



EFFECT OF AYURVEDIC BASTI CHIKITSA IN ULCERATIVE COLITIS - A SINGLE CASE REPORT

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Abstract

Inflammatory bowel disease could be a potentially complex and crippling disease process, challenging for the provider and cruel to the patient. The explanation for UC is unknown. there's probably a genetic contribution with no clear Mendelian pattern of inheritance. it's been shown that 15% of patients with UC have a first-degree relative with inflammatory bowel disease. UC is more common in Caucasians than in blacks or Asians. Despite intensive bacteriological studies, no organisms or group of organisms are often incriminated. Relapse of colitis has, however, been reported in association with bacterial dysenteries. Here A 25-years old male patient unmarried and collegian came to OPD of Akhandanand Ayurveda hospital, department of Shalya tantra with the complain of abdominal pain, bloody diarrhoea, generalized weakness, frequent laxation, anorexia, anxiety in the last 1 month. Patient was diagnosed as raktaatisara. Patient was treated with panchvalkal kwath basti and Satavari Ghrita basti on alternate days with oral Ayurveda medicaments including Kutaj ghan vati, Udumbara kvatha for a one month period. during this study, it had been observed that the symptoms and signs, were relieved.

Keywords: ULCERATIVE COLITIS, RAKTAATISARA, BASTI CHIKITSA

INTRODUCTION

Ulcerative colitis is a chronic inflammatory disease of the colon that always affects the rectum, extends proximally to a variable extent and is characterized by a relapsing and remitting course.¹

The cause of ulcerative colitis is unknown: Ulcerative colitis may affect any group, although there are peaks at ages 15-30 and again at ages 60-70. A westernize lifestyle are linked to the appearance of ulcerative colitis, which is associated with smoking, improper diet, medication, stress etc. People with ulcerative colitis are more likely experience anxiety and depression. There is no direct link identify between stress and ulcerative colitis, but both aggregate the inflammatory reaction of body.

Genetic factors are involved although not all the relevant genes are yet identified .ⁱⁱ A improper regulated immune response to luminal antigen may be important.

Severity of the disease vary as per person.

- In mild condition symptoms are fewer than four stools daily, with or without blood, with no systematic disturbance and a normal ESR.
- In moderate condition more than four stools daily but with minimal systematic disturbance.
- In severe condition more than six stools daily with blood and with evidence of systematic disturbance as seen by fever, tachycardia, anaemia and ESR greater than 30.ⁱⁱⁱ

In Allopathy of medicine like 5–Amino salicylates, Glucocorticoids, Anti-TNF therapy etc. are used for its treatment but they have many side effects like Headache, Nausea, Vomiting, Hypersensitivity reactions due to Sulfasalazine, Osteoporosis due to use of Glucocorticoids etc.^{iv}

The various disease described in Ayurveda like Raktaatisara, Shokatisar, resemble to ulcerative colitis due to similarity in symptoms.^v Acharya Sushruta has described Raktaatisara as advanced stage of Paittika Atisaara.^{vi} Its symptoms like Shoola, Vidaaha, Gudpaaka & Raktapravritti can be compared with rectal Pain, Inflammation, Rectal ulceration and Bleeding of ulcerative colitis. Vitiation of Agni is the main cause of all these conditions. Ayurvedic system of medicine is very beneficial in the treatment of Ulcerative colitis. Use of Basti Chikitsa are quite effective in Raktaatisara.^{vii}

In ayurvedic system pichhabasti is mentioned as the supreme treatment for raktastrava. Satavari ghrita work as a pitta samak, vrana ropana sneha dravya. And panchvalakala kwath basti have kashaya rasa pradhana work as a satmbhaka dravya which are useful in relieving of sign and symptoms of disease. Udumbara kwath used internally as stambhaka as well as pita & kapha samak drug. Kutaj ghanvati is very effective in the management of atisara.

CASE REPORT

A 25 years old male patient visited the OPD of Shalya Tantra in Akhandanand Ayurved Hospital, Ahmedabad having complains of abdominal pain, bloody diarrhoea, generalized weakness, frequent laxation, anorexia since 1 month. Bouts of diarrhoea were occurring up to 7-8 times daily with blood apparent within the faeces. He mentioned that the severity of symptoms was became worsen with passing of your time he became pallor and lost 5 kg weight in 1 month.

On per rectal examination no abnormality was detected.

The abdomen was soft without palpable masses or organomegaly.

Patient felt mild pain upon palpation of the colic framework but without signs of peritoneal irritation. The initial clinical diagnosis was acute severe inflammatory bowel disease for strengthening the diagnosis patient was advised for colonoscopy.

Colonoscopy & biopsy was done on 8th march 2021, which suggested colitis with moderate to severe activity; erythema, oedema, friability and superficial ulceration noted from anal verge up to 15cm.



image1

After confirmation of diagnosis as Ulcerative colitis by all investigation, basti chikitsa was planned.

History of Past Illness

1. Patient had no H/O Diabetes mellitus, Hypertension, Dengue, Tuberculosis, Hypothyroidism, Typhoid, Malaria, Hernia, Liver disease etc.
2. Patients had no H/O any type of Surgery, Sexual Disease, Communicable disease, and Chronic Disease.

