

**ROLE OF AYURVEDA IN PSYCHOSOMATIC DISORDER W.S.R IN IBD**<sup>1</sup> Neeraj Kumar<sup>2</sup> Rajesh Gupta<sup>3</sup> Devangi Lashkari<sup>1</sup> PG Scholar Department of Shalya, Dr. Sarvapalli Radhakrishnan Raj. Ayurved University Jodhpur, Rajasthan.<sup>2</sup> HOD, Department of Shalya, Dr. Sarvapalli Radhakrishnan Raj. Ayurved University Jodhpur Rajasthan<sup>3</sup> PG Scholar Department of Shalya, Dr. Sarvapalli Radhakrishnan Raj. Ayurved University Jodhpur, Rajasthan.**ABSTRACT**

Psychosomatic term is known as relation between psycho (mind) and soma (body). So Psychosomatic disorders are manifestation of physical imbalance in which emotional components have strongly influence. It is a condition of dysfunction or structural damage in bodily organs through inappropriate activation of the involuntary nervous system and the glands of internal secretion which resulting Skin eruption, heart disorder, metabolic disorder and digestive disorder like IBD, PEPTIC ULCER etc. IBD or Inflammatory Bowel Disease characterized by ulceration in the bowel. Clinically manifest as blood and mucous in stool. Ulcerative colitis with Crohn's disease comes under this heading. Hence Amoebic dysentery, Intestinal TB, Enteric fever with intestinal manifestation can also include in this. IBD effect 11% of population globally. Autoimmune factor, Psychosomatic, and Dietary factors are main responsible causative factors for IBD. In Ayurveda Acharya's have mentioned Sharirik doshas and manshik doshas (psychosomatic) both are having effect over Agni. Agni is important for samyak aahar pachan kriya. They mentioned various type of agni in which Mandagni is responsible for Atisar, Grahni, Fever etc. Acharya Susruta mentioned Grahni rog and Atisar in Susruta samhita uttar tantra. IBD is treated in ayurveda as Grahni rog and Raktaz and Shokaj Atisar after assessing the dosha predominance based on sign and symptoms by the Devprasrya and Yuktivipasrya chikitsa for correcting the doshas involved in it.<sup>1</sup>

**Keywords:** -Ulcerative colitis, IBD, Grahni, Atisar, Agni

**INTRODUCTION:**

The incidence of psychosomatic disease like: IBD, IBS, Hypertension, and Obesity associated with cardiovascular diseases are high on risk with fast lifestyle and increased stress full life. In the past few decades, prevalence of these disease has reached alarming proportion among Indians. IBD comprises a group of commoner in psychosomatic disorders that share the phenotype of abdominal pain, diarrhea, vomiting, rectal bleeding, and severe internal cramps/muscle spasm. The metabolic deregulation associated with IBD causes secondary path physiologic changes in digestive system.<sup>1</sup> Ayurveda considers health and disease both as the products of

food, life style & manshika bhava. A positive thinking and manshika health prevent diseases. It is in tune with this concept that ayurveda involved intensive manshika health/Achar Rasayan, Dhi, smriti etc. Such codes of life and health conducts relate to personal, social as well as spiritual dimension of an individual. It is amazing that thousand years ago, ayurveda conceived the significance of the error of life style in causations of all kind of disease, both physical and mental now which is considered as the principle cause of many illness prevalent today. Ayurveda provides better solution in the form of proper dietary management, life style advises like Ahar- vihar, yoga, Basti- panchkarma (bio

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purification procedures) and medication for better management in IBD.<sup>2</sup>

**Classification of IBD:** The two most common disease are described under IBD (1)Ulcerative colitis (2) Crohn's disease<sup>3</sup>

**Diagnosis of IBD:** Investigation is colon- oscopy/ sigmoidoscopy/ barium enema

**Complication of IBD**

Acute	Chronic
-Toxic megacolon -Massive hemorrhage -Perforation	-Carcinoma of the colon -Recurrent perianal abscess -protein malnutrition - rectal diseases

**Management of IBD**

Conservative	Surgery
-Hospitalization -Blood and fluid transfusion -Antibiotics -Steroids -Sedative & tranquilizers <sup>4</sup>	-Total proctocolectomy -Total colectomy

**Drawback of modern therapy for IBD**

-Steroids can harm CNS. They can produce disease like cardiovascular disease, infertility, renal disease and liver disease.<sup>5</sup>

- Long intake of antibiotics harm digestive system and produce side effects.<sup>6</sup>

-Blood transfusion- Transferred infection, hemolytic reaction etc.

**IBD in Ayurveda**

In ayurveda exact correlation cannot be found of IBD, but according to sign & symptom and pathology of disease it can be compared with Sangrhani (mild to moderate) and Raktatisar (severe stage) according to severity. Raktatisar is mentioned in susruta samhita 'Atisarpratisedha' adhyay and its symptom like diarrhea with hemorrhage from the rectum, jwar , udarshool, trishna, daah , vran can be compared with rectal pain, inflammation, rectal ulceration and bleeding per rectum of IBD<sup>7</sup>. The description of Sanghrani is given by acharya madhav in textbook 'Madhav nidanam'. Symptom of Sanghrani is very much similar to Mild to moderate stage of IBD like: Antrakunjan relates with Tenesmes, Daurbalya to weakness and sadnam reflects the debility condition of patient due to Aam bahu paichilyam stool along with mucous<sup>8</sup>.

