 yrs female from kalol, Gujarat came to OPD of Panchkarma, Ananya College of ayurved and Hospital, Kalol. She complained of pain in abdomen, bleeding per rectum, mucus discharge and generalised weakness. She was given Anuvasan Basti and Piccha Basti along with some drugs and her complaints not only relieved delayed remission as well. The goals of the treatment are to improve quality of life, achieve steroid free remission of the disease ulcerative colitis.

**KEYWORDS:** Ulcerative Colitis, Grahani, Picchabasti.

## INTRODUCTION

Ulcerative Colitis is a chronic idiopathic type of irritable bowel disease with an immune mediated chronic intestinal condition with perceive the protected relapsing and remitting course. The aetiology of ulcerative colitis is unknown till known. The rectum mucosa is always affected with inflammation spreading from the distal to the proximal colonic segments. Mucosa is erythematous and has a fine granular surface that looks like newspaper spreading to the proximal colonic segments. In severe phase of disease Mucosa is haemorrhagic, oedematous and ulcerated. In Ayurveda classics *Grahani* is set to be the principal seat of *Agni*.<sup>[1]</sup>

*Grahani* is the part of the intestine extending from pyloric of stomach to the caecum. It referred mostly to the duodenum part of small intestine where both pancreatic and bile juice come and join together. *Ayurveda* describes the ingestion, digestion and absorption and assimilation of *Ahara* by *Grahani*. Normally it retains the undigested food and release the digested stuff through the side if lumen. Any disturbance in *Agni* leads to improper digestion of food this also reason of *Grahani Roga*. *Grahani Roga* correlated with

IBD which is characterized by group of symptoms. The main features of the disease are anorectal bleeding, loose watery discharge, abdominal pain, weakness other symptoms are tenesmus, passage mucous with crampy abdominal pain, malaise, anorexia involvement of rectal mucosa in the frequency of stool. The first attack is most severe and then after the disease is followed by the relapsing and remission. In *Ayurveda Grahani*, *Pravahika* and two types of *Atisara* that is *Pittaj Atisara* and *Raktaj Atisara* comes under the disease of *Purishavah Srotas* having common symptoms blood with stool can be co-related with a symptoms of Ulcerative colitis.

The disease can persist for a year has burden at the health also possesses a big challenge for medical health professionals due to its high morbidity and mortality. Various *Panchakarma* treatments of modalities for the management of these diseases are mentioned in our classics *Pichha Basti* is best among there.<sup>[2]</sup>

Hence there is a need for globalise this type of treatment that can manage such condition satisfactory.

## AIM AND OBJECTIVE

To evaluate to efficacy of modified *PichhaBasti* in the management of ulcerative colitis.

## MATERIALS AND METHODS

### Selection and source of patient

Patient was registered from OPD of Panchkarma department and admitted in general IPD ward of Ananya Ayurveda Hospital, kalol.

**Plan of study:** The drug required for *Basti Karma* were procured and prepared in *Prakalpa* of Panchkarma theatre in Ananya ayurveda Hospital, kalol.

## CASE STUDY

A married female patient age of 67 years, Hindu house wife, diagnosed case of ulcerative colitis visited OPD on date 10/04/2023. Complaining of blood with faeces, abdomen pain, mucus discharge and generalised weakness since 5 years.

**Personal history:** No family history along with no history of any other major illness such as Hypertension, Diabetes Mellitus, Tuberculosis, Hyperthyroidism, liver disease etc. No history of any type of past surgery. Had vegetarian diet with regular food habit, frequently eating salty, spice, bitter oily food.

### General physical examination

No pallor, Icterus, Oedema, clubbing was present.

