

AYURVEDIC MANAGEMENT OF ULCERATIVE COLITIS: A CASE REPORT

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ABSTRACT

Ulcerative colitis is a chronic inflammatory disease of the gut. It is a condition in which only colon is involved with continuous lesions. Patients show altered bowel habit such as bloody diarrhoea, constipation, rectal bleeding, tenesmus, passage of mucous and crampy abdominal pain etc. In Ayurved Ulcerative colitis symptoms can be correlated with *Vataja Grahani*. Ayurveda described various *Samshaman chikitsa* for the management of Ulcerative colitis such as *Matra Basti*, proper nutritional supplements, herbal therapy, Yoga and meditation etc. In present case study, A diagnosed case of ulcerative colitis, age 14yrs female from Arogyadham Super Specialized Hospital and Research Center, came to OPD of *Kaumarbhritya*, rishikul ayurvedic collage and hospital, Haridwar. With complains of stools with fresh blood and mucous during defecation since 1 years. Associated with symptoms of abdominal pain and weight loss, since 1years. She was given *ayurvedic* medication along with *Marma* therapy and her complaints not only relieved but also delayed remission as well. The goals of the treatment are to improve quality of life, minimize the risk of colon cancer and achieve steroids free remission of the disease ulcerative colitis.

KEYWORDS: *Pittaja Grahani*; Ulcerative Collitis; Digestion; Ayurveda; *Dhatvagani*.

INTRODUCTION

Ulcerative colitis is a cause of significant morbidity worldwide.^[1] In Ayurved Ulcerative colitis symptoms can be correlated with *Vataja Grahani* and *Chataja Grahani*. *Grahani* is described as an Agni Adhishthana by most of the *acharyas*. *Mandagni* is a root cause of *Ama Dosha* and it is the crucial factor for manifestation of most of the diseases. Among them, *Grahani* is the prime disease of gastro-intestinal tract and seen often in day-to-day practice. It's incidence is rising especially in Northern India, due to erroneous dietary habits and faulty lifestyle. This is substantiated by the fact that urban areas have a higher incidence than rural areas, and High socioeconomic classes. It is idiopathic in nature, but there are diet, drugs and stress. It is the result of an abnormal response by body's immune system. According to Ayurveda, The symptoms of ulcerative colitis can be co-related with *Vataja Grahani*^[2] and *Chataja Grahani*. According to Ayurvedic classics, people with *Atisar* and *Pravahika* have tendency to develop *Chataja Grahani*. When they do not follow *Pathya Ahara* and *Vihara*. Again, the era of fast food, there is change or irregularity in diet and diet timings and also sedentary lifestyle. In addition to change in diet and lifestyle, one is always under tremendous mental stress etc. are factors which leads to *Chataja Grahani*. Therefore, the first and foremost principle of treatment of any disease is *Nidana Parivarjana* followed by use of *Sansamana Chikitsa* like

Rakta stambhaka (blood coagulatory) and *Purisha Sanghrahi* i.e., anti-diarrheal medicines. To measure to digest the *Ama* (bio toxin) to bring *Agni* (digestive fire) in its normal state and control the diarrhea and get the restoring health digestion and creating a bacteria friendly environment in the body and relief in all other complaints.

CASE STUDY

A diagnosed patient of Ulcerative colitis, age 13years female from Arogyadham Super Specialized Hospital and Research Center, came to OPD of *Kaumarbhritya*, Rishikul ayurvedic collage haridwar. She complained loose stools with blood and mucus during defecation since 1 years, Associated with complaints of mild continuous abdominal pain and weight loss 6-7 kgs in 1years, Her report of USG show Mesenteric lymphadenopathy [Fig no.1], Colonoscopy show Ulcerative lesion at Ceacum [fig no.2] with biopsy of ceacum show Eosinophilic colitis [fig no. 3] other hematological parameters were normal, renal parameters and blood sugar also within normal limits [fig no. 4,5,6,7,8]. Stool examination occult blood and mucus present.

Table 1: General Examination.

