



A CASE STUDY: AN AYURVEDIC MANAGEMENT OF GRAHANI WITH SPECIAL REFERENCE TO IRRITABLE BOWEL SYNDROME

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Abstract: *Grahani* is a disease with high clinical importance in the current period because of its direct relationship with poor eating habits and stressful lives. *Grahani*, also known as a *Pittadhara kala*, is the major functional component of *Mahastrotasa*. IBS is characterized by stomach pain or discomfort that occurs in conjunction with changed bowel habits for at least three months in the absence of a detectable biological cause. The identification of major stressors/triggers such as emotional, bodily, and psychological discomfort, including anxiety and depression, is also part of the IBS diagnosis process. Ayurveda defined the ailment as the transit of feces with constipation or diarrhea, as well as the presence of undigested or digested food particles. Thirst, pedal oedema, stomach cramps, discomfort, fever, and vomiting are additional symptoms of this condition. The symptoms of *Grahani* are like those of IBS. As a result, we can link the *Grahani* to IBS.

KEY WORDS: *Grahani*, Irritable Bowel Syndrome, *Pittadhara kala*, *Mahastrotasa*.

INTRODUCTION

Acharya Charaka, described that, '*Adhastu pakvamamam va pravrutta grahanigadah*' meaning *Grahani* is nothing but *mandagni karya*¹ (low digestive Power) Acharya Vagbhata has described that all the diseases are caused by Mandagni.² In *Grahni roga* the normal function of *Grahani* i.e., *Anna Grahana*, *Pachana*, *Vivechana*, *Munchana* gets vitiated.³ Present lifestyle has become sedentary, lack of physical activity, unhealthy food habits, Stress, have led to many GI diseases. Now a days, commonly the young age and middle age people are being suffered from *Grahani*.

Irritable Bowel Syndrome is a complicated condition, affecting as much 10% to 20 % of the adults have symptoms consistent with IBS throughout the world⁴. Many IBS patient reports having depressive thoughts and other symptoms that make them feel uncomfortable and self-conscious. Additionally, the unpredictable nature of IBs symptoms can have negative effect on the quality daily relationships and limits social activities. Because the symptoms of this illness are chronic and often do not respond well to treatment, the standard quality of life is reduced for those who have IBS. Although there is no test for IBS, diagnostic testing is conducted to rule out other issues.

In Ayurveda, there are some conditions that are quite like IBS in terms of symptoms such as Vata type disorders and some Pitta dominant disorders such as *Grahani*.

In Ayurvedic Medicine, the concept of psychosomatic disorders has been widely discussed. Charaka, Sushruta and Dalhanacharya emphasizes the importance of considering gut-brain connectivity and how it impacts one's overall health⁵. So *Grahani roga* which we can correlate with the modern science as patient with IBS frequently demonstrate increased motor reactivity of colon and small bowel to variety of stimuli and altered visceral sensation associated with lowered sensation thresholds. These may result from CNS-Enteric nervous system dysregulation⁶. Acharya Charaka goes on to explain that when mind, three dosha and mind body connect with each other than disease may develop in body parts i.e., *sharira*.

MATERIALS AND METHOD**CASE DESCRIPTION**

A 29-year male patient came with complaints of passing stools after every meal, bloating, mucus discharge from stools, for the last 8 months accompanied by recurrent abdominal pain or discomfort. He also suffered from anxiety and nervousness at times. The change in bowel habit made the patient refrain from eating. Since the pain could be relieved only after defecation, routine examination shows dull pain in abdomen persistent Lost 10 kgs in a year's time Tenesmus on defecation, the patient's issue was diagnosed through Ayurvedic approach and *Ashtavidha Pariksha* was done.

PERSONAL AND DIETARY HISTORY

Occupation: Service (IT Engineer)

Bad habits: Smoking 1-2 cigarette / day

Alcohol – 2-3 times a week

History of sleeping late at night while having junk food.

HISTORY OF PAST MEDICAL ILLNESS OR SURGICAL ILLNESS

No H/o DM/HTN/Asthma/Hypothyroidism.

