

Ayurvedic management of ulcerative colitis with Pacchabasti- a case report

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ABSTRACT -

Ulcerative colitis (UC) is an idiopathic, chronic inflammatory bowel disease (IBD) involving the colon. There are many tools available for diagnosis of ulcerative colitis but there is no significant allopathic medical treatment for UC only corticosteroid and anti-diarrhoeal agents are given. These drugs has its own side effect. So we have to develop a treatment protocol for ulcerative colitis with Ayurvedic drugs. It is a need of today`s era and present study. Here an effort was made to treat a 23 year old male patient who was diagnosed as a case of ulcerative colitis. We used multiple Ayurvedic therapies on the basis of involvement of Doshas and Dushya according to the disease and results were highly significant.

Keywords: Ulcerative Colitis, IBD, Raktatisara

INTRODUCTION-

Ulcerative colitis is an ulcero-inflammatory disease affecting the colon but limited to mucosa and sub mucosa. It includes characteristic of ulcers or open sores. The major symptoms of UC are diarrhea, rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain¹. It is idiopathic in nature but there are many possible factors such as genetical, environmental, diet, drugs and stress. It may also result of an abnormal response of immune system of body. Normally, the cells and proteins that make up the immune system protect from infection when this happens, the body sends white blood cells into the lining of the intestines, where they produce chronic inflammation and ulcerations.

Ulcerative colitis affects middle age group of people in all over world here male dominates females.

In modern medicine, so many drugs are mentioned for treatment of ulcerative colitis like sulfasalazine which have both antibacterial and anti-inflammatory properties. Glucocorticoids, purine ana-log compound, cytotoxic drugs, newer immunosuppressive agents and anti-tumor necrosis factors etc². But, these drugs only control the episodes of the disease and not cure them. Moreover these modern drugs have a huge list of possible side effects like intolerance and toxicity to other organs like liver, kidney, pancreas, eyes, etc.

In Ayurveda, UC consider as under the heading Raktatisara. According to Ayurvedic classics People with Pitta Atisar have tendency to develop Raktatisara. When, they do not follow pathya aahara and vihara. Again consumption of hot, spicy and fried food along with stress, anxiety etc leads to Raktatisara which is a serious condition and needs serious attention³. As in Raktatisara symptoms are quietly similar to UC i.e. blood mixed with stool, foul smelling, pain in abdomen, burning sensation in the rectum and excessive thirst⁴. So, we can treat UC patient on the line of Raktatisara.

CASE REPORT-

A case report of 23 year old male patient was visited in Kayachikitsa OPD of Dhanwantari ayurvedic medical collage & hospital Ujjain (m.p.) with OPD registration no 11319 belong to Ujjain, on 17 april 2018 with chief complain of abdomen pain, hyperacidity, Bleeding per rectum and mild burning sensation during defecation 6-8 times/day. Generalized weakness, weight loss, vertigo,

Nausea, vomiting occasionally after taking meal and water last 2 year. For which he consults with senior gastroenterologist in 2017 and he was diagnosed as a case of Ulcerative colitis by colonoscopy and he prescribed allopathic medicine for them but he was not getting satisfactory relief.

Past history, drug history, allergic history was not significant. There was family history of hypertension.

On general examination Pallor-Present, Icterus- absent, Cyanosis-absent Clubbing – absent, Lymph nodes- non palpable , Edema –absent, in oral mucosa mucocutaneous or aphthous ulcers present. BP-Low blood pressure 100/60 mm of Hg observed. Pulse – 88/min regular RR-20/min, Temp 99.4F febrile.

Per abdomen examination abdomen was shrunken and diffuse tenderness, no hepato- splenomegaly present. In Cardiovascular system and Respiratory System no any abnormality detected in cardiovascular system, Higher mental function were intact. On per-rectal examination No peri-anal inflammation in the form of fissure, fistula or pile mass is noticed. Musculo-Skeleton system examination no abnormality found.

Patient gave history of decreased Appetite, disturbed Sleep, loose watery stool 6-8 times per day, Scanty micturation. Also no history of Addiction, vegetarian by diet but taking very hot spicy and fast food in past.

