

AYURVEDIC MANAGEMENT OF GRAHANI ROGA – A SINGLE CASE STUDY

Dr. Kajol Turkar^{1*} and Dr. Aparna Sathe²

¹PG Scholar, Department of Kayachikitsa, Dr. G. D. Pol Foundation YMTAMC Kharghar, Navi Mumbai 410210, India.

²Associate Professor, Department of Kayachikitsa, Dr. G. D. Pol Foundation YMTAMC Kharghar, Navi Mumbai 410210, India.

Article Received on
13 September 2024,

Revised on 03 October 2024,
Accepted on 23 October 2024

DOI: 10.20959/wjpr202421-34411



***Corresponding Author**

Dr. Kajol Turkar

PG Scholar, Department of
Kayachikitsa, Dr. G. D. Pol
Foundation YMTAMC
Kharghar, Navi Mumbai
410210, India.

ABSTRACT

Irritable Bowel Syndrome is the most prevalent gastrointestinal disorder found in general population. It is characterised by recurrent abdominal discomfort in association with alternate episodes of diarrhoea and constipation. About 10-15% of the population are affected at same time but only 10% seek for medical help.^[1] Psychological factors like stress, anxiety etc, plays an important role in the manifestation of IBS. In Ayurvedic texts, the symptoms of *grahani* resembles with symptoms of IBS which appears as *Muhurbaddha Muhurdrava malpravritti* (episode of constipated and loose stools), *Apakwa Malpravritti* (Stool with mucus), *Udarshool* (abdominal pain), *Aruchi* (Anorexia), *ashuddha udgar* (belching).^[2] Improper food habits, sedentary lifestyle and stressful routine has contributed in the cases of IBS especially in young individuals. Modern medicine provides a temporary relief but frequent relapses

have generated a need to find alternatives in Ayurveda and other branches. A 44-year-old male patient known case of irritable bowel syndrome was successfully treated with *Putikbilvadi Kashay*.

KEYWORDS: Irritable Bowel Syndrome, *Grahani*, *Putikbilvadi Kashay*.

INTRODUCTION

Irritable Bowel Syndrome is a chronic, relapsing and functional bowel disorder characterized by abdominal pain or discomfort and altered bowel habits in the absence of detectable structural abnormality.^[3]

The pathogenesis of IBS is not fully understood, although roles of abnormal gut motor and sensory activity, central neural dysfunction, psychological disturbances, stress and luminal factors have been proposed.

IBS is the most common cause of gastro intestinal referral and accounts for frequent absenteeism from work and impaired quality of life. Young women are affected 2-3 times more often than men (it begins before the age of 35 in 50% of people).

It presents as one of the three predominant subtypes^[4]

- (1) IBS with constipation (IBS-C)
- (2) IBS with diarrhoea (IBS-D)
- (3) mixed IBS (IBS-M).

Rome III criteria is widely used for diagnosis of irritable bowel syndrome.

According to *Ayurveda*, the *Grahani* is the main seat of *agni*.^[5] Primary function of *grahani* is *Annagrahana* (holding the food), *Pachana* (digestion), *Shoshana* (absorbing essential nutrients) and *Munchana* (releasing fully digested food for further processing). *Grahani* is the *sthan* of *pachak pitta* which has vital role in retention and further assimilation of food.

In *Charak Samhita*, *Grahani doshaadhyay*, various abnormalities of metabolism are explained starting from *ajirna* to *Grahani roga*. Thus, the dysfunction of metabolism is broadly covered under the title of *Grahani dosha* in *Ayurveda*. The *pittadharakala* is related to *grahani*. *Pittadharakala* stands for the digestive & absorptive processes when the food travels down from the stomach to the colon. The deformity in the *pittadharakala* situated in *grahani* is responsible for the *grahani roga*.

Due to *dushit jathragni*, the digestion of food does not occur properly. Undigested food forms a vitiated material called “Ama” which is responsible for producing various disorders. It disturbs the normal flora of GI tract resulting in failed nutrition of the patient.

Dushti lakshan of *rasavaha strotas* includes *chitanamatichintan*^[6] – which indicates stress and anxiety leads to poor appetite, resulting in *vishamagni* and gradually over a period of time the symptoms of *Grahani roga* are seen. Thus *samprapti* (pathogenesis) of *grahani* revolves around *Annavaha*, *Purishava*, *Rasavaha* and *Manovaha Srotodushti*.

According to *Vagbhat Samhita*, the main reason for *Grahani roga* is *Agnisaad* so the drug chosen mainly focuses on *agnivardhan*, *aam pachan* and *agni deepan*.^[7]

Modern therapeutic molecules may provide instant relief in patients of IBS, but tend to develop a number of adverse drug reaction and no permanent cure is visible. The goal of the study is to find out complimentary treatment to help IBS patient is need of an hour.

MATERIALS AND METHODS

CASE PRESENTATION

A 44-year-old male patient presented in the outpatient department (OPD) of *Kayachikita*, Y M T Ayurvedic Medical College, Kharghar, Navi Mumbai, India (OPD Registration No.109180), with complaints of Abdominal pain especially in epigastric region on & off for 5-6 months. Sometimes watery, sometimes hard stool and stool with mucus in the last 6 months. Belching & Bloating for 2 months (on & off). Generalised Weakness for 2 months, history of weight loss, unsatisfied bowel habits present.

