

**CASE STUDY ON THE MANAGEMENT OF GRAHANI WITH PICHHA BASTI**Gracy Sokiya<sup>1</sup>, Shivani Karnwal<sup>2</sup>, Gaurav Sharma<sup>3</sup>

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**ABSTRACT**

The term *Grahani* in Ayurveda is employed basically for the seat of *Agni* (i.e., the digestive fire), which helps in the digestion and metabolism of food. Thousands of year-old Ayurveda classics suggest that ingestion, digestion, absorption, and assimilation of *Aahaar* are regulated by *Grahani*. When the *Agni* diminishes (as seen in *Mandagni*), then improper digestion of ingested food leads to a certain pathological condition termed *Grahani Roga*. *Grahani* is a disease that affects a large population globally, especially in developing countries, and is associated with improper food habits along with a stressful lifestyle. The pathogenesis of *Grahani Roga* works around *Agni Dosha* which is associated with impaired digestive function caused due to inappropriate digestive fire. Scientific research has linked it to stress and anxiety, yet the exact cause of the disease is unknown. Ayurveda describe various treatment modalities for the management of *Grahani Roga* such as - the use of herbs & formulation, *Yoga*, and lifestyle modification, and none other than *Panchkarma* therapy. In this study, a 29-year-old female subject with complaints of *Grahani Roga* has been reported. She has been treated with *Pichha Basti* and certain Ayurvedic drugs and the results recorded were highly significant.

**Keywords:** *Grahani*, Ayurveda treatment, *Agni*, *Pichha Basti*.

## INTRODUCTION

*Grahani* is a *Jeerna Annavaha Sroto Gata Vyadhi* related to *Agni*. Ayurveda considers it as a *Sannipataj Vyadhi*, which occurs due to the depletion of *Jatharagni* by all the three doshas – *Samana Vaat*, *Pachaka Pitta*, and *Kledaka Kapha*.<sup>[1]</sup> The term *Grahani* implies both the name of the disease and the organ that is involved in pathogenesis. In Ayurveda, *Mandagni* is considered the root cause of the manifestation of many diseases. Among them, *Grahani Roga* is one of the prime diseases of the gastro-intestinal tract and is seen often in day-to-day practice. *Mandagni* leads to *Ama Dosh*a (undigested food) which may result in *Grahani Roga* over time. *Acharya Charaka* says that when partially digested and partially undigested bio substances moves downward in the gastrointestinal tract it produces a disorder known as *Grahani Roga* due to *Durbala* (weak) *Agni*.<sup>[2]</sup> *Grahani* and *Agni* are interdependent. *Grahani* is considered under eight major diseases (*Ashtamahagada*) by *Acharya Vagbhatta*.<sup>[3]</sup> On discussing the etiological factors of *Grahani*, the *Acharyas* have different opinions – *Acharya Sushruta* described *Grahani Roga* in chapter *Atisara Pratisedh* where he states that if a person who has *Mandagni* or a person who has just recovered from *Atisaar* takes indiscriminate food may suffer from *Grahani Roga*. *Acharya Charaka*, while describing the treatment of *Amatisaara* stated that if *Sangrahi* medicine is given during *Amaavastha* of *Atisaara* may cause *Grahani Roga*. *Arsha* and *Atisaara* may directly produce *Grahani Roga* as these are *Anyonya Nidana Bhuta Vikara*. In the *Pittaja Jwara* where *Atisaara* is a predominant feature may produce *Grahani Roga*. Indigestion altered stool consistency and disturbed bowel habits are the cardinal symptoms of *Grahani Roga*. In modern medicine, some drugs may give mild relief in symptoms but after some time patients become adherent to them. Some patients get benefits with steroids over a certain period of time, which again have certain limitations. So, patients are always seeking some alternative therapy promising more effective and safer out-

comes. Ayurveda describe various treatment modalities for the management of *Grahani Roga* such as - the use of herbs & formulation, *yoga*, and lifestyle modification, and none other than *Panchkarma* therapy. Here, the patient has been treated with *Pichha Basti* and certain Ayurvedic drugs and the results recorded were highly significant.

### AIMS & OBJECTIVES:

1. To prove the efficacy of *Ayurvedic* treatment in the management of *Grahani*.
2. To provide a more therapeutic, cost-effective, and complication-free treatment.