- Temperature - 37°C
- Pulse rate - 74/min
- Respiratory rate - 18/min
- Blood pressure - 130/80mmHg
- Weight - 40 kg lean and thin
- Height - 4'11" ft

**Criteria for inclusion:** Sign and symptoms of ulcerative colitis alone with colonoscopy / endoscopy diagnosed case.

## Parameters

### Subjective parameters

- Bowel frequency with loose stool.
- Abdominal pain.
- Blood with stool.
- Weakness
- Loss of weight

### Ashtavish Pariksha (eight-fold examination)

- Pluse rate - 76/min, Rhythm - Regular, volume - normal, tension - normal, force - normal.
- Stool - Appearance - bloody mixed stool defecation.
- Urine - Amount - 3 to 4 times/day and one time at night.
- Tongue - Normal in shape & sized.
- Touch - Afebrile
- Eye - Normal in vision
- Appearance - Lean & thin body

- Voice - Normal voice with clarity.

### Dashavidha Pariksha (ten-fold examination)

1. Prakriti - Vata-Pittaja
2. Vikriti - Dosha-Dushya Samoocchana
3. Sara - Madhyama
4. Samhanana - Madhyama
5. Pramana - Madhyama
6. Satva - Awara
7. Saatmya - Madhyama
8. Ahara-Shakti - Aawara
9. Vyayaam Shakti - Aawara
10. Vaya- vriddh

### Srotas examination

1. Pranavaha Srotas - NAD
2. Udakavaha Srotas - NAD
3. Annavaha Srotas - Avipaka (indigestion)
4. Rasavaha Srotas - NAD
5. Raktavaha Srotas - NAD
6. Mansvaha Srotas - NAD
7. Medovaha Srotas - Alasya (lethargy)
8. Ashtivaha Srotas - NAD
9. Majjavaha Srotas - NAD
10. Shukravaha Srotas - NAD
11. Manovaha Srotas - NAD
12. Artavaha Srotas - NAD
13. Mootravaha Srotas - NAD
14. Purishavaha Srotas - Raktvayukta Purish Tyaga (blood mixed stool defecation)
15. Swedavaha Srotas - NAD

**Objective parameters:** Hb%.

**Assessment criteria:** Improvement was assessed on the basis of relief in subjective and objective parameters.

### 1. Bowel frequency.

0	1 or 2 times in a day
1	3 or 4 times in a day
2	5 or 7 times in a day
3	8 or 12 times in a day
4	More than 12 times a day

### 2. Weakness.

0	No weakness
1	Tolerable weakness
2	Mild weakness
3	Moderate weakness
4	Sever weakness

### 3. Abdominal pain

0	No pain
1	Tolerable pain
2	Mild pain
3	Moderate pain
4	Sever pain

**4. Blood in stool**

0	No bleeding
1	Occasional bleeding in stool (not daily)
2	Bleeding daily but less than 4 times / day
3	Bleeding daily but less than 8 times /day
4	Bleeding daily more than 8 times / day

**Treatment plan****Piccha Basti**

**1. Poorva Karma:** Sarwang Snehana Swedana with Moorchit Tila Tail and Mrudu Vashpa Swedana.

**2. Pardhan Karma:** Patient was made to lie in left lateral position for administration of Basti.

**Content of Piccha Basti<sup>[3]</sup>**

A. Madhu (honey)

B. Yashtimadhu Ghrita

C. saindhava (rock salt)

D. Kalka Darvya

- Manjishtha Choorna
- Mocharasa Choorna
- Shatavari Choorna
- Nagkeshar Choorna
- Yashtimadhu choorna

E. kshirpak

- Shatavari choorna
- Manjishtha choorna
- Nagkeshar choorna

**Other Requirements**

- Syringe 100ml
- Catheter 9 no.
- Gloves

**3. Pashchata Karma**

A. Patient is asked to keep lying for 3-4 minutes for better absorption of Basti

B. Patient is advised to take light diet.

C. Patient is advised to avoid fast foods and spicy foods.

D. After complication of complete cycle patient is advised to follow the *Sansarjan Karma*.

**Method of preparation of Piccha Basti<sup>[4]</sup>**

To prepare the mixture for decoction enema. One must follow a sequence of mixing various ingredients. First add honey and rock salt and mix properly than add ghee, again mixing properly than add to be *fine Manjishthadi Kalka* of herbs and finally add to it *Kshirpak*. The whole mixture when thoroughly mixed. Should be heated to body. Temperature over water vapour then pours these contents into an enema bag.

