AN AYURVEDIC APPROACH IN THE MANAGEMENT OF ULCERATIVE COLITIS

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ABSTRACT

Inflammatory bowel disease is a group of chronic inflammatory disorder of unknown cause including the gastrointestinal tract. Inflammatory bowel disease mainly comprises of two disease i.e. Ulcerative colitis and Crohn’s disease. Both of these are the most severe digestive problem. Among them prevalence of ulcerative colitis is increasing now a days. In today’s clinical practice it is of major concern for practioner because it leads to mental distress to patient and doctor during the course of disease due to remission nature and it is very difficult to diagnose. No doubt conventional system of medicine have lots of remedial measures and surgery to treat ulcerative colitis. But unfortunately due to side effects and post-operative complications like infection, intestinal obstruction people seek towards other system of medicine. In Ayurveda it can be correlated according to stages of severity, mild and moderate stage can be compared with Sangrahni and severe stage with Raktaatisara. Mandagni is the main causative factor in pathology of Sangrahni and Atisara. Treatment like Picha Vasti, Sirobasti, Sirodhara and Sanshaman Yoga like Rasa Parpati is found to be very effective to treat ulcerative colitis. As Ayurvedic chikitsa work on the principle of Sampraptivighatana. Inspite of this it is more economical, painless treatment and no hospitalization required.

Key Words: Ulcerative colitis, Ayurveda, Picha Vasti, Ras Parpati, Agni

INTRODUCTION

Ulcerative colitis is a specific and non-specific inflammatory disease of large bowel, confined to mucosa. It is a chronic inflammatory disorder characterized by ulceration and inflammation in the inner lining of rectum of colon. The inflammation initially affects the rectum and then move upwards. In 90% of case it is limited to rectum, the condition is known as proctitis. Ulcerative colitis seldom affects the small intestine. The exact cause of the disease is not known. But food allergies, autoimmune disorder, genetic disorder all are considered to trigger the pathology of disease. The ulcerative colitis is caused by uncontrolled inflammation going on underneath the endothelial layer of the colon. The ulcers become painful and bleed profusely after every effort to pass stool. The colon become swollen and painful which leads to feeling of fullness and perpetual feeling of going to pass on the stool. The process of defecations become a night mare for the sufferers as the stool can be
explosive, full of blood, mucous or both. The disease has a huge impact on the psychology of the person. It is a very challenging disease affecting a patient during the most active period of his life i.e. 20 to 40 years of age. So there is a need to find some other treatment modality which is purely based on the Sampraptivighatana Chikitsa. In Ayurveda exact correlation cannot be found of ulcerative colitis but according to signs and symptoms and pathology of disease it can be compared with Sangrhani (mild to moderate stage) and Raktaatisara (severe stage) according to the severity. Raktaatisara is mentioned in Charak Samhita in Atisaar Chikitsa Adhyay and its symptoms like Sulam, Vidaaham, Gudpaakam can be compared with rectal pain, inflammation, rectal ulceration and bleeding of ulcerative colitis. The description of Sangrhani is given by Acharya Madhav in textbook “Madhav Nidanam”. Symptoms of Sangrhani is very much similar to ulcerative colitis like Aantrakujnam relates with tenesmus, Daurblyam, Sadnam reflects the debility condition of patient due to fluid loss, Aam Bahu Paichliyam with stool along with mucus. Main causative factor of these disease are Ama Dosha and Vata, Pitta Doshas. Ama Dosha are the toxins that are considered as the cause of autoimmunity in Ayurveda. Line of treatment of Ayurveda are broadly divided into two parts: Sanshan Chikitsa and Sanshodhan Chikitsa. Now a days Sanshodhan Chikitsa is well known by the name of Panchkarma. Panchkarma Chikitsa has lots of remedial measures in favour of ulcerative colitis. Main advantage of Panchkarma Chikitsa is, it prevent from remissions and works on the principle of Samprapti Bhanjana. So this article can be helpful for reducing the need of steroids and surgical process in the patients of ulcerative colitis and in providing treatment in new direction and helps the patients to get rid of psychological illness and remission of disease process.

MATERIAL AND METHOD
Large intestine is important from Ayurvedic point of view. It is a primary seat of Apana Vata (responsible for detoxification and cleansing through stool, urine and menstruation).

Colon continues after small intestine, which is the seat of Pachaka Pitta (responsible for digestive juices) and Samana Vata (responsible for proper absorption and intestinal movements).

Colon along with small intestine is also the seat of Ama Doshas (the toxins that are considered as the cause of autoimmunity in Ayurveda).