### MATERIAL & METHODS:

#### Selection of patient:

Age – 29 years

Gender – Female

Religion- Hindu

Marital Status – Single

Economic status - Middle upper-class

#### Place of study:

Patanjali Ayurveda Hospital, Haridwar (Uttarakhand), India. HIN No- 16539801196

#### Plan of study:

1. Proforma compiled with detailed clinical history and physical examination of the patient.
2. Routine clinical investigations were done before performing the study.
3. After confirming the diagnosis, the patient was advised to follow the treatment guideline strictly.

**Assessment Criteria:** The improvement in the patient was assessed on the basis of relief in signs and symptoms of the disease.

#### Case Study:

A 29-year-old female patient visited in O.P.D of Patanjali Ayurved Hospital, Haridwar in September 2022 with complaints of- *Udarshoola* (pain in the abdomen), *Ati Shrusht Malapravrutti Vibaddha Mala Pravrutti* (alternate diarrhea and constipation), *Bhojanottar Evam Malatyagoprant Shoolavruddhi* (Aggravation of pain after meals or post defecation),

*Balkshaya* (Weakness), and *Arochak* (tastelessness) for 9 months.

**History of Present Illness:** The patient was asymptomatic and healthy 4 years ago. Then in 2018, gradually she elicited symptoms like alternate episodes of diarrhea and constipation with mild swelling over the naval region and tightness in the abdomen. For this, she had been taken to a nearby allopathic practitioner. There she underwent certain routine lab investigations and was prescribed the medications without a conclusive diagnosis. She continued the treatment for about 6 months but due to the gradual progression in her condition and no relief from the treatment, she stopped the treatment. In September 2018, she again started having episodes of alternate diarrhea with a frequency of 10-12 motions/day and constipation with a frequency of motion once in 34 days. This time the symptoms got accompanied by gradual weight loss, followed by weakness, tastelessness, and an increase in abdominal pain post-defecation. Seeing the severity and progression of her disease she visited Patanjali Ayurved Hospital in September 2022, where she had been prescribed certain medications and *Panchkarma* therapy after that she got highly significant relief and continued to be in regular follow-ups till January 2023.

**History of Past Illness:** No History of Diabetes Mellitus, Hypertension, Asthma, and any surgery. The history is not otherwise contributory.

**Treatment History:** Not on any allopathic medications for the last 3 years.

**Personal History:**

The patient is vegetarian.

No history of Smoking, Alcohol, or Tobacco.

Appetite: Good intake

Micturition: Normal

Sleep: Sound (Sleeping time: 10:00 p.m. & wake up time: 7:00 a.m.)

Effect of disease on sleep not recorded.

**Family History:**

Not specific regarding the issue. All other family members are said to be healthy.

**General Examination:**

General Condition: Fair, medium built

B.P: 110/70 mm of Hg

Pulse: 74b/min

Height: 167.64cm

Weight: 49kg

Pallor: Absent

Icterus: Absent

Koilonychias: Absent

Lymphadenopathy: Absent

Edema: Absent

Cyanosis: Absent

Temperature: Afebrile (98.4<sup>0</sup>F)

**Ashtavidha Pariksha:**

*Nadi:* Vata pittaj

*Mutra:* 4-5 times/day, no pain or burning sensation during micturition recorded.

*Mala:* 10-12 times/day, watery on & off

*Jihwa:* Alipta

*Shabda:* Samanya

*Sparsha:* Samyaka

*Drika:* Samyaka

*Akriti:* Samyaka.

**Systemic Examination:**

**R.S:** NAD.

**CVS:** S<sub>1</sub>S<sub>2</sub> –N

**CNS:** Conscious, oriented.

**GIT:**

Inspection: Normal shape of the abdomen, No scars, dilated veins present

Palpation: Tenderness at the abdomen (umbilical region),

Percussion- Tympanic

Auscultation- Normal sounds heard

**Vyadhi Ghataka:**

*Dosha:* Pitta Pradhan Tridosha

*Dushya:* Udak, pureesh

*Srotasa:* Pureeshvaha, udakvaha, annvaha

*Srotodushti:* Ati pravrutti

*Adhithana:* Pakwashaya

*Ashaya:* Pakwashayuth

**Investigations:**

**2021-**

**Colonoscopy** – Done on 09/11/2021, reported within normal limits.

**Endoscopy** – Done on 16/11/2021, reported within normal limits.

**Diagnosis:** *Grahani*

**Shodhan chikitsa-**

<i>Anuvasana Basti</i>	<i>Bilvadi tailam (60ml)</i>
<i>Niruha basti (Pichha Basti)</i>	<b>Madhu</b> – 60ml <b>Lavan</b> – 5g <b>Yamak</b> – Chandan bala taila (50ml) + Shatavari ghrith (50ml) <b>Kalka</b> – Mochras (6g), Kutaj (5g), methi (5g), ashwagandha churn (5g), shatavari churn (5g) <b>Ksheerpak-</b> Dugdha – 200ml  <i>Mulethi kwath (200ml)</i>

