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## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/18093

DOI URL: <http://dx.doi.org/10.21474/IJAR01/18093>



### RESEARCH ARTICLE

#### MANAGEMENT OF IRRITABLE BOWEL SYNDROME THROUGH AYURVEDA- A CASE REPORT

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#### Manuscript Info

##### Manuscript History

Received: 05 November 2023

Final Accepted: 09 December 2023

Published: January 2024

##### Key words:-

IBS, Grahani, Atisara, Pravahika

#### Abstract

Irritable bowel syndrome (IBS) is one of the most common conditions encountered in clinical practice. IBS is a functional bowel disorder characterized by chronic abdominal pain, discomfort, bloating and alteration of bowel habits in the absence of any organic cause. Certain psychological symptoms are also more common in patients with IBS. Diarrhea and constipation may predominate or they may alternate in cases. Psychological factors like stress, anxiety etc. plays an important role in development of IBS. IBS in Ayurveda can be correlated with conditions like Grahani, Atisara, Pravahika and Acharya Charaka has told about the inter dependance of Shareerika and Manasika Doshas. In this case, an effort has been made to treat a 21-year-old female patient having symptoms like Diarrhea immediately after food followed by constipation for 3-4 days alternatively along with bloating of abdomen, epigastric pain, weight loss and anxiety. Patient took Panchakola Yavagu, Kaidaryaadi kashayam, Kalashakaadi Kashayam and Manasamitravatakam and Shatphala Grutham for a period of 90 days which resulted in improvement of symptoms. Improvement of symptoms were accessed as per IBS symptom severity score, IBS quality of life questioner, Bristol stool chart, Hamilton anxiety rating scale and Hamilton depression rating scale pre and post treatment.

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#### Introduction:-

Irritable bowel syndrome is one of the main diseases which requires referral to gastroenterology clinics<sup>1</sup>. Main symptoms of irritable bowel syndrome are abdominal pain, diarrhea, constipation or combination of both diarrhea and constipation, mucus discharge through stools and altered appearance of stools. Irritable bowel syndrome has no clear etiology as many factors contribute in its etiology. IBS cannot be conformed by any specific test. IBS is diagnosed based on specific symptoms called ROME criteria. Other criteria like IBS symptom severity score, IBS quality of life questioner, Bristol stool chart, Hamilton anxiety rating scale and Hamilton depression rating scale can be used to access severity of symptoms. Other diseases which have symptoms that mimics IBS should be ruled out for exact diagnosis<sup>2,3</sup>. As per ayurveda diseases like Grahani, Atisara etc have symptoms like IBS. In these diseases there is a alteration of Gastro Intestinal Functions due to Agni dusti<sup>4</sup>. Symptoms of Grahani such as Kaphayuktha Malam, Muhur Badha Murur Malam, Apakva Annayuktha Malam and Karshya helps in assessment of IBS as per ayurveda protocol. Treatment of IBS can also be taken from Grahani Chikitsa Adyaya of various ayurveda lexicons.<sup>5</sup> IBS with severe symptoms can be considered as Amaja Grahani and with mild to moderate symptoms can be considered as Niramaja Grahani. Treatment of Grahani Roga includes medications which are AgniDeepana, Grahi in nature which improved the Agni that was impaired in GrahaniRoga, Atisara roga etc. Therefore, treatment methodology was adopted from Grahani and AtisaraRogaChikitsa. Outcome of the treatment is accessed using IBS

symptom severity score, IBS quality of life questioner, Bristol stool chart, Hamilton anxiety rating scale and Hamilton depression rating scale

### Case Report

Presenting complaints: A 21-year female patient, diagnosed with irritable bowel syndrome visited Kayachikitsa OPD (opd number should be added), K.J. Institute of Ayurveda and Research, Savli, Vadodara with complaints of Mucus Diarrhea(Apakwa Malapravruhi) after few minutes of food intake along with weakness(Klama), epigastric pain(Shoola), bloating of abdomen, Anorexia (Aruchi), anxiety, indigestion (Ajeerna) and weight loss continuously for 5 to 10 days followed by severe constipation which lasted for 3-4 days since 6 months (Diarrhea followed by constipation can be considered as Muhurbaddha Muhurshithila Malapravarthi).