**Duration of Treatment:** *Pichha Basti* and *Anuvasan Basti* was given alternative to the patient, *Anuvasan Basti* was given after food (*Ardra paani*) while *Pichha Basti* was given little empty stomach to the patient.

*Basti* was given through the schedule of kala basti (6 *Niruh Basti* – 10 *Anuvasan Basti* alternate) here we used *Piccha Basti* which is the type of *Niruh Basti*.

SN	Pichha Basti Matra	Adan Kala	Pratyagaman Kala	Retention	Complication
1.	A – 120ML	11:15am	3:00pm	3hr&45min	No
2.	P – 460ML	10:00am	10:20am	20min	abdominal cramps
3.	A - 120ML	11:30am	2:30pm	3hrs	No
4.	P - 460ML	10:00am	10:15am	15min	No
5.	A - 120ML	11:00am	2:00pm	3hrs	No
6.	P - 460ML	10:am	10:20am	20min	No
7.	A - 120ML	11:30am	3:30pm	4hrs	No
8.	P - 460ML	9:30am	9:45am	15min	No
9.	A - 120ML	11:00am	2:00pm	3hrs	abdominal heaviness
10.	P - 460ML	9;30am	9:50am	20min	No
11.	A - 120ML	11:00am	3:00pm	4hrs	No
12.	P - 460ML	10:00am	10:30am	30min	cramps
13.	A - 120ML	10:30am	2:30pm	4hrs	No
14.	A - 120ML	12:30am	4:45pm	4hrs	No
15.	A - 120ML	11:00am	3:00pm	4hrs	No
16.	A - 120ML	11:00am	2:00pm	3hrs	No

**Duration of follow up Periods: 15 days****RESULT**

SN	Sign and symptoms	BT	AT
1.	Bowed frequency	3	0
2.	Weakness	3	1
3.	Abdominal pain	3	0
4.	Blood in stool	3	1

**HB% report**

SN	BT	AT
1.	10.3gm	13.6gm

**DISCUSSION**

*Grahni Roga* is a chronic disease of *Annavaha Strotas* which occur in organ *Grahni* due to vitiation of *Agni*.

*Grahni Roga* is the prime disease of GIT which is most often found in clinical practice. It disturbs daily routine of individuals. In modern medical science drug like sulfasalazine, amino salicylates, corticosteroids, antitumor necrosis etc. will not subside the active phase may give mild relief but after some time the doses may be high and drug resistance, drug dependency and side effects of their drugs are high. Patient is always seeking some alternative therapy promising more effective and safer outcome. Currently there is no medical cure. But Ayurveda approaches are helpful in such diseases.

Various types of *Basti Karma* are mentioned in classics based on their action one among them is *Pichha Basti*. It is named of its *Pichhila* property which means sticky or lubricant in nature Because of this Property it forms a protective layer over the intestinal mucosa to avoid friction and reduction intestinal irritation.

The ingredients used in *Pichha Vasti* were *Salmali Niryasa*, *Ghrita*, *Taila*, *Madhu* and *Dugdha*. All ingredients are having similar properties like *Madhura Rasa*, *Sheeta Veerya* and *Madhura Paka*.

**Mode of action**

- *Shothahara* and *Vrana Ropaka* (Anti Inflammatory and Ulcer Healing).
- *Raktasthambhaka* (Haemostatic Agent)
- *Sangrahi* / *Stambhan* (Anti Diarrheal & Anti Dysenteries)
- *Pitta Shamaka*
- *Agnideepaka*

**CONCLUSION**

*Piccha Basti* was prepared from easily available herbs and after administration gave good symptomatic relief. *Sangrahi* and *Sodhana* property of *Piccha Basti* facilitate healing in colon mucosa. The Hb level also increases after the *Parihar Kala* of *Basti* so the general condition of the patient also improved.

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