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Ayurvedic management of IBS - A Case Study

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ABSTRACT

Irritable bowel syndrome (IBS) is characterized by recurrent abdominal discomfort in association with alternate episodes of diarrhea and constipation. Physiological, luminal, behavioral and psychosocial factors are responsible for IBS. They are caused by two entirely different mechanisms. Bowels habit is disturbed by diarrhea or constipation occurring alone or alternating. A 30 years old male patient having symptoms of *Muhurbaddha Muhurshithil* (episode of constipated and loose stools), *Apakwa Malapravritti* (stool with mucus), *Udarshool* (abdominal pain). Patient treated with various *Panchakarma* (five bio-cleaning Ayurvedic therapies) procedures like *Basti* (herbal medicated enema), Herbal and oral medications. At the end of 50 days of treatment, patient got significant improvement.

Key words: Irritable Bowel Syndrome, Stress, Panchakarma, Grahani, Basti, Shamana

INTRODUCTION

Irritable bowel syndrome (IBS) is one of the clinically challenging disorders. It has a significant effect on health, cost and quality of life. Irritable bowel syndrome (IBS) remains a clinical challenge in the 21st century. IBS is one of the functional Gastrointestinal Disease (FGID) having high population prevalence. It is characterized by abdominal pain, change in frequency and form of stool. The symptoms occur with no structural pathology of the Gastrointestinal tract.^[1] Rome IV describes IBS with four subtypes namely constipation predominant (IBS-C), diarrhea predominant

(IBS-D), mixed or alternating pattern (IBS-M) and IBS-U (unclassified).^[2] IBS diagnosis is based on clinical symptoms and the exclusion of somatic diseases.^[3] The severity of symptoms of IBS varies from very mild to incapacitating. The prevalence of moderate and severe cases may be underestimated.^[4] A threefold higher rate of cholecystectomy, a two fold higher rate of appendectomy and hysterectomy, approximately 50% higher rate of back surgery have been recorded in IBS patients compared to those without IBS.^[5] IBS impairs health related quality of life, possibly even increasing the risk for suicidal behaviors.^[6]

By taking a look on the sign and symptom of *Grahani*, somehow it resembles to IBS. In *Grahani Roga*, due to *Dushit Jathragni* the digestions of food do not occur properly. Undigested food forms a vitiated material called "*Ama*" which is responsible for producing various disorders. It disturbs the normal flora of GI tract and weakness the muscles and acid fluid configuration of GI tract. So, *Prasad Bhaga* of food is not form properly so nourishment of body does not occur. In today's practice, one can come across good number of patients suffering from the complaints related to G.I.T. These complaints vary from loss of appetite to chronic abdominal pain, irregular bowel

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habit, incomplete evacuation, chronic flatulence, constipation, diarrhea and failure to thrive etc. The important factors which play a significant role in most of the digestive disorder are malfunctioning of *Agni* and *Vata Dosha* along with significant contribution of mind in the physiological function of Digestive system. *Basti* being one among Panchakarma specially advised for the correction of *Vata Dosha* and as a site of attain a disease of colon.

CASE REPORT

A 30 years male patient visit our Ayurvedic Hospital with complaints of constipated and loose stools (*Muhurbadha Muhurshithil Malapravritti*, abdominal pain (*Udarshool*), stool with mucus (*Apakvamalapravritti*), Anorexia (*Aruchi*), heaviness in abdomen (*Udaragourava*), fatigue (*Alasya*), and indigestion (*Ajeerna*) since 3 years. These symptoms resemble with the *Grahani Roga*.

Past history of patient

The patient used antacid and antispasmodic drug unevenly. His family history revealed that there was no such complaint ever.

General Examination

Vitals Pulse: 80/min, CVS: S1 S2 Normal, BP: 110/70 mmHg, CNS: Conscious, Oriented, Temp: Afebrile, RS: AEBE, Clear, RR: 20/min., P/A: Resonance ++ Mild Tenderness, Built: Lean, Weight: 48 kg., Height: 5.6 feet, Blood Investigation: Hb%: 11.7 g/dL, ESR: 40mm, BSL(R):120mg/dl, Sr.Creatinine: 0.85mg/dl, HBsAg: Non-Reactive, Urine: Pus cells +.

Do's & Don'ts

Do's

Eat old rice, jawar, gourd, coriander leaves, lentil, green grams soup, black pepper, dried ginger, wood apple, Pomegranate, nutmeg, skimmed milk, buttermilk, hot water, complete rest, adequate sleep.

Don'ts

Eat wheat, maize, barley, pigeon pea, pea, cow pea, spiked dolichos, black gram, gram, Soya bean, saga, kidney bean, potato, sweet potato, navalkoal, onion,

coconut, groundnut, chili, oily food, chicken, red meat, crabs, prawns, fish, leafy vegetable like sorrel, drum stick etc. mango, pineapple, apple, watermelon, cashew, pumpkin gourd, papaya, fig, jack fruit, excess milk, day sleep, awakening at night, tension, suppression of urges before bed.