General condition	Before treatment	After treatment
Temp	97.6 degree F	97.8 degree F
BP	110/80mmhg	110/70mmhg
Pulse	78 beats/min	76 beats/min
Resp	20/min	24/min
Spo2	97@ RA	98@RA
Weight	36 Kg	41Kg
Pallor	Present	Not present
Cynosis	Not present	Not present
Clubbing	Not present	Not present
Lymph node	Not palpable	Not palpable

Personal history**Diet-** Vegetarian diet

Qualitative- Rice, dal, chapati, vegetable, milk, fruits.

Quantitative – Breakfast :-1-2 chapati, 1 katori veg

Lunch :- Dal, rice – 2 bowl

Dinner :- 2 chapati, 1 katori veg, milk.

Appetite- Decreased**Bowel-** Regular (Consistency – loose stool with fresh blood and mucus)

Frequency – 5-6 time/Day).

Micturition - Normal**Physical Activity** - Average (approx. 1-2 hrs play outside).**Sleep** - Sound sleep (approx. 7-8 hrs a day).**Addiction** - Junk food.**Sensitive to any food article-** Junk food**Systemic Examination**

- **Cardio-vascular system** - S1 & S2 Heard, no abnormality detected in CVS
- **Respiratory system** - B/L air entry normal, chest B/L symmetrical, normal in shape and movement, trachea centrally present, no abnormality detected.
- **CNS** - conscious and oriented with date, time & place
- **G.I. system**-Mild abdominal tenderness @ umbilical region, no organomegaly found, **Auscultation**- 9 bowel sounds/minute
- **P/R**- no piles mass present

Table 2. Lakshana of Vataja Grahani^[3] and Sign and symptoms present in patient.

Lakshana of Vataja Grahani	Sign and symptoms present in patient
<i>Kanta Asya Shosha</i> - dryness of throat and mouth	Present
<i>Kshut, Trushna</i> - excessive hunger & thirst	Not present
<i>Timira</i> - appearance of darkness in the eyes	Not present
<i>Karnayo Swana</i> - abnormal sound in the ears, tinnitus	Not present
<i>Parshwa ruk</i> - frequent pain in the sides of pelvic region	present
<i>Visuchika</i> - severe diarrhoea, sawing pain in the abdomen	Present
<i>Hrudy ruk</i> - frequent pain in the sides of the chest, pain in the cardiac region	Not present
<i>Karshya & Daurbalya</i> - weakness	Present
Mental frustration	Present
<i>Parikarthika</i> - pain in anus	Not present
<i>Vairasa</i> - distaste in the mouth-	Not present
craving for (ingredients of food having) all tastes	Present

Samprapti Ghataka

- *Dosa* :Vata pradhana tridoshaja
- *Dusya* : Rasa, Anna
- *Agni* : Jatharagni
- *Agni dusti* : Mandagni
- *Ama* :Agnijanya
- *Srotas* :Anna vaha
- *Srotodusti*: Ati pravrutti
- *Adhistana* : Grahani, Pittadhara kala
- *Udbhavasthana* :Grahani
- *Vyaktastha* :Grahani
- *Sancharasthan* :Maha srotas,Annavaaha srotas
- *Sadhya-Asadhya* :Krachasadhya

Treatment**Shodhana therapy**For *Shodhana* therapy *Matra basti* was given with *Jatadhi Tala* 10ml for 15 days**2.5.2. Shamana therapy**

Following combination, the drug had been used as follow and changed according to response of the disease. Internal medicine was given continuously for 3 months.

Shamana chiktisa**First follow up**

1. Sankh bhasma 125 mg
Bilvadhi churna 1gm
Praval panchamrit 125mg } with saufark bid
2. Takraistha 10ml with same amount of water bid

Second follow up

1. Pushyangur Churna- 1 gm
Kaamdudha ras -125 mg
Sootsekhar ras 125mg
Kutajghan vati 65 mg
Bilva Churna 1gm } with saunf arka bid
2. Mustaristha 15 ml with same amount of water
3. Marma therapy : Shipra and tailhirdya.

