



INTERNATIONAL RESEARCH JOURNAL OF AYURVEDA & YOGA

Impact Factor : 4.68
 ISSN : 2581-785X
 Website : <http://irjay.com>
 Email : editor.irjay@gmail.com

volume- 2, issue-4 (July-Aug)

Review Article

Efficacy Of Ayurveda Treatment Protocol In The Management Of Ulcerative Colitis W.S.R. To *Pravahika*

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Article received on- 28
 Aug

Article send to reviewer-
 29

Article again received after
 correction- 3 Sept.

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time of paper presentation.

Abstract

Ayurveda is a system of medicine with historical roots in the Indian subcontinent. Ayurveda therapies and practices have been integrated in general wellness application and in some cases in medical uses. Ulcerative colitis (UC) is a form of inflammatory bowel disease (IBD) that causes inflammation and ulcers in the colon. The disease is a type of colitis, which is a group of diseases that cause inflammation of the colon, the largest section of the large intestine, either in segments or completely. The main symptom of this active disease is diarrhea mixed with blood. ulcerative colitis (UC) is one with a prevalence rate of 2–3% in the world, The main causes include dietary habits and stress. These habits disturb the internal immunity and develop Auto immune disease in the form of Ulcerative colitis(UC).In Ayurveda,it can be compared with a disease *Pravahika* characterized by *Atidrava Mala Pravrutti* with *Rakta*. This topic will be discussed at the

Key wards:-Ayurveda, Inflammatory bowel disease, *Pravahika*, *ShamanaAushadhies*, ulcerative colitis

INTRODUCTION

Inflammatory bowel disease (IBD) is a group of inflammatory conditions of the colon and small intestine; disorders of unknown cause involving genetic and immunological influence on the gastrointestinal tract's ability to distinguish

foreign from selfantigens. The intestinal walls become swollen, inflamed and develop ulcers which can cause discomfort and serious digestive problems. among them, two chronic disorders one is Crohn's disease and second is ulcerative colitis (UC). Both are chronic inflammatory disorders of the GI tract.



AIMS & OBJECTIVE

The purpose of this paper is to evaluate the existing literature on Ayurveda medicine and Ayurveda karmas (process). Looking into these limitations in the treatment and prognosis of UC, an Ayurveda treatment protocol of *Pravahika* was observed by using *Deepana*, *Pachana* (digestive-carminative), and *Sangrahi Dravyas*^[1] to analyze its effect in the management of disease. Main aim is to evaluate the efficacy of Ayurveda treatment protocol in the management of ulcerative colitis (UC). Main objective is to evaluate the efficacy of *Pichha Basti* & *Kanadya Loha Vati* in the management of *Raktaja Pravahika* (UC) with supportive Yoga therapy for stress management.

ULCERATIVE COLITIS (UC)

Ulcerative colitis (UC) is one with a prevalence rate of 2–3% in the world,

Disorder in which inflammation affects the mucosa and submucosa of the colon and terminal ileum. Peak incidence is in ages 20–40 years old and UC occurrence age is 15–60 years people. Which is characterized by abdominal pain, vomiting, diarrhea, rectal bleeding, severe internal cramps/muscle spasms in the region of the pelvis, and weight loss.^[2] The main causes of ulcerative colitis remain completely unknown. Depending upon the currently popular view of the cause of any disease, suggestions have ranged from those solidly based on mechanistic concepts, such as a change in colonic ecology, fecal bacteria or disordered immune mechanisms, to those psychosomatic concepts which relate love, hope, and fortitude to disease. Certain concepts of etiology are worth reviewing.

Autoimmunity is stated that antibodies to colonic epithelium appear either as a fortuitous by-product of the development of antibodies against lipopolysaccharides

in fecal bacteria which happen to cross-react with antigens in the colonic epithelial cells.

The sudden onset of ulcerative colitis, its occurrence after an epidemic of food poisoning, the close relationship at times to amebiasis, and the undoubtedly good symptomatic response to some antibacterial agents have led to the conviction that ulcerative colitis may be initiated as an infections disease, that a change in intestinal bacteria is important. The sorrow which finds no vent in tears makes others organs weep. Ulcerative Colitis occurs only when the patients is subjected to certain type of stress which calls out unacceptable emotional responses.

