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### RESEARCH ARTICLE

#### AYURVEDIYA APPROACH FOR MANAGEMENT OF ULCERATIVE COLITIS : A CASE STUDY

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#### Abstract

Ulcerative Colitis (UC) is a subtype of inflammatory bowel disease with unknown etiology, inflammatory disease that affects the colon. In *Ayurveda*, on the basis of signs and symptoms of *Raktatisara* can be compared with ulcerative colitis. Etiopathogenesis of *Raktatisara* in relation to ulcerative colitis by going through *Ayurveda* texts. due to its high morbidity and mortality. *Ayurveda* described *Raktatisara*, which has symptoms similar to ulcerative colitis i.e. *Sarakta-mala-pravrutti* (rectal bleeding with mucus), *Shoola* (~pain in abdomen), *Gudapaaka* (~burning sensation in rectum), *Dourbalya* (Generalised weakness) and *Trishna* (~excessive thirst). A diagnosed case of Ulcerative colitis with *Ayurveda* management was discussed here. In this case study we used some *Ayurvedic* formulations and *Piccha basti*, which give us high quality results and the treatment is safe and cost effective.

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#### Introduction:-

Ulcerative Colitis (UC) is a subtype of inflammatory bowel disease with unknown etiology, inflammatory disease that affects the colon. In *Ayurveda*, on the basis of signs and symptoms of *Raktatisara* can be compared with ulcerative colitis. Etiopathogenesis of *Raktatisara* in relation to ulcerative colitis by going through *Ayurveda* texts. due to its high morbidity and mortality. *Ayurveda* described *Raktatisara*, which has symptoms similar to ulcerative colitis i.e. *Sarakta-mala-pravrutti* (rectal bleeding with mucus), *Shoola* (~pain in abdomen), *Gudapaaka* (~burning sensation in rectum), *Dourbalya* (Generalised weakness) and *Trishna* (~excessive thirst). A diagnosed case of Ulcerative colitis with *Ayurveda* management was discussed here. In this case study we used some *Ayurvedic* formulations and *Piccha basti*, which give us high quality results and the treatment is safe and cost effective.

#### Case Report:

A 34 year old male patient, residing in Rajkot, was visited Kayachikitsa OPD of *Ayurveda* college and hospital RK University, Rajkot on 26<sup>th</sup> may 2021, presented with chief complaints *Sarakta-mala-pravrutti* (rectal bleeding with mucus), *Shoola* (pain in abdomen), *Gudapaaka* (burning sensation), *Dourbalya* (generalised weakness). All these symptoms started since last 3years. All above mentioned symptoms were progressive in nature and in this period patient consulted many physicians, but did not found relief in the disease. On the basis of sign and symptoms patients were diagnosed as Ulcerative colitis and *Raktatisara* according to *Ayurveda* view.

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**General Examination:**

Pallor-mild, Blood pressure observed normal. Pulse –regular and thready in nature.

**Systemic Examination:**

CVS – no abnormality detected in cardiovascular system, RS- no abnormality, P/A-soft, tenderness at all over abdomen but specially right & left iliac fossa, mild hepato-splenomegally on palpation, CNS- Higher mental function were intact.

USG reveals that mild hepato-splenomegaly, Proctoscopy reveals some ulceration spot. chest X-ray & ECG-WNL. Hematological reports reveals that Hb% -9.1 gm%, ESR-30 mm/hr, TLC-10,150, SGPT-34, SGOT-55 and other hematological parameters were normal. renal parameters and blood sugar also within normal limits. Stool examination occult blood present.

In *Ayurveda*, the ancient system of India medicine, is mainly based on the concept of *Dosha* and *Dushya*. Due sedentary life style, faulty food habit, stressful working nature, *Pitta dosha* aggravated diet intake finally lead to suppression of *Agni* (~Digestive fire) which are mentioned as root cause of *Pittatisara* which in chronic stage manifest as *Raktatisara*<sup>[3]</sup>.

**Treatment****1. Shodhana Therapy (Biopurificatory )-**

According to course of the disease and involvement of *Vata* and *pitta dosha prakopavastha*, *Rasa* and *Rakta dhatu*, *annavaha* and *purishvaha srotasa dushti*, *Sharir- Manas Bala* of patient, we planned for *Basti karma* (enema). First 3 days planned for *Yastimadhu tail matra basti* than *piccha basti* given to the patient. We planned for *Piccha basti*. *Piccha basti* reduces inflammation due to its *Grahi*, *Deepana dravya* and *picchila guna*.

**Method of preparation of Piccha basti –**

As per *Charaka samhita chikitsa sthana adhyaya 19 Atisrachikitsa*, *Piccha basti* mainly indicated in *raktatisara pittatisara*, *raktaja arsha*, *virechana atiyoga* etc. Here we use anubhoot *Piccha Basti*. Ingredients of Modified *Piccha Basti Kwatha* (decoction): *Shalmali Vritta Kwatha*-100-150ml *Kalka* (paste): *Yasthimadhu* Powder- 3gm, *Lodhra* Powder-3gm, *Rasanjana*-3gm, *Mochrasa*-3gm, *Manjistha* powder- 3gms, *Nagkeshar* Powder-3gm, *Shatapushpa* Powder-3gm = Make a paste by adding 1 glass of water. *Sneha: Panchatikta Ghrita*- 20ml, Milk: Goat milk- 100-150ml, Honey- 1-2 tsf.

