

# The Ayurvedic Treatment Protocols of Grahani Irritable-Bowel Syndrome: Case Report

**Dr Kajal Raskotra<sup>1</sup>, Dr. Adbhut Kumar Mundhara<sup>2</sup>, Dr.Sunil Kamboj<sup>3</sup>**

<sup>1</sup>MD Scholar, 2<sup>nd</sup> Year, Department of Kayachikitsa , Jammu Institute of Ayurveda and Research, 181123, J&K , India.

<sup>2</sup>MD Scholar, 2<sup>nd</sup> Year, Department of Kayachikitsa ,Institute of Ayurveda Studies and Research Faculty of Ayurveda ,Shri Krishna Ayush University,Kurukshetra,136118,Haryana,India.

<sup>3</sup>MD Scholar, 2<sup>nd</sup> Year , Department of Kayachikitsa , Jammu Institute of Ayurveda and Research, 181123, J&K , India.

## ABSTRACT

The fast evolving present era is not only upfront in case of technological developments but also been in top for the manifestation of lifestyle disorders. The origin of almost all the diseases start basically from the food habits itself. The alterations in the gastro -intestinal system will later lead to the development of wide spectrum of diseases.Irritable Bowel Syndrome (IBS) is one among the common gastrointestinal functional disordersthat affects millions of people worldwide. IBS is characterised by a complex group of symptoms including abdominal pain or bloating, diarrhoea and constipation, which can affect the quality of life of an individual Called Grahani in Ayurveda. The word Grahani in ayurveda relates to Agni (digestive fire) which helps metabolism and digestion of food.The symptomatologies explained in IBS had been explained under a spectrum of diseases called Grahani.Grahani,according to Ayurvedic classics, is caused by the imbalance of Agni or digestive fire, which leads to the imbalance in the digestion metabolism. Grahani can be effectively treated through the combination of dietary and life style modifications along with Ayurvedic medicines and therapies. The treatment aims nothing but tobalance the digestive fire as well as to remove toxins from the body inorder to restore proper digestion as well as overall health.. A successfully treated Grahani case using Shamana oushadhi's will be discussed in this article.

**Keywords:** Grahani, Pittadharakala, Vataj, IBS.

## INTRODUCTION

Grahani is the seat of Agni (digestive fire), it retains the ahara (until it gets fully digested) and then passes it into Pakwashya(intestine).[1] Grahani is one of the important parts of Mahasrotas (GI tract) and according to Acharya Sushruta 6th Pittadhara Kala situated between Amashaya and Pakwashaya is called Grahani.[2] The disease in which Grahani naadi gets vitiated by the aggravated doshas produced from the impairment of Agni is called as Grahani Roga.[3] Grahani roga is the advance stage of grahani dosa where not only vatadi doshas get vitiated, but also grahani naadi also gets vitiated.[4] Grahani roga is the disorder of digestive system due to vitiation of Pachaka pitta, Saman Vayu & Kledaka Kapha. It occurs with the lakshanas or symptoms like Muhurbaddha Muhurdravam (alternate passing of hard & loose bowel habits), sarujam ama-apakwa puti Malapravritti(painful foul smelling defaecation in form

of ama-pakwa Avastha), bahusho bimunchati (defaecation in large quantity), Vairasya (tastelessness), Suktapaka(acid eructation), Trishna(excessive thirst), Daurbalya(weakness), manasa sadanam(depression) etc.[5] Due to malabsorption and lack of nutrition, various complications due to predominance of vata become manifested like swasa, kasa, gulma, hridroga, pliharoga, parikartika.[6] In modern concept, though the exact correlation of Grahani roga cannot be found but according to signs and symptoms and pathology of disease we can consider this clinical entity as Irritable Bowel Syndrome (IBS).The wall of intestine exhibits rhythmic contraction called the peristaltic movements, which helps moves the contents in the tract. In IBS the wall of the intestine becomes sensitive to even mild stimulus which causes excess abdominal cramps & hence the bowel movement alters. In India, IBS affects about 15% of adult population and the ratio of male and female is 3:1 which is just reverse to the ratio in the western countries. It is a functional disorder of GI tract. Clinically IBS shows symptoms like altered bowel habit i.e. constipation, diarrhoea or mixed type, abdominal pain and bloating, indigestion, heart burn, feeling of incomplete defecation, passage of mucus in stool etc. Once the disease manifests, secondary factors such as Apana vata and Pranavata also have significant role in the further progression of the disease. Grahani is such a disorder, where in its significance is emphasized by its inclusion among Ashtamahagadas. [7] It occurs with the symptoms like Muhurbaddha-Muhurdrava Malapravritti (voids frequently hard or loose stool), Udarshoola, Antrakujan, Arochaka, Klama etc. Most of the symptoms of IBS are clinically same as that of Grahani roga. So, we can treat IBS patient on the line of Grahani roga.

