

HERBAL BRAIN TONICS” SUPPORTIVE REMEDY FOR GUT DISORDERS

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ABSTRACT

In present era of most of the population is facing stress related disorders worldwide. Stress has been proved as the precipitating factor for other physical disorders such as hypertension, diabetes, hyperacidity and digestive disorders. In *Ayurveda* role of *Medhya Rasayana* has been described elaborately to pacify stress related physical disorders. Role of *Medhya Rasayana* in digestive disorders is being discussed in this paper. *Ayurveda* texts describes the full range of diseases occurring in GIT. These are *Agnimandhya* and *Ajirna* (anorexia and indigestion), *Amlapitta* and *Parinamshool* (Ulcer and non ulcer dyspepsias), *Medhya* drugs like *Brahmi*, *Shankhpushpi*, *Yashtimadhu*, *Guduchi*, *Ashwagandha* and, *Jatamansi* proved to cure anxiety associated with these diseases also having anti-secretory effect. Well known factors responsible for acid peptic disorders are “Hurry, Worry and Curry” therefore to pacify worry, role of *Medhya* drugs will be discussed in paper. Among the lower GIT problems Irritable bowel syndrome (*Vatik grahani* or *pakvashayagatvata vyadhi*) is essentially a psychosomatic disease, in addition to these ulcerative colitis is also a psychosomatic disorder. Literature reveals that many of the gut disorders are associated with anxiety and stress. Therefore, the role of *Medhya Rasayana* or *ayurvedic* brain tonics is significant.

Keywords: *Medhya Rasayana*, Digestive disorders, *Agnimandhya*, *Ajirna*, Psychosomatics.

INTRODUCTION

In Ayurvedic texts *Mandukparni swarasa* (Juice), *Yashtimadhuk churna* with milk, *Guduchi swarasa* and *Kalka* (paste) of *Shankhpushpi* (whole plant including flowers and root) is indicated as *medhya rasayana*¹. These preparations revitalize the body by improving mental health. Along these *Ashwagandha*, *Sarpagandha* and *Jatamansi*

are very effective *medhya* drugs. As discussed earlier the Hurry, worry, curry factor responsible for acid peptic disorders the common diseases of *annavahasrotas* such as Irritable bowel syndrome and ulcerative colitis are proved to associated with psychosomatic causes though the role of *medhya* drugs is self-explanatory. Epidemiological Studies reveals

PUD was significantly more common among adults with all mood and anxiety disorders measured, compared to those without. Study illustrated that PUD was most strongly associated with generalized anxiety disorder (GAD), and panic disorder, followed by bipolar disorder, any mood disorder, major depression, any anxiety disorder, social phobia, and specific phobia²⁰.

According to modern physiology whole digestive system is richly supplied with autonomic nervous system, Therefore the diseases and drugs are being discussed one by one.

Diseases of *Annavaahasrotas*:

1. ***Agnimandhya* and *Ajirna* (Anorexia and indigestion):** Depletion of *agni* is caused due to faulty food habits, overeating etc.,but anxiety and stress is one of the common causes. Anorexia nervosa is a term given to such kind of disease.
2. ***Amlapitta* and *Parinamshool* (Ulcer and non-ulcer dyspepsias):** Acid peptic disease like Peptic ulcer (*Parinam shool*), and non-ulcer dyspepsia (*amla-pitta*). These are essentially *pitta* predominant disorders. Besides other *pitta* pacifying measures *madhuyashti*: *help* in healing of ulcers also have general restorative effect.
3. ***Vatika grahani* or *pakvashayagatvata* (Irritable bowel syndrome):** It is a common gut disease prevalent throughout the world. It is essentially a psychosomatic disease and its main pathology is gut motility disorder. Constipation, frequency of scanty motion, and transient abdominal pain are the main features. Counselling, relaxation therapy, and internal

administration of *Ashwagandha* along with other drugs proved very useful.²

4. **Ulcerative Colitis:** Another psychosomatic disease of colon which become a difficult problem. The line of treatment for this is Relaxation therapy, *Medhya rasayana* along with *bilva*, *kutaj* etc.

Nerve Supply of the gut: Gut is supplied by 1) Extrinsic nerve supply (ANS). 2) Intrinsic nerve supply(ENS) i.e. Enteric Nervous system, this is by the following nerve plexus in the G.I.T.=Aurbach+Meissners.

ANS: Parasympathetic supply of the gut, between oesophagus to transverse colon it is supplied by Vagus. Motor fibers of *vagus*, bring impulses from brain to gut and terminate in to ENS.