MEDICATION HISTORY- Not specific

GENERAL EXAMINATION-

- PR- 80/min
- RS- B/L clear
- CVS- S1S2 Normal
- P/A- Tenderness over right lumbar and iliac region
- BP- 130/80 mm of Hg
- SPO2- 98% on Room air
- CNS- Conscious and Oriented

ASHTHAVIDH PARIKSHA-

Nadi: Vata-Pittaja

Mala: 3-4 times/ day, Tenesmus

Mutra: 5-6 times/ day

Jivha: Eshat Saam

Shabdha: Spashta

Sparsha: Anushnasheet

Druk: Avishesh

Akruti: Madhyam

NIDAN PANCHAKA-

Hetu- Ahara: *Tikta rasa, ruksha ahara* (spicy junk food), *Madyapana*(alcohol), Smoking

Vihara: *Ratri jagarana, Atyasana, Atichinta,*

Samprapti –

Hetu Sevana

Tridosh Prakopa(Vatapradhana)

Agnimandya

Annavidagdhavastha

Grahani vikruti

Grahani karya vikruti (Grahan, pachana, vivechana, munchana) Grahani

Roga

SAMPRAPTI GHATAKA –

Dosha- *Pittapradhana, Vatanubandhi.*

Dushya- *Pachak pitta, Saman Vayu.*

Strotodushti- *Annavaha Strotasa, Purishvaha Strotasa, Rasavaha Strotasa, Manovaha Strotasa*

Vyadhi Avastha- *Samavastha*

Sadhyasadyatva- *Sadhya*

Vyadhimarga- *Abhyantar Marga*

Vyadhi Nidana – *Grahani*

DIAGNOSIS- Patient was found to be suffering from *Grahani roga* after examinations.

TREATMENT PLAN-

The following treatment protocol was followed to treat the patient-

Treating the ama or toxins with *Deepana and Pachana Chikitsa*.⁷

Balancing the three doshas viz. *Vata-Pitta Kapha* and resetting the digestive system with a healthy bland diet, such as

- Drinking buttermilk⁸, eating soft rice recipes like khichdi, soups etc. include *jeeraka* and *shuntahi siddha* water for whole day.
- Practicing *Suryanamaskaras* and *Shavasana* daily
- Following the medication prescribed strictly.

Initially, the patient was started with *Shankha vati*⁹ for the first 15 days for the complaints of gas and bloating along with¹⁰ which contains *Bilwa, Mochrasa, Dhanyaka, Sunthi, Bhanga, Dhataki and Saunf*¹¹. *Shankha vati* was recommended for 15 day and post that only *Bilwadi churna* was continued.

1. *Bilwadi churna* 5 gm after food both times for 30 days.

2. *Shankha vati* for initial 15 days.

The main cause of IBS *mandagni* or low digestive power. Other factors causing the issue are *ahara, vihara* and *manasik nidana*. Few studies on the subject have showed that the disturbance in mental health disturbs an ideal therapeutic approach with a specific combination which acts as *Grahi, Deepana, Pachana* and *Anulomana* of *Vata* dosha and action on *mana* (mind).

OBSERVATION & RESULT-

During the first 15 days of treatment, abdomen bloating, and gaseous condition was reduced by 75%, there was improvement in sleep and mucous discharge, the appetite had also become better. After a month of treatment and taking *Bilwadi churna* all his symptoms had reduced considerably. The patient felt better overall and continued his dosage for an additional month. His anxiety condition also became lesser by 60%. Bowel habit also improved, so next one-month same treatment for follow up.

Table 1- Case summery with follow up

Treatment Regimen	The dose is given for intervals of	Signs noticed
<i>Shankha Vati</i> 500 mg TDS <i>Bilwadi churna</i> 5 gm BD	5 days	Relief in tenesmus (<i>Pravahana</i>) condition. Reduced abdominal bloating.
<i>Shankha Vati</i> 500 mg TDS <i>Bilwadi churna</i> 5 gm BD	Next 10 days	Developed appetite. Gained weight 800 gm. Pain and discomfort in the abdomen were relieved.
<i>Bilwadi churna</i> 5 gm BD	Next 15 days	Defecation complaints after meals improved. Improvement in weakness, lethargy, and bowel habits.