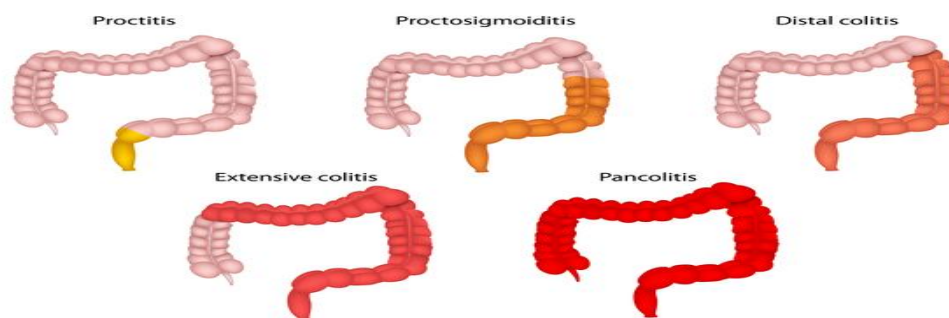
Ulcerative colitis is a chronic idiopathic inflammatory bowel disease with a relapsing nature. It is a very challenging disease affecting a patient during the most active period of his life. The main features are ano-rectal bleeding with increased frequency of bowel evacuation, general

debility and with abnormal structural pathology in the descending colon, particularly sigmoid colon.

In many patients with ulcerative proctitis, mild intermittent rectal bleeding may be the only symptom.If no bloody stools (ever), its not UC. Other symptoms: Urgency - (sudden feeling of having to defecate and a need to rush to the bathroom for fear of soiling), Tenesmus - (ineffective, painful urge to move one's bowels)Rectal pain, Cramps, abdominal pain, rectal bleeding and loose, pus, mucus with scanty fecal particles.

Types of Ulcerative Colitis is Usually involves rectum & extends proximally to involve all or part of colon.Spread is in continuity.May be limited colitis(proctitis&proctosigmoiditis)In total colitis there is back wash ileitis (lumpy-bumpy appearance)Universal Colitis or Pancolitis refers to inflammation affecting the entire colon. Ex.- right colon, left colon, transverse colon and the rectum.

TYPES OF ULCERATIVE COLITIS



RAKTAJA PRAVAHIKA

According to Ayurveda, it can be correlated to the disease *Pravahika* which manifests in the form

of *Atipravahana* of *Purisha* (repeated defecation), *AtidravaPurishaPravritti* (watery stool), *Udarashoola* (pain abdomen), *Picchila*, *Saphena* (sticky and

frothy), and *RaktayuktaPurisha*^[3] (blood-mixedstool).

Pravahika produced by *Vata* has pain, that produced by *Pitta* has burning sensation, that produced by *Kapha* has elimination of faeces mixed with *Kapha* and that produced by *Rakta* has blood mixed faeces; these kinds are produced by more of unctuousness and dryness (in the large intestine) their signs/symptoms, methods of treatment and features of *Ama* (unripe) and *Pkva* (ripe) stages are similar to those of *Atisara* (diarrhoea).

(SusrutaUttartantra 40/140)^[4]

Samprapti Ghataka of Raktaja Pravahika -

- *Udbhava Sthana* - *Aamashya Samutha*
- *VyaktiSthana* - *Gudamarga*
- *Adhithana* - *Pakvashya (Large Intestine)*
- *Sanchar* - *Rasayani*
- *Doshaj* - *Rakta & Kapha (Pradhana), Vayu (aprdhana)*
- *Dushya* - *Rasa, Rakta, Udaka & Purisha*
- *Srotodushti* - *Rasavaha, Raktavaha, Annavaha & Purishavaha*
- *SrotodushtiLakshana* - *Atipravriti&Sanga*
- *Agni* - *Jatharagni mandya, Dhatvagnimandya*
- *VyadhiSvabhav* - *Chirkari*
- *Prtyatma Lakshana* - *Raktayukta mala pravriti & Pravahana*

DIAGNOSIS OF I.B.D. (UC)

- Laboratory tests -: (Blood profile, Stool test, Urine test ESR, CPR),
- Sigmoidoscopy,
- Endoscopy,
- Radiography,
- Biopsy,
- CT enterography,
- Barium Enema X-ray

TREATMENT OF ULCERATIVE COLITIS

Methods of treatment and features of *Ama* (unripe) and *Pkva* (ripe) stages are similar to those of *Atisara* (diarrhoea).

