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MANAGEMENT OF IBS THROUGH AYURVEDA- A CASE STUDY

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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 function¹. So any impairment in the function of *Agni* leads to derangement of functions of *Grahani* and condition is known as *Grahani Rog*, IBS². The main feature of *IBS* is recurrent abdominal pain or discomfort that is associated with disordered defecation and changes in bowel habit.

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Other symptoms characteristic for *IBS* and classified as supportive symptoms include: abnormal stool frequency (≤3 stools/week or >3/day), abnormal stool form, defecation straining, urgency, incomplete bowel movements, mucus and bloating³. 38 years of female patient, who came to OPD of GNAMC with chief complains of irregular loose stool (*Atrisrishtam*), decrease in appetite (*Arochak*), abdominal pain (*Udar shool*), nausea, gas & flatus, heart burns (*Amaludgar*) and vomiting (*Chardi*). Management with *Ayurvedic* herbs gave the marvellous results and all the complaints got decreased.

CASE REPORT

In our case a 38 year old lady came to the OPD of GNAMC Ayurvedic college, Gopalpur, Ludhiana with complain of irregular bowel movement(loose stool) since 1 month, decrease in appetite since 15 days, abdominal pain, gas& flatus, heat burns from 15 days.

HISTORY OF PRESENT ILLNESS

Patient complained of irregular bowl movement since one month with frequency of loose stool 4-5 times/day, there was mucus present in stool there was no blood mixed in the stool. She also having decrease in appetite, abdominal pain, gas & flatus, heart burns (*Amaltiktaudgar*) since 15 days. Since 1 week there was complain of vomiting and nausea.

HISTORY OF PAST ILLNESS

She was having same complains in the past with intervening periods of normalcy in between since last year.

FAMILY HISTORY

Not significant

PERSONAL HISTORY

Appetite- Decreased Bowel-Loose stool (4-5 times/day) Diet- Vegetarian /spicy food

Addiction- Tea (6-7 cups/ day)

Micturition – Normal (5-6times/day)

OBSTERTICS & MENSTURATION HISTORY

Normal cycle (5/28) with two live birth normal pregnancies

TREATMENT/DRUG ALLERGY HISTORY

Patient was taking allopathic medicine on its own off and on. There was no history of drug allergy.

ASHTA STHANA PAREEKSHA

Nadi (pulse) = 88/min.

Mala (stool) = Atisristam

Mutra (urine) = Normal

Jeeva (tounge) = Eshathasaam.

Agni = Kshudhamandya.

Shabda (speech) = Normal.

Druka (eyes) = Drushti-Mandya.

Akruti = Madhyama.

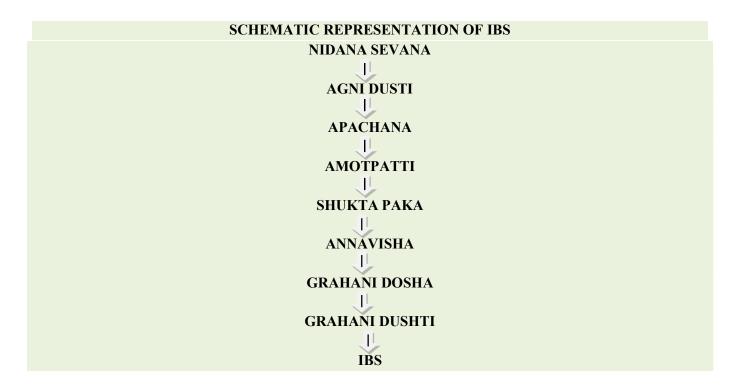
Bala = Madhyam

Raktadaaba (B.P) = 120/70 mm/Hg.

According to the symptoms shown by the patient it seems to be the case of Irritable Bowel Syndrome and in order to treat the patient according to *Ayurvedic* line of treatment we have to make the *Samprapti* and *Samprapti* Ghatak as per *Ayurveda*.

SAMPRAPTI GHATAK

- 1. **DOSHA:** Kledaka Kapha, Pachaka Pitta, Samana Vavu
- 2. **DUSHYA**: Rasa (Ahara Rasa)
- 3. AGNI: Jatharagni-Mandya
- 4. AMA: Amavisha formation at GIT level
- 5. SROTAS: Annavaha Srotas, Purishavaha Srotas
- 6. **SAROTODUSTI TYPE:** Sanga, Vimargagamana, Atipravriti
- 7. UDBHAVASTHANA: Amashaya
- 8. ROGAMARGA: Abhyantra
- 9. VYADHISWABHAVA: Chirakari
- 10. ADHISTHANA: Grahani



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	Bilwadi churan	3gm	BD	Takra
2	Kutaj Ghan vati	500mg	BD	Lukewarm water
3	Takrarishta	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 Churan⁴:

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, Marmalosin covers mucus membrane, prevent mucosal

irritation and improve appetite and digestion⁵. In *Bilvadi Churan* in addition to *Bilva*, other *Dravyas* like *Mochras*, *Shunthi*, *Bhanga*, *Dhaya Phool*, *Dhaniya* and *Soonf* have properties like, Tridoshahara 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 pain⁶. 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-cannabiniod levels rectifying if there is previous inadequacy⁷.

Kutajghan Vati8:

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*⁹. *Kutai* 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 10. It have one more component Nor Diterpenoid that acts as anti microbial on the cases which are having IBS due to microbial infestation¹¹. 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 & dyspepsia¹². So on the whole *Kutajghan Vati* is having very good action in patient of IBS with its Antimicrobial, Anti-spasmodic, Digestive, Carminative and Immune stimulant properties.

Takrarishta¹³:

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-inflammatory¹⁴. 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 stool¹⁵.

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, Amoebasis, etc.

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