



## EFFECT OF KARMA BASTI AND SHIRODHARA IN GRAHANI (irritable bowel syndrome)

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### ABSTRACT

Irritable bowel syndrome (IBS) is a gastrointestinal disorder having a group of symptoms including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage. The pathogenesis of IBS is not fully understood, although roles for abnormal gut motor and sensory activity, central neural dysfunction, psychological disturbances, stress and luminal factors have been proposed. About 10-15% of the people in the developed world are believed to be affected by IBS, it is estimated that 45% of people globally are affected by IBS. In Ayurveda, IBS can be correlated to Grahani Roga due to their clinical presentation. In this case an effort has been made to treat patients having symptoms of Muhurbaddha Muhurdravam (episode of difficult evacuation of bowel and loose stools), Udarashool (pain in abdomen) and Apakwa Malapravritti (sticky stool with mucus). Male Patient XYZ of age 54years treated with various Panchakarma procedures like Basti (herbal medicated enema), Taila Shirodhara (pouring Herbal medicated oil on head) and oral medications. At the end of 50 days of treatment (Kala basti-16days+ oral medication-34days) patient got significant improvement in the sign and symptoms of disease.

**Keywords:** Grahani, IBS, Panchakarma, Shirodhara, Basti, etc.

## INTRODUCTION

Irritable bowel syndrome (IBS) is a gastrointestinal disorder having a group of symptoms including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage. IBS is the most common cause of gastrointestinal referral and is second only to common cold as a cause of absenteeism from work. IBS can also severely compromise a person's quality of life<sup>1</sup>. Women are affected 2-3 times more often than men. It usually involves the large intestine (colon) and small intestine with disturbances of intestinal/bowel (gut) motor function (motility) and sensation. Co-morbid conditions, such as Functional dyspepsia, depression, diabetes, fibromyalgia, panic disorder, schizophrenia is common<sup>2</sup>. According to Ayurveda, the dysfunction of Agni is responsible for indigestion which is responsible for various functional and structural anomalies in the gastro-intestinal tract<sup>3</sup>. Acharya's mentioned the sign and symptom of Grahani Roga in text are somehow related to IBS. In Grahani Roga, the digestion of food does not occur properly due to Dushti of Agni. From this phenomenon a vitiated material called "Ama" (Undigested food) forms which is responsible for producing various disorders. Ama disturbs the normal flora of GI tract, disturbs the normal physiology of entrails and acid fluid configuration of GI tract. Ultimately the end product of food didn't form appropriately, and nourishment of body does not occur. In today's era, the number of patients suffering from complaints related to G.I.T. These complaints vary from loss of appetite to chronic abdominal pain, irregular bowel habit, chronic flatulence, constipation, diarrhoea, incomplete evacuation, failure to thrive, hyperacidity etc. due to irregular food habits and unhealthy food intake. Malfunctioning of Agni is the important factor which plays a significant role in most of the digestive disorder and Vata Dosha along with significant contribution of mind in the physiological function of digestive system. Basti is one among Panchakarma

treatment specially advised for the pacification of Vata Dosha and as a site of attain a disease of Pakwashaya (colon). To overcome the stress and other psychological factor Ayurveda advocates use of Murdhnaitaila, Shirodhara can be a best option among four types of Murdhnaitaila in psychological condition, hence in this case, Basti and Shirodhara were used for the treatment.

### CASE REPORT: -

A 54-year-old male patient, diagnosed as irritable bowel syndrome visited to Somaadya Ayurvedic Panchakarma Clinic, Gurugram OPD having complaints of difficult evacuation of bowel and loose stools (Muhubadha Muhudravam), abdominal pain (Udarashoola), sticky stool with mucus (Apakvamala Pravritti), Anorexia (Aruchi, heaviness in abdomen (Udaragourava), fatigue (Alasya) and indigestion (Ajeerna) since 12 years. The history of the patient revealed that patients took medications like painkillers, antibiotics, antacids and probiotics for many years but did not get complete relief in symptoms. Hence, he came to the clinic for treatment. In past history there was no H/O DM, HTN, any surgery, trauma and any other major illness. In family history, his father had the same illness. Patient was weak, moderately nourished, afebrile, normotensive and other parameters like pallor, cyanosis, icterus, lymphadenopathy were absent. All systemic examinations were normal and lab investigations were also within normal limits.