1. SHODHANA KARMA -:

- ***PichhaVasti***-If the patient passes scanty and frequent stools mixed with blood and accompanied with colic, and if he passes the obstructed flatus with difficulty or does not pass at all, he should be given the mucilaginous enema as described before or the unctuous enema of ghee medicated with tubers of white lotus.

(CharakChikitsaSthana 19/93,94)^[5]

- ***Dravyas (Contents)***-Take 8 *tolas* of each of root of certain prickly clover, small sacrificial grass and thatch grass, flowers of silk cotton, buds of the *banyan*, *gular* fig and holy fig tree and decoct them in 192 *tolas* of water with 64 *tolas* of milk. When all the water is evaporated and only the milk left, filter the decoction and add the paste of gum of silk cotton, indian madder, sandal wood, blue water-lily, *kurchiseeds*, perfumed

cherry and lotus anthers and also *ghee*, honey and sugar. The mucilaginous enemata thus prepared cures dysentery, rectal prolapse, haemorrhage and fever. (CharakChikitsaSthana 14/225-228)[5]

- **Matraevm Kala (Dose & Duration) –**
400 ml/day , 10 days , before meal . [6]

2. SHAMANA CHIKITSA :-

- **KanadyaLoha**—the working properties of *KanadyaLoha* is – *Langhandrvyasamkarmukta, Dipana, Pachana, Krimighana, Vatanulomaka, Grahii, Shoolprashamana* and increase blood level in body.(Rasendra Sara Samgraha2)[7]
- **Dravyas(Contents)–**
Peppli, Sunthi, Patha, Tri-Varga(Sunthi, Marich, Peppli. Haritaki, Vibhitaki, Aamalki. Vidhnga, Motha, Chitrkmoola), Bilva, Rakta-Chandana, Hribar all contents include equal quantity with *Lohabhsma*, its quantity is all other contents quantity and add water to mixed all contents and made a paste form, after paste formation finally made a *VatiKalpana*. This formation called *KanadyaLoha*. It is effective for all types of *Atisara, Pravahika* with its complications and best drug of choice for *GrahaniRoga*. (Rasendra Sara Samgraha2/6-7)[7]

- **Matraevm Kala (Dose & Duration) –**
500 mg x 2 tab./day , 30 days , after meal . [6]
- **Ahar – Vihar and Yoga therapy** will be supportive treatment in the management of UC(RaktajaPravahika).

3. YOGA THERAPY :-

1. Prarthana (prayer)
2. Sukshma vyayam (warm up exercise)
3. Pranayam (breath control)
4. Dhyana (meditation)
5. Aum chanting (ending prayer)

4. AHAR (DIET) :-

Patients were kept on *Pitta-shamaka, laghu, grahii and pathya* food articles.

CONCLUSION

Most of patients belonged to the 20-40 years age group. In this disease male patients more than female patients. Ulcerative Colitis is a disease of purishavahasrotas which is caused by pitta pradhanavata doshas. *KanadyaLoha* has properties of *Dipana-Pachana, Raktavardhaka, Krimighana* with its grahi action. Which help in healing ulcers in the colon by *PichhaVastikarma*. It also has stambhana properties that help in reducing the bowel frequency and check bleeding. All the signs and symptoms were reduced by more than 80% and the reduction was statistically highly significant. RBCs in stool which is the main clinical sign of this disease was reduced by more than 85%. Hemoglobin increased by 15%. The therapy is an ideal drug as a safe and effective alternative in case of ulcerative colitis(UC).

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