

A CASE STUDY: AYURVEDIC INTERVENTION ON GRAHANI DOSHA W.S.R. TO IBS

by Jana Publication & Research

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ABSTRACT: -

Grahani, organ located between *Amashaya* and *Pakwashaya*, is an essential part of the digestive system, or *Mahasrotas*. This is a place of *Agni*, which supports and strengthens the metabolism and digestion of body. According to ancient Ayurvedic principles, *Grahani* controls intake, retention, digestion, absorption, and elimination of food. Vitiating in digestion can disrupt these activities, leading to the origin of *Grahani dosha*. In modern times, unhealthy lifestyles, irregular food intake, and excessive consumption of junk food have led to *Grahani*-related disorders and mental stress also, affecting digestion and absorption of food. *Samhitas* suggest that symptoms are mainly seen in *Grahani dosha*.

Mandagni can lead to *Grahani dosha*, a condition caused by a chronic imbalance of *Pachaka Pitta*, *Samana Vayu*, and *Kledaka Kapha*. Symptoms include alternate bowel movements, stomach pain, foul-smelling stool, and mucus in feces.

In modern science, above symptoms can be correlated with IBS (Irritable Bowel Syndrome). In IBS, the intestinal wall becomes sensitive to even small stimuli, resulting in excessive cramping in the abdomen and changes in the bowel movement and indigestion. In India, approximately 15% of adults suffer with IBS. The pathophysiology of *Grahani Roga*, a disorder associated with compromised digestive function, is covered in this study along with a number of treatment options. such as, including herbs, Yoga, and lifestyle modifications.

Keywords – *Grahani dosha*, *Agni*, IBS,

INTRODUCTION: -

Review of *Grahani Roga* by Ayurveda:

The most prevalent gastrointestinal ailment is "*Grahani Roga*". The hypofunction of *Agni*, or *Mandagni*, is the root cause of all illnesses. There are several etiological causes of *Grahani Roga*, and *Dushti* or Vitiating of *Pachakagni* and *Samana Vayu* damages the *Grahani*. *Acharya Charaka* states that a functionally weak *Agni*, also known as a *Mandagni*, results in improper food digestion that either moves in *Urdhva* or *Adhomarga*. It causes *Grahani Gada* if it moves in *Adhomarga*. According to *Acharya Sushruta*, patients with *Atisara* who consume an imbalanced diet during the *Agnimandya* stage may develop *Grahani Roga*.

IBS (Irritable Bowel Syndrome)-

Irritable Bowel Syndrome (IBS) is a gastrointestinal disorder characterized by altered bowel habits with intermittent and chronic abdominal pain or discomfort in the absence of detectable structural abnormalities. IBS patients are having some sort of psychological disturbance. women are affected 2-3 times more than males.

IBS SYMPTOMS -

The symptoms of IBS typically include-

Abdominal pain-

- Recurrent abdominal pain associated with defecation.
- Cramping and colicky in nature relieved by defecation.
- Variable intensity and location.
- Pain is often exacerbated by eating or emotional stress and improved by passage of flatus or stool.

Altered bowel habits-

- Abnormal stool frequency and consistency (less than three times per week or over three times per day)
- Diarrhoea or Constipation
Diarrhoea- Most often occurs in the morning or after eating preceded by lower abdominal pain and sense of urgency (possibly with tenesmus)
Constipation-pellet shaped, can also have sensation of tenesmus.
- Feeling of incomplete evacuation.
- Passage of mucous stool
- Bloating and abdominal distension.
- Weight loss
- Symptoms can be altered by emotional (ex. stress), social, cultural factors.

Patient Information: -

- OPD NO.- 62105
- Consulting Date – 26/05/2023
- NAME – XXXX
- AGE/SEX -34 Yrs /male
- ADDRESS- laxmi nagar, Raipur
- RELIGION- Hindu
- EDUCATION- Graduate
- MARITAL STATUS- Married
- SOCIO-ECONOMIC STATUS- Middle Class
- OCCUPATION- Bank clerk
- HABITATION- Sub-urban

Chief complaints-

- Recurrent abdominal pain and problem in defecation (loose stool) 3 to 4 times in a day especially just after meal.
- Mucous seen in stool.
- Abdomen fullness and discomfort (*aadhman*) for last 2 years.
- *Tikta amla udgar*
- Emotional stress (*avsad*).

