



## Case Study

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### EFFECTIVE MANAGEMENT OF ULCERATIVE COLITIS THROUGH PANCHAKARMA: A CASE STUDY

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#### ABSTRACT

Ulcerative colitis is a chronic inflammatory bowel disease that causes inflammation, irritation and ulcers in the lining of the large intestine (colon) and rectum due to autoimmune pathology. Symptoms of active disease are abdominal pain and diarrhoea mixed with blood (hematochezia). This can be considered under the umbrella of Grahani roga. Materials and methods: Takra basti followed by Yastimadhu Kashaya basti and Anuvasana basti with Ashwagandha ghrta in kala pattern, Jatamamsi ksheera Shirodhara and oral medications were administered. Results: By this treatment, the patient got satisfactory results in all his symptoms. Conclusion: The present case study can help focus on Panchakarma as a safe and alternative treatment for managing ulcerative colitis instead of surgery and steroid medications.

**Keywords:** Grahani, Ulcerative colitis, Takra basti, Yastimadhu Kashaya Basti, Shirodhara.

#### INTRODUCTION

The word Grahani is derived from Grah' dhatu, which means 'To catch' 'To hold' or 'To get'. It is the site of Agni, situated between amashaya and pakwashaya<sup>1</sup>, and it does annasya grahana; hence it is called as Grahani. Grahani roga is one among Astamahagada<sup>2</sup>. Agni dusti is the main cause of the pathogenesis of Grahani roga. Due to nidanasevana such as ati katu, snigdha, amla, guru, sheeta ahara, vishamashana, pramitashana, anashana, divaswapna, vegadharana, chinta, shokha, krodha, bhaya etc<sup>3</sup>. Tridosha gets aggravated, particularly Samana Vata, Pachaka Pitta and Kledaka Kapha in the Grahani sthana, which leads to the manifestation of Grahanigada. Due to the similarity in the symptoms of Grahani and Ulcerative colitis, the Grahani line of treatment can be adopted to manage Ulcerative colitis.

Chronic inflammatory bowel disease (IBD) includes ulcerative colitis (UC), a disorder in which inflammation affects the mucosa and submucosa of the colon, and Crohn's disease (CD), in which inflammation is transmural and may involve any or all segments of the gastrointestinal tract<sup>4</sup>.

Ulcerative colitis is a recurrent inflammatory disease of the colon and rectum characterized by mucosal inflammation and ulceration. The disease starts in the rectum and spreads to a variable extent in a proximal direction<sup>5</sup>.

Probiotics, corticosteroids, medical therapy, immunosuppressants, and surgery are the treatment options for ulcerative colitis. Curative therapy is not yet available. Panchakarma can be adopted as a safe and alternative treatment modality to improve the patient's general condition.

#### MATERIALS AND METHODS

##### Case Report

##### Chief complaints

- Altered bowel habits for five years
- Increased bowel frequency 5-6 times /day - one year
- Mucus and blood mixed with stool for one year
- Painful defecation and incomplete evacuation for one year

##### Associated complaints

- Disturbed sleep for one month
- Pain and stiffness in neck region for one month
- Blackish discolouration a/w itching over left shin for 15 days

##### History of present illness

A male patient aged about 39 years approached the OPD of Panchakarma, SJGAUM Hospital Bengaluru, Karnataka, India. C/O passing of loose stools 5-6 times/day, blood and mucus mixed stools, painful defecation, abdominal pain, incomplete bowel evacuation, increased bowel habits. For the above complaints, he consulted a gastroenterologist, underwent a colonoscopy and was diagnosed with Ulcerative colitis; he took medications but did not get any relief from the symptoms. So, he consulted an Ayurvedic physician, took Piccha basti and was relieved from blood-mixed stools. For the past month, he has been complaining of disturbed sleep during nighttime, pain and stiffness in the neck region, blackish discolouration, a/w itching over the left shin. He was admitted to SJGAUM Hospital Bengaluru, Karnataka, India, for further management.

**Family History:** Father had H/O Palmar plantar psoriasis

**Table 1: Personal History**

Name: XYZ	Bowel: altered
Age: 39 years	Appetite: reduced
Marital status: married	Bala: madhyama
Occupation: business	Height: 162 cm
Diet: mixed	Weight: 62 kg

**Table 2: Asta sthana pareeksha**

Nadi	Manda
Mala	Altered bowel movements Frequency -5-6 times/day Consistency - Solid, semisolid, liquid Appearance - Mucus and blood mixed stool
Mutra	Prakruta
Jihwa	Lipta
Shabda	Prakruta
Sparsha	Prakruta
Drik	Prakruta
Akriti	Madhyama

**Systemic examination**

**Cardiovascular System:** S1 S2 heard, No abnormality detected

**Respiratory System:** NVBS heard, No abnormality detected

**Gastrointestinal tract:** Tenderness- In epigastric umbilical and right hypochondriac region, Rigidity/guarding: Absent

**Per rectal examination:** Anal erosions were present

**Table 3: Treatment protocol adopted**

<b>Panchakarma</b>	<b>Shamana yogas</b>
Shirodhara with Jatamamsi ksheera for 5 days Choorna pinda sweda to neck region for 5 days Takra basti for 3 days, followed by Yastimadhu Kashaya basti for 3 days Anuvasana basti with Ashwagandha ghrita for 10 days	Raktasthambaka tablet (20 tablets crushed into powder form) + Pravala pishti tablet (15 tablets) + Musta + Yasti + Dadimastaka churna 5 gm BD A/F