**Symptoms of IBD**

- Abdominal pain
- Diarrhoea
- Rectal bleeding
- Severe cramps/ muscle spasm
- Tenesmus

**Etiology**

Main causative factor of these disease are Aam dosha and Vata-Pitta doshas.Mithya ahar-vihar i.e;samsan, adhyasan, visamasan and not following the proper dietary rules(Astahar vidhi viseshaytan) and vihar i.e; Faulty food habit(Ahar vidhi) associated with disturbed and stress full mind are responsible for mand agni (Decreased quality and quantity of digestive enzymes),which is main causative factor for producing aam dosha and in vitiation of vata-pitta doshas.

**Characteristic of Sangrhani and Raktatisar**

**Sangrhani:** Antrakunjan, Alashya ,Daurbalya , Kativedna, Shit(cold)-drav(liquid)-ghan(semisolid)-Snigdha(oily) stool with mild pain<sup>8</sup>.

**Raktatisar:** Diarrhea with haemorrhage , jwar , udarshool , trishna , daah , and vran(ulcer)<sup>7</sup>.

**Complication of Sangrhani and Raktatisar**

- Soth                      -Kaas                      -Chardi
- Jwar                      -Swash                      -
- Murch -Trishna-Arochak                      -Hikka
- Pandu                      -Gudabhransh

**Role of ayurveda in Sangrhani and Raktatisar**<sup>7</sup>

Line of treatment in ayurveda broadly divided in two parts; Devprashrya (mantra) and Yuktprashrya (ahar-vihar and aushad karma). Now a days Devprashrya chikitsa is well known as Spritual karma (mantra-tapa etc) and Yuktprashrya as Ahar-vihar karma and samshan and so-dhan (panchkarma) chikitsa, where Spritual karma act over manshika doshas by prabhav guna.

Chikitsa:

- Nidan parivarjan: by following din-charya and ritu-charya.
- Samshan:
- Deepan- Pachan aushad-Chitrakadi vati.
- Snehan: changeryadi ghrat, local masage of saindhav with tail
- Sangrahi: kapithastak churna, Bilvadi churna
- Vasti: Picha vasti
- Yoga: Pranayam, Vajrasan, mayurasan, bandh-karma, Jal kunjan.

Pathya	Apathya
Laghu (light), supachya (easily digestible), deepan-paachan (degestive) ie; Moong, masoor, moth, arhar indar jau, ghee, nimbu, anaar, makhana, Yoga and Pranayam.	Guru (heavy), Abhisyandi (cause of channel blocker), ushan (hot), tiksna- aahar- vihar i.e; mash (pulse), mash (meat), tail, mirch- masala's .

**Discussion:** *Picha Basti* is considered best among all of the *Basti* by *Acharya*;s for the Treatment of *Sangrahi*, *Raktaatisara*.

CONTENTS OF *PICHA VASTI*:

- *Makshika* - 250 ml
- *Saindhav Lavana* - 2 gm
- *Sneha* ( *Changreyadi Ghrit* + *Shatadhauta Ghrit* ) - 125 ml + 125 ml
- *Kalka* ( *Mulethi Churna* ) - 30 g
- *Kwath* ( *Salmali Nirayasa an`d Mustadi* ) - 200 ml

**Mode of action of picha vasti:**

- *Picha Basti* is *Picchil* ( sticky or lubricant) and *Agnideepaka* in nature (due to its content).
- In ulcerative colitis intestine get inflamed and sensitized, when food passes through intestine and makes contact with mucosa of intestine it get irritated.
- It is said that *Basti* should be administered to the patient lying on left lateral side as the *Grahani* and *Guda* are situated on the left side of the body, and the valves of the *Guda* get relaxed, in this position *Basti* drugs reach upto the *Grahani* due to *Vyavyi* and *Vikasi Guna* of *Saindhav lavana*.
- its forms protective film over intestine, avoid friction over mucosa, inflammation subsides and mucosa becomes normal.

- *Agni Deepak* property of *Picha Basti* helps in ignition of the *Agni* (*Grahani* is the main seat of *Agni*) so that absorption and digestion of *Basti* over colon takes place effectively.
- Simultaneously *Picha Basti* which also has *Sangrahi* property reduces the bowel frequency and there will also be no loss of electrolytes and enteropathy protein (prevent hypoalbuminea state).
- Honey and *Saindhav Lavana* colloidal solution along with *Sneha* forms an impervious coating over entire colon. There will be no loss of electrolytes and prevent direct attack of inflammatory mediators on mucosa and hence thereby reduce inflammatory process and facilitate healing.<sup>9</sup>

**CONCLUSION:**

- Inflammatory bowel disease in which Psychosomatic factors play role in progression the disease, Ayurvedic treatment which rapidly heal the inflamed ulcer area.
- Simultaneously have mind relaxation effect without having ill effect on health and also prevent remissions.
- In present era' Ayurveda is a good treatment modality of IBD as it reduce stress by Devprashrya and Yoga karma
- Reduce inflammation by picha-vasti and Agni –deepak drugs by forming impervious coating over entire colon.

\* So it can be concluded that ayurveda provides better solution in the form of proper dietary management ,life style advises like –panchkarma(detoxification and bio purification procedures), meditation , yoga like- Padmasan,shavasan etc are better management in Sangrhani and Rak-tatar( IBD).

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