

## MANAGEMENT OF IBS THROUGH AYURVEDA- A CASE STUDY

Avneet Kaur<sup>1</sup>, Radhakrishan Bishwal<sup>2</sup>, Bharti<sup>3</sup>, Subhash Sharma<sup>4</sup>

<sup>1</sup>Associate. Professor Dept of Kaya Chikitsa GNAMC Gopalpur, Punjab, India

<sup>2</sup>Professor PG Dept. of Shalakya Tantra, Gurukul Kangari, Haridwar, Uttarkhand, India

<sup>3</sup>Associate. Professor Dept of Kayachikitsa GNAMC Gopalpur, Punjab, India

<sup>4</sup>Assistant. Professor Dept of Panchkarma GNAMC Gopalpur, Punjab, India

Email: [dr.avneet02@gmail.com](mailto:dr.avneet02@gmail.com)

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### ABSTRACT

*IBS* is the most common psychosomatic disorder encountered by Gastroenterologists. It manifests in the form of irregular bowel habit with associated pain abdomen. *IBS* can be compared to *Grahani Rog* in *Ayurveda* which is mainly caused by impairment of proper functioning of *Jatharagni*. *Grahani Rog* starts as derangement of *Agni* due to injudicious way of life and indiscriminate diet. So, main focus of management was *Aahar* and *Vihara* with *Ayurvedic* formulation. A number of herbal drugs are available in the texts for *IBS* out of all we took *Bilwadi Churan*, *Kutajghan Vati* and *Takrarishta* for management of *IBS* case of 38 years of female patient, who came to OPD of GNAMC with chief complains of irregular loose stool (*Atri-srishtam*), decrease in appetite (*Arochak*), abdominal pain (*Udar shool*), nausea, gas & flatus, heart burns (*Amaludgar*) and vomiting (*Chardi*).

**Keywords:** *IBS*, *Grahani*, *Deepan*, *Pachan*

### INTRODUCTION

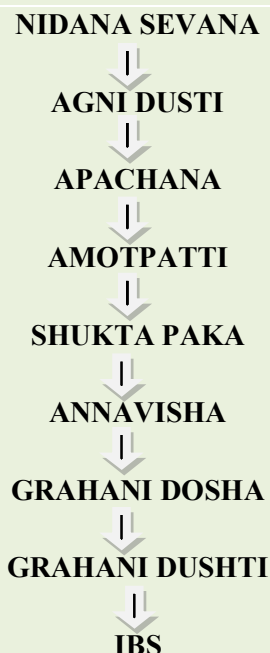
Every individual become victim to some gastrointestinal disorders during his life span. Among them majority of disorders are due to functional derangement of gastrointestinal tract i.e *Agni*. *Agni* is biological fire or digestive fire present in living human being. It is very clearly mentioned in *Ayurveda* that majority of diseases result due to disturbances in physiological function of *Agni*. *Agni* is affected by incorrect lifestyle and eating habits, this ultimately affects the digestive process. Not only does incorrect digestive

fire rise to toxins but weakens the function behind the digestive process itself.

The seat of *Agni* is known as *Grahani*. The relation between *Grahani* and *Agni* is similar to the relation between structure and function<sup>1</sup>. So any impairment in the function of *Agni* leads to derangement of functions of *Grahani* and condition is known as *Grahani Rog*, *IBS*<sup>2</sup>. The main feature of *IBS* is recurrent abdominal pain or discomfort that is associated with disordered defecation and changes in bowel habit.



### SCHMATIC REPRESENTATION OF IBS



#### MATERIALS AND METHODS

**Centre of study:** GNAMC, Gopalpur, Ludhiana, Punjab, India

**Method of sampling & study design:** Single case study.

#### MATERIALS:

S.NO.	DRAVYA	DOSE	DURATION	ANUPAN
1	<i>Bilwadi churan</i>	3gm	BD	<i>Takra</i>
2	<i>Kutaj Ghan vati</i>	500mg	BD	Lukewarm water
3	<i>Takrarishta</i>	20ml	BD	With equal water

Going thoroughly through the symptoms of the patient and making its pathogenesis as per *Ayurveda* we have chosen the drug for the treatment of the *IBS* in 38 years old female patient.

