



AYURVEDIC MANAGEMENT OF IBS W.S.R. TO GRAHANI: - A CASE STUDY

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ABSTRACT

Irritable bowel syndrome (IBS) is the most prevalent functional gastrointestinal disorder noted in the general population worldwide. Its chronic nature, signs and symptoms which vary periodically from mild to severe have many negative effects on the quality of life for the sufferer. Therefore, the appropriate treatment of these patients is highly important. Patients should be informed by their doctors about the nature of the disease and educated on how to deal with and control the symptoms of the disease. The pathogenesis of IBS is poorly understood, although roles for abnormal gut motor and sensory activity, central neural dysfunction, psychological disturbances, stress and luminal factors have been proposed. In Ayurveda, IBS can be correlated to *Grahani Roga* due to the similarity in their clinical presentation. In this case, an effort has been made to treat a 31-year-old male patient having symptoms of *Muhurbaddha Muhurshithil* (episode of constipated and loose stools), *Apakwa Malapravritti* (Stool with mucus), *Udarshool* (abdominal pain), (Sleeplessness)*Anidra*. Patients treated with Ayurvedic medicines such as *Ahswagandha Churn*, *Kapikachhu Churn*, *Muktashukti Bhasm*, *Tab. Tagar*, *Arogyavardhini Vati*, *Triphala Gugglu*, *Cap. Jyotishmati*, *Hingvastak Churn*, *Lavanbhaskar Churn*. At the end of 60 days of treatment, the patient got improvement in an episode of constipated and loose stools, distended abdomen, sleeplessness, anorexia and stool with mucus.

Keywords: Irritable bowel syndrome, Stress, *Grahani*, Brain-Gut syndrome.

INTRODUCTION

Irritable bowel syndrome (IBS) is the most common reason for referral to gastroenterology clinics.^[1] The disease is characterized by abdominal pain, diarrhoea, constipation, or a combination of both diarrhoea and constipation, mucus discharge along with stools and changes in the form (appearance) of stools. The main cause of the disease is not entirely apparent as various factors play key roles in its aetiology. IBS is a disorder that is not confirmed by a specific test. Instead, diagnosis is based on specific symptoms termed the Rome criteria. Ruling out other conditions that cause similar signs and symptoms are essential for an accurate diagnosis.^[2,3] IBS is the most common disorder witnessed by gastroenterologists in the USA and roughly 15% of Americans suffer from symptoms relating to IBS^[4]. Yet only a small percentage of sufferers choose to visit their local general practitioner (GP). Annually between 2.4 and 3.5 million people suffering from IBS consult a doctor in the USA.

Grahani is a disease that has symptoms that is in close relation to IBS. It is a functional disorder of the GIT with alteration in the function of *Agni*. Symptoms such as *Kaphayukta Mala*, *Muhur Badham Muhur Malam*, *Apakwa Annayukta Mala*, and *Karshya* help in the assessment of IBS in terms of *Grahani Dosh*^[5]. It may be considered as *Amaja Grahani* in cases where the symptoms are severe and *Nirama Grahani* when the symptoms are mild or moderate. Treatment includes the usage of medications that are *Deepana* and *Grahi* so that the morbidity of *Agni* can be tackled along with maintaining the function of *Grahani*. In this way, the treatment methodology of *Grahani* was adopted.

Table 01: PERSONAL HISTORY

Dietary habits: Eats at irregular interval and typically eats poorly balanced meals.	Sleep: Disturbed, sleeps only 1-2 hours at night
Appetite: Reduced in the last 2 years	Bowel: Irregular; 2-3 times/day, frequent loose stools, some-times constipated
Addictions: Nil	Micturition: 4 to 6 times/day; 1 to 2 times/night

CASE REPORT

Presenting Complaint: A 31 years old male patient, case diagnosed with irritable bowel syndrome visited *Kayachikitsa* OPD (Central Registration No. A39488), Government Ayurvedic College, Patna-03, having complaints of episodes of constipated and loose stools (*Muhurbaddha Muhurshithil Malapravritti*), abdominal pain (*Udarshool*), stool with mucus (*Apakwa Malapravritti*), anorexia (*Aruchi*), sleeplessness (*Anidra*), heaviness in the abdomen (*Udaragourava*), fatigue (*Kalama*) and indigestion (*Ajeerna*) in the last 2 years.

History of presenting complaint: The patient who did not have a known case of any metabolic disorders, started having faecal urgency along with bloating immediately after meals over the past 2 years. Abdominal discomfort and bloating occur at times of increased stress and worsen with food intake. Pain/discomfort reduces in intensity after defecation, and he also feels incomplete evacuation even after emptying the bowel. The presence of mucus on passing stools was a predominant symptom. He also presented with fatigue associated with the development of the afore mentioned symptoms. He consulted a physician elsewhere and took medication for his complaints for which he got temporary relief. Symptoms reappeared on discontinuing medications. He then consulted with the OPD of GACH, Patna for further management.

