



“A CONCEPTUAL STUDY OF IRRITABLE BOWEL SYNDROME WITH SPECIAL REFERENCE TO VATA DOSHA & MANSIKBHAVAS.”

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ABSTARCT

According to the Ayurveda the living body is a combination of Sharir, Indriyas, Satva and Atma.ⁱ Among these components, Mana is an important factor to understand the manifestation of psychic and psycho-somatic disorders in the present era. This article is an attempt to develop understanding of Vata dosha, Mansikbhavas then its role in IBS pathogenesis, diagnosis and treatment. As Manas is an invisible entity so it is difficult to understand directly, it can be known only through its functions. The lifestyle, food habits (Ahara and Vihara) and psychological factor (Anxiety, stress, Depression) in present era are responsible for the causation of various psychological and psychosomatic disorders. Aushadhis having Medhya, Rasayana, Vatahara properties probably used in IBS.

KEYWORDS: IBS, Ayurveda, Vata dosha, Mansikbhavas.

INTRODUCTION:

Irritable Bowel Syndrome is a condition characterized by a mixture of symptoms which are believed to be due to a disorder of intestinal motor function. It is the commonest condition seen by gastroenterologists. It is a cluster of symptoms for which the etiological factors from modern science is still unknown.. The etiology and pathophysiology is not clear, but there are some researches which prove the role of abnormality of intestines and impaired communication of Enteric Nervous System which plays main role in manifestation of the disease.ⁱⁱ Abnormal gut motor & sensory activity, Central neural dysfunction, Psychological disturbances & stress, Luminal factors are also responsible for it. ⁱⁱⁱDiarrhea, Urge to defecate after meals, Pain in the lower abdomen, pain often occurs in attacks usually relived by defecation and sometimes provoked by food, Bowel habit is variable. Almost in all patients notice ribbon like stools with or without mucus. Sensation of incomplete emptying of the rectum, abdominal distension, excessive flatus, dyspepsia, heartburn, increased urine frequency. anxiety, depression, neurosis and Panic attacks are the symptoms of IBS.^{iv} IBS is not a life-threatening condition.

There is no single blood test, X-ray or scan which will diagnose IBS. The treatment normally helps to reduce the symptoms.

IBS is classified into four subtypes (according to Rome IV)^v: IBS with predominant constipation (IBS-C), IBS with predominant diarrhoea (IBS-D), with mixed bowel habits (IBS-M) or IBS, subtyped.

The Bristol stool form scale,^{vi} which is described below. For clinical trials, or when appropriate in clinical settings, subjects should complete a 14-day bowel diary to most accurately categorize IBS subtypes. Bristol stool types 1 and 2 or types 6 and 7 are considered abnormal:

(1)Type 1: Separate hard lumps, like nuts (hard to pass) (2)Type 2: Sausage-shaped, but lumpy (3)Type 3: Like a sausage but with cracks on its surface (4)Type 4: Like a sausage or snake, smooth and soft (5)Type 5: Soft blobs with clear cut edges (passed easily) (6)Type 6: Fluffy pieces with ragged edges, a mushy stool (7)Type 7: Watery, no solid pieces, entirely liquid. Patients with IBS-C have >25% of their bowel movements associated with BSFS 1 or 2, while those with IBS-D have >25% of their bowel movements associated with BSFS 6 or 7. Those with the mixed subtype of alternating constipation and diarrhea (IBS-M) have >25% of their bowel movements associated with BSFS 1 or 2 and >25% of their bowel movements associated with BSFS 6 or 7.

Ayurveda considers that *Vata* and *Agni* are responsible for indigestion^{vii} which is responsible for various functional and structural defects in the gastro-intestinal tract.^{viii}

Asatmedriyarthasamyoga, Pragnaparadha leads Sarvadoshakopa.^{ix} Shoka, Bhaya, Vishada etc manasika bhava causes vataprakopa in the body.^x Vata is main Dosha in Sharira. 'Vāta' is responsible for all movements and it is the initiating and controlling factor.^{xi} Utsaha is vata's manasika lakshana, Manasika dosha raja get prabhavita by vata & does utsaha utpatti. Manasa is the Ubheyendriya. Indriyaatha dharana is the karma of Udanavayu.^{xii} Shamanavatsha and prakopavastha of the doshas are depends on Agni.^{xiii} So mandagni is causative factor for various rogas.^{xiv} Due to Kama, Krodh, Lobha, Bhaya etc manasika bhavas^{xv} Rajasa and Tamasa manasika dosha get vitiated so it causes Vataprakopa and agnimandhya in the body. Due to Agnimandhya Ahara is not digested properly and form Ama in amashaya then Ama mixed with Dhatus and produced symptoms as per which system involved.

According to ayurvedic text Atisara, Grahani, Pravahika, Pakvashayagatavata are may be correlated with IBS. In this kind of disease Vatadosha is predominant^{xvi} and Manasika bhavas are involved in manifestation of the disease.

CONCLUSION: On the basis of this study, it can be concluded that IBS has strong psycho-somatic base as Manasikbhava like Shoka, Chinta, Bhaya etc. are observed to be playing a vital role in the etiopathogenesis and worsening of the disease. Hence the type of drug/therapy should be recommended in such a way so that it can pacify these disturbed Manasikbhava acting as stressor to correct the deranged psychosomatic set up, resulting in regulating the bowel motility. There are direct connection of Vata dosha & Manasa Bhavas in manifestation of IBS.

So Vatahara (Tridosahara), Medhakara, Manasarogahara Deepana, Pachana, Rasayana treatment is preferred. If a man control his mind and consumes good, restricted diet he can live without disease.^{xvii}

References:

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ⁱⁱ <https://www.mayoclinic.org/diseases-conditions/irritable-bowel-syndrome/symptoms-causes/syc->

ⁱⁱⁱ <https://www.webmd.com>

<https://www.healthline.com>

^{iv} <https://www.medicalnewstoday.com>

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