### **ETYMOLOGY OF GRAHANI (Ch.Chi.15):**

The word Grahani is derived from Dhatu “Graha” which means “to catch”, “to hold” or “to get”. Grahani is the specialized part of the Mahasrotas (Gastro intestinal system).

### **NIDANA (Ch.Chi.15/42-44)**

अभोजनादजीर्णातिभोजनाद्विषमाशनात्|  
असात्म्यगुरुशीतातिरूक्षसन्दुष्टभोजनात्||४२||  
विरेकवमनस्नेहविभ्रमाद्व्याधिकर्षणात्|  
देशकालतुर्वेषम्याद्वेगानां च विधारणात्||४३||  
दुष्यत्यग्निः, स दुष्टोऽन्नं न तत् पचति लघ्वपि|  
अपच्यमानं शुक्तत्वं यात्यन्नं विषरूपताम् ||४४||

### **POORAVROOPA OF GRAHANI (Ch.Chi 15 /55)**

पूर्वरूपं तु तस्येदं तृष्णाऽऽलस्यं बलक्षयः|  
विदाहोऽन्नस्य पाकश्च चिरात् कायस्य गौरवम्||५५||

### **SAMPRAPTI (Ch.Chi.15)**

#### **SAMPRAPTI GHATAKA –**

Dosha - Tridosha

Dushya - Anna, Rasa

Srotas - Annavaha, Purishavaha

Adhishtan - Pittadharakala, Grahani

*Srotodusti Prakara - Atipravarti*  
*Agni - Manda*  
*Sadhya-Asadhyata- Kruchrasadhya*

### **CHIKITSA SUTRA (Ch.Chi.15/75)**

लीनं पक्वाशयस्थं वाऽऽप्यामं स्राव्यं सदीपनैः|  
शरीरानुगते सामे रसे लङ्घनपाचनम्||७५||

## **CASE REPORT**

### **Case History**

A 28 year old male patient came with complaints of frequent defecation 10-15 times per day , passage of loose stools just after taking food which was alternating with constipation since 6 months.

### **Associated Complaints**

This was associated with passing blood and mucus along with stools occasionally since 6 months. Also patient noticed intermittent onset of pain in abdomen and lately loss of interest in taking food since 3 months.

### **History of Presenting illness**

Patient was apparently normal before 6 months. Then gradually, he started developing difficulty in passing stools at first which was associated with abdominal pain and abdominal distension. There after few days, this difficulty in passing stools was alternating with passage of loose stools and occasionally patient was also passing blood and mucus along with the stools.

### **Treatment History**

For the above mentioned complaints, the patient had consulted a general physician, 2 months back, who advised him to take an antacid (pantocid), probiotic (derolac) and an antibiotic (rifagut) for 2 weeks by which no significant changes in symptoms were noticed.

### **Personal History**

Diet-Vegetarian

Appetite-Good

Bowel-Alternative constipation and loose stools since 6 months.