Endoscopy was done twice within the duration of 4 yrs in which no abnormalities were detected.

Clinical Findings

The general condition of the patient was good and was vitally stable. He had frequent loose motions associated with mucus with tenesmus which affected sleep patterns.

Ashtavidh Parikshan

- *Nadi-Vat pitta Shabda- Spashta*
- *Mal- Visragandhi, picchila Sparsha-Twak rukshata*
- *Mutra- Normal Druka- Normal*
- *Jivha- Coated/Saam Aakruti- Krush*
- *Prakriti- Vat-Pitta predominant*
- *Agni -Manda*

- *Koshta- Mrudu.*

Case conception and selection of Ayurvedic management

The patient was aware of his illness as informed. But was not satisfied with the modern treatment due to frequent relapses, also he had faith in ayurveda so turned up for Ayurvedic management.

DIAGNOSTIC CRITERIA

ROME III CRITERIA^[8]

Recurrent Abdominal Pain or discomfort on at least 3 days /month in the last 3 months, associated with 2 or more of the following.

1. Improvement with defecation.
2. Onset associated with change in Frequency of Stool.
3. Onset associated with change in Appearance of Stool.

ASSESSMENT CRITERIA

IBS SEVERITY SCORING SYSTEM^[9]

Results will be assessed by using IBS severity scoring system (IBS - SSS) before (DAY - 0) and after treatment (DAY - 30) IBS - SSS is a five-item questionnaire measuring different symptoms scoring from 0 to 500.

The following widely used we cut off IBS-SSS score to evaluate the severity of IBS.

Abdominal Pain Severity - 0 to 100

Abdominal Pain Frequency - 0 to 100

Abdominal Distension severity - 0 to 100

Bowel Habit Dissatisfaction - 0 to 100

Interference with Quality of Life - 0 to 100

MILD - 75 TO 174

MODERATE - 175 TO 299

SEVERE - 300 OR MORE.

TREATMENT**Contents of *PUTIK BILVADI KASHAY*^[10]**

The botanical identity form and its relative proportion of ingredients in formulation are as follows

SR NO.	DRUG USED	BOTANICAL NAME	PART USED	QUANTITY
1.	<i>Putik</i>	Caesalpinia bonducella linn (API Standards)	Twak (Bark)	Equal
2.	<i>Bilva</i>	Aegle marmelosa cort. (API Standards)	Phal (Fruit)	Equal
3.	<i>Chavya</i>	Piper retrofractum vahl (API Standards)	Mool (Root)	Equal
4.	<i>Agnik</i>	Plumbago zeylanica linn (API Standards)	Mool (Root)	Equal
5.	<i>Kanamool</i>	Piper Longum Linn (API Standards)	Mool (Root)	Equal
6.	<i>Punarnava</i>	Boehavia diffusa Linn. (API Standards)	Mool (Root)	Equal
7.	<i>Pathya</i>	Terminalia chebula Retz. (API Standards)	Phal (Fruit)	Equal
8.	<i>Shunthi</i>	Zinziber officinale Gaertn. (API Standards)	Kand (Rhizome)	Equal

Properties of Putikbilvadi Kashay^[11]

DRUG CONTENT	RASA	VIRYA	VIPAK	GUNA	ACTION
1. Putik	Katu, Tikta	Ushna (Hot)	Katu	Laghu, Ruksha	Anti-inflammatory, Analgesic
2. Bilva	Madhur, Katu	Ushna (Hot)	Madhur	Guru, Snigdha	Antimicrobial, Digestive
3. Chavya	Katu	Ushna (Hot)	Katu	Laghu, Ruksha	Digestive stimulant, Carminative
4. Agnik	Katu	Ushna (Hot)	Katu	Laghu, Ruksha	Anti-inflammatory, Pain relief
5. Kanamool	Katu	Ushna (Hot)	Katu	Laghu, Ruksha	Enhances digestion, Anti-mucosal
6. Punarnava	Tikta, Katu	Ushna (Hot)	Katu	Laghu, Snigdha	Diuretic, Anti-inflammatory
7. Pathya	Katu, Tikta	Ushna (Hot)	Katu	Laghu, Ruksha	Aids digestion, Rejuvenating
8. Shunthi	Katu, Tikta	Ushna (Hot)	Katu	Laghu, Ruksha	Digestive aid, Anti-nausea

Method of Preparation^[12]

1. As per the reference of *Sharangadhara Samhita (Madhyama Khanda 2/1 and 8/1)* to above mentioned contents, 16 parts of water will be added and it will be heated to reduce it to 1/8th part.

2. Mixture will be filtered and decoction will be obtained.

Treatment details

Dose – 96 ml

Frequency- Once a day

Time -Early morning (empty stomach)^[13]

Mode of Administration- Orally

Duration- 1 month.