### History Of Present Complaints:

Patient was well before 6 months when she suddenly started getting fecal urgency immediately after food intake, stools were mixed with mucus, epigastric pain, indigestion, and anorexia which worsens after food intake and stress. These symptoms reduce in intensity after defecation. These symptoms continued for 5-10 days followed by severe constipation for another 3-4 days. She also had fatigue anxiety and weight loss. She consulted a gastroenterologist and was diagnosed as a case of IBS and took some allopathic medicine which gave her some relief. Later these symptoms got aggravated and she consulted Kayachikitsa OPD on 8/06/2023 of K.J. Institute of ayurveda and research, savli for further management.

History of past complaints; The patient suffered from Corona on April 2021 and dengue fever on September 2021. No significant Family History.

**Table no 01:-** Personal history.

<b>Dietary habits:</b> Eats at irregular intervals and poorly balanced diet	<b>Sleep:</b> Disturbed due to anxiety
<b>Appetite:</b> Poor since last 6 months	<b>Bowels:</b> Irregular 3-4 times a day, loose stools, and alternate constipation
<b>Addictions:</b> Nil	<b>Micturition:</b> 4-6/day, 1/ night

**Table 02:-** Physical Examinations.

<b>Medicines given</b>	<b>Nourishment:</b> Moderate
<b>Pallor:</b> Present	<b>BP:</b> 120/80mmHg
<b>Icterus:</b> Absent	<b>Pulse:</b> 72/ min
<b>Cyanosis:</b> Absent	<b>R/R:</b> 18/ min
<b>Nails:</b> NO Clubbing	<b>Height:</b> 155 cm
<b>Edema:</b> Absent	<b>Weight:</b> 40 Kg
<b>Lymphadenopathy:</b> Absent	<b>BMI:</b> 16.6

**Table no 03:-** Treatment.

SI NO	Medicines given	Dose	Anupanam
1	Kalashakaadi kashayam	15 ml bd morning 6am	Warm water
2	Kaidaryaadi kashayam	15 ml bd evening 6pm	Warm water
3	Panchakola choornam	5 gm	As Siddha Peya for 3 Anna kala
4	Panchamruta Parpadi	125mg	Along with kashayam
5	Manasa mitra vatakam	2 tablets HS	Milk

**Table no 04:-** Observations and Results.

Date	Symptoms	Severity	IBS symptom severity score	IBS Quality of life assessment score	Bristol Stool assessment score	Hamilton Anxiety assessment score	Hamilton Depression assessment score
08/06/2023	Mucus Diarrhea and Alternate Constipation	Severe	325	75	7	18	3

	Fatigue	Severe					
	Epigastric Pain	Severe					
	Weight Loss	Severe					
	Anxiety	Severe					
	Bloating	Severe					
	Anorexia	Severe					
	Anxiety	Severe					
<b>9/07/2023</b>	Mucus Diarrhea and Alternate Constipation	Moderate	180	85	6	14	3
	Fatigue	Moderate					
	Epigastric Pain	Moderate					
	Weight Loss	Moderate					
	Anxiety	Moderate					
	Bloating	Moderate					
	Anorexia	Moderate					
	Anxiety	Moderate					
<b>09/08/2023</b>	Mucus Diarrhea and Alternate Constipation	Relieved	175	85	4	10	1
	Fatigue	Relieved					
	Epigastric Pain	Relieved					
	Weight Loss	Relieved					
	Anxiety	Relieved					
	Bloating	Relieved					
	Anorexia	Relieved					
	Anxiety	Relieved					
		Relieved					
<b>25/08/2023</b>	Mucus Diarrhea and Alternate Constipation	Relieved	80	90	4	8	0
	Fatigue	Relieved					
	Epigastric Pain	Relieved					
	Weight Loss	Relieved					
	Anxiety	Relieved					
	Bloating	Relieved					
	Anorexia	Relieved					
	Anxiety	Relieved					

Patient was completely relieved from IBS symptoms after 90 days of treatment IBS Symptom severity Score, Hamilton Anxiety score showed very significant reduction, IBS quality of life assessment score showed very significant improvement. Stools were normal as per Bristol Stool Chart after 90 days of treatment.

### Discussion:-

As per ayurveda diseases like Grahani, Atisara, Pravahika etc have symptoms like IBS. In these diseases there is an alteration of Gastro Intestinal Functions due to Agni dusti. Symptoms of Grahani such as Kaphayuktha Malam, Muhur Badha Murur Malam, Apakva Annayuktha Malam and Karshyahelpsin assessment of IBS as per ayurveda protocol so treatment of IBS can also be taken from Grahani Chikitsa Adyaya of various ayurveda lexicons. As AgniDusti is seen in all these diseases prime importance was given to augmentation of Agni. Here the medicine selected will act as Agni Deepana and it also helps to reduce the inflammation of intestines.