Bladder-1-2 times a day, no burning micturition

Sleep-Undisturbed 9-10 hours of sleep at night, no day sleep

Habits-Eats oily, fried foods and dairy products regularly

## **Clinical Examination**

### **1.General Examination**

General Appearance:Fair

Built: Hyposthenic

Nourishment:Poor

Pallor: Absent

Icterus: Absent

Cyanosis:Absent

Koilonychia: Absent

Lymphadenopathy: Absent

Odema: Absent

**Vitals**

BP-120/80 mm of Hg

PR-80b/m

Temp-97.8°F

SPO2-98%

Weight-40kgs

Height-140cms

***Astasthan Pareeksha***

Nadi-80b/m

Mutra-1-2times/day

Mala-Alternate hard and loose stools

Jihwa-Aliptha

Shabdha-Prakruta

Sparsha-Anushna Sheeta

Druk-Prakruta

Akruthi-Krishha

***Dashavidha Pareeksha***

Prakruti-Vata -Pittaja

Vikruti-Pitta pradhana Tridosha

Sara-Madhyama sara

Samhanana-Asamhata

Pramana-Madhyama

Satmya-Madhura pradhana Shadrassa

Satva-Avara Satva

Ahara Shakti-Madhyama

Vyayama Shakti-Madhyama

Vaya-Yuva

**Systemic Examination**

**1. Respiratory System:**

NVBS heard, no added sounds

**2. Cardio Vascular System:**

S1 and S2 heard, no cardiac Murmurs

**3. Central Nervous System:**

Conscious and well oriented to time, place and person

**4. Gastrointestinal System:**

P/A -soft and non-tender, No Organomegaly

Borborygmus Present

**Diagnostic Criteria**

The case was diagnosed as Vataja Grahani based on the presence of symptoms explained in our classics[8]. The case was diagnosed as Irritable Bowel Syndrome using Rome IV Criteria as well as Manning's criteria[9] and both Grahani as well as IBS had some sort of similarities in the symptomatology manifested. Hence, line of treatment explained in Grahani was adopted here.

**Table no.1**  
**Rome IV Criteria**

Recurrent abdominal pain on average atleast 1 day/week in the last 3 months, associated with two or more of the following criteria	Criteria satisfied by the patient
1. Related to defecation	✓
2. Associated with a change in the frequency of stool	✓
3. Associated with a change in the form (appearance) of stool	✓

**Manning’s Criteria**

Manning Criteria	Criteria satisfied by the patient
Looser Stools at pain onset	✓
More frequent stools at pain onset	✓
Pain relief with defecation	✓
Visible abdominal distension	✓
Mucus per rectum	✓
Feeling of incomplete evacuation	✓

**TREATMENT PLAN**

**Drugs:**

1. Tab. Koshtasanjeevani 1TID for 30 days after food
2. Mustakarishtha 1tsp TID for 1 month after food
3. Panchamrita Parpati + Pravala Bhasma + Guduchi Satva 125mg BD for 15 days after food
4. Cap. Ashwagandha 1 OD for 15 days at bedtime
5. Pittashekhararasa 1 BD after food

**Table 2: Subjective Parameters.**

<b>1. Baddha mala</b>	Normal once daily	0
	Alternative days	1
	Once in two days	2
	once in three days	3
	Once in four or more days	4
<b>2. Muhur drava mala pravritti</b>	Normal once daily	0
	Twice daily	1
	3-4 times daily	2
	5-6 times daily	3
	>6times daily	4
<b>3. Udara shula or discomfort</b>	No abdominal pain	0
	Occasional/rarely abdominal pain	1
	Intermittent lower abdominal pain	2
	Relieved by passage of flatus and stool	3
	Continuous pain not relived by passage of flatus and stool	4

<b>4. Sense of incomplete evacuation</b>	No sense of incomplete evacuation	0
	Sense of incomplete evacuation till two motions	1
	Sense of incomplete evacuation till 3 to 4 motions	2
	Sense of incomplete evacuation till 5 to 6 motions	3
	Sense of incomplete evacuation even after 6 motions	4

**Table 3: Objective Parameters.**

<b>1.Consistency</b>	Semisolid	0
	Solid	1
	Very hard stools with pellets	2
	Watery stool	3
<b>2.Amayukta mala (mucus in stool)</b>	No visible mucus in stool	0
	Visible mucus stucked to stool	1
	Passage of mucus with frequent stool	2
	Passage of large amount of mucus in stool	3

**Table 6: Patient Assessed Outcome.**

Sl.no	BT	AT	28 <sup>th</sup> day	45 <sup>th</sup> day
<b>Baddha mala</b>	2	1	0	0
<b>Muhur drava mala pravritti</b>	1	1	0	0
<b>Udara shola</b>	3	2	1	0
<b>Sense of incomplete evacuation</b>	2	1	0	0
<b>Conisistency</b>	1	0	0	0
<b>Amayukta mala</b>	1	0	0	0

## DISCUSSION

Ayurveda the science of life is having the great heritage of healing diseases.

