

GRAHANI MANAGEMENT – A CLINICAL SUCCESS STORY

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ABSTRACT

Ulcerative colitis is a form of irritable bowel disease affecting the colon. The symptoms are infrequent episodes of diarrhoea and constipation causing colicky and cramping pain associated with abdominal bloating. In *Ayurveda* it can be compared with *Grahani*. A 42 year old male complains of frequent passage of loose stools along with mucous and blood at times. The patient complained that he had alternate episodes of constipation and loose stools associated with pain and abdominal bloating. The treatment involved a multimodal approach involving *Dipana*, *Pacana*, *Balya* and *Rasayana Chikitsa*, *Vyadhi Pratyneeka* and *Lakshanika chikitsa*. The patient was given a combination of *Guduchi Satwa*, *Musta Choorna*, *Ashwagandha Choorna*, *Pravala Pishti*, *Amalaki Choorna* and *Godanti Bhasma* given half a tsp thrice daily for more than a year along with *Hingushtaka choorna*, *Kutaja Parpati vati* and other drugs like *Haritaki tablet*, *Chandrakala Rasa*, *Smriti Sagara Rasa* given with a symptomatic approach in mind. After a period of prolonged treatment, significant response in various symptoms such as intermittent episodes of diarrhoea and loose stools, frequent passage of mucous and blood mixed stools, abdominal bloating, inconsistent abdominal pain has reduced.

Keywords: Ulcerative colitis, *Grahani*, Inflammatory Bowel Disease, *Rasayana chikitsa*, Multimodal approach.

INTRODUCTION

Ulcerative Colitis is an idiopathic chronic inflammatory bowel disease which pursue a protracted relapsing and remitting course, usually extending over the years¹. It involves mainly the colon. Approximately 20 % of general population fulfill diagnostic criteria of irritable bowel syndrome². The disease is most common in young adults, hampering their work life and social life. The most common presentation is that of recurrent abdominal pain usually colicky and cramping, felt in lower abdomen and relieved by defecation along with abdominal bloating, alternating episodes of diarrhoea and constipation. At times

passing pelety stools associated with abdominal pain or frequent defecation to produce low volume stools with mucus and associated pain. In Allopathic system of medicine the treatment involves prescribing anti-inflammatory drugs or drugs like Amitriptyline which reduce visceral sensation and alter gastric motility². Mostly symptomatic management is done based on predominant symptoms. Evidence for efficacy of drug therapy for IBS is weak in the allopathic system of medicine.

Whereas *Ayurveda* has a variety of treatment modalities to choose from, based on individual nature

of patient. According to *Ayurveda* Based on the signs and symptoms it can be co related to *Vataja Grahani* in *Ayurveda*. Here a combined line of management involving *Dipana Pacana Lakshanika chikitsa* along with adopting *Balya* and *Rasayana* drugs has been done, which has given immense relief to the patient.

Case Report

A 42 year old male with a body weight of 53 kg of Vata Pitta body constitution with an OP no of 46825/16, complains of frequent passage of loose stools along with mucous and blood at times. The patient complained that he had alternate episodes of constipation and loose stools. He also said that he feels weak and has reduced appetite. He has observed loss of weight, pain in abdomen and reduced appetite. These symptoms persisted for 2 years, therefore he consulted in our hospital for treatment.

The history of present illness revealed that the patient gradually developed loose stools about 5 years back. He used to pass stools about 5 to 6 times per day. It used to be mixed with mucous and blood at times. Sometimes the patient experienced intermittent episodes of constipation and loose stools. He has experienced loss of weight, reduced appetite and pain abdomen inconsistently since 2 years. He has consulted a Gastroenterologist and was diagnosed as a case of Grade 4 Ulcerative Pan Colitis. He was managed conservatively with oral medication. Due to the persisting complaints he completely avoided non vegetarian food, spicy, irritant kind of food substances. Still he did not attain much relief doing so, thus he approached our hospital for further management.

On examination all vitals were present within normal limits. The shape of the abdomen was scaphoid, with no palpable mass, inconsistent pain was felt in the abdomen at times. No tenderness was elicited on palpation. Along with the prior complaints he mentioned presence of streaks of blood in stools. On P/R examination it revealed the presence of internal haemorrhoids and fissure in the anal region also.

Assesing the signs and symptoms it was diagnosed as a case of *Vataja Grahani*. As there was complaints of *Punah Punah Phenayukta Raktayukta Purisha Pravriti* (frequent passage of mucous and blood mixed loose stools). Occasionally the patient has *Muhur Badham* and *Muhur Drava Pravriti* of *Mala* (periods of constipation and followed by periods of loose stools, on and off) associated with *Dourbalya* (weakness), *Kshuthani* (reduced appetite), *Udarashoola* (pain abdomen).

