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 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 peley 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 Lakshaniya 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 1/2sp with buttermilk was given for a period of a month, to improve the appetite.
- Vyadhi Pratyaneeka Chikitsa - Kutaja Parpati Vati 1tid was given.
- 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 identified, here the mala revealed Sama lakshanas. Dipana and Pacana were advised first to take care of it. Hingushatak 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.

As Vyadhi Pratyneeka Chikitsa, here Kutaja Parpati vati 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 it. As Lakshamika Chikitsa in periods of constipation Haritaki tablets were utilised. Haritaki is tridoshahara and Anulomana in action.

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, Jaundice. 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. 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., 2001. 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, puniglucomin. Pravala Pishti was aimed at causing Rakta stambhana action due to its Sheeta guna, Rakta pit-tahara properties. Godanti Bhasma has Sheeta guna, is Balya and has Dipana properties. Rakta stambhana action of Chandrakala Rasa was utilized here. It is Vatapittha shaman and has Rakta stambhana action. Presence of blood occasionally was managed by administration of Chandrakala rasa. Smriti Sagara rasa is a mind relaxant along with rasaushadhis it contains Vaca, Jyotishmati, Brahmi Swarasa – which makes it a good nervine tonic. 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.

**REFERENCES**

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