Third follow up

1. Pushyanug churna 1gm
Kaamdudha ras 125mg
Sootskhar ras 125mg
Kutajghan vati 65mg
Bilva churn 1gm
 2. Brahmi vati 1 tab bid
 3. Marma therapy : Shipra and Tailhirdya.
- } with saufark bid

RESULT AND INTERPRETATION

Patients continued treatment for 3 month. All the signs and symptoms of Ulcerative colitis completely relieved in after 3 month and bleeding during and after defecation has been stopped completely.

Symptoms before and after treatment

Ayurvedic perspective Acharya Vagbhatta described Mandagni refers to diminished digestive fire or

diminished enzymatic activities of our body. Acharya Charaka has described digestive system as Mahasrotas. While Acharya Sushruta described as Annavaha Srotas and Purishavaha Srotas in which these diseases like Vataja Grahani, Raktatisara, Raktaja Arsh, Raktaja Pravahika occurs, which alone or as a complication produces ulcerative colitis like symptoms. Yasthimadhu having Rakta pitta shamaka, Varano-ropaka, Stambhaka properties. It activates ulcer healing Vatapittahara, Madhura Guru Guna & Snigdha properties Yasthimadhu pacifies Pitta & it helps in healing ulcers.

OBSERVATION

Based on the bleeding per rectum the progress of the treatment was achieved. Patient get moderate relief in complaints on his first consultation in our hospital and gradually the complaints reduced during the treatment.

Table 3: The Following Table Shows The Treatment Progress.

Parameters	1 st visit	2 nd visit	3 rd visit
Frequency of stool per day	>8	3-6	<3
Rectal bleeding	Evidence of fresh blood in every evacuation	Blood streaks in less than half of evacuation	No blood
Mucous in stool	+++	++	+
Abdominal pain	Continous	Intermitent	Absent
Hb%	11.5g/dl	11.8gm/dl	12.20g/dl
Weight	38kg	40kg	43kg

After three sessions of treatments patient was advised for internal medications for one month and also advised to stop spice and junk food eating habits and investigation were done. Hematological parameters were normal, renal parameters and blood sugar also within normal limits.

DISCUSSION

As per presentation of disease is progressive disorder of unknown etiology on the basis of sign and symptoms that diagnosed as Ulcerative colitis correlated with vataja Grahani. The disease Ulcerative colitis is not curable as we know well, but we can improve the life span and quality of life of the patient. Here some of the Ayurveda formulations selected on the basis of their properties that have mainly Vata Shamaka, Rakta stambhana, Deepana & Grahi are in nature.

Takraristha has Deepana, Pachana, Srotosodhana and Grahi Gunas that facilitate the proper absorption of properly formed simpler substances after its digestion. The property Vatanulomana along with these properties of Takraristha provides a proper action for Samana Vayu and thus regulates the well-functioning of gut motility and regulated secretion thus the symptoms like Muhurdravam Muhurbaddham etc. gets reversed to a healthy condition.

Shankha bhasma pacifies the irregularities related to Kapha and Vata but in addition Amlatanashan properties it also acts as a natural alkalizer which counteracts the

hydrochloric acid secretion and eases acidity. Deepana, Pachana propeties of Shankha bhasm it improper digestion leads to accumulation of toxins in the system called Aam, which aids in clearing out the toxins and detoxifying the gut. Grahi phroperties serves as stool binding agent, anti-diarrhoeal, appetite stimulant, anti-spasmodic effect.

Bilwadi Churna have krimighn and Grahi phroperties due to this it has powerful antibacterial and antidiarrheal traits that are extensively used for eliminating bacteria from the intestines that cause diarrhoea and other intestinal infections. It also have Deepana and Pachana also effect.

Kamdudha Ras has Sheeta Virya so it acts as natural alkalizer which counteracts the Hydrochloric acid secretion and eases acidity. The main properties of this yoga is Pittashaman, Raktastambhan, Khsobhanashan and is Shitviryatmak. Therefore it is used in various Mahastrotas Vyadhis like Raktapitta, Amlapitta, Raktaj Atisara and Hrudrog etc. Pravalapanchamrita balance Vata and Kapha Dosha and Pitta Samaka.