Presenting Illness-

- A 34 years old male patient, occupation of bank PO, consulted in our OPD comes with these complaints According to patient he was asymptomatic before one year, after that he was feeling abdominal discomfort and fullness. He ignores this condition for some months. Gradually he feels abdominal pain and problem in defecation (loose stool) 3 to 4 times in a day especially just after meal. He takes some allopathic medication and got symptomatic relief. After stop medication he suffer again from these problem along with mental stress.

Past medical history: -

The patient used antacids, Proton Pump Inhibitors, painkiller and antibiotics lasts 1 year.

Family history: - No history of DM/HTN/BA/HYPOTHYROIDISM/RA/IBS.

Personal History –

- Lifestyle –Sedentary
- Appetite – Good
- Dietary Habits – Irregular & Mixed
- Bowel habits – Irregular, predominantly diarrhoea
- Bladder habits – Normal
- Sleep – Normal
- Habits – Tea, gutkha
- Physical exercise –No exercise

General examination –

- General condition Good

- BP-130/80 mm/hg
- P/R-68/min
- R/R-18/min
- Height- 5ft 5 inch
- Weight-80 kg
- Patient was afebrile
- On examination of GI system, abdominal palpation shows mild tenderness and discomfort in abdomen.

Ashtavidha pariksha -

- *Nadi – 68/min, gati(rate)-manda, yati(rhythm)-sama, aayati(volume)-sthula,*
- *Dosha - VK*
- *Mutra – 5-6 time/at day, 1-2 time/in a night, Ishat-peetabh Varn, samanya mutragandhi Gandh*
- *Mala – 3-4 time/day, Atisaran, adhha samhati.*
- *Jivha – Niraam*
- *Shabda – Prakrit*
- *Sparsha – Snigdha*
- *Drik – Samanya*

Dashvidha Pariksha –

- *Prakriti – VK*
- *Vikriti – Dosha- VK*
Dushya- Anna,Rasa
Adhistan- grahani
- *Saar – Mansa saar, Meda sar*
- *Samhanan – Madhyam*
- *Satva – Madhyam*
- *Satmya – Madhyam*
- *Aharshakti – Pravara*
- *Vyayamshakti – Avara*

- *Vaya – Madhyam*
- *Pramana – Madhyam (165 cm)*

Diagnosis –

Grahani dosha (IBS)

Differential Diagnosis –

Atisar, grahani dosha

DIAGNOSTIC CRITERIA: - ROME IV Diagnostic Criteria for “IBS”:

- Recurrent abdominal pain, on average at least 1 day per week in the last 3 months, associated with > 2 of the following criteria:
 - Related to defecation.
 - Associated with change in frequency of stool.
 - Associated with a change in form (appearance) of stool.

ASSESSMENT CRITERIA: –

1. *Muhurbaddham muhur drava mal pravritti .*
2. *Shleshma mala pravritti.*
3. *Aadhmana*
4. *Tikta amla udgar*
5. *Aruchi*

- 1.G0- Absent
- 2.G1- Mild
- 3.G2- Moderate
- 4.G3- Severe

Scoring Pattern-Grading of parameters taken for assessment: -

1- Muhurvaddha Muhurdrava Mala Pravriti (Frequency of Passing Stool)

Grading	Criteria
	<i>Muhurvaddha Muhurdrava Mala Pravriti</i>
Grade 0	Passing of normal consistency stool (1 time / day) in the morning.
Grade 1	Passing of stool (1-2 times /day) irregularly, without pain

Grade 2	Passing of stool (2-3 times / day) just after meals, irregularly with pain.
Grade 3	Passing of stool more than 4 times/day just after meals, irregularly with pain

2- Shleshma Mala Pravriti (Presence of mucous in stool)

Grading	Criteria
	Shleshma Mala Pravriti (Presence of mucous in stool)
Grade 0	No visible mucous in stool.
Grade 1	Visible mucous sticed to the stool.
Grade 2	Passage of mucous with frequent stool.
Grade 3	Passage of large amount of mucous in stool.

