

**AMAJA GRAHANI / IRRITABLE BOWEL SYNDROME – A CASE REPORT**Sreeja Sreekumar<sup>1</sup>, Ravi Varma Raja H.<sup>2</sup><sup>1</sup>Assistant Professor, Ahalia Ayurveda medical college, Palakkad, Kerala, India<sup>2</sup>Assistant Professor, S.D.M college of Ayurveda, Hassan, Karnataka, IndiaEmail: [sreeja.tsk@gmail.com](mailto:sreeja.tsk@gmail.com)<https://doi.org/10.46607/iamjp04042020>

(Published online: May 2020)

**Open Access**

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Article Received: 27/04/2020 - Peer Reviewed: 10/05/2020 - Accepted for Publication: 10/05/2020

**ABSTRACT**

Irritable bowel syndrome (IBS) is a disease of the alimentary tract. Rather than a structural abnormality, it is a disorder of the bowel where the function is altered. *Grahani Dosha* is a disease mentioned in the *ayurvedic* scriptures. It has been named so because it is a disorder that alters the function of the bowel as in IBS rather than producing a structural abnormality. In this case study, a 32-year-old male patient presenting with symptoms of IBS was treated with the principle of *grahani Dosha*. *Shamana Chikitsa* was done with internal medications for a period of 4 consecutive months. The symptoms of the patient were analysed throughout the period to obtain the findings. Treatment with medications such as *Sootasekhara rasa* and *Dadimashtaka Choorna* provided significant relief.

**Keywords:** *Irritable bowel syndrome, Grahani Dosha***INTRODUCTION**

Irritable bowel syndrome is a common disorder that is encountered in clinical practice. The symptoms are varying in nature with a waxing and waning pattern. The symptoms when severe can reduce the quality of life of the patients. Psychosocial disturbances altered gastrointestinal motility and disturbance in the interaction between the brain and the gut are considered some of the

triggering or causative factors of IBS. Abdominal discomfort/pain, passing mucous, bloating and feeling of incomplete defecation are few of the predominant features of IBS. Patient counselling, antispasmodics, anti-diarrheal agents and antidepressants constitute the treatment methods <sup>1</sup>.

*Grahani* is a disease that has the symptoms that is in close relation to that of 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* helps in the assessment of IBS in terms of *Grahani Dosha* <sup>2</sup>. 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 include 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 case the treatment methodology of *Grahani* was adopted.

### Case Report

**Presenting Complaint:** A male patient aged 32 years visited the OPD of Ahalia Ayurveda medical college on 29/11/18 with complaints of abdominal discomfort,

bloating, mucous on passing stools, fatigue and reduced appetite since 2 years.

**History of presenting complaint:** The patient who was not a known case of any metabolic disorders, started having fecal urgency along with bloating immediately after meals over the past 2 years. Abdominal discomfort and bloating occur at times of increased stress and worsens with food intake. Pain/discomfort reduces in intensity after defecation, and he also feels incomplete evacuation even after emptying of bowel. Presence of mucous on passing stools was a predominant symptom. He also presented with fatigue associated with the development 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 in the OPD for further management.

**Table 1:** Personal history

<b>Dietary habits:</b> Eats at irregular intervals, typically eats poorly balanced meals.	<b>Appetite:</b> Reduced since 2 years
<b>Sleep:</b> Disturbed, sleeps only 1-2 hours at night	<b>Bowel:</b> Irregular; 2-3 times/day, frequent loose stools, sometimes constipated
<b>Addictions:</b> Nil	<b>Micturition:</b> 4 to 6 times/day; 1 to 2 times/night

**Table 2:** Physical examination

<b>Built:</b> Tall stature	<b>Nourishment:</b> Under nourished
<b>Pallor:</b> Present	<b>Icterus:</b> Absent
<b>Cyanosis:</b> Absent	<b>Nails:</b> No clubbing
<b>Lymphadenopathy:</b> Absent	<b>Edema:</b> Absent
<b>Pulse:</b> 78 bpm	<b>BP:</b> 130/90 mmHg
<b>R/R:</b> 18/min	<b>Height:</b> 176 cm
<b>Weight:</b> 63 kg	<b>BMI:</b> 20

### Systemic examination

#### Per abdomen examination

- ⊙ **Inspection:** Scaphoid abdomen; Umbilicus- midline-inverted; Distended, No scar marks
- ⊙ **Auscultation:** Bowel movements (5 times/min)
- ⊙ **Palpation:** Soft, Tenderness - absent, No guarding or other peritoneal signs, No organomegaly.
- ⊙ **Percussion:** Tympanic sounds heard.