**Table 4: Contents of Takra Basti and Yastimadhu Kashaya Basti**

Takra Basti		Yastimadhu Kashaya Basti	
Contents	Dose	Contents	Dose
Makshika	50 ml	Makshika	50 ml
Saindhava	6 gm	Saindhava	6 gm
Changeryadi ghrita	60 ml	Changeryadi ghrita	70 ml
Yashtimadhu + Shankha bhasma + Dadimastaka churna + Musta churna	5 gm each	Yashtimadhu + Shankha bhasma+ Dadimastaka churna+ Musta churna	5 gm each
Musta Amalaki sidha takra	250 ml	Yastimadhu kwatha	300 ml
Total	386 ml	Total	446 ml

**Table 5: Truelove-Witts Criteria (Severity of Ulcerative Colitis)**

Features	Mild	Moderate	Severe
<b>Bowel frequency</b>	<4/day	4-6/day	>6/day
<b>Rectal bleeding</b>	Intermittent	Usual	Common
<b>Fever</b>	No	Possibly	Yes
<b>Pulse</b>	Normal	May be >90/min	>90/min
<b>Abdominal tenderness</b>	Absent	Often present	Present
<b>Hematocrit</b>	Normal	<30%	>30%
<b>ESR</b>	<30 mm		>30 mm

**OBSERVATIONS AND RESULTS**

**Table 6: Observation and Results**

Days	Treatment	Observations
D1-D5	Shirodhara with Jatamamsi ksheera and choorna pinda sweda to neck region.	The patient was able to get sound sleep at night. Pain and stiffness in the neck region are reduced by 90%.
D1-D3	Takra basti	Appetite improved. Abdominal pain was reduced. Frequency of stool reduced.
D4-D6	Yastimadhu Kashaya basti	Blood and mucus discharge in stool was reduced. Tenesmus was reduced by 80%.

Table 7: Overall assessment

Assessment criteria	Before treatment	After treatment
Truelove-Witts Criteria	Severe Frequency of stool: 5-6 times/day Rectal bleeding: present Abdominal pain: present	Mild Frequency of stool: 1-2 times/day Rectal bleeding: absent Abdominal pain: absent
Mucus in stool	Present	Almost reduced
Consistency	Liquid stool	Solid stool

## DISCUSSION

As all gastrointestinal tract diseases are considered under the umbrella of Grahani roga in Ayurvedic medicine, the Grahani line of treatment can be adopted to treat ulcerative colitis.

### Shirodhara with Jatamamsi ksheera

Ulcerative colitis is a psychosomatic disease where disruption of sleep is one of the symptoms. Shirodhara is one among the moordhni taila<sup>6</sup>. It is the ultimate mental and emotional relaxing technique in which a warmed liquid substance is poured over the forehead for an extended period of time. The pressure generated through Shirodhara helps to stimulate the sthapani marma, which is situated between the eyebrows<sup>7</sup>. Sthapani marma and the pituitary gland are located at the same level. The pituitary gland plays a crucial role in the regulation of sleep.

### Takra basti

Deepana, grahi and laghu guna of Takra are very beneficial for Grahani. Grahi guna helps reduce the drava pravrutti of mala due to its laghu and deepana guna, which will help improve the Agni. Takra is tridosha shamaka. Madhura vipaka of Takra subside the Pitta dosha. Ushna virya, vikasi, and ruksha guna of Takra will help to reduce mucus discharge in stool by Kaphahara action. By madhura, amla and sandra guna, it overpowers the Vata guna, thereby reducing the frequency of stool<sup>8</sup>.

### Yastimadhu Kashaya basti

Yastimadhu mainly acts on Vata and Pitta dosha. Grahani is also considered sthana of Pittadhara kala, which helps normalize the Pitta dosha, which is a contributory factor in the ulceration of intestinal mucosa. Vedanasthapana, shonithsthapana, rasayana, vranashodhana, and ropana properties of Yastimadhu<sup>9</sup> help to stop rectal bleeding by healing the ulcers of the intestinal mucosa. Studies have proven that Yastimadhu has anti-ulcerative, antioxidant, immunomodulator, anti-inflammatory, and antipyretic properties.

### Anuvasana basti with Ashwagandha ghrita

Ashwagandha has immunomodulator, anti-inflammatory, antioxidant, antidepressant etc. properties. Ashwagandha ghrita is mainly indicated in shosha, karshya, mandagni, arshas, and Vataroga, and Ashwagandha has vrana ropana guna<sup>10</sup>. The patient currently suffers from weight loss and neck pain, so Ashwagandha ghrita was selected for Anuvasana Basti. It will also help heal the ulcers with its vrana ropana guna.

## CONCLUSION

Agnimandya is the main culprit in the manifestation of Grahani roga. Formation of ama in the later stage attains shuktva and exhibits symptoms like muhur badda muhur drava mala associated with foul smell and pain. As Ulcerative colitis and Grahani roga are common in symptoms and pathology, Ulcerative colitis can be effectively managed by applying Grahani chikitsa. In the present case, the patient got satisfactory results with Takra basti and Yastimadhu Kashaya Basti.

**Declaration of patient consent:** The authors certify that they have obtained all appropriate consent from the Patient.

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