**Role of Modern Diagnostic Criteria's in Grahani** The criteria's for diagnosis of IBS have been updated timely by the contemporary medical fraternity. The two of the most valued criteria's for IBS diagnosis are Rome IV and Manning's criteria. If we analyse these criteria's deeply, we can infer that these criteria's cover most of the symptomatologies of Grahani Roga such as Muhurbadha muhurdrava mala pravrutti etc. Hence, if we understand IBS as nothing but Grahani Rogain the classics, we can easily manage it in a very good manner.

**Tab. Koshta sanjeevani** Koshta Sanjeevani tablet is a proprietary medicine manufactured by the pavman pharmaceuticals Bijapur, Karnataka. The ingredients include Abhraka bhasma, Kajjali, Hingu, Ajamoda, Bhringaraja and other drugs with Deepana and Pachanaproperties. This formulation mainly corrects Vataand Pitta dosha'sand relieves indigestion generated symptoms like abdominal distension, pain etc. Since, inGrahani, all the Tridosha'sare involved, this medicine acts well to relieve symptoms.

**Mustakarishhta** Musta(Cyperus rotundus) has Katu, Tikta and Kashaya Rasa's,Laghu and Ruksha guna's, Sheeta Virya and Katu Vipaka.It is having Kapha pittahara guna's, Deepana, Pachana,Grahi, Jwarahara, Atisaraghna, Kanduhara, Vranashodhana and Ropana properties[10-13].Cyperus rotundus has the

properties of antimicrobial activity, anti-laceration/ulcer activity, analgesic activity, anti-inflammatory activity, anti-diarrhoeal activity, antipyretic activity due to the presence of the chemical constituents such as flavonoid, tannin, triterpenoids, sesquiterpenes, cyperolone, cyperone, copaene, cyperene, cyperenone[14].

**Panchamrita Parpati, Pravala Bhasma and Guduchi Satva** Panchamrita Parpati Grahani manifests mainly because of Mandagni and hence, the restoration of Agni is the main focus on the treatment of Grahani. The process of Parpati preparation is a Samskara provided through Agni. The properties responsible for increasing appetite such as Ushna and Deepana guna's are all derived from this Agni. Due to the Ushna guna, Vata shamanah happens, as a result of which the Atipravrutti of Mala stops, which is the main symptom of Grahani. By virtue of its Deepana, Pachana as well as Ushna guna's, the intestinal ducts get opened and proper absorption of Rasa dhatu occurs which will eventually relieve the associated symptoms of Grahani such as Pandu, Gulma, Udara etc. Along with this the Grahi guna of Parpati also helps in the proper absorption of iron etc and provides strength to the patients along with relief of associated symptoms

**.Pravala Bhasma** Pravala Bhasma is having Deepana and Pachana properties[15] and it maintains the normalcy of Agni. Due to Sheetha veerya, it does Pitta Shamana. Pravala bhasma is also useful in relieving the burning sensation as well as dyspepsia[16] and hence can be a better choice with the combination of other drugs in Grahani.

**Guduchi Satva** Guduchi Satva used has Tridosha Shamaka, Deepaniya, Grahi, Rasayana properties and hence was used in the management of this case. It acts as a rejuvenator, useful in irritable bowel syndrome, cures skin disease, urinary tract infection, jaundice[17]s. By virtue of the Vata pittahara properties of Guduchi, the corresponding Doshaja symptoms get corrected upto an extent by the use of Guduchi Satva in Grahani management.

