

MANAGEMENT OF GRAHANI WITH MOCHARASA SIDDHA PICCHA BASTI WITH REFERENCE TO IRRITABLE BOWEL SYNDROME – A CASE STUDY

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ABSTRACT

Grahani is *Adhishthana* of *Agni*, which helps in metabolism and digestion of food. Normally it holds up the *Ahara* till it gets digested and releases after *Ahara Pachana*. But when *Agni Bala* is reduced, *Grahani* releases the *Ahara* even in *Apakva Avastha* (undigested form). This condition is termed as *Grahani Roga*. *Lakshanas* of *Grahani* like *Atisrushta*, *Vibaddha Va Drava Mala*, *Chardi*, *Adhmana*, *Vairasya* etc symptoms are similar that of Irritable bowel syndrome. In the present era due to westernisation of diet habit have lead to imbalance of digestive function to cause various gastrointestinal diseases. Irritable bowel syndrome is a functional disorder of the gastrointestinal tract characterized by abdominal pain or discomfort, bloating and altered bowel habits, which can affects the quality of life of an individual. Here an effort was made to treat 34 years old female complaints of abdominal pain, passage of loose stool immediately after intake of food and altered bowel habits since 6 months. Based on the symptoms

the case of *Grahani* w.s.r to IBS was diagnosed. This case was treated using *Mocharasa Sidda Piccha Basti* and *Shamana Aushadhi*'s total duration of the treatment was one month, the study subject assessed before and after the treatment for improvement. All the symptoms

observed in the beginning were found considerably reduced. *Ayurvedic* medicines offer a good approach to managing IBS, which are safe and being practiced for thousands of years.

KEYWORDS: *Grahani*, IBS, *Mocharasa Piccha Basti*, *Shirodhara*.

INTRODUCTION

Ayurveda states the importance of *Samadosha*, *Samagni*, *Samadhatu*, *Malakriya Prasanna Atma Indriya* for a healthy lifestyle.^[1] In present era due to westernisation of dietetic habit have lead to imbalance of digestive function to cause chronic diseases. *Acharyas* have explained unique concept of *Trayopasthambha*^[2] which are *Ahara*, *Nidra*, *Bramhacharya* which are important for the balance of *Tridosha*. *Acharya Kashyapa* even considers *Ahara* as *Mahabhaishajya* as it is one thing that promotes health in both disease and healthy people.^[3] “*Rogah Sarvepi Mandagnou*” (*Acharya Vagbhata*) The causative factor for most disease is *Mandagni*.^[4] *Grahani* is specialised part i.e, *Mahasrotas*. *Shashtipittadarakala* situated between *Pakwashaya* and *Amashaya* (*Acharya Sushruta*).^[5] It is *Adhishtana* of *Agni*. This helps in ingestion, digestion, absorption and assimilation of *Ahara*.^[6] When the *Agni* become *Mandagni* leads to improper digestion of ingested food to cause pathological condition termed as *Grahaniroga*. It is a *Avayava Pradhana Vyadhi* in which *Grahani* gets vitiated functionally and structurally. *Acharya Vagbhata* included under *Ashtamahagada*^[7], it is *tridosahmaka Vyadhi*. *Agnidushti* is the main cause for *Grahaniroga* hence *Agni* should be corrected in all stages of *Grahani roga*. Irritable bowel syndrome is a functional bowel disorder, which is common in all parts of the world. Characterised by abdominal pain or discomfort and altered bowel function in the absence of detectable structural abnormalities. The cause of IBS is not known for certain, but the several factors such as food, stress and hormonal changes may sometimes aggravates the symptoms. There is no clear diagnostic marker exist for the IBS, thus diagnosis of the disease is based on clinical presentation. Rome IV and Manning’s criteria are used for the diagnosis of IBS. The prevalence of IBS all over the world is estimated to be 11.2%g where as in India it is between 4.3% -7.7%.^[8] *Grahani* can be correlated with IBS based on similarities of symptoms. The treatment explained in *Ayurvedic* classic effectively manage the symptoms mentioned above. A successfully treated *Grahani* case using *Mocharasa Sidda Piccha Basti* and *Shaman Aushadhi*’s will be discussed in this article.

