

AYURVEDA MANAGEMENT OF ULCERATIVE COLITIS WITH PICCHABASTI: A CASE STUDY

Dr. Mandeep Kaur*¹ and Dr. Ashakaranth²

¹Assistant Professor, Government Ayurvedic College, Patiala, Punjab, India.

²Assistant Professor, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Udupi, India.

*Corresponding Author: Dr. Mandeep Kaur

Assistant Professor, Government Ayurvedic College, Patiala, Punjab, India.

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ABSTRACT

Ulcerative colitis is a disease of the rectum and colon which involve ulcers in the lining of rectum and colon. Ulcerative colitis promptly occurs between 15 to 30 years of age. The clinical manifestation of disease depends upon the progression of disease. The patients may possess symptoms like; diarrhoea along with blood and mucus, weight loss, discharge on rectal region. The disease is also associated with different degrees of pain along with sever cramps. Ayurveda suggests dietary factors mainly responsible for pathogenesis of ulcerative colitis along with other etiological factors. Ayurveda suggests *Pichabasti* as main line of treatment for ulcerative colitis; this article presents a case report based on clinical application of *Pichabasti* on Ulcerative colitis. The finding of study proved that *Pichabasti* play significant role in the management of Ulcerative colitis.

KEYWORDS: Panchakarma, Basti, Picchabasti, Matrabasti.

INTRODUCTION

Ulcerative colitis is common disease scattered all over the world and mainly affects population which reside in unhygienic condition. The medical science described that when colon is exposed to non-compatible dietary substances then inflammation may occur which further leads ulcerative colitis. Ayurveda mentioned various therapeutic options for ulcerative colitis such as; control on diet, use of herbal therapy and surgical interventions in severe cases. Ayurveda described *Ghrhani* which resembles ulcerative colitis.^[1-6]

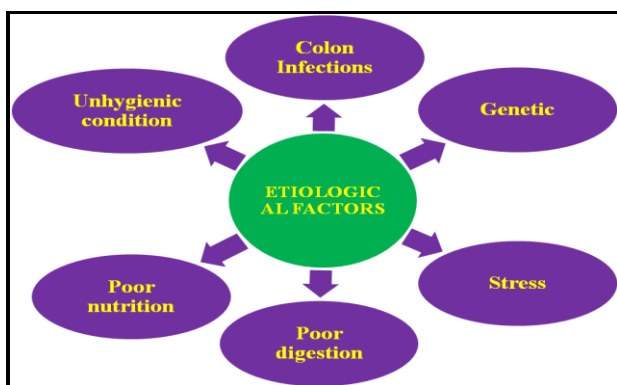


Figure 1: Causes of Ulcerative colitis.

Ayurveda described various treatment modalities for the management of ulcerative colitis such as; proper nutritional supply, herbal therapy and *Picha Basti*, etc.

Pichabasti is considered as first line of treatment for the control of ulcerative colitis, *Picha Basti* used for the treatment of *Sangrahi*, *Raktaatisara* and *Vrana Ropana*. *Pichabasti* possess *Sangrahi* and *Sandhana* properties and thus facilitates healing in colitis, it also possess *Pittashamak* property. *Pichabasti* reduces clinical manifestation of colitis such as; inflammation, burning sensation, pain and cramps.^[7-8]

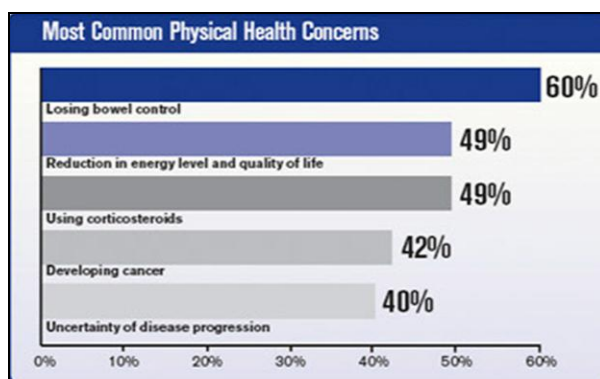


Figure 2: Impact of disease on individual.

MATERIALS AND METHODS

Selection of patients

A unmarried female age of 26 years diagnosed as patient of ulcerative colitis selected for study; Religion (Hindu), Occupation (Service), Education (Post Graduate), Economic Status (Higher middle).

Study centre: Government Ayurvedic College and Hospital, Patiala, Punjab, India.

Criteria for inclusion

- Signs and symptoms of ulcerative colitis
- Colonoscopic diagnosis of ulcerative colitis

Criteria for exclusion

- Patient who had undergone surgeries
- Patient who had complications like anal fistula
- Patient with any other associated disease

Plan of study and treatments

- Proforma compiled with detailed clinical history and physical examination of the patients.
- Routine clinical investigations before performing study.
- After confirming the diagnosis patient was subjected to *Pichabasti* therapy and advised as follow:
 - Patient was advised to take *pitta –shamaka, laghu, grahi* and *pathya ahara*.
 - Patient was also advised to follow treatment guideline strictly.

Criteria for assessment

The improvement in the patient was assessed on the basis of relief in signs and symptoms of disease before and after treatment. Clinical examination was also performed and reduction in lesion was also measured as improvement criteria.

Clinical Examinations of Registered Patient

Lakshanas

- Abdomen pain
- Loss of weight
- Loose stools with signs and symptoms of ulcer.

Vedanavrittanta

The patient reported normal physiological functioning few years back and she was participated actively in N.C.C. camps; that after there are changes in dietary habits. Gradually she started developing burning sensation in abdomen associated with pain and vomiting, especially during camps. Afterwards she was suffering from loss of appetite, indigestion, vomiting and loose stools on and off sometimes associated with mild fever and for that she was also hospitalized many times and was diagnosed as case of acute gastritis and treated for same.