Ulcerative colitis become a playing field of vitiated:
1. Ama Dosha
2. Samana Vata
3. Pachaka Pitta
4. Apana Vata
5. Rakta Dhatu

So, the Ayurvedic treatment of ulcerative colitis rest upon these principles:
1. Ama detoxification
2. Vatahar
3. Pittashamak
4. Raktashodkak
5. Ulcer healing
6. Bowel regulator
7. General dietary support
8. Mental and emotional well-being
9. Dietary and lifestyle modification

In Sangrhn and Raktaatisara Purishavha and Annavaha Srotodusti occurs which is mainly due to vitiated Agni i.e Ama formation.

First line of treatment is to bring Agni in normal state which is done by Deepan, PachanAusadhi, so that absorption and
digestion of various drugs given in form of Sanshaman yoga or as in the form of Basti takes place efficiently and maximal benefit of Chikitsa can be obtained.

A. DEEPAN-PACHAN
It can be done with following medicines:
1. Hingvastak Churna
2. 1 Chitrakadi Vati (drug of choice of Grahani), it does the digestion of Ama Dosha and stimulate the Jatharagni

B. SNEHANA
It is broadly categorised into two types (according to modes of administration):
1. External snehana (local massage with oils or Abhyanga)
2. Internal Snehana (Abhyantra Snehana) i.e. in the form of Paan, Basti, Nasya

Internal Snehana i.e Snehapana can be done with Changreyadi and Shatadhaughtaghrit in dose of 50 ml along with meal as Sanshaman Snehan. Changreyadi ghrit helps in stimulating Agni and it also has a Balya, Vrana effect. In Ayurveda classics it is mentioned that Ghrit is best Pitta Shamak Dravya, Pitta is only factor by which inflammation and ulceration process occurs. Hence, Ghrit can reduce the inflammatory process.

Shatadhauta Ghrit having Vrana Ropana and Sothahar property, supports healing of skin and decreasing inflammation as they are having Vrana Shodhana property, excellent for reducing Vata and Pitta process on the skin.

Moreover, drugs in the medicine of ghrit gives good lubricating action thus relieving muscular spasm in abdomen, it also exert lubricating effect over mucosa of large intestine. External Snehana is mainly done prior to Panchkarma Chikitsa like Basti, so that Dosha which is to be expelled become mobile.

External Snehana i.e Abhyanga in ulcerative colitis is mainly done over lower abdomen and lumbar region with 3 Saindhavaad Taila along with mild Swedana (gentle fomentation) as it has Vatakaphahar property, do Vatamulomana helps in providing relief from tenesmus, abdominal cramps also. Snehana and mild Swedana helps in Vilayan and excitation of Doshas and get detached from Dhatus and move towards the nearest route of elimination.

BASTI:
4 Picha Basti is considered best among all of the Basti by Acharya Charak for the treatment of Sangrahni, Raktatosisara.

CONTENTSOF PICHAVASTI:
Prior to Basti Karma, local massage with Saindhavaad taila and mild fomentations is done over lower abdomen and lumbar region.
Makshika - 250 ml
Saindhav Lavana - 2 gm
Sneha (Changreyadi Ghrit + Shatadhauta Ghrit) - 125 ml + 125 ml
Kalka (Mulethi Churna) - 30 gm
Kwath (Salmali Niriyasa and Mustadi Ksheer) – 200 ml

1. During Basti preparation, first of all we make colloidal solution of honey and Saindhav Lavana.
   a) Honey helps in healing process, it is Kasaya Rasa predominant, does Shoshana thereby helping in Vrana Ropana. Kasaya Rasa also have Sangrahi, Sandhana (facilitates healing) and Pittashamak property.
   b) Lavana helps in absorption of Sneha and other drugs mixed during preparation of Basti as it has Bhaksana guna and also it has ability to move easily in various channels (due to Vyavayi and Sukshma Guna) and stimulate Basti Dravya to reach upto colon.
2. Add some sneha (Changreyadi and Shatadhauta Ghrit) in amount of 250 ml and after this add Kalka of Mulethi (Glycyrrhiza glabra) Churna in amount of
30 gm and stir it well. Mulethi is vata-pitta shamak and have Sothahar, Vatanulomana property. It also has Balya, Rasayana property, it helps in increasing the potency of other drugs and general condition of patient. Care must be taken during preparation of Picha Basti, add equal quantity of Makshik and Sneha, as mixture of two in equal amount is best for healing inflamed or ulcerated area.

3. After this add Kwath of Salmali or Mustaki Ksheer Salmali niryasa (Salmalia malabarica) is indicated in Grahani, Atisara as it is having Stambhana, Vranaropana, Sothahar, Pittashamak property. Mustak (Cyperus rotundus) is considered best among Agni Deepak Dravya thereby helps in stabilizing Agni.

SANSHAMANA CHIKITSA (RASA PARPATI)

It is first described by Acharya Chakradutt in reference to Chikitsa of Grahani. It is best Rasaasusadhi for Grahani, Atisara and Agnimandyajanya Roga.

Properties of Rasa Parpati:
Deepan, Pachana, Grahi, Laghu and reduces inflammation of Pittadhara kala (Grahani i.e. duodenum and upper part of caecum).

