



**EFFECTS OF UDUMBARA KVATHA AND UDUMBAR BASTI ON PATIENTS OF  
ULCERATIVE COLITIS (RAKTATISARA)**

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**ABSTRACT**

**Aims:** To prove the efficacy of Udumbara Kvatha and Udumbar Kvath Basti in the management of ulcerative colitis (Raktatisara). **Introduction:** Ulcerative colitis (UC) is the most common form of inflammatory bowel disease which causes long-lasting inflammation and ulcers in the colon. The major symptoms of UC are increased frequency of stool, blood and mucus with stool, abdominal pain, weight loss, anaemia and tenesmus. In Ayurvedic classics the disease Raktatisara (advanced stage of Pittatisara) is mentioned which has similar clinical features to UC. In conventional medicine immune suppressant drugs including corticosteroids are used for the treatment of UC which have their side effects. Udumbara (*Ficus racemosa*) is having Pitta Shamaka as well as Ropana and Grahi actions. It is also indicated in the treatment of Raktatisara. **Materials and Methods:** Total 23 patients of ulcerative colitis were treated in I.P.D of P. D. Patel Ayurveda Hospital, Nadiad, Gujarat, with 100 ml of Udumbara Kvatha Basti after lunch every day and orally 40 ml 2 times / day (empty stomach) for 4 weeks. **Results:** Frequency of stool was reduced by 86.79%, blood in stool was relieved by 100% and abdominal pain was relieved by 63.89% whereas weakness was 75%. ESR, Pus cell in Stool, RBC in stool was reduced by 38.12%, 93.61% and 90.32% respectively; all these results were statistically significant. Occult blood test was positive before treatment in all the patients which became negative after treatment. As well as Conventional medicines were reduced and ultimately stopped in all the patients who were taking them. **Conclusion:** Udumbara Kvatha and Udumbar Kvath Basti is effective in the management of ulcerative colitis. It also can reduce the use of anti inflammatory and immune suppressant drugs including corticosteroids in the patients of UC.

**KEYWORDS:** Ulcerative Colitis, Raktatisara, Udumbara Kvatha, Basti.

**INTRODUCTION**

Ulcerative colitis (UC) is the most common form of inflammatory bowel disease (IBD) worldwide.<sup>[1]</sup> That causes long-lasting inflammation and ulcers in the colon and affects the mucosa. Patients of UC have impaired quality of life.<sup>[2]</sup> Changing of lifestyle in present era increases the risk of UC. Its incidence is more during 20 to 40 years of age and 5–10 per 100,000 persons are at risk.<sup>[3]</sup> Increased frequency of stool, blood and mucus in stool, weight loss, anaemia and tenesmus are the main characteristics of UC. Conventional treatment of ulcerative colitis includes immunosuppressant drugs including corticosteroids. Because of relapsing nature of the disease, long term treatment is required. Long term use of immunosuppressant drugs and corticosteroids causes various side effects. Hence effective alternative treatment is needed for the patient of UC. The disease condition UC described in conventional medicine has similar features to Raktatisara described in Ayurvedic classical texts. It is advanced stage of Pittatisara which is

subtype of Atisara.<sup>[4]</sup> It is a Pitta Dosha dominating disease of Purishavaha Srotasa where Vata Dosha also takes place in the pathogenesis as an associated factor.

In Ayurvedic classics Basti is mentioned as the best form of the treatment of Atisara.<sup>[5]</sup> Udumbara Tvak is having Kashaya Rasa, Sita and Ruksha Guna as well as Stambhaka, Pitta Shamaka, Vrana Shodhana and Ropana actions<sup>[6]</sup> which are useful in relieving sign and symptoms of the disease.

**MATERIALS AND METHODS**

**Selection of patients**

Total 23 patients of ulcerative colitis were treated in I.P.D of P. D. Patel Ayurveda Hospital, Nadiad, Gujarat, irrespective of their age, sex, religion, social status etc..

**Inclusion criteria**

- Patients having age between 18 to 60 years.
- Colonoscopic diagnosis of ulcerative colitis.

- Signs and symptoms of Raktātīsāra (ulcerative colitis)
- Basti Yoga as per classical Ayurvedic texts.

#### Exclusion criteria

- Patients having complications of ulcerative colitis like anal fistula, colonic perforation, severe anaemia (Hb below 7 gm %), severe debility etc.
- Patients who have undergone prior surgery for ulcerative colitis.
- Patient suffering from severe systemic illnesses like uncontrolled diabetes mellitus, malignancy, tuberculosis, AIDS, hepatitis etc.
- Basti Ayogya as per classical Ayurvedic texts.

#### Posology

- Udumbara Kvatha – orally – 40 ml 2 times / day (empty stomach) 4 weeks.
- Udumbara Kvatha Basti – 100 ml – after lunch daily for 4 weeks.

#### Diet

- Patients were kept on Pitta Shamaka, Laghu, Grahi and Pathya food articles.