**Shaman chikitsa:**

<i>Sarvkalp Kwath</i>	100g	Take 1 tsf of the medicine and boil it in 4 cups of water. Boil till it reduces to 1 cup. Strain and take twice a day an hour before a meal.
<i>Immunogrit Kwath Medha Kwath -</i>	100g	
	100g	
<i>Tab Cologrit</i>	2 tabs	2 tabs thrice a day after meal with water
<i>Tab Liv amrit Tab Saptvinshati guggulu</i>	2 tabs	
	2 tabs	
<i>Syp Abhyarishtha</i>	3tsf	Take 6tsf of medicine with an equal amount of water twice a day after a meal
<i>Syp Kumari asava</i>	3 tsf	

<b>FOLLOW UPS</b>	<b>1<sup>st</sup> Follow Up September 2022</b>	<b>2<sup>nd</sup> Follow Up December 2022</b>	<b>3<sup>rd</sup> Follow Up January 2023</b>
<b>Duration of Treatment</b>	8 days	13 days	9 days
<b>Treatment given</b>	<i>Pichha Basti &amp; Shaman aushadhi</i>	<i>Pichha Basti &amp; Shaman aushadhi</i>	<i>Pichha Basti &amp; Shaman aushadhi</i>
<b>Symptoms</b>			
<i>Udarshoola (Pain in abdomen post defecation )</i>	+++	++	+ (On & off)
<i>Vibandha</i>	+++ (motions once in 3-4 days)	++ (motions once in 2-3 days)	- (not present)
<i>Atisaar (Diarrhoea)</i>	++++ (10-12 times/day)	+ (2-3 times/day)	- (not present)
<i>Medakshaya ( weight loss)</i>	+++ (49kg)	+ (52kg)	++ (51kg)
<i>Balakshaya (Weakness)</i>	+++	++	+

**Result:** Chief complaints of the patient namely pain in the abdomen, alternate diarrhea and constipation gradually decreased and improved after starting the treatment. The complaint of pain in the abdomen subsided from the 23 sessions of *basti* treatment. Other

associated complaints like general weakness and dizziness also improved. And finally, she got symptom free within 4 months of Ayurvedic treatment.

## DISCUSSION

This is a case study of a 29-year-old female patient, who presented with a history of abdominal pain associated with an alternate episode of constipation and loose motions for 4 years. The colonoscopy and biopsy performed in 2021 revealed a normal study. A regular approach for allopathic medications was suggested but the patient denied it and visited Patanjali Ayurved Hospital for further and better management. The patient came to the hospital without a confirmed diagnosis. In Ayurveda, the symptoms suggest the clear presence of *Grahani* which is due to *Mandagni*. As per this alternative therapy system, the imbalance of the three elements and diminished digestive power is the main reason for any ailment in the body. *Agnimandhya* is an important factor in the *Samprapti* of the disease so it should be mainly treated for *Agnivardhana* by *Deepana* (carminative property) and *Pachana* (digestive property) drugs. All the treatment modalities of *Ajeerna* and *Atisara* should be implemented in the management of *Grahani Ashrita Dosha*. Here, we have used *Pichha Basti* as the main line of treatment. That *Pravahika* which does not subside by *Vilanghana* (fasting) or get increased by the use of *Pachana* (digestive drugs), subsides by using boiled milk, oil of sesame (*Til Taila*), and *Pichha Basti* (slimy enema).<sup>[4]</sup>