#### DISCUSSION

In *IBS* mainly there is vitiation of *Agni – Mandagni* is seen. This ultimately results in *Ama* formation and may lead to diarrhoea or constipation along with associated symptoms.

#### **Bilwadi Churan<sup>4</sup>:**

Unripe *Bilva* fruit, due to its *Tikta Rasa, Katu Vipaka, Ushan Virya* and *Laghu Guna* acts as *Agni Deepan* and also *Amapachaka*. *Kashaya Rasa* helps in reducing the colonic motility, and there by helps in *IBS*. Chemical constituents like pectin, tannic acid are good stool bulking agents and Mucilage, Marmalysin covers mucus membrane, prevent mucosal

irritation and improve appetite and digestion<sup>5</sup>. In *Bilwadi Churan* in addition to *Bilva*, other *Dravyas* like *Mochras, Shunthi, Bhanga, Dhaya Phool, Dhaniya* and *Soonf* have properties like, *Tridosha-hara* property Leads to proper function of *Prana Vayu, Saman Vayu, Apana Vayu, Pachak Pitta & Kledaka Kapha*, *Deepan-Pachan* property Improve the status of *Agni, Grahi* property Decrease diarrhoea with decrease in the number of faeces, *Vedanasthapana* property Relieve the abdominal pain<sup>6</sup>. On the other hand *Bhang* in the *Bilwadi churan* has action on the ‘**Endo-cannabinoid System**’ of the body which works on secretory activity and motility

of the gut, it promotes inhibition of gastric emptying and intestinal motility and food transit through the intestines, so Cannabinoid in *Bhang* works on two receptors CB1 and CB2 that are present in the brain and ENS of mammals when stimulated delay gastric emptying and slow enteric motility. Improvement in mood may be well attributable to an increase in Endo-cannabinoid levels rectifying if there is previous inadequacy<sup>7</sup>.

#### **Kutajghan Vati<sup>8</sup>:**

*Kutaj Bark* (Holarrhena Antidysenterica) is having *Laghu, Ruksha guna; Tikta, Katu Rasa; Sheeth Virya* and *Katu Vipaka* that helps in *Ama pachan* and *Vata pitta shaman*<sup>9</sup>. *Kutaj* have active principle Kurchicin, Halarrhenine, Holafrine, Conessine, Coninnin which helps in restoration of digestion and prevents nutritional deficiency, reduces bowel frequency and a great immune stimulant<sup>10</sup>. It have one more component Nor Diterpenoid that acts as anti microbial on the cases which are having *IBS* due to microbial infestation<sup>11</sup>. *Ativisha* roots(Aconitum Heterophyllum) having same properties as *Kutaj Katu, tikta Rasa; Laghu, rooksaha Guna; Katu Virya* and *Ushan Vipaka* which helps in *Tridosha* balance, improves digestion, anti diarrhoeal, anti spasmodic, *Aama pachak*, reliefs vomiting & dyspepsia<sup>12</sup>. So on the whole *Kutajghan Vati* is having very good action in patient of *IBS* with its Anti-microbial, Anti-spasmodic, Digestive, Carminative and Immune stimulant properties.

#### **Takrarishta<sup>13</sup>:**

As per *Charak Samitha*, it contains *Trikatu, Panch Lavan, Ajwain* and curd all of which have *Vata Kapha shamak*, its *laghu Gun & ushan Virya* helps in *Amapachan* and increases appetite. *Trikatu* in it is great carminative, appetizer & digestive, anti-emetic & anti-inflammatory<sup>14</sup>. Curd is having lactic acid bacteria present in it, that is reported for anti-microbial activity, increases gastric juices secretion, stimulates appetite, helps in stool binding and decreases frequency of stool<sup>15</sup>.

So, all these three drugs when given to the patient gave very marvellous results with reduction in maximum symptoms and cure. It helped the patient

in improvement of appetite, bulk formation of stool with decrease in frequency; dyspepsia and nausea were totally corrected in the case of *IBS*.

## CONCLUSION

*IBS* can be effectively managed by *Bilwadi Churan, Kutajghan Vati* and *Takrarishta*. It is safe, cost-effective & easy managed. This treatment can be applied to other similar conditions like Colitis, Spru, Amoebiasis, etc.

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