**Capsule ashwagandha** for promoting physical and mental well-being was advised

**Pittashekhar Rasa** The ingredients in Pittashekhar Rasa are Sootashekhar Rasa, Bilva Majja, Aragvadh Majja, Kalamegha, Shankha Bhasma, Shouktik Bhasma, Kapardika Bhasma, and Avipattikar Choorna, that is used to treat conditions caused by vitiated pitta.

## CONCLUSION

In conclusion, Grahani can be controlled by using Ayurveda treatment for long period time with proper diet. Shamana Oushadhi's provided a very satisfactory result in the management of all the presenting complaints in the above discussed Grahani case. Its effect can be ascertained only if the study is conducted in larger number of cases. This treatment protocol could be explored further on larger sample and standardisation of this treatment modality can be established which will be helpful in many ways to doctors as well as patients suffering from Grahani.

## REFERENCES

1. Robbins. Basic Pathology. 7th ed. New Delhi: Harcourt India Pvt. Ltd.; 2003.p. 572.
2. Somen Das, A concise text book of surgery. 3rd ed. Calcutta: S.Das; 2001.p.1017.
3. Somen Das, A concise text book of surgery. 3rd ed. Calcutta: S.Das; 2001.p. 1020
4. Tewari PV. Kashyapa Samhita. Khila Sthana 4/3–6. Varanasi, India: Chaukhambha Visvabharati; 2016. p. 468.

5. Kashinath Shastri; Charak Samhita; Chikitsa Sthana; 15/51-52; Vol-1; Varanasi; Chaukhambha Bharti Academy; 2011; Page no-461.
6. Vidyotini hindi commentary by Kaviraj Atridev Gupta editedby VaidyaYadunandana Upadhyaya; Astang Hrdayam of Vagbhata; Sutra Sthana; 12/8;Reprint 2012; Varansi; Chaukhambha prakashan; page no-121.
7. Acharya YT., editor. Sushruta Samhita of Sushruta with Nibandhasangraha commentary of dalhanacharya, Uttara tantra, Chapter 40, Verse 172- 173, Varanasi: Chaukhambha Sanskrit Sansthan, 2012; 709.
8. Kashinath Shastri; Charak Samhita; Chikitsa Sthana; 15/59-64; Vol-1; Varanasi; Chaukhambha Bharti Academy; 2011; Page no-472.
9. Shrivastava Yogita, Avadhesh Kumar, Shailendra Kumar Singh. Ayurvedic Review of Grahani w.s.r to IBS. World Journal of Pharmaceutical and Medical Research. 2021, 7(4), 138-143
10. Sastri K, editor. Caraka Samhita of Agnivesa, Sutrasthana. 5th ed., Vol. I. Varanasi: Chaukhambha Sanskrit Sansthan; 1997
11. Chunekar KC, editor. Bhavaprakasa Nighantu of Sri Bhavamisra. 1st ed. Varanasi: Chaukhambha Bharati Academy; 2004. p. 63, 127 - 8, 243 – 4
12. Sastry JL. Dravyaguna Vijnana. 2nd ed., Vol. II. Varanasi: Chaukhambha Orientalia; 2005. p. 23 - 32, 551 - 7.
13. Acharya Vidyadhar Shukla & Prof. Ravidutt Tripathi (Author), Acharya Priy Vrata Sharma (Foreword) Charak Samhita (2 Vol.) – 1 January 2015 Hindi edition, chikitsastana 16th chapter/44-46
14. Kamala A, Middha SK, Karigar CS. Plants in traditional medicine with special reference to Cyperus rotundus L.: a review. 3 Biotech. 2018 Jul; 8(7):309 . 15.Kulkarni D. A. Rasaratna samuccaya, Meharchand Lachhmandas Publications, New Delhi. 4/14, (2006).
15. Mishra Siddhinandan, Editor Rasendrachuna Mani of Somdeva, Chaukhamba Orientalia: 2009, P 200
16. Dr.J.L.N. Shastry, Dravyaguna Vijana, Vol 2, Chaukhambha Orientalia, Varanasi, Reprint – 2012, Pg. No 40, 41