Sootsekhar Ras balances vitiared state of Pitta Dosha that improves the whole digestion process and results in proper functioning of Agni. Conceptually it is concluded that the substances having properties like Ruksha, Laghu, Katu and Ushan has the effect to decrease the vitiared

Dravya Roop of *Pitta* and maintain the proper functioning of *Agni*.

Mustaristha has *Anulomana*, *Deepana*, *Pachana* properties.

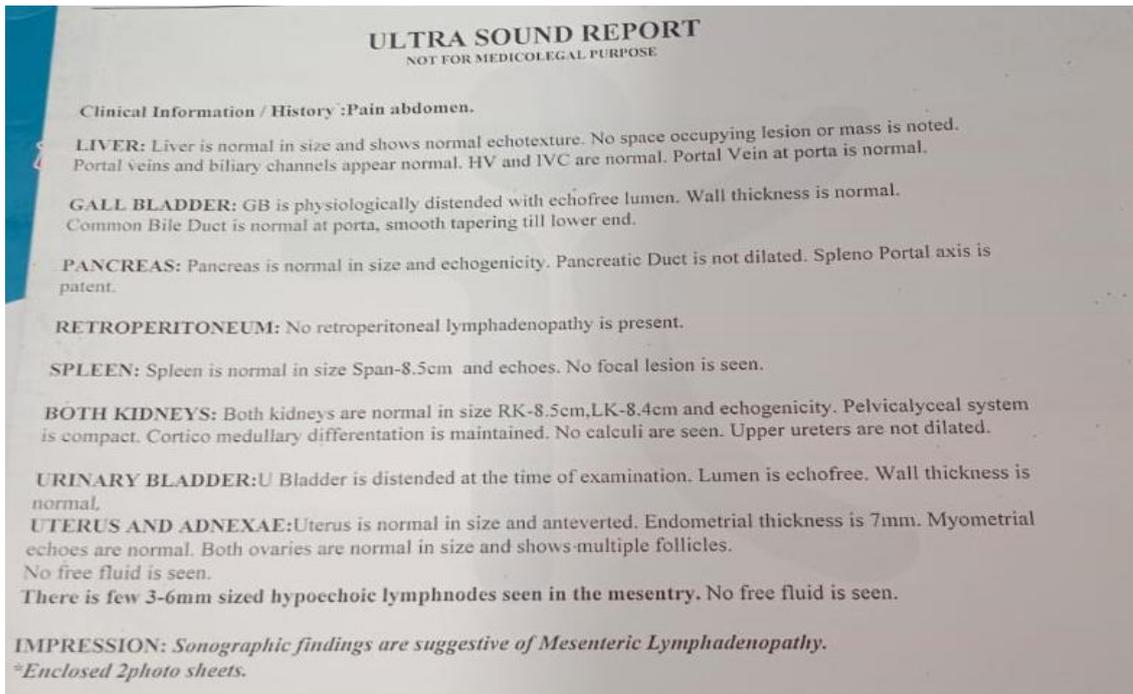
Brahmi vati it has *Shitviriyatmak* and its have properties like anti depressant, anxiolytic, sedative, anti convulsant, anti microbial, anti ulcer etc.

Kutaja ghana vati it balances *Vata* and *Pitta*.