CASE REPORT

Presenting Complaints

Patient complaints of abdominal pain, passage of loose stool immediately after intake of food and altered bowel habits since 6 months.

Associated Complaints

Associated with burning sensation in chest region, sour belching, bloating of abdomen, and passing mucus mixed stool in the last 6 months, aversion towards food in the last 2 months.

History of Present Illness

A 34 years old female was N/K/C/O DM, HTN and Thyroid dysfunction was apparently normal before 6 months. Then she developed sudden abdominal pain in the epigastric and umbilical region, there she consulted a physician, and diagnosed as cholecystitis and underwent cholecystectomy surgery. After a week she complaints of pain in abdomen, discomfort, passage of loose stool immediately after intake of food, altered bowel habit along with mucus mixed stool since 6 months associated with bloating of abdomen, burning sensation in chest region, sour belching. Since 2 months she complaining of aversion towards food and disturbed sleep. Also she had a history of weight loss about 8 kg in the past 1 and half years. From last 2 months, these symptoms got aggravated and are troublesome for day to day activities. As the symptoms are recurring frequently the patient approached the OPD of SJIIM hospital for further management. In past history there is no HTN, DM and Trauma or any other major medical illness, all family members are said to be healthy.

Treatment History

The patient underwent a course of antacids, probiotics and antibiotics whenever she experienced pain details of which are not known. The patient was prescribed medications for cholecystitis details of which are not known.

Personal History

Diet: vegetarian

Appetite: Reduced

Bowel: Irregular (4- 5 times alternative constipation and loose stool mixed with mucus)

Micturition: Regular, no burning micturition

Sleep: Disturbed

Habits: nothing specific

CLINICAL EXAMINATION**General examination**

Built: Moderately built

Nourishment: Moderately Nourished

Pallor: Absent

Icterus: Absent

Cyanosis: Absent

Clubbing: Absent

Lymphadenopathy: Absent

Edema: Absent

Vitals

Blood Pressure: 130/80 mm/hg

Pulse rate: 78 bpm

Temperature: 37.6 °C

SPO2: 98%

Weight: 51 kg

Height: 150 cm

BMI: 22.67

Ashtasthana Pareeksha

Nadi – Vatapittaja

Mutra- Prakruta

Mala- Irregular (4- 5 times alternative constipation and loose stool mixed with mucus)

Jihwa- Ishat Liptha

Shabdha- Prakruta

Sparsha- Anushna Sheeta

Druk- Prakruta

Akruthi-Madyama

Dashavidha Pareeksha

Prakruti- Vatapitta

Vikruti- Pitta Pradhana Tridosha

Sara- Maadhyama Sara

Samhanana- Madhyama

Pramana- Madhyama

Satmya- Madhura Pradhana Shadrassa

Satva- Avara

Ahara Shakti- Avara

Vyavyama Shakti- Madhyama

Vaya- 34 Years

Systemic Examination

1. Respiratory System: NVBS heard, no added sounds
2. Cardiovascular System: S1 and S2 heard, no cardiac murmur
3. Central Nervous System: Conscious and well oriented to time, place and person
4. Gastrointestinal system: on palpation epigastric and umbilical tenderness present, guarding and rigidity absent. Percussion- tympanic note, Auscultation- 4-5 Times/min

Diagnostic Criteria

The case was diagnosed as *Grahani* based on the presence of *Pratyatma Lakshanas* explained in our classics.^[9] The case was diagnosed as Irritable Bowel Syndrome using Rome IV and Manning's criteria.^[10] Hence line of treatment explained for *Grahani* was adopted in this case.

Grahani Lakshna: Muhur Baddha Muhur Drava Mala Pravrutti.

