

EFFECT OF SAUVARCHALADI CHURNA IN THE MANAGEMENT OF GRAHANI ROGA W.S.R. TO IBS: AN AYURVEDIC APPROACH

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Article Received on
17 Dec. 2024,

Revised on 07 Jan. 2025,
Accepted on 28 Jan. 2025

DOI: 10.20959/wjpr20253-35412



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ABSTRACT

Background: *Ayurveda*, recognized as one of the oldest holistic healing systems globally. factors such as irregular dietary practices, sedentary behavior, and mental stress have adversely affected digestive health, resulting in various gastrointestinal disorders. *Grahani*, a notable condition with in *Ayurveda*, is often associated with imbalances in *Agni*, leading to the accumulation of *Ama*. *Ama* play pivotal role in pathogenesis of *Grahani Roga*. This disruption can manifest in conditions like Irritable Bowel Syndrome, which exhibit characteristics similar to *Grahani Roga*. IBS is prevalent in India as well as Globally, with a higher incidence among women. medical approaches typically emphasize the use of antimicrobials, which may alleviate symptoms but do not address the underlying causes of the disorder. There is a necessity for medicine that is safe, effective, and sustainable for management purposes. **Aim and Objective:** "Effect of *Sauvarchaladi Churna* in the Management of *Grahani Roga* w.s.r to

IBS: An *Ayurvedic* Approach" Methodology: A 25 years of male patient visited to our hospital with chief complains of 6-month history of recurrent abdominal pain, bloating, and alternating episodes of diarrhea and constipation, fowl smell in stool, mucous mixed stool, flatulence, feeling of evacuation after meal, excessive thirst. The patient was prescribed 5gm of *Sauvarchaladi Churna* with *Takra Anupana* twice daily after meal for 30 days. **Results:**

Outcome of the treatment was statistically extremely significant in subjective parameters.

Discussion: *Sauvarchaladi Churna* effectively helping to restore digestive function, because of *deepana*, *pachana*, *grahi*, *vatanoloman*, *rochana*, antimicrobial properties. **Conclusion:** Effect of *Sauvarchaladi Churna* was found to be effective in relieving the symptoms.

KEYWORDS: *Grahani*, *Ama*, *Agni*, IBS, *Sauvarchaladi Churna*.

INTRODUCTION

Ayurveda is one of the oldest holistic healing systems in the world. It is supported the assumption that health and well-being depend upon a fragile balance between body, mind and soul and it's only going to happen when proper diet, lifestyle is, In the era of fast running life, there is change or irregularity in diet and diet timings and also sedentary life style. In addition to change in diet and life style, one is always under tremendous mental stress. All these causes disturb in digestive system which results into many diseases amongst them Digestive & Absorption disorder constitute an important group, but now a days improper eating habits, sedentary lifestyle leads to *Agni* vitiation. *Grahani* is one of the major illness of Gastrointestinal tract, included in *astha mahagada*.

Mandagni is the root cause of this disease, so all the etiological factors of *Agnidushti* are the direct causes of *Grahani* *Agni* is essential for proper digestion, and its disturbance leads to the formation of *Ama*, a toxic substance created from undigested food. *Ama* is considered the root cause of many diseases. Roga.^[1]

The etiological factors which are responsible for *Agnidushti* are –*Aharaja* (improper diet pattern), complication of *Panchakarma* (*Vyapada* of *Virechana*, *Vamana* and *Snehana*) and incompatibilities of *Desha*, *Kala*, *Ritu* and *Vegadharana* (suppression of natural urges). Psychological and emotional factors like jealous behaviour and excessive fear too have important role in causation of *Grahani Roga*.^[2]

When a person consumes or follows above mentioned etiological factors of *Agnidusti*, it results in indigestion and *Ama* formation. Thus, the food attains *Shuktata* which leads to *Annavisha* formation.^[3] Here indigested food undergoes fermentative changes; produce so many diseases like poison does.^[3] *Anna Visha* gets located in the organ *Grahani* and disturbs the physiological process of digestion. When this undigested food goes into *Adhomarga* then it leads to *Grahani Roga*.^[4]

According to *Acharya Sushruta*, *Atisara* is considered as one of the predisposing factor for *Grahani Roga*.^[5] *Acharya Vagbhata* describes *Arsha*, *Atisara* and *Grahani Vikara* as ‘*Anyonya Nidana Bhuta Vyadhi*’,^[6] of which *Agni Vikriti* (especially *Agnimandhya*) is the root cause.

