

CONCEPTUAL STUDY ON *PAKVASHAYA GATA VATA* W.S.R. IBS AND ITS TREATMENT BY AN INDIGENOUS DRUG *AMALTAS* COMPOUND

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ABSTRACT

OBJECTIVE:- Ayurveda is the science of life with the aim of attaining health and curing diseases of ill. Irritable Bowel Syndrome (IBS) is one of the most commonly encountered chronic gastrointestinal disorders, accounting for more than half of the patients presenting to the gastroenterologists with G.I. symptoms and incidence of which has been rising in recent years. Though it is not a life threatening illness, even then causes great distress to those afflicted and a feeling of helplessness and frustration for the physician attending to treat it. **METHOD:-** This clinical study is started to assess the efficacy of *Ayurvedic* (indigenous herbal) drugs in a compound form, to overcome the above mentioned problem. The *Amaltas* compound is

selected for the trial drug in this study and its response is observed in the patients of IBS with comparison to the response of standard (*Ispaghula* husk) and Placebo (corn flour) drugs.

RESULT:- Conservative management of *Pakvashayagata Vata* through Ayurvedic principle provides significant relief and improves quality of life. **CONCLUSION:-** The *Amaltas* Compound contains *Aarghawadha*, *Amlaparni*, *Bilva*, *Ishabgola*, *Shatapushpa* is a good formulation for *Pakvashayagata Vata*.

KEYWORDS: IBS, *Pakvashayagata Vata*, *Ispaghul* husk, Agni, *Grahni*.

INTRODUCTION

Irritable Bowel Syndrome (IBS) is motility disorder of G.I tract essentially of functional nature with definite psychosomatic basis. The patients present with the variety of symptoms and discomfort without organic or biochemical abnormality. The dietary habits, sedentary life styles and stress etc., which are the gift of modern world, are primary predisposing factors for *Grahani, Pakvashayagata Vata*. In recent years extensive studies have been carried out in the modern medicine, still its etiopathogenesis and the functional pathology is unknown. There are no specific diagnostic procedures to identify IBS, because the underlying pathophysiology remains unknown, thus the diagnosis remains dependent on the symptom cluster and exclusion of related pathological diseases. There are many drugs for treating the IBS but not a single one has shown to be of satisfactory result for the treatment of IBS patients. Among the common clinical problems there are probably a few one that challenge the skill and ingenuity of the physicians, the IBS is one of them, which is difficult to cure with the available drugs so far known to the medical world. This clinical study is started to assess the efficacy of *Ayurvedic* (indigenous herbal) drugs in a compound form, to overcome the above mentioned problem. The *Amaltas* compound is selected for the trial drug in this study and its response is observed in the patients of IBS with comparison to the response of standard (*Ispaghul* husk) and Placebo (corn flour) drugs. Conservative management of *Pakvashayagata Vata* through *Ayurvedic* principle provides significant relief and improves quality of life.

AIM AND OBJECTIVES

1. To study the etiopathogenesis of *Pakvashayagata Vata*.
2. To assess the efficacy of the *Amaltas* Compound in the management of *Pakvashayagata Vata*.
3. To provide a reliable, safe and cost effective *Ayurvedic* treatment for *Pakvashayagata Vata*.

MATERIAL AND METHOD

The sources for this article were taken from *Ayurvedic* literature from library, internet, website and other published sources.

SAMPRAPTI GHATAK

- *Dosha* : *Tridoshaja*
- *Dushya* : *Anna, Rasa*

- *Agni* : *Mandhyata*
- *Srotas* : *Annavaha, Purishvaha*
- *Srotodushti* : *Atipravriti*
- *Adhishthana* : *Pittadharakala, Grahni*
- *Swabhava* : *Daruna*
- *Sadhya- asadhyata* : *Kricchrasadhya*
- *Rogamarga* : *Bahya*

Lakshna

- According to Ayurvedic texts the symptoms of *Pakvashayagata Vata* are –
Ati Srushta Mala Pravritti, Vibbadha Mala Pravritti (Occasional hard and soft stool)
Arochaka (anorexia), Vairasya (altered taste in tongue), Trishna (polydipsia), Tama Pravesha (darkness in front of eyes), Shotha (oedema), Asthi Ruk (Pain in bones), Chardi (Vomiting), Jwara (fever), Tiktaamla Udgara.