### Ashta Vidha Pariksha:

Nadi Pariksha: 76 b/min  
Mala: 3-8 times/day  
Mutra: 5-6 times/day  
Jiwha: Lipta  
Shabda: Spashta  
Sparsha: Anushana Sheeta  
Druk: Avishesha  
Akriti: Krisha

**Table -1: Intervention with timeline:**

Days	Treatment	Duration
Day1	<ul style="list-style-type: none"> <li>Sarvanga Abhyanga with Ksheerbala taila</li> <li>Sarvanga Bashpa Sweda</li> <li><b>Kala Basti: -</b></li> <li><b>Niruha Basti: -</b></li> <li>Makshika-80ml</li> <li>Lavana (Saindhava)- 12gm</li> <li>Sneha (Changeri Ghrita)-100ml</li> <li>Kalka (Rasna)-15gm</li> <li>(Yastimadhu)- 15gm</li> <li>Kwatha (Triphala Kashaya)- 450ml</li> <li><b>Anuvasana Basti: -</b></li> <li>Changeri Ghrita- 80ml</li> </ul>	16days
Day 1	<ul style="list-style-type: none"> <li>Shirodhara with Tila Taila</li> </ul>	16days
Day 17	<ul style="list-style-type: none"> <li>Gandhaka Rasayana 2BD with water after food.</li> <li>Rasnasaptaka Kashaya 3Tsp TID with water before food</li> </ul>	17 <sup>th</sup> to 60 <sup>th</sup> day
Day 1	<ul style="list-style-type: none"> <li>Takrapana</li> </ul>	60days

**Table 2: Pattern of Basti: -**

1st day	2nd day	3 <sup>rd</sup> day	4 <sup>th</sup> day	5 <sup>th</sup> day	6 <sup>th</sup> day	7 <sup>th</sup> day	8 <sup>th</sup> day	9 <sup>th</sup> day	10 <sup>th</sup> day	11 <sup>th</sup> day	12 <sup>th</sup> day	13 <sup>th</sup> day	14 <sup>th</sup> day	15 <sup>th</sup> day	16 <sup>th</sup> day
A	A	N	A	N	A	N	A	N	A	N	A	N	A	A	A

A= Anuvasana Basti, N= Niruha Basti

**Observations: -**

The following was made on 16<sup>th</sup> day then 26<sup>th</sup> day and then on 60<sup>th</sup> day. During this period the patient did not develop any other complaints. Patients reported gradual improvement in pain in abdomen, altered bowel habits, stool with mucus, indigestion, anorexia, heaviness in abdomen. After treatment the patient got significant relief and gained weight up to 7kg (on 26<sup>th</sup> day-3kg and on 60<sup>th</sup> day-4kg). The changes observed in the signs and symptoms were assessed by adopting suitable scoring methods and the objective signs by using appropriate clinical tools. Assessment was done before treatment, and on 16<sup>th</sup> day, 26<sup>th</sup> and 60<sup>th</sup> day after completion of treatment.

**Table 3: Clinical grading and assessment: -<sup>4</sup>**

Clinical features	Grading <sup>5</sup>	BT	AT			
			16 <sup>th</sup> day	26 <sup>th</sup> Day	60 <sup>th</sup> Day	
Muhurbaddha Muhurdram Mala (Episode of hard & loose stools)	Passing normal consistency Stool (1time/day)	0	3	2	1	0
	Passing stool irregular (1-2 times/day) without pain	1				
	Passing stool irregular (2-3 times/day) with pain	2				
	Passing stool irregular & just after meal (3-4 times/day) with pain	3				
	Passing stool irregular & just after meal (>4times/day) with Pain	4				
Distension of abdomen	No distension	0	3	2	2	0

