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# The role of modified *Pichha 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 *Grahi, Deepandravya* and *Picchila Guna*. It also improves the function of *Apanvata*. In modern medical science many conventional medicines are used in ulcerative colitis some drug like mesalamine may give relief in sign and symptoms but this drug is not suitable due to their side effects. The patient gradually developed the following symptoms like bilateral joint pain in all major and minor joints, hair loss, reddish discoloration on bilateral medial aspect of thigh and hip etc.

**Key words:** *Ulcerative Colitis, Grahani, Picchabasti, Ayurveda*

## 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,

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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 *Pichha Basti* 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 Pt. Khushilal Govt. (Auto.) Ayurveda Hospital, Bhopal.

#### Plan of study

The drug required for *Basti Karma* were procured and prepared in *Prakalpa* of *Panchkarma* theatre in Pt. Khushilal Govt. Ayurveda Hospital, Bhopal.

### CASE STUDY

A married female patient age of 45 years, Hindu house wife, graduate, economic status is lower middle, diagnosed case of ulcerative colitis visited OPD on date 07/09/2022. Complaining of blood with faeces, abdomen pain, mucus discharge and generalised weakness since 4 year.

#### 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.

MRI abdomen report date 06/09/2022 shows few Nabothian cysts, rest pelvic organs unremarkable, Mild free fluid is seen in the pouch of Douglas.

- Temperature - 37°C
- Pulse rate - 74/min
- Respiratory rate - 18/min
- Blood pressure - 130/80mmHg
- Weight - 40 kg lean and thin
- Height - 5.3ft

#### Systemic examination

- **GIT** - pain and tenderness in lower abdomen.
- **Respiratory** - NAD
- **Cardio vascular** - NAD

#### 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 to4 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 - Madhyama
7. Saatmya - Madhyama
8. Ahara-Shakti - Aawara
9. Vyayaam Shakti – Aawara
10. Vaya- Madhyama

#### Srotas examination

1. Pranavaha Srotus - 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****Pichha Basti**

- Poorva Karma** - Sarwang Snehana Swedana with Moorchit Tila Tail and Mrudu Vashpa Swedana.
- Pardhan Karma** - Patient was made to lie in left lateral position for administration of Basti.

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

- Salmali Vrinta Kashaya
- Ghrita
- Madhu (honey)
- Kalka Darvya
  - Manjista Choorna
  - Mocharasa Choorna
  - Lodhra Choorna
  - Nagkeser Choorna
  - Yastimadhu choorna
  - Rasanjan Choorna

**Other Requirements**

- Syringe
- Catheter 8 no.
- Gloves

**Method of preparation of Pichha 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 *Manjisthadi Kalka* of herbs and finally add to it *Shalmali Vrintadi Kashaya*. 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* is a type of *Yapana Basti*, given with increasing order starting dose of 120 ml increases up to 250ml (14days). Prior to *Pichha Basti* 3 *Shodhan Basti* were given.

SN	Pichha Basti Matra	Pratyagaman Kala	Agman Kala	Retention	Complication
1.	120ml	10:30am	10:50am	20min	No
2.	130ml	11:15am	12:00pm	45min	No
3.	140ml	10:30am	11:00am	30min	No
4.	150ml	11:15am	11:40pm	25min	No
5.	160ml	10:45am	11:00am	15min	No
6.	170ml	10:00am	10:50am	50min	No
7.	180ml	11:00am	11:45am	45min	No
8.	190ml	10:30am	11:00am	30min	No
9.	200ml	10:00am	10:45am	45min	No
10.	210ml	11:00am	11:30am	30min	No
11.	220ml	10:50am	11:30am	40min	No
12.	230ml	10:50am	11:30am	40min	No
13.	240ml	11:30am	12:05pm	35min	No
14.	250ml	10:00am	10:45am	45min	No

**3. Pashchata Karma**

- Patient is asked to keep lying for 3-4 minutes for better absorption of Basti drug.
- Patient is advised to take light diet.
- Patient is advised to avoid fast foods and spicy foods.

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

**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 *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 Nirayasa*, *Ghritha*, *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).
- *Raktastambhaka* (Haemostatic Agent)
- *Sangrahi / Stambhan* (Anti Diarrheal & Anti Dysenteries)
- *Pitta Shamaka*
- *Agnideepaka*

### CONCLUSION

*Piccha 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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