Functionally weak *Agni* i.e. *Mandagni* causes improper digestion of ingested food. Malfunction of *Agni* i.e. *Mandagni* causes improper digestion which leads to *Grahani Dosha*. “*Muhurbaddha Muhurdrava Mala Pravrtti, Durgandhita Picchila Mala Pravrtti, Udara, Gauravta, Arochaka, Avipaka, Vidaha....*” are the symptoms as *Acharya Charaka* mentioned.

In modern concept, though the exact correlation of *Grahani roga* cannot be found but according to signs and symptoms and pathology of disease we can consider this clinical entity as Irritable Bowel Syndrome (IBS). In India IBS prevalence according to rural survey (Rom 3 criteria) 4.2%. The prevalence of IBS in general population of India is 15 %. Studies have revealed that IBS is more common in women than men. Female to male ratio is 2-2.5:1 in terms of those who seek medical care.^[7]

In this study *Sauvarchaladi churna*^[8] has been given to the patient, *churna* has *Deepana, pachana, Vatanulomana* and *Grahi* properties.^[9]

MATERIALS AND METHODS

Case Report

A 25 years young male patient named XYZ reported in Kayachikitsa department OPD of Pt khushi lal sharma govt hospital Bhopal in 6 May 2024 as a diagnosed case of *Grahani Roga* with chief complaints of-

	Chief complaints	Duration
1.	Recurrent abdominal pain	5 month
2.	alternating episodes of diarrhea and constipation	6 month
3.	fowl smell in stool	6month
4.	mucous mixed stool	2 month
5.	flatulence	6 month
6.	feeling of evacuation after meal	6 month
7.	excessive thirst	4 month
8.	Aruchi	4 month
9	mukhavairasya	2 month

History of present illness-The patient is a 25-year-old male who has been suffering from symptoms suggestive of *Grahani* for the past year. The condition initially started with

abdominal discomfort, alternating diarrhea and constipation, bloating, etc.]. The patient sought allopathic treatment during the early stages of the illness, which provided mild relief; however, once the medication was discontinued, the symptoms worsened significantly, with the condition becoming more severe than before. Subsequently, the patient switched to *Ayurvedic* treatment for several months. The *Ayurvedic* therapy resulted in mild improvement, but the symptoms did not completely resolve and patient has start our treatment.

History of past illness- Patient has operated for appendectomy 1 year back.

GENERAL EXAMINATION

1.	Heart Rate (PULSE)	Rate: ...72/min Rhythm: Regular/ Irregular
2.	Respiratory Rate	20/min
3.	Blood Pressure	Systolic: ...120....mm/Hg Diastolic: ...78....mm/Hg
4.	Body Temperature	98.6F

The patient was of average build, with a height of 6 feet 2 inches and a weight of 75 kg. Vital signs were within normal limits. However, the patient reported a reduced appetite, normal sleep, and altered bowel habits, including alternating episodes of diarrhea (more than five times a day) and constipation (lasting 1-2 days). Micturition frequency was normal. No abnormalities were noted in the cardiovascular, central nervous, or respiratory systems.

On examination of GI system, abdominal palpation shows mild diffuse tenderness in Abdomen.

TREATMENT- *Sauvarchaladi churna* has been given to the patient. It is described in *Ras Ratna Samuchaya Grahani Chikitsa Adhyaya*. The preparation has nine drugs.

Sauvarchal lawan, *Kapith*, *Pippali*, *Shunthi*, *Ajmoda*, *Dhanyak*, Black cumin seed, White cumin seed, *Agnimanth*. All of drugs are in same quantity. *Acharya* has mentioned it in *Churna* form.

CONTENTS OF SAUVARCHALADI CHURNA

Table No. Showing contents of *Sauvarchaladi Churna*.

S.N.	Ingredient	Botanical Name	Part
1	SAUVARCHALA LAWAN	Unaqua Sodium Chloride(latin name)	1
2	KAPITH	Feronia Limonia	1
3	PIPPALI	Piper Longum	1
4	SHUNTHI	Zingiber Officinalis	1
5	AJMODA	Carum Roxburghianum	1
6	DHANYAK	Coriandrum Sativum	1
7	BLACK CUMIN SEED	Carum Bulbocastanum	1
8	WHITE CUMIN SEED	Cuminum Cyminum	1
9	AGNIMANTH	Premna Mucrunata	1

Treatment plan-5 gm of *Sauvarchaladi churna* has been given to the patient with *takra Anupaana* for twice a day up to 30 days.