	Rarely complaint once in a week	1				
	Distension of abdomen after taking meal up to 1Hour	2				
	Distension of abdomen after taking meal up to 1-3 hours	3				
	Distension of abdomen after taking meal up to 6 hours	4				
Aruchi(anorexia)	Taking normal diet with interest	0	2	1	1	0
	No interest in taking normal diet	1				
	Food has taken forcefully	2				
	Not taken food forcefully	3				
Balakshya(weakness)	No weakness	0	2	2	1	0
	Weakness but performs day to day activities	1				
	Weakness & difficulty in Performing day to day Activities	2				
	Cannot be able to get up from bed	3				
Tiktamlodgara (iron pungent odour burps)	No complaint	0	2	0	0	0
	Occasionally	1				
	1-3 days/week	2				
	3-5 days/week	3				
	5-7 days/week	4				
	All 7 days	5				
Antrkunjana (gurgling sound in abdomen)	No complaint	0	2	1	0	0
	Occasionally	1				
	2-3 times/day before passing stool	2				
	Persistent	3				
Passing mucus in stool	No visible mucous in Stool	0	3	2	1	0
	Visible mucous stickled to the stool	1				
	Passage of mucous with frequent stool	2				
	Passage of large amount of mucous in stool	3				

## DISCUSSION

Basti is a multidimensional therapy, the purpose of Basti is elimination and palliation of Dosha, nourishment and rejuvenation of Dhatu (tissues). Acharya Susruta has told that the virya of basti drug reaches all over the body through the srotas in the same way as the water poured at the root of the plant reaches up to leaves. He has further explained that even though basti drugs quickly comes out with mala, but its virya acts all over the body by the action of Apanadi Pancha Vata. The action takes place just like the sun draws moisture from earth. In this study Rasna and Yastimadhu (Kalka in Niruha Basti) was used for treatment of IBS because Rasna plant is always

praised owing to its Kapha vatahara properties. This is the best drug for Shotha etc. diseases.<sup>6</sup> Uses of Yash-timadhu as pera yurveda Balya — Improve strength, Chakshusya — healthy for eyes, Shukrajanana — produce semen, Varnya help in pigmentation, Keshya — grow hair, Vata-pittaj — Vat pitta hara, Raktaprasadana — improve blood, shothhar — reduce swelling, Vishghan – detoxication, Chhardinigraha — relieve vomiting, Pipasahar — anti-thrust Kshayahara — improve weakness, Glanihar — anti anxiety, Asthapnopaga -herb that used in Basti Panchakarma treatment (Kwatha in Niruha Basti).<sup>7,8</sup> Triphala churna is used in treatment for Niruha Basti Kwatha(decoction) because Triphala possesses many

qualities. Triphala, which include free radical scavenging, antioxidant, anti-inflammatory, immunomodulating, appetite stimulation, gastric hyperacidity reduction, dental caries prevention, antipyretic, analgesic, antibacterial, antimutagenic, wound healing, anticariogenic, antistress, adaptogenic, hypoglycemic, anticancer, hepatoprotective, chemoprotective, radioprotective, and chemopreventive effects.<sup>9</sup> Triphala may also promote proper digestion and absorption of food, reduce serum cholesterol levels, improve circulation, relax bile ducts, prevent immuno senescence, maintain homeostasis of the endocrine system, and increase production of red blood cells and hemoglobin.<sup>9</sup> *Triphala* is perhaps most well-known for its use in general gastrointestinal health. Animal studies have shown that both aqueous and alcohol-based extracts of *Triphala* prevent diarrhea.<sup>10</sup> *Triphala* also induces enteroprotective effects, which are likely due, at least in part, to the high antioxidant content. In a rodent model, *Triphala* replenished depleted protein in the intestinal villi of the brush border as well as glutathione and phospholipid levels; the formula simultaneously decreased myeloperoxidase and xanthine oxidase levels in intestinal epithelium.<sup>11</sup> In rats, *Triphala* exerted a gastroprotective effect on stress-induced ulcer.<sup>12</sup> One human clinical trial that investigated the use of *Triphala* in patients with gastrointestinal disorders reported that treatment reduced constipation, mucous, abdominal pain, hyperacidity, and flatulence while improving the frequency, yield, and consistency of stool.<sup>13</sup> *Triphala* also reduced colitis in a mouse model, and the treatment effect was attributed to antioxidant effects and high levels of flavonoids contained in *Triphala*.<sup>14</sup> Changeri Ghrita (used for Anuvasan Basti) contain Changeri, Changeri is Ama, Vata and Kapha Nashaka hence it relieves in symptoms constipation, and abdominal pain and may corrects pathogenesis occurring in IBS. As it is known fact that the IBS is a Psycho somatic disorder. Shirodhara maintains the wellbeing of the body and psyche. Stress and tension are often caused by an imbalance of Prana, Udana and Vyana Vayu, Sadhaka Pitta, and Tarpak Kapha. Through its mechanical impact, Shiro-