**Kalashakaadikashayam**

This kashayam has three ingredients Kalashaka- (*Murraya koenigii*), Hareetaki (*Terminalia chebula*), Shunti (*Zingiber officinale*) which is told in Chikitsa Manjari a Keraleeya Ayurveda Treatment lexicon which is having Kapha Vata Shamaka properties and is indicated in Grahani and Atisararoga. *Murraya koenigii* contains many alkaloids which are anti-inflammatory in nature. Hareetaki<sup>6</sup> contains alkaloid which are anti-inflammatory, anti-diarrheal and hepatoprotective activity. *Zingiber officinale*<sup>7</sup> has anti-inflammatory, anti-cholesterol anti bloating activity and analgesic anti spasmodic activities these might have reduced the inflammation of abdomen and relieved the symptoms

**Kaidaryadi kashayam.**

This kashayam has four ingredients Kaidarya- (*Murraya koenigii*), Hareetaki (*Terminalia chebula*), Shunti (*Zingiber officinale*) and Patola (*Trichosanthes dioica*)<sup>8</sup> which is told in Chikitsa Manjari a Keraleeya Ayurveda Treatment lexicon which is having Kapha Vata Shamaka properties and is indicated in Grahani and Atisararoga. Patola (*Trichosanthes dioica*) contains many alkaloids which improves taste and digestion.

**Panchakola siddha Yavagu**

According to Charaka Acharya, all karmas (Chikitsa) is caused due to Samyoga<sup>9</sup>. Hence due to Samyoga of Panchakola with Yavagu its effectiveness is increased. Panchakola is Katu Rasa, Katu Vipaka and Ushan Veerya.<sup>10</sup> which helps in Agni Deepana and Pachana. Panchakola siddha Yavagu shows improvement of Vishamagni as well as Mandagni due to Katu Rasa Ushna Veerya of the drug and due to Sara Guna of Yavagu. Panchakola contains Pippali (*Piper longum*), Chavya (*Piper Chaba*), Chitraka (*Plumbago zeylenica*), Shunti (*Zingiber officinale*). *Piper longum* contains alkaloid which are stimulant, carminative, and expectorant in action<sup>11</sup>. *Piper Chaba* has stimulant and carminative properties.<sup>12</sup> *Plumbago zeylenica* have alkaloids which aids in digestion promoting appetite<sup>13</sup>. *Zingiber officinale* has stimulating, carminative alkaloids which helps to improve digestion helps in bowel movements relaxes muscles which might have reduced abdominal pain and bloating.<sup>7</sup>

**Panchamruta parpadi**

This medicine is told in Bhaishajya Ratnavali Grahani Roga Chikitsa<sup>14</sup> which contains Sudha Gandhaka, Parada, Loha Bhasma, Tamra Bhasma and Abraka bhasma which is kapha Vata shamaka in nature are indicated in Grahani Roga. It is Grahni in nature which might have helped in reliving diarrhea.

**Manasa mitra vatakam**

This medicine is told in Sahasryoga<sup>15</sup> text book it contains more than 70 ingredients. It is a Tridosha Shamaka Yoga indicated in Unmada and Apasmara. It is a Medya drug. It has anxiolytic, neuro protective and anti-depressive actions Department of neurophysiology and Neuroscience (NIMHANS) Bangalore conducted clinical research on this drug on generalized anxiety disorder and found to be effective in management of generalized anxiety disorder and social phobia<sup>16</sup>. This might have helped in reducing the anxiety of the patient.

**Conclusion:-**

Based on the above study, ayurveda medicines like Kalashakaadi kashayam, Kaidaryaadi kashayam, Panchakola Yavagu, Panchamruta Parpadi and Manasamitra Vatakam are found to be very effective in managing IBS symptoms like mucosal diarrhea and constipation alternatively (Muhur Baddha Muhur Shitila Mala Pravrutti), Fatigue (Klama), Epigastric pain and bloating (Shoola), anorexia (Aruchi), weight loss and anxiety. No adverse reaction was noted during treatment. IBS Symptom severity Score, Hamilton Anxiety score showed very significant reduction, IBS quality of life assessment score showed very significant improvement. Stools were normal as per Bristol Stool Chart after 90 days of treatment.

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