Hematological reports reveals Hb% -9.1 gm%, ESR-29 mm/hr.

Patient was diagnosed as ulcerative colitis with the help of colonoscopy in 2017. Colonoscopy revealed severe IBD.

Patient was managed with following ayurvedic therapy along with allopathic medicine.

- Swarnamakshik bhasma – 500mg
- Shuddha Gairika bhasma – 500mg
- Prawal panchamrit -500mg
- Bolbaddh Ras-250mg
- Amalaki churna -1gm
1×2 dose with Luke warm water before meal
- Dhanya panchak kwath -20ml *bd
- Kutajghan vati - 2*bd after meal
- Mahashankha vati -2*bd after meal

The patient was advised to take the medicine for 3 month and every 15 days withdraw the allopathic medicine one by one. Patient was advised for avoidance of amla (sour), tikshna (pungent), spicy, pitta-vardhaka ahara, adhyasana (repeated eating before the prior digestion of food), ajiranasana, divaswapna (day time sleep), ratrijagrana (Night awakening), sleep after meal, over exertion, heavy meals etc.

After three months of therapy about 80% of symptoms subsides but bleeding per rectum after defecation is continuous. At that time treatment plan was changed with oral medicines and Picchabasti⁵. Pacchabasti started for 15days which Contain churna of Bala, Mocharasa, Yastimadhu, wet Giloy and Panchtikita ghee with milk. This basti was given after meal in Anuvasana basti form i.e.70 to 80ml. After Picchabasti symptoms started to relived from 4th day and there was complete relief from the previous symptoms through over treatment.

DISCUSSION-

According to Ayurvedic Classics People with Pitta Atisara have tendency to develop Raktatisara. When they do not follow pathya aahara and vihara. Again consumption of hot, spicy and fried food along with stress, anxiety leads to Raktatisara. Therefore the first line of treatment is Nidana parivarjana followed by use of Sansamana Chikitsa [like rakta- stambhaka (blood coagulatory) and purisha- sanghrahi (anti-diarrheal) medicines. So here some of the Ayurvedic preparation selected on the basis of involvement of Doshas, Dushya of the disease. Also we used Ayurvedic medicines along with Picchabasti and the drugs- Swarnamakshik bhasma⁶, is sheeta virya ,madhur tikta ras and stambhak. So it is a very effective medicine for vran,garhni rog. Suddha Gairik bhasma⁷ having

vransopan property. So it is helpful to healing the ulcers. Pravala panchamruta⁸ have rakta pitta shamaka and balya property. Bolbadhh ras⁹ is useful in patients of Raktatisara (ulcerative colitis) by, enhancing stop rectal bleeding due to its sheeta virya and stambhan property due to its ingredient Suddha Gandhaka, Shuddha Parada, giloya satva, bol and semal chhal. Aamlaki churana¹⁰ has a grahi, sheetal, and deepan property and used for controlling bloody diarrhea. Kutaja ghana vati and maha shankh vati helps to control diarrhoea and pain in abdomen respectively. Dhanyapanchaka kwatha¹¹ is used for pain in abdomen, Amapachana and for controlling diarrhoea. Picchabasti in this case was not formed by textual reference drugs but modified accordingly for convenience purpose. In Picchabasti drugs used are Bala¹² which is snigdha and grahi so, it protects ulcer from irritations and giving ulcer sufficient time to heal by forming protecting layer over the colonic surface. Mocharasa¹³ having Kashaya rasa and shita virya which is Stambhaka, Grahi, Shothahara property helpful to stop diarrhea and rectal bleeding. Yastimadhu¹⁴ having Vranashodhara property promotes healing of ulcers. Wet Guduchi¹⁵ having deepan, rasayan, sangrahi and raktasodak property. The panchtikita ghrut¹⁶ in it keeps the wound surface wet and thereby, facilitates healing of ulcers by its best Vranaropaka property. In this way, contents of Picchabasti synergistically acts and helps in cure of UC. There is no side effects seen during whole course of treatment.

CONCLUSION-

So from above discussion it can be concluded that, Ayurvedic treatment is very successful in the management of Ulcerative Colitis. This is safe, cost effective, easily adoptable in routine practice and having no side effects.

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