#### Conventional medicaments

- The continuous conventional medicaments (immunosuppressant and corticosteroids) were reduced and ultimately stopped in all the patients who were taking them.

#### Criteria for assessment<sup>[7]</sup>

Signs and symptoms	Score
<b>Bowel frequency</b>	
1 or 2 times in a day	0
3 or 4 times in a day	1
5 to 7 times in a day	2
8 to 12 times in a day	3
More than 12 times in a day	4
<b>Blood in stool</b>	
No bleeding	0
Occasional bleeding in stool (not daily)	1
Bleeding daily but less than 4 times in a day	2
Bleeding daily and 4 to 8 times in a day	3
Bleeding daily and more than 8 times in a day	4
<b>Abdominal pain</b>	
No pain	0
Tolerable pain	1
Mild pain	2
Moderate pain	3
Severe pain	4
<b>Weakness</b>	
No weakness	0
Tolerable weakness	1
Mild weakness	2
Moderate weakness	3
Severe weakness	4

## RESULTS

Table. 1: Effects of therapy on signs and symptoms of ulcerative colitis.

Symptoms	Mean		% of Reduction	S.D.	S.E.	t	P
	B.T.	A.T.					
<b>Bowel Frequency</b>	2.3	0.3	86.79	1.11	0.23	9.99	<0.001
<b>Blood in stool</b>	2.5	0.0	100.00	0.96	0.20	12.60	<0.001
<b>Abdominal Pain</b>	1.6	0.2	63.89	0.42	0.09	2.47	<0.01
<b>Weakness</b>	1.7	0.4	75.00	0.59	0.12	3.54	<0.001

P < 0.001 = highly significant and P < 0.01 = significant.

**Table. 2: Effect of therapy on laboratory investigations.**

Symptoms	Mean		% of Reduction	S.D.	S.E.	t	P
	B.T.	A.T.					
Hb%	12.07	11.90	01.40	1.64	0.34	34.8	<0.001
ESR/hr	22.21	14.90	38.12	7.35	1.53	9.72	<0.001
Pus Cell in Stool	2.04	0.13	93.61	0.34	0.07	2.47	<0.01
RBC in Stool	1.3	0.13	90.32	0.34	0.07	3.53	<0.001

P value (<0.001) highly significant and (<0.01) significant

**Table. 3: Occult blood in 23 patients before and after treatment.**

Occult blood	No. of patients	
	B.T.	A.T.
Positive	23	00
Negative	00	23

**Table. 4: Weekly reduction in conventional medicine in 23 patients.**

Conventional medicine	Number of Patients taking the Conventional medicine			
	1 <sup>st</sup> week	2 <sup>nd</sup> week	3 <sup>rd</sup> week	4 <sup>th</sup> week
Prednisone	05	03	02	00
Mesalamine	18	11	07	00
Azathioprine	13	07	06	00

## DISCUSSION

In present era, changing of lifestyle increases the risk of Ulcerative colitis. Conventional treatment of ulcerative colitis includes immunosuppressant drugs and corticosteroids; because of relapsing nature of the disease, long term treatment is required which cause various side effects. Hence effective alternative treatment is needed for the patient of UC.

Ulcerative colitis is similar disease entity to raktatisāra mentioned in Ayurved, a disease of Purishavaha Srotasa caused by Pitta Pradhana Vata Dosha. In Ayurvedic classics treatment of Rakatatisara includes use of Kashaya Dravya by oral route as well as Basti Karma. Udumbara Kvatha is having Pitta Vata Shamaka actions which retard the progress of the disease. It also has Vrana Shodhana, Ropana actions which are useful in healing of the ulcers of the colon. Stambhaka action of the Udumbar kvatha reduces bowel frequency and checks bleeding.<sup>[8]</sup>

Results shows that bowel frequency was reduced by 86.79%, blood in stool was relieved totally (100%) whereas abdominal pain and weakness were relieved by 63.89% and 75% respectively. All these results were statistically significant (Table-1).

In laboratory investigations, RBC and ESR in stool were reduced by 90.32% and 38.12% respectively whereas pus cell in stool was reduced by 93.61%. These beneficial effects were also statistically significant (Table-2).

All 23 patients having positive occult blood before treatment, which became negative after taking the treatment for 4 weeks (Table-3).

Immuno-suppressant drugs and Corticosteroids were gradually reduced and ultimately stopped in all the patients who were taking them. It shows that ayurvedic treatment of ulcerative colitis reduces need of immune suppressant.

Administration of Udumbara kvatha through Basti allows it to have direct contact with colonic mucosa hence it performs local healing action on colonic ulcers.

## CONCLUSION

From the above study it can be concluded that Udumbara Kvatha and Udumbara kvatha basti is effective in the management of ulcerative colitis. It also can reduce the need of anti-inflammatory and immune-suppressant drugs including corticosteroids in the patients of ulcerative colitis.

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