Dietary History

1. Type of diet-Vegetarian,
2. Irregular food habit,
3. Dominant Rasa in diet-All with Salty, spicy in dominancy,
4. Alcohol Addiction-No,
5. Smoking – No

Personal History –

1. stool – loose stool with mucous
2. urine – normal
3. app- decreased
4. sleep- disturbed

Family History: No any relevant history of family members.

Socio-economic status: Middle higher.

General Physical Examination:

Appearance- Pallor and anxious

Temp.-Afebrile,

P/R-76/min,

R/R-20/min,

B.P.-110/90 mmHg,

Weight-49kg,

Height-5 fetes & 8 inches.

Jaundice-Absent,

Cyanosis-Absent,

Oedema-Absent,

Lymph node-Cervical/ Axillary/Inguinal-No any sign of lymphadenopathy.

Skull, Oral cavity/Throat, Neck, Nose, Ear, Eyes, Hair, Bones, Joints, Nails & Skin- paleness of appearance without any deformity.

TREATMENT PLAN

1) KALA BASTI^{viii} - 1st Anuvasana Basti

6Anuvasana Basti and Niruha Basti on Alternate Days Followed By

Anuvasana Basti

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(Table 1)

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
BASTI	A	A	N	A	N	A	N	A	N	A	N	A	N	A	A	A

NOTE – Anuvasana Basti by Satavari Ghrita

Niruha Basti By Panchvalkal Kwath

2) SAMAN CHIKITSA-

Udumbar Kwath 20ml Twice Daily For 15 Days

Kutaj Ghanvati 2 -0-2 Daily For 15 Days

(Table 2)

SYMPTOMS	1 ST Week	2 nd Week	3 rd Week	4 th Week
BOWEL FREQUENCY	8-9 Times A Day	5-6 Times A Day	3-4 Times A Day	2-3 Times A Day
BLOOD IN STOOL	Profuse Bleeding	Scanty Bleeding	On-Off Bleeding	No Bleeding
MUCOUS IN STOOL	Present With Each Defecation	Present	Reduced	On-Off Mucous Present
ABDOMINAL PAIN	Continuous Abd Pain	Cramping Type Of Pain At A Time Of Defecation	Mild Abd Pain	No Pain
WEAKNESS	+++	+++	++	+
APPETITE	Reduced	Improved	Improved	Good

SATAVARI (ASPARGUS RACEMOSUS WILD.)^{ix}

It has madhura, tikta rasa; guru and snighdha guna and sheeta virya. Satavari ghrita is beneficial in the management of raktaatisara.

PANCHVALKAL KWATH – ^x

As per classical terms; kashya rasa, sheeta virya and katu vipaka had a stambhaka action which stops the bleeding and helps in the healing of the colonic ulceration.

Panchvalkal kwath contain five astringent drug which are:

DRUG	RASA	GUNA	VIRYA	VIPAKA
Nyagrodha (Ficus bengalensis Linn.)	Kashaya	Guru, Ruksha	Sheeta	Katu
Udumbara (Ficus glomerata Roxb.)	Kashaya	Laghu, Ruksha	Sheeta	Katu
Ashvatha (Ficus religiosa Linn.)	Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu
Parisha (Thespesia populanea Soland ex correa)	Kashaya	Laghu, Ruksha	Sheeta	Katu
Plaksha (Ficus lacor Buch-Ham.)	Kashaya	Guru, Ruksha	Sheeta	Katu

KUTAJ GHANVATI ^{xi}

Kutaj tvak has tikta, kashya rasa, laghu, ruksha and sheeta virya. It has the potency to increase the digestive fire, beneficial in diasese like arsha, atisara, trushna, aam, kushta etc.(shlok 118 – bhav prakash nighantu; guduchyadi varga)

It is used in treating fever with diarrhoea, dysentery, ulcerative colitis, malabsorption syndrome. It balances pitta.

UDUMBARA (*Ficus glomerata* Roxb.)^{xii}

It has kashaya rasa, laghu , ruksha guna ,sheeta virya and katu vipaka.kapha-pitta saamaka action so; it has stambhana and vranaropana quality. It is used to treat the raktapitta and raktasrav.

OUTCOME

Ulcerative colitis could be a challenging medical problem. Its incidence is increasing due to unhealthy dietary habits. In modern bioscience, though many remedies are available, just like the use of Sulfasalazine and therefore the other 5-ASA agents, Glucocorticoids, Anti-TNF Therapy, but they need many side-effects, because of the character of disease, it leads to degradation of health and disturbs the daily routine lifetime of the patient thus, making him emotionally stressed.

Based on the discussion, it are often said Basti is sort of effective in treating colitis.

Based on the clinical signs and symptoms, the disease raktaatisara are often correlated with inflammatory bowel disease. Raktaatisara could be a disease with the involvement of Pitta and Vata,Rakta. It begins with the agnimandya. Hence, the treatment mainly includes Pachana and Sangrahi dravya. Dravya which are utilized in bastidravya is reduces inflammation due to its Grahi, Deepana and Picchila guna. Also, it improves the function of Apana Vata.

Samshamana Yogas and together with the dietary modifications, gives maximum relief.

Image 1 – reports of the patient

Table no1 – days of respective basti given in particular day

Table no 2 – before and after treatment follow up of the patient symptomatic chart

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^{xii} BHARATA BHAI SAJYA RATNAKAR VOL-1 ; BRUHAD NIGHANTU RATNAKAR ; GADA NIGRAHA