DISCUSSION

Grahani is a disease with high clinical importance in today's date because of its direct relation to poor eating habits. *Mandagni* is the root cause of *Grahani roga* and due to it all doshas vitiate, resulting in structural deterioration of *Grahani*, which in turn leads to *Grahani* malfunctioning. This results in infrequent evacuation of the colon, which can be hard or liquid.

This illness is not fatal; however, it may make the patient be comfortable or stable till the proper medication is followed. Here, the practitioner as well as patient needs to have patience as cure may take time. Patients must learn to manage with the disease and lessen the symptoms of their disease if it is not treatable.

Probable mode of action of drugs -

The effect of *Bilwadi Churna* in the stepwise *samprati vighatana* of IBS is mainly focused on correcting the *mandagni* as that is the main cause behind the disease. *Grahi, Deepana, Pachana, Brimhana* and *Vata-anulomana* drugs are more effective in this type of case.

1. *Bilva* (*Aegle marmelos*) have *Tikta-kashaya rasa* with *ushna virya* and *ushna guna* in dominance that work so effectively on ama dosha and improves the functioning of digestive fire or *agni*.

2. *Mocharasa* is the *Niryasa* or resin extract of *Shalmali* which has amazing healing power for *grahani* because of its dominance in *Kasahaya rasa* and *Katu vipaka* along with *Snighdha* and *Pichhila guna* that works on *vata* dosha elimination.

3. *Sunthi* (*Zingiber officinale*) has *deepana pachana* action on *Ama* and *Vata* dosha.

4. *Dhataki* (*Woodfordia fruticosa*) flowers works due to *laghu* and *ushna* guna to control symptoms of IBS.

5. *Dhanyaka* (*Coriandrum sativum*) has *Deepana Pachana, Vata-anulomana* and *Dahasamaka* action.

6. *Saunf* (*Foeniculum vulgare*) works as amazing *vata anumana dravya*.

7. *Vijaya* (*Cannabis sativa*) contains cannabidiol which is helpful in the management of symptom of IBS and is helpful to correct *agni* and reduce pain. Its *madak* guna has healing action on *mana*(mind).

CONCLUSION

Shamana Upakrama as above with *Pathyahara* for long period of time are beneficial for any GI related disease. According to *Ayurveda principles* patient of any disease treated with their *Dosha, Dhātu, Mala Avastha* and *Ashtavidha Pariksha* leads to *Upashaya*. In this case study, *Shamana Chikitsa* with *pathyapathya* proven to be beneficial in reducing the signs and symptoms of *Grahani*.

IBS also goes by many different names including colitis, mucous colitis, spastic colon, and spastic bowel. It is a form of irritable bowel syndrome that means the intestines are undergoing an abnormal number of muscular contractions which causes abdominal pain, discomfort, and bloating. Psychological conditions like stress, anxiety tend to make IBS even worse since one's intestines can become easily irritated.

The Ingredients of *Bilwadi churna* is used to treat IBS. It has significant action on correcting *agni* and works to balance and subside the mental factors triggering IBS condition.

Acknowledgments

We express our gratitude to the Department of *Kayachikitsa* and Hospital Authority for giving us this opportunity to study this particular case A case study: An ayurvedic management of *Grahani* with special reference to irritable bowel syndrome. Special thanks to Secretary of Maharashtra Arogya Mandal's Secretary, Hon'ble Mr. Anil Gujar, Hon'ble Principal Dr. Nilesh Phule and Faculty members for co-operating, also thanks to the teachers Dr. Kotangale, Dr Vijayalakshmi Patil, Dr. Ritesh Damle, Dr. Kiran Ubhe, for guiding throughout to provide better management of the patient. Many thanks to my colleagues, as we got to learn many new things while studying the case and our knowledge regarding the subject has been increased.

Disclosure of conflict of interest

The authors declare that there was no conflict of interest regarding the publication of this manuscript.

Statement of informed consent

Written informed consent was taken from patient.

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