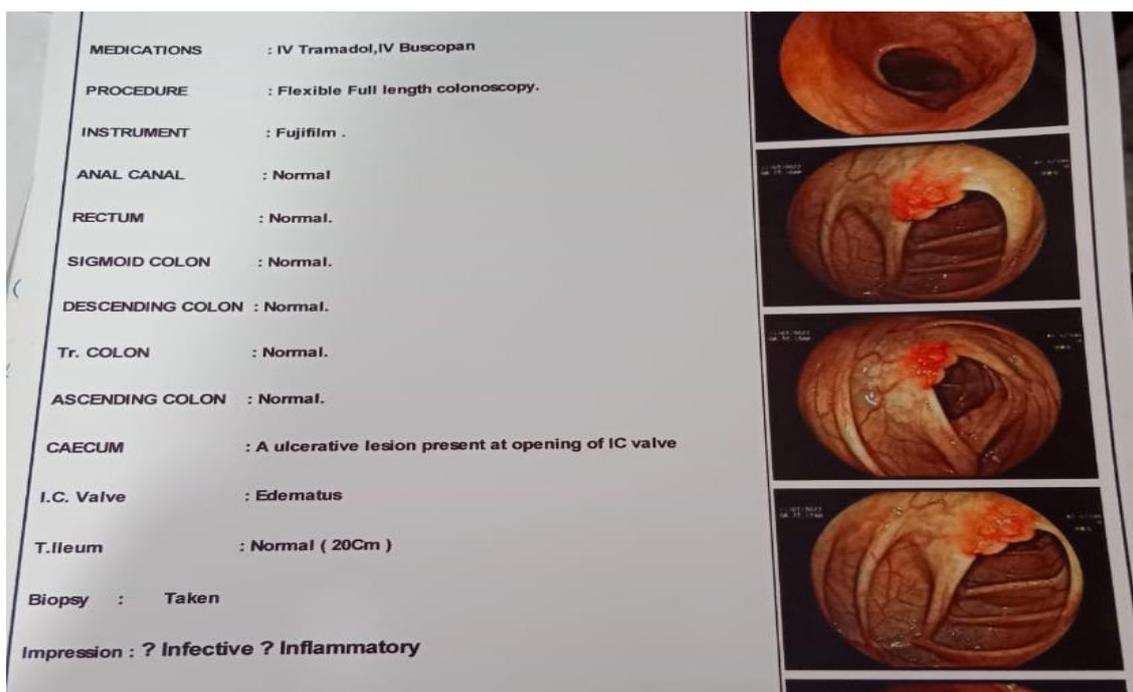
Pushyanuga Churna is a herbal powder that can soothe *Vata*, *Pitta* and *Kapha*. This is very useful in bleeding disorders. Altogether the synergistic action of medicinal preparations.

CONCLUSION

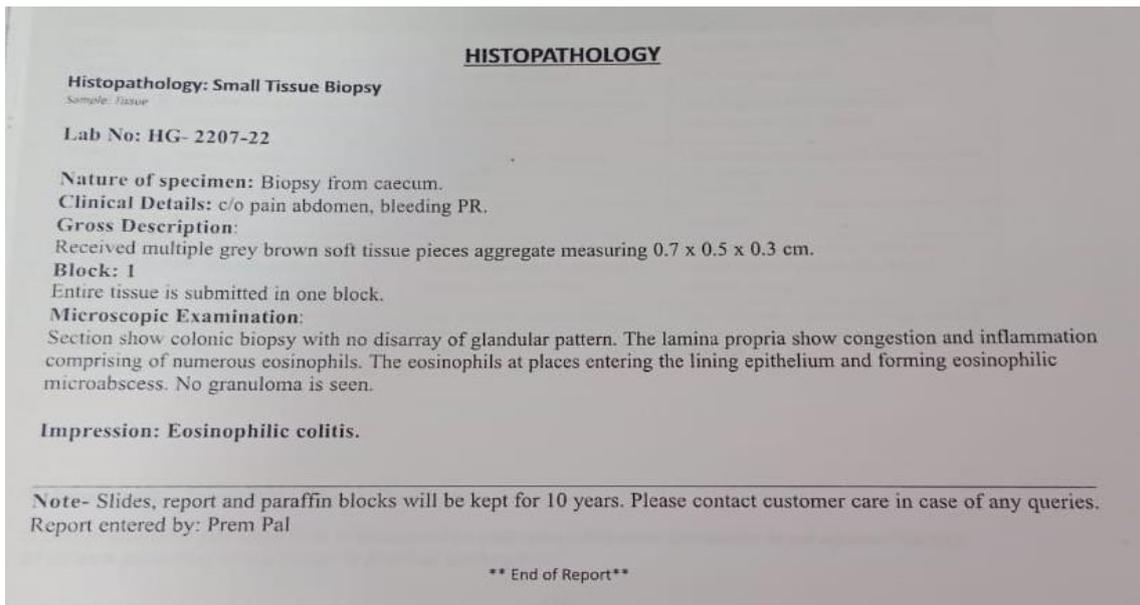
Matra Vasti, *Marma* therapy and along with medicated drugs not only reduces the complications and also fully recovered from symptom of per rectal bleeding with their associated complaints completely, it also inhibit relapses or re-occurrence of the disease.



