ROLE OF AYURVEDA IN PSYCHOSOMATIC DISORDER W.S.R IN IBD
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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, Grahani, Fever etc. Acharya Susruta mentioned Grhani rog and Atisar in Susruta samhita uttar tantra. IBD is treated in ayurveda as Grhani rog and Raktaz and Shokaj Atisar after assessing the dosha predominance based on sign and symptoms by the Devprasrya and Yuktivapisrya chikitsa for correcting the doshas involved in it.1
Keywords: Ulcerative colitis, IBD, Grhani, 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 this disease has reached alarming proportion among Indians. IBD comprises a group 0+ 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. 1 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.\(^2\)

**Classification of IBD:** The two most common disease are described under IBD

1. Ulcerative colitis
2. Crohn’s disease\(^3\)

**Diagnosis of IBD:** Investigation is colonoscopy/ sigmoidoscopy/ barium enema

**Complication of IBD**

<table>
<thead>
<tr>
<th>Acute</th>
<th>Chronic</th>
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<tbody>
<tr>
<td>- Toxic megacolon</td>
<td>- Carcinoma of the colon</td>
</tr>
<tr>
<td>- Massive hemorrhage</td>
<td>- Recurrent perianal abscess</td>
</tr>
<tr>
<td>- Perforation</td>
<td>- Protein malnutrition</td>
</tr>
<tr>
<td></td>
<td>- Rectal diseases</td>
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**Management of IBD**

<table>
<thead>
<tr>
<th>Conservative</th>
<th>Surgery</th>
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<tbody>
<tr>
<td>- Hospitalization</td>
<td>- Total proctocolectomy</td>
</tr>
<tr>
<td>- Blood and fluid transfusion</td>
<td>- Total colectomy</td>
</tr>
<tr>
<td>- Antibiotics</td>
<td></td>
</tr>
<tr>
<td>- Steroids</td>
<td></td>
</tr>
<tr>
<td>- Sedative &amp; tranquilizers(^4)</td>
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</table>

**Drawback of modern therapy for IBD**

- Steroids can harm CNS. They can produce disease like cardiovascular disease, infertility, renal disease and liver disease.\(^5\)
- Long intake of antibiotics harm digestive system and produce side effects.\(^6\)
- 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 Sanghrani (mild to moderate) and Raktatisar (severe stage) according to severity. Raktatisar is mentioned in susruta samhita ‘Atisarpaprisedha’ adhyay and its symptom like diarrhoea 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\(^7\). 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 weekness and sadnam reflects the debility condition of patient due to Aam bahu paichilyam stool along with mucous\(^8\).

**Etiology**

Main causative factor of these disease are Aam dosha and Vata-Pitta doshas. Mithya ahar-vihar i.e;samsan, adhyasan, visama-san 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 Sanghrani and Raktatisar**

**Sanghrani:** Antrakunjan, Alashya, Daurbalya, Kativedna, Shit(cold)-draw(liquid)-ghan(semisolid)-Snigdh(oily) stool with mild pain\(^8\).

**Raktatisar:** Diarrhea with haemorrhage, jwar, udarshool, trishna, daah, and vran(ulcer)\(^7\).

**Complication of Sanghrani and Raktatisar**

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

**Role of ayurveda in Sanghrani and Raktatisar**\(^7\)

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\(^1\) Purification procedures, \(^2\) Classification of IBD: The two most common disease are described under IBD (1) Ulcerative colitis (2) Crohn’s disease, \(^3\) Diagnosis of IBD: Investigation is colonoscopy/ sigmoidoscopy/ barium enema, \(^4\) Complication of IBD, \(^5\) Symptoms of IBD: Abdominal pain, Diarrhoea, Rectal bleeding, Severe cramps/ muscle spasm, Tenesmus, \(^6\) Management of IBD: Conservative Surgery, \(^7\) Etiology, Main causative factor of these disease are Aam dosha and Vata-Pitta doshas, Mithya ahar-vihar i.e;samsan, adhyasan, visama-san 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, \(^8\) Characteristic of Sanghrani and Raktatisar, Main causative factor of these disease are Aam dosha and Vata-Pitta doshas, Mithya ahar-vihar i.e;samsan, adhyasan, visama-san 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.
Line of treatment in ayurveda broadly divided in two parts; Devprashrya(mantra) and Yuktiprashrya(ahar-vihar and aushad karma). Now a days Devprashrya chikitsa is well known as Spritual karma(mantra-tapa etc) and Yu
ktiprashrya as Ahar-vihar karma and samshan and so-dhan(panchkarma) chikitsa,where Spritual karma act over manshika doshas by prabh-hav guna.

Chikitsa:

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

**Pathya**

- Laghu(light),supachya(easily digestible),
- deepan-paachan(degestive)ie;Moong, masoor,moth, arhar indar jau, ghee, nimbu, anaa, makhana, Yoga and Pranayam.

**Apathya**

- Guru(heavy), Abhisyandi(cause of channel blocker), ushan(hot), tiksn- aahr- 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 Sangrahni, Raktaatisara.

**CONTENTS OF PICA VASTI:**

- Makshika - 250 ml
- Saindhav Lavana - 2 gm
- Sneha ( Changreyadi Ghrit + Shatatdauta Ghrit) - 125 ml+125 ml
- Kalka ( Multhi Churna ) - 30 g
- Kwath ( Salmali Niryasa and Mustadi)
- Ksheer) – 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.

**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, lifestyle advise like panchkarma (detoxification and bio purification procedures), meditation, yoga like Padmasan, shavasan etc are better management in Sangrighani and Rak-tatisar (IBD).

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