

## 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 practitioner 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*. In spite 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 nightmare 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 *Samprativighatana 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: *Sanshaman 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. *Pitta-shamak*
4. *Raktashodkak*
5. Ulcer healing
6. Bowel regulator
7. General dietary support
8. Mental and emotional well-being
9. Dietary and lifestyle modification

In *Sangrahani* 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* , *Pachan Ausadhi* , 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. <sup>1</sup> *Chitrakadi Vati* (drug of choice of *Grahani*), it does the digestion of *Ama Dosh* 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 *Snehpaana* can be done with *Changreyadi and Shatadhautaghrith* in dose of 50 ml along with meal as *Sanshaman Snehana*. <sup>2</sup> *Changreyadi ghrith* helps in stimulating *Agni* and it also has a *Balya, Vrana* effect. In *Ayurveda* classics it is mentioned that *Ghrith* is best *Pitta Shamak Dravya*, *Pitta* is only factor by which inflammation and ulceration process occurs. Hence, *Ghrith* can reduce the inflammatory process. *Shatadhauta Ghrith* 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 *ghrith* 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

<sup>3</sup> *Saindhavaad Taila* along with mild *Swedana* ( gentle fomentation) as it has *Vatakaphahar* property, do *Vatanulomana* helps in providing relief from tenesmus, abdominal cramps also. *Snehana* and mild *Swedana* helps in *Vilayan* and excitation of *Doshas* and get detached from *Dhatu*s and move towards the nearest route of elimination.

#### BASTI:

<sup>4</sup> *Picha Basti* is considered best among all of the *Basti* by *Acharya Charak* for the treatment of *Sangrahi, Raktaatisara*.

#### CONTENTS OF PICHA VASTI:

Prior to *Basti Karma*, local massage with *Saindhavaad taila* and mild fomentation is done over lower abdomen and lumbar region.

*Makshika* - 250 ml

*Saindhav Lavana* - 2 gm

*Sneha* (*Changreyadi Ghrith* + *Shatadhauta Ghrith*) - 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 *Vyavyai* and *Sukshma Guna*) and stimulate *Basti Dravya* to reach upto colon.

2. Add some *sneha* (*Changreyadi and Shatadhauta Ghrith*) 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 *Mustadi 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)**

:<sup>5</sup> It is first described by *Acharya Chakradutt* in reference to *Chikitsa* of *Grahani*. It is best *Rasaasadhhi* 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, san-skaarjanita* property of *gandhak*, the *guna* of *parada* get increased and it also increase the potency of *parada*. Both *Parada* and *Gandhak* is allow to heat in *fireso* that they get liquefy. Due to *Agnisanskaar*, 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 *cowdung* is rich source of various enzymes and digestive juices. So by this mechanism

*Rasa Parpati* attains the *Agni Deepak* property and helps in digestion of *Ama Dosh* 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 upto 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 upto the *Grahanidue* to *Vyavyi* and *Vikasi Guna* of *Saindhav lanana* 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 reduce the bowel frequency and there will also be no loss of electrolytes and enteropathy protein (prevent hypoalbuminaemia state). Honey and *Saindhav Lavanacoloidal* 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 PARPATI

*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* (cowdung) 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 *Grahi* in 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 Guna* it helps in providing relief from *Grahani Dosh*. **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 ulcerated 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 Dosh*) 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. In spite of this it is economical, easily available, effective and quick responding.

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