Then this prepared enema should be administered through anal route to the patient in left lateral position. When the enema comes out, advice the patient to take food with milk or meat soup of wild animals.

***Kala Basti- Piccha basti-250 ml daily after meal.***

**2. Shamana Therapy (Pacifactory) -**

Certain combination the drug had been used as follow and changed according to response of the disease. Internal medicine was given continuously for 2 month.

**Table no. 1:- Showing Shamana Therapy.**

1.	<i>Bilvadi churna</i>	2 gm
	<i>Dadimastaka churna</i>	2 gm
	<i>Yasthimadhu churna</i>	1gm
	<i>Sankha bhashma</i>	500 mg
	<i>Mukta sukta bhashma</i>	250 mg
twice in a day with leukwarm water		
2.	<i>Kutaja ghanvati</i>	2/0/2
3.	<i>Bilvadi avaleha</i>	20 gm / 1 time
4.	<i>Bramhi vati</i>	2/0/2

**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 *Raktatisara*. 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 preparation selected on the basis of involvement of *Doshas*, *Dushya* of the disease. All the treatment of *Ayurveda* formulations mainly *Rakta-Pitta Shamaka*, *Deepana* & *Grahi* in nature.

*Bilvadi churna*<sup>[4]</sup> specially indicate in *Atisara* & having *deepana*, *pachana*, *grahi* properties. *Bilva* is a main ingredientst having anti-diarrheal, antioxidant, antibacterial, antiviral, gastroprotective, anti-ulcerative colitis, wound healing properties.

*Dadimashtaka churna*<sup>[5]</sup> specially indicate in *Grahani*, *Atisara*, having *deepana*, *pachana*, *sangrahi* properties. *Sangrahi* means decreased the frequency of bowel.

*Yashtimadhu churna*<sup>[6]</sup> having *sheeta guna so Rakta-pittashamaka*, *Varno-ropaka* (ulcer healing), *Dahashamaka* properties.

*Sankha bhasma*<sup>[7]</sup> relieved *Udara Shoola* and *Pravahana* & also having *sheeta*(cooling), *kshariya* (alkaline), *deepana pachana* (digestive) *grahi* (adsorbent) properties; The strong anti-diarrheal and anti-spasmodic in nature.

*Mukta shukti bhasma*<sup>[8]</sup> - *Mukta* has *sheeta guna* so it also relieves excessive *Pitta dosha* and *ushna guna* in body. And also decreases the mental stress which is a contributing factor to the disease.

*Kutaja ghanavati*<sup>[9]</sup> - *Kutaja* is *tikta* and *kashay rasa*, *sheeta* in potency, *laghu* and *ruksha* in *guna*, treat burning sensation, decrease aggravation of *pitta dosha*. So it also treat the *raktatisra*. has potent anti-dysenteric, anti-diarrheal, anti-amoebic activity.

*Bilvadi avaleha*<sup>[10]</sup> -specially indicate in *Grahani*, *Atisara* & having *deepana*, *pachana*, *grahi* properties.

*Bramhi vati*<sup>[11]</sup> specially indicated in *Pittaja vikara*, *Anidra*, *manasika vikara* (pschyo-somatic disorders), so it relieves excessive *Pitta dosha* & also decreases the mental stress.

*Piccha basti* is mentioned as a management of *Raktatisara* in *Charaka Samhita*<sup>[12]</sup>. It reveals that *Piccha Basti* has a definitive role in the management of *Raktatisara*. Here the *piccha yukt dravya* (styptic drugs) are used for the preparation of the *basti*. Because of this property it has ulcer healing effect. Actions of *Piccha Basti* are – *Shothahara* and *Vrana-Ropaka* (Anti-inflammatory and ulcer-healing), *Rakta-stambhaka* (haemostatic agent), *Sangrahi* (Anti-diarrhoeal), *Pitta Shamaka*.

Ingredients of *Piccha basti*- *Shalmali*, *Yasthimadhu*, *Manjistha*, *Lodhra*, *Rasanjana*, *Mochrasa*, *Nagkeshar* having *Rakta-pittashamaka*, *Varano-ropaka*, *Stambhaka* properties.

**Result & Conclusion:-**

No progress of symptoms were seen during the course of the treatment & got significant result in all the symptoms, now also he is on few oral medication and patient on regular follow up and satisfied with *Ayurveda* treatment.

After complication of treatment (after 2 months) LFT and RFT investigation was done to rule out any adverse effect of drugs. LFT and RFT both with normal limit, so no adverse effects were found. Hence *Ayurvedic* drugs are more safe and effective in such diseases.

Follow up of study 2 months shows that *Ayurvediya* management has better role in prevention of relapse of disease. This shows that *Ayurvedic* managment not only controls the disease but also significantly prevents its relapse.

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