3- Adhmana (Distention of abdomen)

Grading	Criteria
	Adhmana
Grade 0	No Complaint
Grade 1	Occasionally Once in a week
Grade 2	Distention of abdomen after taking meal up to 1-3 hour
Grade 3	Distention of abdomen after taking meal up to 6 hour

4-Tikta Amlodgara

Grading	Criteria
	Tikta Amlodgara
Grade 0	No complaint
Grade 1	1-3 Days/week
Grade 2	3-5 Days/week
Grade 3	5-7 Days/week

5- Aruchi

Grading	Criteria
	Aruchi
Grade 0	No complaint/ Taking normal diet with intrest
Grade 1	No intrest in taking normal diet
Grade 2	Food has taken forcefully
Grade 3	Not taken a food even forcefully

TREATMENT PLAN: -

लीनं पक्काशयस्थं वाऽऽप्यामं स्राव्यं सदीपनैः।
शरीरानुगते सामे रसे लङ्घनपाचनम्॥

As Acharya Charaka mentioned *Deepana*, *langhana* & *pachana* and *kostha shodhana* is the line of treatment for the *grahani dosha chikitsa*. *Deepan*, *pachana*, *langhana*, *kostha*, *shodhan* and *rasayan* is chosen as the choice of treatment.

Our treatment modality is: -

Consulting Date - 26/05/2023, Dept. of Kayachikitsa, Govt. Ayurved hospital, Raipur, C.G.

Treatment Schedule: - Treatment schedule was prepared after ascertaining involvement of Doshas.

1st visit 21-01-2023:

DRUG NAME	DOSE	ANUAPANA	TIME/DURATION
1. <i>Panchamrit Parpati</i>	250 mg		
<i>Sutshekhar rasa</i>	250 mg		
<i>Laghugangadhar churna</i>	3 gm		
<i>Shunthi churna</i>	1 gm	<i>Takra</i>	BD, After meal
2. <i>Chirtakadi Vati</i>	250 mg (2 Tab)	<i>Ushnodaka</i>	BD, Before Food
3. <i>Kutajarishtha</i>	20ml	<i>Sambhaga Jala</i>	BD, After food
4. <i>Bramhi vati</i>	250 mg (2 tab)	<i>Madhu</i>	BD, After food

2nd visit: - 05-02-2023

Symptoms reduce markedly.

Repeat same medicine for more 15 days.

3rd visit 02-03-2023

Hingwashtaka churna added according to patient bloating complaints.

DISCUSSION: -

Grahani roga is a syndrome in which *Agni* especially *jatharagni* (the digestive fire) gets vitiated after consumption of certain *nidanans* and when *Agni* becomes *dushta*, *avasthapaka* completely gets hampered & as a result *Ama* (undigested food material) is produced.

Simultaneously, *vata* *doshas* i.e. *samana vayu*, *pachaka pitta* & *kledaka kapha* also become vitiated.

Due to malfunctioning *grahani*, *ama* gets accumulated & it passes through the stool to form a mixture of *pakva-apakva mala*. So aim of treatment should be to enhance the potency of *Agni*, thereby reducing the formation of *Ama*.

- The oral medications like *Chitakadi Vati* has an excellent activity of *ama pachana*. *Panchmrita parpati*, *sutshekhara rasa* & *bilva majja churna* has properties like *deepana*, *pachana*, *grahi*, *shulaghna*, *vata-kapha shamana* etc. and with the help of these properties, these drugs act as excellent medication in GI tract diseases.
- *Brahmi Vati* (with *madhu anupana*) is also a very good drug to prevent anxiety & stress, induce sleep & alleviate *vata*. By all of these medications patient was nicely improving day by day and it was continued upto 45 days.
- In the view of clinical features, excellent improvement happened, Moderate improvement was happened in defecation of just after food. So, overall improvement of the patient signified the success of the treatment.
- So, *amapachana* and *Agni deepana* are the main line of treatment of *Grahani roga*. And by the application of medications, these were successfully done in this patient.

RESULT AND OBSERVATIONS: -

- On the day of first visit of OPD after getting proper history and thorough check up the patient prescribes treatment schedule (visit I)
- After 15 days he was feeling very well after getting the therapies of visit I. Then same medication with proper *anupana* and *pathya* had been advised to the patient and asked to follow-up visit after 15 days.
- After 15 days (30 day from 1st visit) he had visited at OPD and as per his statement bowel habit was corrected along with improvement of other subjective parameters.
- After 1n half month (45 day from 1st visit) he had visited again at OPD and very significant improvement was seen.

CONCLUSION: -

In the present case, as the treatment given here like *panchmrita parpati*, *Chitakadi Vati*, *bilva majja churna*, *Brahmi Vati*, *kutajarishtha* along with *pathya ushnodaka* & *takra* had showed good remarkable improvement and response in this case suffering from *Grahani roga*. This study has given us a successful as well as effective Ayurvedic management in

Grahani roga also curing its complications. Hence, it can be clearly depicted that IBS can be cured with special reference to *Grahani roga* by its Ayurvedic management.

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