**Table 3:** Investigations

Hb% - 12.1 gm%	PCV – 46%
Platelet count – 2.16 lakh cells/cumm	Total WBC Count –9.400 cells/cumm
Bleeding time – 3 minutes	Clotting time – 6 minutes
ESR – 29 mm	S.G.O.T – 38 IU/L
S.G.P.T – 45 IU/L	S.Bilirubin – 1 mg/dl
S. Amylase – 76 IU/L	

**Table 4:** Stool Examination (Macroscopic examination)

Color – Yellowish brown	Odour – Foul smelling
Consistency – sticky	Mucous – Present
Undigested food – present	Blood – absent

**Diagnosis:** Amaja grahani – Irritable bowel syndrome

**Table 5:** Analysis of Symptoms

IBS	Grahani
Altered bowel habits	<i>vibadham va dravam</i>
Lack of appetite	<i>Arochaka</i>
Bloating	<i>sthimitha udara</i>
Fatigue	<i>sadana</i>
Mucous in stool	<i>shleshma samsrushta varcha</i>
Emaciation	<i>karshya</i>

### Treatment Protocol

#### I. First phase

Date :29/11/18 to 28/12/18

1. Medication given: *Sootasekhara rasa* (Tablet)

Dosage: 2-0-2 after food

*Anupana*: lukewarm water

#### II. Second phase

Date :29/12/18 to 28/1/19

1. Medication given: *Sootasekhara rasa* (Tablet)

Dosage: 2-0-2 after food

*Anupana*: Lukewarm water

2. Medication given: *Dadimashtaka choorna*

Dosage: 12gms bd after food

*Anupana*: Buttermilk/ *Takra*

#### III. Third phase

Date :29/1/19 to 27/2/19

1. Medication given: *Dadimashtaka choorna*

Dosage: 12gms bd after food

*Anupana*: Buttermilk/ *takra*

2. Medication given: *Ajamamsa rasayana*

Dosage: 12gms morning empty stomach

*Anupana* : Lukewarm water

Date :27/2/19 to 30/3/19

1. Medication given: *Dadimashtaka Choorna*

Dosage: 12gms bd after food

*Anupana*: Buttermilk/ *Takra*

2. Medication given: *Ajamamsa Rasayana*

Dosage: 12gms morning empty stomach

*Anupana*: Lukewarm water

**Result****Table 6:**

Date	Symptoms	Severity
29/11/18	Reduced appetite; Bloating; Abdominal discomfort/pain; Mucous in stool	Severe
29/12/18	Appetite improved; Bloating present; Abdominal discomfort reduced; Mucous present	Moderate
29/1/19	Appetite improved; Bloating reduced; Abdomen discomfort reduced; Mucous absent	Moderate
27/2/19	Normal appetite; Bloating absent; Abdominal discomfort is mild; No mucous	Mild
30/3/19	Normal appetite; No other symptoms	Relieved

**DISCUSSION**

The treatment protocol followed was focused on the improvement of the *agni*<sup>3</sup>. *Deepana* medications which helps in the process of *Agni Deepana* was used. Gradually as the *Agni* improved, medicine that is a *Choorna* with the property of *Grahi* was advocated. These two medicines improved the status of *Grahani* and helped in alleviating the *Grahani Dosha*. In the third phase of treatment *Ajamamsa Rasayana* was advocated for counteracting the *dhatu Kshaya* observed in the patient. In short, the protocol was divided into 3 phases with the aim to provide relief to the patient. The protocol administered proved to be effective. The details of which are given below.

**First phase:** *Ama Pachana/Deepana-Sootha Sekhara rasa*

**Second phase:** *Grahi, Deepana-Dadimashtaka churna*

**Third phase:** *Rasayana- Ajamamsa Rasayana* - For counteracting *Dhatu Kshaya*

**CONCLUSION**

This was a challenging case as the patient was suffering from the symptoms which recurred after an initial treatment course. The treatment protocol adopted in this case has proved to be effective in reducing the symptoms gradually. With the usage of minimum medications thereby reducing the economic burden of the patient, the result was obtained in a period of 3-4 months. Thereafter the symptoms were not observed for the pa-

tient and the medications were discontinued. The advice was to follow up if symptoms reappeared. But till date patient is symptom free. Hence the treatment protocol of *Grahani Dosha* can be applied for the management of irritable bowel syndrome. Further case studies are required and can be undertaken for validation of data and also treatment protocol.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Sreeja Sreekumar et al: Amaja Grahani / Irritable Bowel Syndrome – A Case Report. International Ayurvedic Medical Journal {online} 2020 {cited May, 2020} Available from: [http://www.iamj.in/posts/images/upload/2363\\_2366.pdf](http://www.iamj.in/posts/images/upload/2363_2366.pdf)