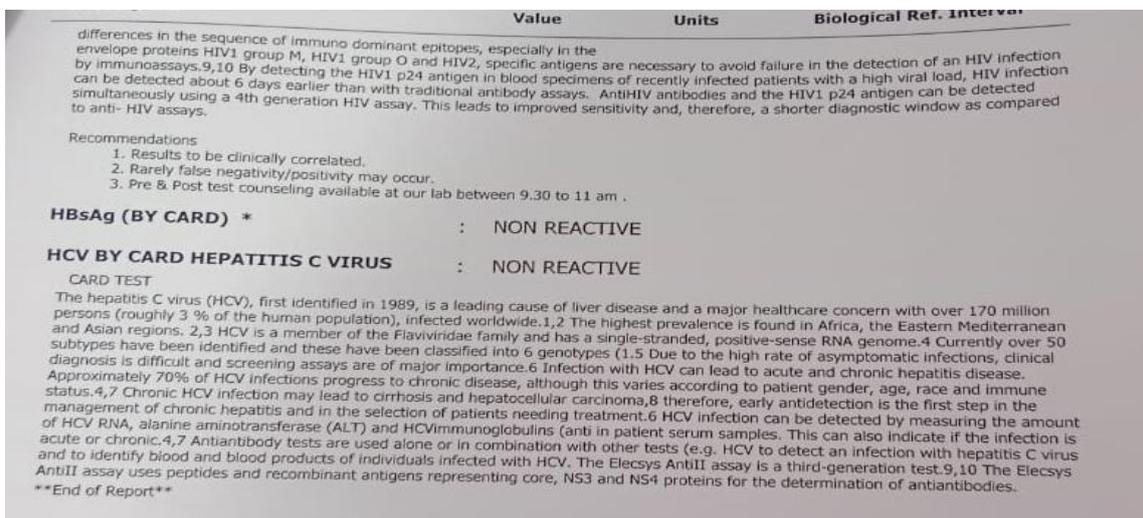
[Fig no. 1]



[Fig no. 2]



[Fig no. 3]



[Fig no. 4]

Value	Units	Biological Ref. Interval
SERUM URIC ACID	3.1	ma/dl 2.5 - 6.2
VITROS 4600		
BLOOD UREA NITROGEN (BUN)	5.1	ma/dl 5.0 - 20.0
VITROS 4600		
SODIUM	140	mmol/L 133.0 - 146.0
ISE DIRECT		
POTASSIUM	4.8	mmol/L 3.5 - 5.5
ISE DIRECT		
TOTAL PROTEIN	7.8	am/dl 6.6 - 8.7
VITROS 4600		
SERUM ALBUMIN	4.4	am/dl 3.97 - 4.95
VITROS 4600		
GLOBULIN	3.4	am/dl 2.7 - 3.7
CALCIUM	9.3	ma/dl 8.6 - 10.2
VITROS 4600		
INORGANIC PHOSPHORUS	4.2	ma/dl 2.0 - 4.5
VITROS 4600		
BLOOD GLUCOSE - RANDOM	88	ma/dl
VITROS 4600		
ALKALINE PHOSPHATASE	76	U/L Normal Range <140 mg/dl 38 - 170
VITROS 4600		
LIVER FUNCTION TEST		
TOTAL BILIRUBIN	0.30	ma/dl 0.20 - 1.30
VITROS 4600		
CONJUGATED (D. Bilirubin)	0.10	ma/dl 0.1 - 0.20
VITROS 4600		
UNCONJUGATED (I.D. Bilirubin)	0.20	ma/dl 0.10 - 0.80
VITROS 4600		

[Fig no. 5]