RESULT

After the initial visit to the hospital, the patient has been diligently following the prescribed regimen, taking *Sauvarchaladi Churna* with *Takra* as an *Anupaana* twice a day for 30 days, along with adhering to the recommended *Pathya* and *Apathya* guidelines. The patient has been providing regular updates regarding their condition.

Improvement on subjective parameters after treatment

No.	Complaints	BT	AT	IMPOVEMENT
1.	<i>Muhurvaddha MuhurdravaMala Pravrit</i>	3	0	Excellent
2.	<i>Shleshma Mala Pravriti</i>	2	0	Excellent
3.	<i>Durghandhita Mala Pravriti</i>	3	0	Excellent
4.	<i>Adhmana</i>	3	1	Moderate
5.	<i>Tikta Amlodgara</i>	3	1	Moderate
6.	<i>Aruchi</i>	3	0	Excellent
7.	<i>MukhaVairashy</i>	3	0	Excellent
8.	<i>Trishna</i>	2	0	Excellent

DISCUSSION

The pharmacological profile of the combination, when assessed according to *Ayurvedic* principles, reveals the following: In terms of symptoms management.

Due to its predominant *Rasa* of *Kattu*, *Guna* of *Laghu*, *Ruksha*, *Tikshna*, and *Snigdha*, *Vipaka* of *Kattu* followed by *Madhur*, and *Veerya* of *Ushna*, *Sauvarchaladi Churna* works on three fundamental principles: balancing *Agni* (digestive fire), enhancing proper digestion, and eliminating *Ama*. It restores equilibrium between *Saman Vayu*, *Pachak Pitta*, and *Kledak Kapha*, thereby promoting optimal digestive health and function.

Due to the therapeutic properties of *Deepana*, *Pachana*, *Yakrut Uttejaka*, *Grahi*, *Shothhar*, *Shulaghna*, and *Mridu Rechak*, the patient experienced significant relief from the persistent and recurrent episodes of change in consistency of stools (*Muhurbaddha Muhur Drava Mala Pravritti*), a hallmark of *Grahani* disorder. These properties collectively worked to enhance the digestive fire, improve liver function, regulate bowel movements, reduce inflammation and discomfort, and support proper absorption, thus addressing the underlying imbalance in digestion and helping to restore normal gastrointestinal function.

The properties of *Rochan*, *Traptighna*, and *Trishna Nighrahan* effectively address the symptoms of *Grahani Roga*. *Rochan* stimulates appetite, helping to resolve *Aruchi*, while *Traptighna* improves digestion and reduces *Mukha Vairasy*. *Trishna Nighrahan* helps regulate fluid balance, alleviating *Trishna*, thus aiding in the overall improvement of digestive health and providing relief from these symptoms.

The properties of *Vatanulomak*, *VedanaSthapan*, and *Shoolprashaman* work synergistically to address key symptoms of *Grahani Roga*. These actions help in *Udgar Shudhi Kar*, reducing *Adhamana*, and alleviating *Tikta Amoldgara*. By balancing *Vata*, relieving pain, and soothing abdominal discomfort, these properties support the restoration of normal digestive function and provide relief from the distressing symptoms associated with *Grahani Roga*.

CONCLUSION

Grahani, a condition related to the digestive fire, impacts the *Annavaha Srotas* (digestive channels) and is shaped by various lifestyle factors, resulting in symptoms such as abdominal discomfort, bloating, and irregular bowel movements. In the context of Ayurveda, *Grahani* is categorized as a *Tridoshatmaka* disease, arising from the disturbance of Agni, particularly *Jatharagni*, *Saman Vayu*, *Pachak Pitta*, and *Kledaka Kapha*. This case study demonstrates the notable efficacy of *Sauvarchaladi Churna* in the management of *Grahani*. The patient ceased the use of allopathic medications and discovered that *Sauvarchaladi Churna*, as outlined in traditional *Ayurvedic* literature, served as a safe and effective treatment without any adverse effects. The favorable results observed in this case suggest that such holistic *Ayurvedic* methods present a viable alternative for individuals seeking effective disease management while reducing the risks associated with conventional therapies.

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