Rasa parpati is a combination of parada and gandhaka. Due to yogavaahi, sanskaarjanita property of gandhak, the guna of parada get increased and it also increase the potency of parada. Both Parada and Gandhakh is allow to heat in fireeso that they get liquefy. Due to Agnisankaar, they attain the Deepan, Pachan and Grahi property. With the help of kadalipatra, the prepared Kajjali(Parada + Gandhak) is wrapped with Gomaya (cowdung). Through Kadalipatra, Kajjali takes up the Guna of Gomayapitta via Parada as cowdungis rich source of various enzymes and digestive juices. So by this mechanism Rasa Parpatiattains the Agni Deepak property and helps in digestion of Ama Dosha which is the main pathological factor of Sangrhani, Atisara.

Anu-pana:
Rasa parpati is to be taken along with Takra (butter milk) or milk as per the condition of patient. It is to be consumed as kalpa prayog i.e. increase the dose per day in small amount, start with 1 gm on first day and increase up to 10 gm by increasing 1 gm per day and continue this dose 10 gm till symptomatic relief occur, after this decrease the dose, 1 gm per day till it reaches 1 gm (10 gm to 1 gm)

DISCUSSION

MODE OF ACTION OF PICHA BASTI
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 weakened, in this position Basti drugs reach up to the Grahani due to Vyavyi and Vikasi Guna of Saindhav lana and forms protective film over intestine, avoid friction over mucosa, inflammation subsides and mucosa becomes normal and 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 Lavanacolloidal 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.

**MODE OF ACTION OF RASA PAR-PATI**

Rasa parpati is a combination of Parada and Gandhak. Both have Yogavahi and Agnideepak property. Rasa Parpati is converted into fine flakes by pressing it with Gomaya (cow dung) with the help of Kadalipatra and Agni. This process is known as “Chiptikarana”. By this process it attains the Laghu Guna and longevity of drug metabolism also get increased. Digestion and absorption of Rasa Parpati not only occur in stomach but upto large intestine also, hence Rasa Parpati also have effect on large intestine.

Due to Yogavahi nature of Rasaparpati it takes up the Guna of Gomaya and helps in normalizing the Agni. Due to its Grahi Guna, it also reduces the bowel frequency. **Anupana** : In Ayurved, Anupana plays an important role as it enhance the Guna and property of Ausadhi.

**TAKRA** : It is Grahiin nature, it is recommended where frequency of stool is more. Also having the Deepana, Rochana, Kapha Vata Anulomana property. It also reduces the rectal swelling, inflammation, abdominal pain. Due to Deepan, Grahi, Laghu Gunat it helps in providing relief from Grahani Dosha. **Dugdha** : It has to be taken when general condition of patient is very weak. As it has Rasayan, Balya property and also Pittashamak.

**LIFESTYLE AND DIETARY MODIFICATION:**

**A) YOGA** : Act as catalyst to stabilize the Agni

**MAYURASANA** : Destroys all the disorders caused by Doshas in stomach. **PRAYANAM** : By practicing it, patient will never suffer from indigestion and disorders of Kapha-Vata.

**B) PANCHKARMA THERAPY** :

1) **SIRODHARA**
2) **SIROBASTI**

These procedures relieve stress, anxiety and exert calm effect on mind. By this we can provide some kind of relief to the patients. As stress is well known triggering factor of ulcerative colitis.

**C) DIETARY MODIFICATION**:

1. Avoid fibre rich diet, green leafy vegetables
2. Take buttermilk or Takra instead of milk
3. Have Yvagu (rice water) in meal as it has Grahi property.

**CONCLUSION**

Ulcerative colitis is an inflammatory bowel disease in which psychosomatic factors also play role in progressing the disease. Our treatment should be such that which have antagonistic effect on the inflammatory process and rapidly heal the inflamed or ulcered area, simultaneously have mind relaxation effect without having ill effect on health and also prevent remissions.

In today’s world Ayurveda is a good treatment modality of ulcerative colitis as it reduce inflammation by Picha Basti via its Grahi, Agnideepak drugs and by forming impervious coating over entire colon. Picha Basti also improves the function of Apana Vayu which results in regulation of evacuation of bowel and also reduces the irritability of colon.

As Sanshamana Ausadhi, Rasa Parpati is the Rambaana for Sangrhani and Atisara as it works on the principle of abolishing the causative factor (Ama Dosha) of pathology of Sangrhani. It also improves the...
function of Samana Vayu and Pachaka Pitta which helps in digestion of Ama and stimulating Agni.

For mind relaxation Sirodhara, Sirobasti is the natural, effective treatment.

So Ayurveda treatment is the safest and natural way to get rid of ulcerative colitis which do not have side effects and longevity of the patients. Inspite of this it is economical, easily available, effective and quick responding.

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