History of past complaint: The patient used antacid and antispasmodic drugs unevenly. His family history revealed that there was no such complaint ever.

Table 02: PHYSICAL EXAMINATIONS

Built: Tall stature	Nourishment: Under nourished
Pallor: Present	BP: 130/90 mmHg
Icterus: Absent	Pulse: 78 bpm
Cyanosis: Absent	R/R: 18/min
Nails: No clubbing	Height: 174 cm
Edema: Absent	Weight: 48 kg
Lymphadenopathy: Absent	BMI: 27

Table 03: Treatment:

S. No.	Medicines Given	Doses	Anupana
1.	<i>Ashwagandha Churn</i> <i>Kapikachhu Churn</i> <i>Muktasukti Bhasm</i>	3gm 2gm 125mg BD	Milk
2.	<i>Tab. Tagar</i> <i>Arogyavardhini Vati</i> <i>Triphala Gugglu</i>	2×2 2×2 2×2	Water
3.	<i>Cap. Jyotishmati</i>	2×1 at bedtime	Water
4.	<i>Hingvastak Churn</i> <i>Lavanbhaskar Churn</i>	3gm 2gm BD	Water

Table 04: OBSERVATIONS AND RESULTS:-

Date	Symptoms	Severity
11/07/22	Reduced appetite; Bloating; Abdominal discomfort/pain; Mucus in stool	Severe
25/07/22	Appetite improved; Bloating present; Abdominal discomfort reduced; Mucus present	Moderate
10/08/22	Appetite improved; Bloating reduced; Abdomen discomfort reduced; Mucus absent	Moderate
25/08/22	Normal appetite; Bloating absent; Abdominal discomfort is mild; No mucus	Mild
09/09/22	Normal appetite; No other symptoms	Relieved

DISCUSSION

Grahani is a disease that has the symptoms such as *Kaphayukta Mala*, *Muhurbaddha Muhurshithil Mal-apravritti*, and *Karshya*. Hence the medicine selected acts as Agni Deepan, an antioxidant, reducing the inflammation of the intestine, etc.

Ashwagandha Churn

It has an anti-ulcerogenic effect^[6] and anti-inflammatory^[7] due to withaferin, a chemical constituent in *Ashwagandha*.

Kapikachhu Churn^[8]

It acts as an antioxidant. The alcohol extract showed significant antioxidant activity which was comparable with standard ascorbate and total phenol content.

Muktasukti Bhasm^[9]

Mukta sukti Bhasma showed highly significant anti-ulcer activity. The alkaline pH and chemical components might have contributed by inhibiting secretions, neutralizing the acidity and reducing the size of the ulcerative lesions.

Tab. Tagar & Cap. Jyotishmati^[10]

Tagar and *Jatamansi* have similar *Rasa* (taste), *Guna* (property) and *Vipaka* (end product of digestion) while they differ only in *Virya* (potency). *Tagar* and *Jatamansi* provided significant relief in signs and symptoms of the patients of *Anidra*. Hence maintains the mental status.

Arogyavardhini Vati

The contents of *Arogyavardhini vati* contains *Tamra Bhasma* (incinerated copper), *Guggul*, *Katuki*, *Triphala* having *Lekhana*, *Dipana* (improving digestion, appetite and metabolism) and *Medadoshahara* (correcting lipid metabolism and transportation properties).^[11,12] Recent research on *Arogyavardhini Rasa* has proved its anti-dyslipidemic. *Arogyavardhini* compound having their multivariate effect on normalizing the various components of the pathogenesis of metabolic syndrome resulted in the overall improvement in metabolic syndrome.

Hingvastak churn: It contains *shunti*, *pippali*, *marich*, *ajmoda*, *saindhava lavan* and *hingu*; that acts as *Agni deepan*; hence it is useful in abdominal distension.^[13]

Lavanbhaskar Churn: It acts as *Vata* and *Kapha samaka* due to its content and is used in *Gr ahani* as well as it also has *Agni Deepan property*.^[14]

After treatment patient got significant relief and he gained weight up to 6kg. (Before treatment patient's weight was 48 kgs and after treatment, he became 54 kgs).

CONCLUSION

On the basis of this study, it can be concluded that Ayurvedic medicines such as *Ashwagandha Churn*, *Kapikachu Churn*, *Muktasukti Bhasm*, *Tab. Tagar*, *Arogyavardhini Vati*, *Triphala Gugglu*, *Cap. Jyotishmati*, *Hingvastak Churn* and *Lavanbhaskar Churn* are found to be effective in relieving symptoms like *Muhurbaddha Muhurshithil mala* (Alternate constipated and loose stool bowel), distension of the abdomen, (Sleeplessness) *Anidra*, stool with mucus in IBS. There was no adverse reaction to drugs seen during the period of study. Further studies should be carried out with larger sample sizes in different places with a standard control drug in order to obtain more valid data on the effect of this treatment in the management of IBS. The overall effect of therapies showed marked improvement in the signs and symptoms of *Grahani Roga*.

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