Later on she developed acute abdominal pain associated with vomiting, burning sensation in abdomen associated with loose stools for that once again she was hospitalized and this condition lasted for 6-8weeks (with on and off episodes). After treatment she regained good appetite but frequency to pass stool increases (4-5 times a day). Few months back she came to our hospital (Government Ayurvedic College and Hospital, Patiala, Punjab, India) with complaint of pain in abdomen, loss of weight and loose stools on and off with mucus secretion.

Vaiyaktika Vrittanta

Aharasambandhi

- Mixed Ahara
- Amla and Lavana Rasa pradhanya
- Akalabojan diet habit

Viharasambandhi

Vyavasayikavrittanta:

Manasikashrma: 9-10 hours / day

Nidra: Divam: Nil

Ratri: 4-5 hrs; disturbed, since few months.

Mala sambandhi

Irregular defecation with mucous.
Soft Consistency.

Mutrasambandhi

Irregular urination.

Systemic Examination

Abdomen

No abnormally detected.

Palpation

: Tenderness over left lower quadrant.

Percussion

: Tympanic.

Auscultation

: 8 bowel sounds /minute.

Treatment of Patient After Clinical Investigation

(Basti Therapy)

Piccha Basti

Madhu 80ml

Lavana 5gm

Madhuyasti taila 60ml

Jatyadi taila 60ml

Madhuyasti kalka 40gm

Ksheera paka 240ml(*madhuyasti* + *Shalmalitwak*)

Matra Basti

Madhuyasti taila 25ml

Jatyadi taila 25ml

Course of Basti (Kala Basti)

Two courses of *Piccha* and *Matra Basti* were given with the gap of one month period as follow:

Table 1: Weekly dosing of treatment.

Days	1	2	3	4	5	6	7	8
Therapy	-	P	P	P	P	P	P	M
	M	M	M	M	M	M	M	M

P (*Piccha Basti*) M (*Matra Basti*)

Table 2: Mean retention time and mean number of evacuation for two courses of Picchabasti.

Days	2	3	4	5	6	7	8
Mean retention time (Min.)	10	12	12	15	18	20	28
Mean number of evacuation	2	2	3	2	4	2	2

Table 3: Mean retention time and mean number of evacuation for two courses of *Matrabasti*.

Days	1	2	3	4	5	6	7	8
Mean retention time (Min.)	48	40	44	80	100	90	120	140
Mean number of evacuation	2	2	2	1	1	1	1	1

RESULTS AND DISCUSSION

Effect of Treatment

To measure effect of treatment colonoscopy was performed before and after treatment.

Results of colonoscopy before treatment

- Diffuse edema and erythema.
- Loss of mucosal architecture.
- Confluent ulceration.
- Granulizing with ulceration.

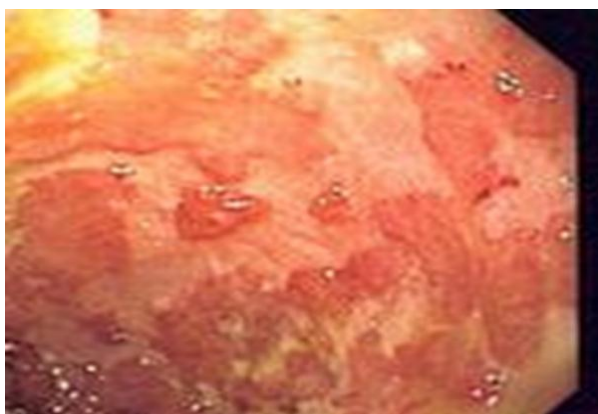


Figure 3: Results of colonoscopy before treatment.

Results of colonoscopy after treatment

- Anal canal- Normal
- Rectum- Normal
- Sigmoid colon- Normal
- Descending colon- Normal
- Transverse colon- Normal
- Ascending colon- Normal
- Terminal ileum- Normal

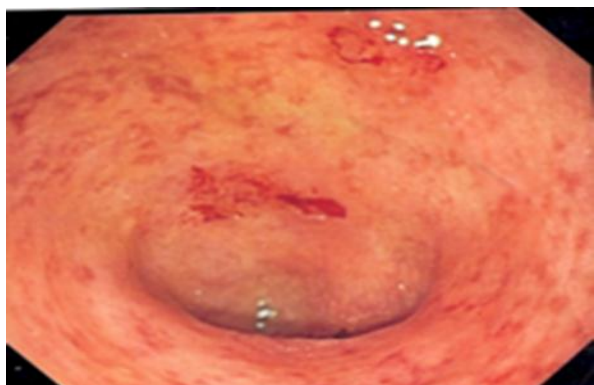


Figure 4: Results of colonoscopy after treatment.

The investigation suggests that *Picchabasti* offer significant relief in ulcer and the results of *Picchabasti* attributed to its properties such as; *Sheetal*, *Pittahara*, *Madhu*, *Sangrahi* and *Sandhana*. *Picchabasti* relief sign and symptoms of ulcer since acts as:

- *Stambhanabasti*
- *Ksheera basti*
- *Sheetal basti*
- *Pittaharabasti*
- *Ropanabasti*

CONCLUSION

Study suggests that *Picchabasti* significantly treat ulcerative colitis; *Picchabasti* play important role to control sign and symptoms of ulcerative colitis. Study report normal texture upto terminal ileum after treatment of *Picchabasti* in ulcerative colitis; therefore *Picchabasti* can be used as important line of treatment for the management of ulcerative colitis.

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