Role of Mind in generation Peptic ulcer: HCL secretion is related to mind, some emotions against somebody, against life, against environmental odds can increase gastric HCL secretion.³

In recent years, there has been growing interest in the link between chronic peptic ulcer disease (PUD) and mood and anxiety disorders.¹³⁻¹⁶

Mode of action of *Medhyadrugs* in *Annavaahasrotas* diseases:

1. Known as '*Vayasthapak Rasayana*' (adaptogenic tonic) and its juice is indicated as *medhya Rasayana*¹. Ayurvedic properties of *Guduchi* are *Guna: guru*, *snigdha*, *Rasa: Tikta Kashaya*, *Vipaka: Madhura*. Due to *Kashaya*, *Tikta*, *Madhur* properties it pacifies *pitta* related disorders⁴. (कषायतिक्तमधुरापित्तमनयेतुकुर्वते). In *agrya prakaran* it is claimed to be '*Shleshmshonit bibandh prashmananam*'¹ exact condition in peptic ulcer. It is also considered as *daahshamak*⁵. Many references proved its

role in Vomiting and amlapitta⁶⁷. According to recent researches *Tinospora cordifolia* is proved as a tremendous drug as it is a very effective antioxidant, anti-stress, hypotensive and immunomodulator^{8,9}.

2. **Ashwagandha (*Withania somnifera* Dunal)** Called as Indian ginseng and its root harbours the nervine qualities very effective in vatic disorders.¹⁰ Possessing *laghu snigdha guna* and *tikta madhura rasa* pacifies *pitta*. Clinical trials of *Ashwagandha* on patients of anxiety have proved its efficacy and improvement in mental functions.¹⁰ A combination of *Yashtimadhu* (*Glycyrrhiza glabra* Linn.) and *ashwagandha* during clinical trial on 91 patients suffering from gastritis, hyper- and hypoacidity and peptic ulcer was found to be much efficacious with least untoward effect.¹⁰
3. **Yashtimadhu: (*Glycyrrhiza glabra* Linn.)** *Yashtimadhu* or liquorice is the stolon or roots of *Glycyrrhiza glabra* Linn. possessing *Guru snigdha Guna*, *Madhura Rasa* and *Vipaka* and *Sheeta virya* all favours anti-ulcer action⁴. It is being used in accidental wounds and burns from ancient times¹¹. In *Ayurvedic* texts it is found useful to control internal haemorrhages¹². Clinical trial also proved very effective¹⁰. Due to its soothing action it strengthens the mucin barrier. Besides other *pitta* pacifying measures *madhuyashti* help in healing of ulcers also have general restorative effect.
4. **Shankhpushpi: (*Convolvulus pluricaulis* Chois)**: The plant is intellect promoting, sedative, used as brain tonic.¹⁰ According to *Ayurveda* it possesses *Snigdha*, *picchila*

guna, *tikta Rasa*, *Madhura vipaka*, and *Sheeta veerya* therefore it is a very useful drug for ulcer and gastritis as well as any type of burning sensation. Clinical trial has shown demonstrable beneficial effect of *Shankhpushpi* in patients with anxiety neurosis. The drug induced a feeling of wellbeing, good sleep and relief in anxiety, nervousness and palpitation¹⁰. These all factors aggravates *Annavahasrotas* disease. Therefore, every *Ayurvedic* physician should prescribe it for the *annavahasrotas* disease.

5. **Mandookparni (*Centella asiatica* (Linn.) Urban)** In *Sushrutsamhita* it is indicated as *Raktapittahar* and *pittashamak* due to *madhur vipaka* and *Sheeta virya*. It is considered as *Medhya*^{1,11}, *Vayasthapan*¹ *Rasayana Raktapittashamak*, *Amapachak*. The result of double blind trial of *Mandookparni* on mentally related children showed a very significant increase in both general ability and behavior pattern¹⁷. Antianxiety role of *mandookparni* has been proved by many researches.¹⁸ Scientific studies proved its *rasayana* effect.¹⁹

CONCLUSION

In the modern era, most of the persons are under stress, students, office going employees, businessmen they usually are victims of faulty food habits and life style. Therefore hyperacidity, gastritis, anorexia are the common problems which they are facing. Such type of patients always should be advised to follow *Achararasayan* and oral administration of *Medhya Rasayanas*. Epidemiological Studies reveals PUD was significantly more common among adults with all mood and anxiety disorders measured,

compared to those without. The present article can be used for further researchers. In *Ayurveda*, which is not only a treatment type but a complete life science emphasis has been given to use of *Rasayanas* in day to day life style. *Medhya rasayanas* especially useful for elderly persons in mental as well as digestive disorders. Physicians should prescribe the *medhya rasayanas* along with other conventional treatment in digestive and PUD.

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Source of Support: Nil
Conflict Of Interest: None Declared

How to cite this URL: Neelima Sharma: "Herbal Brain Tonics" Supportive Remedy For Gut Disorders. International Ayurvedic Medical Journal {online} 2017 {cited February, 2017} Available from: http://www.iamj.in/posts/images/upload/338_342.pdf