



A SINGLE CASE STUDY ON GRAHANI (IRRITABLE BOWEL SYNDROME) TREATED WITH SHAMAN AUSHADHI

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ABSTRACT

In *Ayurveda*, *Grahani roga* is described under *Annavaha srota dusti* which is characterized by *Ati-srishta mala, Vibaddha-mala, louha Amagandhi tikta-amla udgara, suna-asthi, Chardana, parva-Ruka, Trishna, Aruchi* etc¹. *Grahani* may be co-related with irritable bowel syndrome in modern science where patients suffer from a number of non-intestinal symptoms. The non-intestinal symptoms can be more intrusive than classical features co-exist with chronic fatigue syndrome, fibromyalgia and temporomandibular joint dysfunction². IBS encompasses a wide range of symptoms. Most patients have a relapsing, remitting course. Exacerbation often follows stressful life events, occupational dissatisfaction and difficulties with interpersonal relationships³. In this case patient with IBS has been treated with Ayurvedic classical drugs *Chitrakadi Gutika* and *Trayushnadi ghrita*. After two weeks of observance, the symptoms of *grahani* (IBS) have been decreased markedly and the patient was relieved significantly.

Keywords: Grahani, Irritable Bowel Syndrome, *Chitrakadi Gutika*, *Trayushnadi Ghrita*.

INTRODUCTION

The word grahani as per modern view, grahani may be co-related with IBS. IBS is a functional bowel disorder in which abdominal pain is associated with defecation or a change in bowel habit⁴. However, persistent abdominal pain or feeling of emptiness may occasionally be the presenting symptoms of a severe depressive illness, particularly in the elderly, with a nihilistic delusion that the body is empty or dead inside⁵. However, patients suffering from IBS takes treatment modalities like anti-diarrhoeal drugs for bowel frequency, a high fibre diet for constipation, Smooth muscle relaxant for pain, an

Anti-depressant drug, psychotherapy, hypnotherapy etc⁶. But the patients do not get effective results. These medicines and therapies do not give complete relief and give rise to further recurrence of disease with many other complications. To avoid the complications of modern medicine, Ayurveda, the science of life suggests many effective treatments which can provide the ultimate cure and prevent further recurrence of disease by enhancing the immune system of our body by following Pathya - Apathya ahara and vihara.

MATERIAL

The details of the drugs, dosage and Anupan are given in Table 1.

| | Drugs | Dosage | Anupan |
|----|---------------------------|--------|------------|
| 1. | <i>Chitrakadi Gutika</i> | 500mg | Ushna Jala |
| 2. | <i>Trayushnadi Ghrita</i> | 5ml | Ushna Jala |

METHOD-

- Centre of the study-** Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P, Kolkata, West Bengal.
- Type of study-** Simple single clinical case study.
- The plan of treatment-** It is an OPD based treatment in this case study patient was treated with
- Chitrakadi Gutika* and *trayushnadi ghrita* followed by *pathya-apathya* and *anupana*.
- Collection of medicine-** All the medicines are collected from the apothecary department of the Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P, Kolkata, West Bengal.

CASE REPORT- A 40-year-old Hindu female patient, occupation lawyer came to our OPD with the

complaint of *Ati-srishta* and *Vibaddha mala, tikta – amla udgara, Aruchi, Trishna* etc.

- History of Present illness-** The patient was suffering from the above symptoms for three months. The patient took allopathic medicines but do not get relief. He is willing to take Ayurvedic treatment.
- Clinical examination-**
Ashtavidha Pariksha- *Nadi*- 84beats/min, *Mutra*- Normal, *Mala-Mala badhhata*, *Jihwa-Avrta*, *Shabda-Spashta*, *Sparsha-Afebrile*, *Drik-Normal*, *Akriti-Sama*
General Examination- Weight-68kg., Height-160cm, Face-Normal, B.P.- 130/84 mm of hg, Resp. Rate-20/min

OBSERVATIONS AND RESULTS-

The patient was under observation for 14 days and assessments of objective criteria were made by interrogating with the patient on each 7days.

| Symptom | 1 st day | After 7days | After 14days |
|--------------------------|---------------------|-------------|--------------|
| <i>Ati-srishta mala</i> | ++ | + | - |
| <i>Vivadhha mala</i> | +++ | + | - |
| <i>Tikta-amla udagra</i> | ++ | + | - |
| <i>Trishna</i> | ++ | ++ | + |
| <i>Aruchi</i> | +++ | ++ | - |

DISCUSSION

The word IBS Means irritable bowel syndrome, a psychosomatic disorder. which is defined as a functional gastrointestinal disorder which is due to the absence of structural pathology. It is believed that most patients develop symptoms in response to psychological factors, altered gastro-intestinal motilities, altered visceral sensation or luminal factors. Some patients have subtle histologically undetectable mucosal inflammation possibly leading to activation of inflammatory cells and release of cytokines, Nitric oxide and Histamine. These may trigger abnormal secrete motor function and sensitive enteric sensory nerve endings⁷.

In *Ayurveda*, due to intake of *laghu guna yukta ahara* in *alpa matra* in the patients' of *d ushita a gni* the food doesn't get digested and that undigested food or the *anna rasa* gets transformed into *amla rasa* which acts as a poison and gives rise to many diseases including *grahani roga*. According to *samprapti of grahani roga* occurs mainly due to *d ushita agni* and *d ushita anna* and give rise to *vata vriddhi*. So, in this disease, we need to maintain the equilibrium of *agni*. We need to give treatment which can do both *ama pachan* and *deepan* also. *Chitrakadi Gutika* prepared from *pippali*, *Pippali mula*, *Chavya*, *Chitraka*, *nagara* having the property of *ushna virya* they pacify *vata* and *Chitraka* acts both as *deepan* and *pachan*. *Sajji kshara* and *Yava kshara* possess the quality of *tikshna guna* which helps in *mala b hedan*. *Trayushnadi ghruta* composed of *Triphala* and *trayushnadi* and *bilwa*. *Bilwa* has the property of anti-diarrhoeal activity and *Triphala* have the property of *tridosha samana* pacify all three *doshas*. *Trikatu* i.e., *Sunthi*, *pippali*, *Marich* have *ushna* and *tikshna guna* pacifies *vata* and acts as *deepan*. whereas *ghrita* also acts as *vata-pitta prasamak* and helps in *agni-deepan*. So, in a short, this could be stated that *Chitrakadi vati* acts as *agni d eepak* and *ama pachaka*. *Trayushnadi ghruta* acts as *agni-d eepak* also so when those have been administered in an established case of *grahani*, these showed satisfactory results within a short period of time

CONCLUSION

From the above study we can conclude that *grahani* is *Annavaha srota dushti* and *tridosha Janita vyadhi*. *Grahani* has a close similarity with irritable bowel syndrome in western science. Treatment like *Agni Deepak* and *ama pachaka* with the use of *Chitrakadi Gutika* in the dose of 500mg twice daily and *trayushnadi ghruta* in the dose of 5ml twice daily could show a satisfactory and curative effect over *grahani*. No significant adverse effect has been shown during the study.

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