DISCUSSION

Acharya Vagbhat included *grahani roga* in *Ashtamahagadas* which means it is difficult to diagnose and difficult to get cure. Acharya Charak and Vagbhat included *Arsha*, *Atisar* and *Grahani* are primarily caused due to *agnimandya* and thus can be prevented by maintaining the *bala* of *agni*.

The fundamental idea to keep in mind while treating a patient of *grahani* is their *Ama* (indigested) or *Pakva* (digested) state. *Grahi* (anti-diarrheal), *Stambhana* (checks bleeding), *Agni Deepana* (enhances digestive fire), *Ama Pachana* (digestion of indigested particles), *Dhatu Poshaka* (nutrition supplement at the tissue level), and *Sattvavajaya chikitsa* (psychotherapy) should be considered based on the severity of the disease.

- *Putik* with its *ushna veerya* and *katu vipak* has anti diarrhoeal, anti-inflammatory and anti - microbial actions which help in reducing the frequency of stool, nausea etc.
- *Bilva* possess *kashaya* and *tikta rasa* and *laghu*, *ruksha*, *grahi* properties. Its fruit contains carotenoids, flavonoids, alkaloids, terpenoids, and coumarins. It helps to correct frequent loose stools which lead to poor absorption and ultimately reduces nutrition of the patients.
- *Chavya* has piperine as active compound which possess digestive enhancer, anti-diarrheal, anti- inflammatory properties. *Chavya* has *katu vipak* and *ushna veerya* which make it an ideal drug for *aam pachan* and *agni deepan*.
- *Chitrak* has *laghu*, *ruksha*, *tikshna guna* and is *vat kaphahar* so relieves *aruchi*, *ajeerna* and *agnimandya* by enhancing the digestive fire.

- *Kanamool* is rich in piperine, an alkaloid and some essential oils which are caryophyllene, pinene, and phellandrene, contributing to its antispasmodic effects thus reducing abdominal pain severity and frequency. It is used to cure stomachache, constipation, dysentery, diarrhea, pacify thirst, stimulate the spleen and also act as a mild laxative. *Acharya Charak, Sushrut* and *Vagbhat* indicated use of pippalimool in *grahani dosha*.
- *Punarnava* with *madhur, tikta ras* and *katu vipak* work as anti-oxidative, anti-inflammatory and diuretic. It can support digestion by stimulating appetite and reducing indigestion.
- *Pathya* has all *ras* except *lavana* and is *Madhur vipaki* which makes it *tridoshar*. It helps cleanse the digestive tract and promotes bowel regularity. It helps to alleviate issues like constipation, indigestion, and bloating. With its *rasayan* properties, it enhances *agni* and improves absorption. So corrects weight loss.
- *Shunthi* is an excellent appetizer. It works as *agni deepan*, *aam pachana* and have *anit emetic* and *carnitive* effect. Regulates symptoms like *aruchi*, *ashuddha udgar*, bloating etc.

Putikbilvadi kashay with its above mentioned properties improved over all symptoms of patient. *Aam pachan* has led to the breakdown of *samprapti* and further enhanced the *bala* of *agni*, ultimately ruling out the primary cause.

RESULTS

After successful treatment of 1 months, patient shown significant results. IBS severity score after treatment went down from 286 to 71, thus proves the overall reduction in severity of disease. On the basis of this case study, it can be concluded that *Putikbilvadi kashay* with instructed diet regime is effective in management of IBS. There was no relapse in the symptoms seen. Overall, the patient's body weight increased significantly as a result of improvements in *agni*, *bala*, and *varna*. Thus, Ayurvedic management of IBS can be considered effective and economically feasible in comparison with modern medicine.

REFERENCES

1. World Journal of Ayurveda Science, Harmohan Maharansa et al. Therapeutic efficacy and mechanism of action of Ayurvedic Shirodhara. WJS Jan., 2017; 2(1).

2. Acharya Vidyadhar Shukla edited by Vidya Vijay Kale, Charak Samhita, Varanasi, Chaukhamba Sanskrit Prakashan, 2014. (१५/५३-५४)
3. Modern ibs.
4. Modern api.
5. Sushrut Samhita with the Nibandhasangraha commentary of Sri Dalhanacharya, Vaidya Jadyji Trikamji Acharya, Chaukhamba Publication Varanasi, 2010. Sushrut Uttartantra 40/169.
6. Charak viman 5.
7. Kaviraj Atridev Gupt, Chaukhamba prakashan – Arshchikitsa 8/164, 480.
8. <https://theromefoundation.org/rome-iv/rome-iv-criteria>
9. C Y Francis, J Morris, P J Whorwell <https://pubmed.ncbi.nlm.nih.gov/9146781/>
10. Dr. Sharma Ramnivas, Sahastrayoga, kashay prakaran, Chaukhamba Sanskrit Prakashan, 2014; 64.
11. Dravyaguna.
12. Tripathi Bramhananda, Sharangdhar Samhita, Varanasi, Chaukhambha Surbharti Prakashan, Madhyam khanda, 2017; 90.
13. Tripathi Bramhananda, Sharangdhar Samhita, Varanasi, Chaukhambha Surbharti Prakashan, Madhyamkhanda, 2017; 90.