Treatment given

Shamana Chikitsa

1. *Kaidaryadi Kashayam* 10ml BD with Luke warm water
2. *Kutjarishta* 10ml BD with Luke warm water
3. *Dadimashtaka Choorna* 2gm BD with *Takra*
4. *Bilvavleha* 10 gm BD with Luke warm water

Shodhana

Varunadi Kwatha (for *Nirooha Basti*)

Dadimadi Ghritam (used for *Anuvasan Basti*) for 14 Days

OBSERVATION AND RESULTS

Signs	Before treatment	After treatment
<i>Muhurbaddha Muhurshithil Mala</i> (Episode of constipated & loose stools)	Present	Absent
Distention of Abdomen	Present	Absent
<i>Aruchi</i> (anorexia)	Present	Absent
<i>Balakshya</i> (Weakness)	Present	Absent

DISCUSSION

Ayurveda mentioned one disease known as '*Grahani*'. The symptom of this *Grahani* resembles most of IBS symptoms. *Grahani* is the seat of *Agni* and is called so because of holding up the food. Normally, it holds up the food (till it is digested) and releases it from the side after it is digested. But when it is deranged due to weak digestive fire it releases the ingested material even in

unripe condition. *Agni* is deranged by fasting, eating during indigestion, over eating, irregularly eating, intake of unsuitable, heavy, cold, too rough and contaminated food, emaciation due to some disease, faulty adaptation to place, time and season, faulty administration of emesis, purgation and unction and suppression of natural urges. *Agni* thus deranged becomes unable to digest even the light food and the food being undigested gets acidified and toxic. This *Agnimandya* may be due to psychological factor or local bowel factor. It lead to defective absorption of *Rasa Dhatu*. So that function other *Dhatu* will be impaired body became weak. That will lead to *Ama* condition in body. Although the etiology of the irritable bowel syndrome is uncertain, some relate this to psychological disturbances, especially anxiety. Some relate their onset to an attack of infective diarrhoea or certain foods may precipitate symptoms. It is true that stress can affect bowel function. It has been demonstrated that the bowel can flush or become very pale in response to emotional reactions. Severe acute stress may cause diarrhea.

Kaidaryadi Kashayam described under the *Grahani Roga*, in *Chikitsamanjari*. It contains *Kaidarya* (*Murray kenigi*), *Haritaki* (*Terminalia chebula*), *Nagara* (*Zingiber officinalis*), *Patola* (*Trichosanthes cucumerina*). It acts as *Deepana* and *Pachana*, *Tridoshahara*, *Vatanulomaka* and *Malanulomaka*. So, it relieves in the symptom of *Muhur Muhur Mala Pravritti* in *Grahani Roga*. In *Kutjarishta*^[7], *Kutaj* contains alkaloids like *Kurchi* bismuth iodide, conessine, and used in bowel complaints and improves *Agni* (digestive capacity), due to pungent property. It acts as anti-diarrheal and anti-dysentery agent. *Dadimashtaka Choorna*^[8] used to improve taste, digestion, stops loose motions and relieves in bowel complaints. *Dadimashtaka Choorna* by the virtue of *Pachana* and *Sangrahi* action decreased the frequency of bowel due to its *Pachaka*, *Shoolahara* (pain relieving), and *Vatanulomana* properties. Vitiating of *Agni* (*Mandagni*) is the main reason for IBS. This ultimately results in *Ama* formation and may lead to diarrhea or constipation. *Bilva*, due to its *Kashaya*, *Tikta Rasa*, *Katu Vipaka* and *Laghu Guna* acts as *Agni Deepana* and also

Amapachaka. *Kashaya Rasa* and *Ushna Virya* help in reducing the colonic motility. *Sangrahi* property of *Bilva* is very useful to treat the increased frequency of defecation and the consistency of stool. In *Bilvadileha* in addition to *Bilva*, *Prakshepa Dravyas* like *Dhanyak*, *Jirak*, *Ela*, *Keshar*, *Twak*, *Trikatu*, *Musta*, have properties like: *Deepana*, *Pachak*, *Kaphahara*, *Vedanasthapak*, *Rasayana*. Thus, due to different properties of its ingredients, *Bilvadileha* has properties like: *Tridoshahara*, *Deepana*, *Pachana*, *Amanashaka*, *Grahi*, *Vibandhahara* and *Vatanulomana* which checks the *Samprapti* (pathogenesis) and pacify the symptoms of IBS. Pharmacological activities such as anti-diarrheal,^[9] antidyentery, antibacterial, antiprotozoal, antispasmodic, antidepressant, antifungal, anti-giardiasis, anthelmintic, antispasmodic, anti-inflammatory.^[10]

Basti is a multidimensional therapy, it can fulfill the purpose of elimination and palliation of *Dosha*, nourishment and rejuvenation of *Dhatu* (tissues). In this study *Varunadi Kwatha*^[8] (for *Nirooha Basti*) was selected for the treatment of *Grahani* (IBS) because of *Varunadi Kwatha* possess all the needful properties like *Kaphahara Chedana*, *Lekhana*, *Tridoshgna*, *Anulomana*, and ingredients of the compound pacify *Kapha Dosha* by virtue of their *Ruksha Guna*, *Katu Vipaka* and *Ushna Virya*, so it relieves in the symptom of stool with mucus due to its *Kaphahara*, *Chedana*, properties. In *Dadimadi Ghritam*^[11] (used for *Anuvasan Basti*) contain *Dadima*, *Dadim* is *Ama*, *Vata* and *Kapha Nashaka* hence its relieves constipation, and abdominal pain and may corrects pathogenesis occurring in IBS. *Pippalyadi Taila*^[8] was also selected for *Anuvasan Basti* because of its ingredients which acts on *Adhman* (like *Karma Vatanuloman*) and does *Deepan Pachan* action also.

CONCLUSION

On the basis of this study, it can be concluded that *Varunadi Kawatha Basti* and *Shamana Aushadhi* found to be effective in relieving symptoms like *Muhurbaddha-Muhurshithil Mala* (Alternate constipated and loose bowel), distention of abdomen, stool with mucus in IBS. There was no adverse drug procedures reaction

seen during the period of study. Further studies should be carried out with larger sample size in different places with a standard control drug in order to obtain more valid data on the effect of this treatment in management of IBS.

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