



# UPAMANA Between Grahani and Irritable Bowel Syndrome

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## Abstract:

In this paper, a correlation of the cause and patho-physiology between irritable bowel syndrome and Grahani has been put forth. There are considerably good numbers of clinical features which are an attribute of IBS as well. Both Ayurveda and contemporary science accept the fact that psychological factors have a significant role in the onset of these diseases. Psychological stress exhibits gastrointestinal distress distinctively in IBS patients. Also in some texts of Ayurveda, it is mentioned that Aahar-Viharaja & Manasika Bhavas (mental status) like Krodha Shoka (Anger, sorrow, depression) result in Agni Dushti (Impaired digestion) and thus leads to Grahani Dosha. In both diseases patient faces issues of indigestion with altered alteration in nature of stool (undigested food, frequent watery stools or constipation) being the chief complains.

**Aim** -To find the common *etiological* factors and the symptoms on basis of which we can co-relate IBS & Grahani diseases and set parameters for *Nidana Parivarjana* as a primary line of treatment

**Keywords:** Grahani , Irritable bowel syndrome, psychological factors, altered bowel habits.

## Introduction:

The lifestyle & dietary habits have changed drastically in the last few years, especially among the young age group. In addition to it, one is constantly under tremendous mental stress or anxiety. All these cause disturbances in the different body systems leading to disorders such as D.M., Depression, gastrointestinal tract disorders etc. amongst which digestion & absorption disorders constitute an important group. The prevalence of one such disorder viz. IBS is seen in approximately 20% of the population, higher in females than in males.

In Ayurveda Samhitas also, we find the references of Vyadhi- *Grahani* which has similar signs & symptoms. If we limit to only signs & symptoms, then the whole motive of Nidana-Parivarjan is not justified as we do not know the other main causative factors common to both. In Ayurvedic terms, the famous GIT disorder, *Grahani*(subtype Vataja-Grahani) shares the symptoms with IBS. It is not only Mandagni-Janya Vikara, but also initiates due to Manasika-Dosha. The incompatible Ahara-Vihara and Manasika Bhavas like Krodha, Shoka, Bhaya etc. leads to

Mandagni & derangement of the natural function of Samana & Apana Vayu (Saman avritta Apana), which is finally responsible for Grahani (Part of intestine) Dosha.

**Irritable Bowel Syndrome (IBS)** is a functional bowel disorder in which abdominal pain is associated with features of disordered defecation due to altered gut motility and distention; Fluid electrolyte imbalance can also be considered in case the patient suffers from heavy loose motions. The basic pathology in IBS is not digestive alteration but is more of psycho-neurological nature. Alterations of gastrointestinal motor function are part of the visceral response to stress. It is a disorder of the interaction between the *brain & the gastrointestinal tract* through the *gut-brain axis*. Nervous system of GIT is controlled by Autonomic Nervous System (Enteric or Intrinsic Nervous System) & Central Nervous System; the connections between which are carried mainly by *Vagus* nerve (Parasympathetic). *Vagus* nerve has significant role in digestion and control of moods too. Moreover hormones like cholecystokinin and serotonin are linked with similar functions!

### Methods & materials:

This is a case study. Informed consent and detail history was taken from the patient. Declaration of patient with consent was taken.

### History of present illness: -

the patient was experiencing emotional disturbances and work-related stress, had to work in night shifts due which was deprived of night sleep, proper attention was not given toward health, concern for diet sleep less food intake

### Nidana Panchaka:

**Hetu** (Etiological factors):-Ahara Vihara:-: Low digestive power, indigestion, excessive or less eating, eating incompatible foods, eating heavy, cold, rough & stale food for long time, side effect of Vamana, Virechana procedures, debility due to other diseases, stress, over thinking & other mental instability, inadequate diet, travelling long distances on foot, suppression of natural urges; Modern science also includes -Long term consumption of antibiotics, idiopathic, stress depression as causative factors.

**Purva Roopa** (Prodromal symptoms): -malaise, anorexia, delayed digestion, thirst, laziness, decrease in strength, tinnitus, gurgling in abdomen.

**Roopa** (Manifestation):-Signs and symptoms: Weakness, anorexia, excessive salivation, giddiness, distension, fever, sour-bitter eructation, burning sensation, alteration in nature of stool (undigested food, frequent watery stools or constipation), altered peristalsis, weight loss.

**Upashaya:** - Dinking buttermilk, milk kanji, soup.

**Anupashaya:** -Excessive water intake, fasting, staying up late in night (Ratri Jagarana), eating mushrooms and food heavy to digest

### Samprapti Ghataka:

**Dosha** – Vata – Samana, Pachaka- Pitta, Kledaka- Kapha.

**Dushya-** Rasa Dhatu, Annavaha, Purishavaha Srotas.

**Mala-** Purisha.

**Jatharagni-** Manda.

**Adhasthan:** Grahani / Maha Srotas (GIT)

**Sroto Dushti**- Sanga and vimarga gamana

**Roga Marga** – Abhyantara.

**Swabhava**- Chirakari, Daaruna.

**Sadhyasadhyatwa** (prognosis): Kashta Sadhya in child, Asadhya in old age.

**Types**- Vataja, Pittaja, Kaphaja, Sannipataja, Sangrahani

**Diagnosis**: Vataja Grahani acc to Ayurveda. IBS in contemporary science.

### **Treatment:**

By analyzing the above pathogenesis of disease, the following treatment was prescribed after following 30-days course of Ayurvedic therapy patient got relief from chief complaints and hence continued Rasayana therapy for complete cure from the illness for about next 5 months. Internal medicines were prescribed and simultaneously counseling support was given to the patient. Patient was also advised to perform Pranayama and Dhyana (meditation).

Prescribed medications mainly included: -

1. Lakshmi Vilasa: -general tonic, helps in controlling Oja Dushti.
2. Panchyamrut Parpati: - Dipana Pachana, Grahi.
3. Takrarishta: - Dipana, Grahi.
4. Bilva: - Dipana, Pachana, Grahi.
5. Shunthi: - Dipana, Grahi, Balya.
6. Musta: - Grahi, Pachaka.
7. Dhamasa: - Tridosha Shamana.
8. Rasa Pachaka: -Improves the quality of Rasa Dhatu, removes obstructions in Srotas/
9. Krumi Kuthara(de-worming/)

### **Conclusion:**

Hence, I conclude that both the diseases Grahani and irritable bowel syndrome are contributed by common causative factors and both manifest similar signs and symptoms. It has been scientifically validated with clinical case data that both diseases have a psychosomatic base & associated similarities to the extent that they can be managed with a similar treatment protocol.

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