dhara restores the functional integrity between various subtypes of Dosha.<sup>15</sup> The ultimate aim of Shirodhara is to restore the equilibrium of Sharira and Mansika Doshas through the psycho somatic axis. When Taila is poured in a continuous stream over the forehead it might communicate with the deepest recesses of the brain by soothing the mind, through the limbic system, where the Prana (vital energy of the body) is present. So, an improvement in psychic symptoms was achieved. Improvement in circulation to hypothalamus also improves the function of Autonomic Nervous System. Taila Dhara may also have effects on Endocrine system, hypothalamus is the main regulator of endocrine system so effect of Tailadhara on hormone secretion can also be postulated considering the effect on hypothalamus. The limbic system and hypothalamus regulate the feeling of rage, pain, aggression, pleasure and behavioural patterns. It can be postulated that Tailadhara may be having some effect on hypothalamus thus relieving most of the psycho somatic disorders like IBS. Gandhaka Rasayana cures Dhatukshaya (emaciation), 20 types of Prameha (metabolic disorders especially Diabetes mellitus), Agnimandya (digestive abnormality), Shula (abdominal pain), Koshtagata Roga (abdominal disorders), Kushta (skin diseases) of eighteen types, Rajayakshma, Pushti of Bala and Veerya, Deha shuddi is attained if consumed after Vamana (emesis) or Virechana (purgation) and / other purificatory procedures.<sup>16</sup> RASNASAPTAKA KASHAYA is mentioned in Bhaisajya Ratnavali, its ingredients are Rasna, Amruta, Aragwada, Devdaru, Gokshura, Eranda & Punarnava, all the drugs mentioned in yoga have Vatakaphahara properties, Rasna, Devadaru and Punarnava have kaphavatahara karma, Amruta is tridoshashamaka and raktashodhaka and has rasayana effect on the body, Aragwadha is Vatapittahara and koshtashudhikar, Trikantaka and Eranda are vatahara and have madhura rasa, Amruta and punarnava also has deepana karma, Rasna, Eranda, and Devadaru are having vedanahara action which helps to alleviate pain.<sup>17</sup> In short, when considering yoga, it is observed that the drugs were arranged in a Systematic and Logical manner that it is having the properties of Va-

takaphahara, Deepana, Rasayana, and Vedanahara effects.

## CONCLUSION

The analysis of IBS in terms of Ayurveda concludes that the IBS is a symptom complex where we can correlate Ayurvedic term based on the symptoms as Grahani Roga and treated accordingly. The treatment methods explained in classics are helpful in giving significant relief in signs and symptoms like Muhur-baddha-muhurdravam mala (Episode of hard & loose stools), distention of abdomen, and stool with mucus. On the basis of this study, it can be concluded that the given treatment is found to be effective in reliving symptoms in IBS thereby improving quality of daily life of the patient. There was no adverse drug reaction seen during the period of study.

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