



AYURVEDIC MANAGEMENT OF ULCERATIVE COLITIS - A CASE STUDY

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ABSTRACT

Ulcerative colitis is a disease of rectum and colon, it's a form of IBD there is no definite cause for the disease and so many theories has been evaluated and correlated, there are many tools available for the diagnosis of disease but no satisfactory treatment is available for the disease. In Ayurveda we can correlate this disease to the grahani and one can treat the case in grahani line of treatment by shaman aushadis.

KEYWORDS: ulcerative colitis, IBD, grahani and shaman aushadi.

INTRODUCTION

ulcerative colitis is an disease of large bowel especially seen in rectum and spreads proximally up to colon and caecum, symptoms include diarrhoea, abdomen pain, blood discharge and pus discharge occasionally, tenesmus.^[1]

UC is an intermittent disease with periods of exaggerated symptoms and periods of symptom-free, in Ayurveda we can correlate this symptoms with pittaja grahani where the symptoms like shoola, saajirna nilapeetabam peetaba saryat dravam^[2] and it can be treated according to that.

CASE REPORT

A 21yrs old by name Vishnu ravi tej hindu unmarried male patient residing in hindupur Andhra Pradesh present in OPD of shalya tantra department, SKAMCH&RC vijayanagar Bangalore.

With a chief complaints of bleeding per rectum during defecation and pain abdomen since 1month, no h/o prolapse mass per rectum, loss of appetite, gradual reduction in weight.

Pt had history of watery stools mixed with blood and slight pus discharge. On P/R Examination normal tonicity was present on proctoscopic examination no abnormal findings were found.

Investigations

Pt was advised for colonoscopy, where colonoscopy examination is suggestive of active ulcerative colitis, rectum sigmoid colon descending colon transverse colon

hepatic flexure were showing loss of vascularity, hyperemia and granularity.

Treatment

For this patient was advised with oral medication for 15 days for which he has responded very well for treatment but on follow medicines like Bilwadi gutika^[3], dhadimastaka churna, kutaja arishta, bolabada rasa was administered Follow up 15 days for 2months.

DISCUSSION

Here in this condition Bilwadi gutika which act as anti-inflammatory and pain killer dadimastaka choorna act as grahi, sthambaka, and kutaja arishta was given which act as anti-diarrhoeal, bola parpati is having rakta sthambana property was given to reduce the bleeding.

In the first visit pt got 60% relief from the complaints, where as in the first follow up pt got good relief from complaints only he used to pass stools twice a day. Loose bloody stools were completely stopped. After 2 months pt was not having any complaints.

CONCLUSION

Ulcerative colitis is a chronic disorder which is very difficult to manage by giving steroids, Anti-biotics and NSAIDS for long time, so here alternate medicine ayurveda plays a vital role in such conditions which is cost effective, free from side effects and excellent result.

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