Treatment Given

- *Dipana* and *Pacana* – *Hingushtaka choorna* 1/2tsp with buttermilk was given for a period of a month, to improve the appetite.
- *Vyadhi Pratyaneeka Chikitsa* - *Kutaja Parpati Vati* 1tid was given.
- *Rasayana Chikitsa* involved a combination of *Guduchi Satwa*-50gm, *Musta Churna*-50gm, *Ashwagandha choorna*- 50 gm, *Pravala Pishti*- 20 gm, *Amalaki choorna*-50gm, *Godanti Bhasma*- 20gm was given ½ tsp thrice daily.
- *Anulomana* action was achieved by *Haritaki* Tab 2 tablets OD given symptomatically.
- *Rakta Stambaka Chikitsa* was done with the use of *Chandrakala Rasa* 1 tid given symptomatically.
- *Manasika Chikitsa* allowed for the prescription of *Smriti Sagara Rasa* OD in periods of stress.

Treatment Outcome

Regular follow ups were done for a period of 2 years. The patient made a visit every month regularly starting from 26/10/16 and gradual progress was seen. By 7/2/17 no bleed was seen with defecation. At times there were waxing and waning of symptoms with periods of constipation and passage of loose stools. By 13/11/2017 frequency of stools had reduced to 2to 3 times per day. Since 6/2/18 till 25/4/18 patient has felt better, patient now defecates only twice a day, normal stools are seen. No blood or mucous discharge is seen. Patient is undergoing

regular follow up in our hospital and does not show aggravation of the disease.

DISCUSSION

In *Grahani Roga*, firstly *Sama* and *Nirama* condition are identified³, here the mala revealed *Sama lakshanas*. *Dipana* and *Pacana* were advised first to take care of it. *Hingushataka Choorna* is *Agnidipaka* and *Pacana* in action, ie it improves the appetite and aids in digestion. Buttermilk is helpful in *Grahani Dosha* aids *Dipana Pacana Kriya*, gives lightness to the body, it alleviates all *tridoshas*¹².

As *Vyadhi Pratyneeka Chikitsa*, here *Kutaja Parpatis* was advised. It is useful in malabsorption syndrome, diarrhoea and has *tridosha shamka* properties. It is a medicine produced by SDL pharmacy containing the main ingredient *Kutaja* in the form of *Parpati kalpana* in it⁹. As *Lakshanika Chikitsa* in periods of constipation *Haritaki* tablets were utilised. *Haritaki* is *tridoshahara* and *Anulomana* in action⁸.

Rasayana and *Balya* action was achieved by using the combination discussed earlier. *Guduchi Satwa* used here has *Tridoshashamaka*, *Dipaniya*, *Grahi*, *Rasayana* properties. It acts as a rejuvenator, useful in irritable bowel syndrome, cures skin disease, urinary tract infection, Jaundice⁴. *Musta choorna* has *Dipana*, *Pachana*, *Grahi*. Drugs which are *Grahi* tend to reduce the frequency of loose stools and also help in proper digestion of food which helps in treatment of *Grahani*⁵. *Ashwagandha choorna* is a *Vatakapha hara*, helps in curing of *Kshaya* and *Dourbalya*. The patient has debility and loss of weight thus *Ashwagandha* is helpful here. It also has antioxidant and detoxifying properties. The immunomodulatory action was established by Furmanova et al, 2001⁶. Ulcerative colitis is also said to be an autoimmune disease, substances like *Ashwagandha* has a major role to play here. *Amalaki choorna* is a *Tridosha hara* and a *rasayana*. Antioxidant activity is seen in its compounds like emblicanin, puniglucomin⁷. *Pravala Pishti* was aimed at causing *Rakta stambhana* action due to its *Sheeta guna*, *Rakta pit-*

tahara properties¹⁰. *Godanti Bhasma* has *Sheeta guna*, is *Balya* and has *Dipana properties*¹¹. *Raktastambhana* action of *Chandrakala Rasa* was utilized here. It is *Vatapitta shaman* and has *Rakta stambhana action*¹³. Presence of blood occasionally was managed by administration of *Chandrakala rasa*. *Smirti Sagara rasa* is a mind relaxant along with *rasaushadis* it contains *Vaca*, *Jyotishmati*, *Brahmi Swarasa* – which makes it a good nervine tonic¹⁴. It has helped in stress relief for the patient.

CONCLUSION

Overall due to the improvement in *Agni*, the symptoms relieved. By the action of *Balya* and *Rasayana* drugs a better relief was seen in the patient. The patient gradually improved over the period of treatment and has witnessed a prolonged period of relief.

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