Investigation	Value	U/L	14 - 36
AST / SGOT VITROS 4600	: 31	U/L	10 - 46
ALT/SGPT VITROS 4600	: 22	U/L	38 - 170
ALKALINE PHOSPHATASE VITROS 4600	: 76	am/dl	6.6 - 8.7
TOTAL PROTEIN VITROS 4600	: 7.8	am/dl	3.97 - 4.95
SERUM ALBUMIN VITROS 4600	: 4.4	am/dl	2.7 - 3.7
GLOBULIN VITROS 4600	: 3.4	am/dl	1.2 - 2.1
A/G RATIO VITROS 4600	: 1.3	U/L	12 - 49.0
GGT VITROS 4600	: 17		
HORMONE ASSAYS REPORT			
TSH(THYROID FUNCTION TEST) VITROS ECIQ	: 4.26	mIU/L	0.465 - 4.68
IMMUNOLOGY - SEROLOGY			
HIV (AIDS) ANTIBODY I	: NON REACTIVE		
HIV (AIDS) ANTIBODY II	: NON REACTIVE		

Cutoff index < 0.90 are non
Cutoff index in the range 0.90 to < 1.0 are considered borderline
Cutoff index 1.0 are considered reactive

[Fig no. 6]

HAEMATOLOGY COMPLETE BLOOD COUNTS [CBC]			
Automatic Cell Counter NIHON KOHDEN			
HAEMOGLOBIN (HB)	: 11.5	am/dl	11.0 - 15.0
TOTAL LEUCOCYTE COUNT (TLC)	: 4.700	/cmm	4000 - 11000
DIFFERENTIAL LEUCOCYTE COUNT			
NEUTROPHIL	: 57	%	45 - 75
LYMPHOCYTE	: 39	%	20 - 45
EOSINOPHIL	: 02	%	0.00 - 6
MONOCYTE	: 02	%	0 - 10
BASOPHIL	: 00	%	0.00 - 2.00
R B C (Red Blood Cells)	: 3.98	Millions/cmm	3.8 - 5.8
PLATELET COUNT	: 3.23	Lakh/cmm	1.50 - 4.5
P.C.V / HAEMATOCRIT	: 36.8	%	35 - 47
M C V	: 92.5	fL	80 - 97.7
M C H	: 28.9	dicoqram	26.5 - 33.5
M C H C	: 31.3	g / dL	32 - 38
R D W (CV)	: 13.0	%	10.0 - 15.0
BIOCHEMISTRY RENAL FUNCTION TEST			
* *			
BLOOD UREA VITROS 4600	: 11	ma /dl	15.0 - 40.0
SERUM CREATININE VITROS 4600	: 0.60	ma /dl	0.52 - 1.04

[Fig no. 7]

Test Report			
Test Name	Results	Units	Bio. Ref. Interval
HEMOGRAM (Electrical Impedence, Photometric)			
Hemoglobin	12.20	g/dL	12.00 - 15.00
Packed Cell Volume (PCV)	36.70	%	36.00 - 46.00
RBC Count	3.87	mill/mm3	3.80 - 4.80
MCV	95.00	fL	83.00 - 101.00
MCH	31.40	Pg	27.00 - 32.00
MCHC	33.20	g/dL	31.50 - 34.50
Red Cell Distribution Width (RDW)	14.40	%	11.60 - 14.00
Total Leukocyte Count (TLC)	4.20	thou/mm3	4.00 - 10.00
Differential Leucocyte Count (DLC)			
Segmented Neutrophils	48.50	%	40.00 - 80.00
Lymphocytes	45.40	%	20.00 - 40.00
Monocytes	3.90	%	2.00 - 10.00
Eosinophils	1.80	%	1.00 - 6.00
Basophils	0.40	%	<2.00
Absolute Leucocyte Count			
Neutrophils	2.04	#hou/mm3	2.00 - 7.00
Lymphocytes	1.91	#hou/mm3	1.00 - 3.00
Monocytes	0.16	#hou/mm3	0.20 - 1.00
Eosinophils	0.08	#hou/mm3	0.02 - 0.50
Basophils	0.02	#hou/mm3	0.02 - 0.10
Platelet Count	160	thou/mm3	150.00 - 410.00
Mean Platelet Volume	12.0	fL	6.5 - 12.0
E.S.R.	3	mm/hr	0.00 - 20.00

[Fig no. 8]

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