### Mode of action of *Pichha Basti* –

Chronic diarrhea is a feature of *Grahni*, excessively rapid entry of chyme into the small or large intestine generates propulsive motor patterns leading to accelerated transit. Inflammation is associated with decreased mixing motor patterns but increased propulsive motility including high amplitude propagated contractions. Hence treatment of inflammation and correcting the excessive abnormal peristalsis is the treatment principle in certain chronic diarrhea mostly associated with irritable bowel syndrome, Crohn's disease & ulcerative colitis. Contents in *Pichha Basti* have anti-inflammatory and antidiarrheal properties. Moreover, *Basti* treatment itself can set in the reverse peristaltic waves, which can slow down the high amplitude propagated contractions in the colon. *Basti* has direct access to the colon and rectum, thus drugs used

in *Basti* can directly reach the site of inflammation or ulcers without any alteration due to gastric contents. The small intestine is the excretory organ for the *Pitta* & colon for *Vata* in natural course. But diseases associated with the intestine can hamper the *Pitta* and *Vata* excretion. *Pitta* is excreted through the small intestine by *Virechana* therapy and *Vata* from the colon by *Basti*. This brings *Dosha* from *Shakha* and *Marma* to *Koshtha*. Thus, inflammation of these organs makes the patient ineligible for *Panchakarma* therapy. *Koshtha* has to be capable of excreting *Dosha*. Thus, it is inevitable to treat and heal the gut (*koshtha*) on priority either by drug or by *Basti* treatment. It contains drugs that have *Snigdha* and *Pichhila* properties which protect the ulcer from irritations and give the ulcer sufficient time to heal by forming protecting layer.

### Properties of drugs used in *Pichha Basti* –

*Shalmali* i.e., *Salmalia malabarica* (DC.) Schott & Endl is the primary and common ingredient in all the classical formulations of *Pichha Basti*. This herb is included in *Purishavirajaniya*, *Shonitasthapana*, and *Vedanasthapana Kashaya*.<sup>[5]</sup> Gum resin and the stem of *shalmali* both are used to prepare *Pichha Basti*. It has antibacterial, antioxidant, anti-inflammatory, anti-carcinogenic, immunomodulatory, hypolipidemic, antihyperglycemic, and analgesic properties.<sup>[6]</sup> It has specific activities such as anti-HIV activity & anti-*Helicobacter pylori* activity<sup>[7]</sup>. Tannins and gallic acids present in *Mocharasa* act as astringents which precipitate proteins that are helpful in restoring the damaged epithelial mucosal lining of the ulcerated mucosa.<sup>[8]</sup> A gum resin is rich in starch contents, and *Mocharasa* forms a mucilaginous layer that protects the inflamed and damaged intestinal mucosa. *Chandana* (*Santalum album* L.), *Shatavari* and *Madhuka* (*Glycyrrhiza glabra* Linn.) used in *Pichha Basti* are cold in nature and pacify *Pitta Dosha*, which is vital for the reduction of inflammation. Honey and *Ghee* together relieve the wound's warmth showing anti-inflammatory actions<sup>[9]</sup>. *Ghrita* is a wellknown remedy for vitiated pitta. Research has proven the wound-healing potential of honey and its inhibitory effect on most strains of pathogenic bacteria. Also,

the increase in resistant bacterial species has stressed using natural antibacterial agents. In this way, the contents of *Pichha Basti* synergistically act and help in managing *Grahani*. There are no side effects seen during the whole course of treatment. The result was very significant in terms of complete remission of symptoms which was assessed in terms of improvement observed in gradation scores of bowel frequency, pain in the abdomen, and generalized weakness.

**Properties of Shaman aushadi used** – *Shaman Aushadis* used contains certain classical and patent herbal drugs manufactured from the *Divya Pharmacy*. The core contents of the drugs include *Bilva*, *Kutaj*, *Jeerak*, *Ajwain*, *Saunf*, *Gulaab*, *Gokshur*, *Punarnava*, *Bhumiamla*, *Makoy*, and certain *Rasayana drugs* which possess *Kashaya*, *Tikta Rasa*, *Katu Vipaka* And *Laghu Guna* and acts as *Agni Deepak* and *Amapachaka*. *Kashaya Rasa* and *Ushna Virya* help in reducing colonic motility. The *Sangrahi* property of *Bilva* is very useful to treat the increased frequency of defecation and the consistency of stool. Pharmacological activities such as antidiarrheal, antidysentery, antibacterial, antiprotozoal, antispasmodic, antidepressant, antifungal, anti giardiasis, anthelmintic, antispasmodic, anti-inflammatory, carminatives were the core properties of the *Shaman Aushadi Drugs*. Having the *Rasayana* effect helps in relieving psychological factors such as anxiety fear, etc., and it may enhance the *Bala* of *Deha* and *Indriya*.

## CONCLUSION

*Grahani Roga* can be managed successfully with *Ayurvedic* treatment and needs to be studied and applied in a greater number of cases.

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