Udara Shoola, Admana

Ama Mala And Saruja Mala Pravrutti

Diagnosis of IBS according to Rome IV and Manning's criteria

Recurrent abdominal pain or discomfort at least 1day/week in the last 3 months associated with two or more criteria	Criteria satisfied by the Patient
1. Related to defecation	Present
2. Associated with change in the frequency of stool	Present
3.associated with the change in the form of stool	Present

Manning criteria	Criteria satisfied by the Patient
1.Abdominal pain	Present
2.Relief of pain on defecation	Present
3.Increased stool frequency with pain	Absent
4.Loose stool with pain	Present
5.Feeling of incomplete evacuation	Absent
6.Mucus in stool	Present

THERAPEUTIC INTERVENTION

1. *Anuvasana Basti*: Dadimadya Gritha (50 ml)

2. *Niruha Basti*: Mocharasa Siddha Piccha Basti

Makshika: 50 ml

Saindhava Lavan: 20 gram

Dadimadya Gritha: 100 ml

Yashtimadhu + Musta Kalka: 30 gram

Mochrasa Ksheerapaka: 200 ml

3. *Shirodhara*: Ksheerabala Taila.

4. *Shamana Aushadhi's*

a. *Dadimashtaka Choorna*: 3g with buttermilk TID for 15 days

b. *Laghusoothashekhara Rasa*: 1 TID B/F for 1 month

c. *Mustakarishtha*: 2 tsp TID A/F for 1 month

d. *Yashtimadhu Ksheerapaka*: B/F for 1 month BD

The treatment planned here was *Yoga Basti*. *Anuvasana Basti* with *Dadimadya Gritha* and *Niruha Basti* was given as *Mocharasa Siddha Piccha Basti* which was followed by *Shaman Aushadhi's* for a period of 1 month and patient was advised lifestyle as well as dietary modifications.

FOLLOW UP AND OUTCOMES

SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
1. Abdominal pain or discomfort	Present	Absent
2. Irregular bowel habits	4-5 times/day	1 times /day
3. Evacuation of stool after intake of food	Present	Very rarely
4. Mucus in stool	Present	Absent
5. Aversion towards food/Aruchi	Present	Absent

RESULTS

Assessment was done before and after the treatment there are significant improvements noticed in the symptoms after the treatment was given to the patient and during follow up patient reported gradual improvement in altered bowel habits, stool with mucus, abdominal pain, and complete reduction of chest burn, sour belching and aversion towards food. After finishing the follow up medicines for one month majority of the symptoms improved and she

had gained 3 kg of weight. Now the patient is absolutely fine and leading a good quality of life.

DISCUSSION

Grahani is a seat of *Agni* and it is also called since it holds the food (*Agni Adhishtanam Annasya Grahanyad Grahani Matha*). It holds the food just above the umbilical region and it is supported and nourished by *Agni*.^[11] *Grahani* with the help of *Agni* holds the undigested food and pushes forwards digested food, but when the *Agni* becomes weak the entire food material remains in the state of *Vidagdha* (partially transformed). In this condition the individual may pass stools in excessive quantity or where in stools may be loose or in the form of hard (*Atisrushta, Vibaddha Va Drava Mala*), *Admana*, *Arochaka*, *Amlodghara*^[12] etc. In this case due to presence of all the classical symptoms of *Grahani Dosha*, *Grahani* was diagnosed. As per Rome IV and Manning's criteria it was diagnosed as irritable bowel syndrome, patient developed all these symptoms after the cholecystectomy surgery. It will affect the bile acid malabsorption, bile acids are important for digestion and absorption of fat in the intestine, vitamin absorption, intestinal motility and cholerectic action. Hence in this case increase intestinal motility leading to IBS-D (Diarrhoea predominant IBS).

Role of *Mocharasa Siddha Piccha Basti* in *Grahani*

Basti treatment itself can set in the reverse peristaltic waves, which can slow down the high amplitude propagation contractions in the colon. *Basti* has direct access to the colon, rectum, treat the inflammation and correcting the excessive abnormal peristalsis, thus drug used in *Basti* can directly reach the site and treat them without altering the gastric contents. *Amashaya* (small intestine) is the excretory organ of *Pitta* and *Pakwashaya* (colon) for *Vata* in natural course. But disease associated with intestine can hamper the *Pitta* and *Vata* excretion, for *Vata* predominant diseases *Basti* is the best treatment.^[13] *Shalmali* (*Shalmali Malabarica*) is the common drug used in *Piccha Basti*, *Acharya Bhavaprakash* has mentioned the properties of *Shalmaliniryasa* (resinous extract) as *Sheeta* (cold in potency), *Grahi*, *Pittaraktaahara*, *Pravahikagna*, *Purishavirajaneeya*, *Shonitashthapana*, *Vedanasthapana* *Kashaya*. A gum resinous extract (*bombax ceiba* linn.) contains Tannin and gallic acid. Gum resin and stem of *Shalmali* both are used in *Piccha Basti*. It has antibacterial, anti-oxidant, anti-inflammatory, immunomodulatory, and anti-diarrheal activity and forms a mucilaginous layer that protect inflamed and damaged intestine mucosa.^[14] Milk preparation helps in the healing process, *Yashtimadhu* and *Musta* is used as *Kalka*. *Musta* is *Grahi* and *Yashtimadhu*

has *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Veerya* and having *Shothahara* properties which is vital for the reduction of inflammation.^[15] *Madhu* and *Ghritha* together relieves the wounds act as anti-inflammatory, *Gritha* is a well-known remedy for vitiated *Pitta*.^[16]

Dadimashtaka Choorna improves digestion, treat malabsorption syndrome and diarrhea (*Vatatisara*).^[17] In *Mustakarishtha Musta* (*Cyperus rotundus* L.) is an *Agrya Dravya* for *Sangrahi*, *Deepana*, *Pachana*, *Atisaragna*, anti-inflammatory, analgesic activity, anti-microbial activity. It is also pacifies the *Koshta Gata Vata* and relieves the distension of abdomen.^[18] *Yashtimadhu Ksheerapaka*, *Yashtimadhu* (*glycyrrhiza glabra*) along with milk acts as *Vranaropak* (wound healing) and *Vatanulomaka*. *Laghu Sutshekhar Rasa* is *Pittavatahara*, *Amlapittagna*, *Dahahara*.^[19]

Shirodhara with *Ksheerabala Taila*- IBS is a psychosomatic disorder so we selected *Shirodhara* which helps in relaxing, soothing and calming effects on body and mind, as well as helps in anxiety and insomnia. Patient had a history of disturbed sleep which causes disturbance in day to day activities and complaining of headache due to lack of sleep. So we suggest *Shirodhara* with *Ksheera Bala Taila*. *Ksheera Bala Taila*^[20] which balances vata pitta dosha, promote blood circulation, and very useful to improve brain and nerve function. When medicated oil is poured in a continuous stream over the forehead may be absorbed, producing tranquilizing effect on the hypothalamus and helps regulate pituitary gland activity to induce sleep, thus treating conditions such as insomnia. So, in this case all the major *Lakshana*'s (symptoms) are subsided by the usage of classical *Ayurvedic* treatment without any complications.

CONCLUSION

Based on the result of the study, *Ayurveda* treatment is found to be very effective in relieving symptoms like passage of stool immediately after intake of food, abdominal pain, *Atisrushta Vibanddha Va Drava Mala* (altered bowel habits), distension of abdomen, mucus mixed stool. By the usage of *Mochrasa Siddha Piccha Basti* with proper *Shamanoushadhi* provided very satisfactory result in the management of all the above complaints discussed in the *Grahani* case. There is no adverse drug reaction and complications seen during the period of study. This approach mainly focus on *Basti* treatment of *Mocharasa*, this could be excellent anti-inflammatory effect on colon, better intestinal integrity and lesser rates of remission.

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