Drug Review

S.No	DRUGS	RASA	GUNA	VIRYA	VIPAKA	DOSHAGHANTA	AUSHADHA KARMA
1.	<i>Aargwadha</i> (<i>Cassia fistula</i>)	<i>Madhur, Kashaya</i>	<i>Guru, mridu, snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Tridosha Shamak</i>	<i>Sotha, Aruchi, Vibandha</i>
2.	<i>Amlaparni</i> (<i>Rheum emodi</i>)	<i>Tikta, Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapiitahara</i>	<i>Agnimandya, Deepana, Grahi, Rechana, Stambhana</i>
3.	<i>Bilva</i> (<i>Aegle Marmelos</i>)	<i>Kashya, Tikta</i>	<i>Laghu, Ruksha,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>	<i>Deepana, Grahi, Pachana, Mridurechaka</i>
4.	<i>Ishbagola</i> (<i>Plantago ovata</i>)	<i>Madhura</i>	<i>Sanidgha, Guru, Picchila</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vatapitta Shamak</i>	<i>Anulomana, Grahi, Trishna nigravana</i>
5.	<i>Shatapushpa</i> (<i>Foeniculum vulgare</i>)	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata Shamaka</i>	<i>Udarashoola, Aadhamana</i>

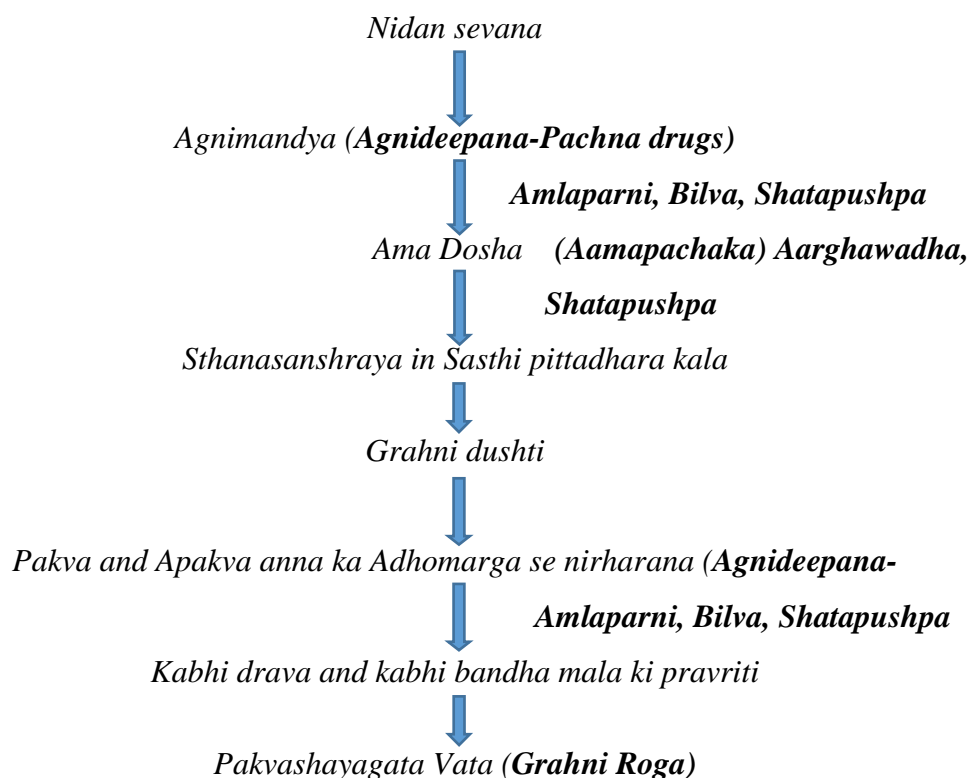
- ✓ **Aargwadha:** Hypocholesterolemia, Hepatoprotective, Antioxidant. The methanolic extract of the leaf of *cassia fistula* was found to exhibit hypoglycemic effect.
- ✓ **Amlaparni:** Antioxidant neutralize the oxidant effects of free radicals, and other substances. Anti-inflammatory: reducing inflammation by acting on body mechanisms. Anti-nociceptive: inhibits nociception, the sensation of pain.

- ✓ **Bilva:** Antihelminthic, Antidiarrheal, Demulcent, Carminative, Tonic and Immunostimulant activity. It is useful in acute inflammations, chronic fever, Cough, Debility, Diarrhoea, Dysentery and Indigestion.

Bilva Powder is used in Pravahika, Atisara, Giardiasis, Amoebiasis.

- ✓ **Ishdagola:** Antidiarrheal, Anti-constipation, wound healer, mucilage, Superdisintegrant, gelling agent, Suspending agent, hypocholestrolemic, hypoglycemic.
- ✓ **Shatapushpa:** Antimicrobial, Antibacterial, Anti-inflammatory, Antihyperlipidemic, Anti hypercholesterolaemic activities. Fruits of plant are reported to have antispasmodic effect on smooth muscles of GIT. The efficacy of high dose of Antheum sowa extracts was reported to be similar to sucralfate.

HOW AMALTAS COMPOUND BREAKS THE SAMPRAPTI OF PAKVASHAYA GATA VATA



Special Investigation

Blood Stool

Biochemical examinations reveal no abnormality

Endoscopic examination also reveals normal features.

Mode of Action

Properties and its Pharmacological action

- Rasa of Amlatas Compound is Madhur, Kashaya, Tikta, Katu which is having Guru, Mridu, Snigdha, Laghu, Ruksha, Tikshna, Picchila Guna and Virya is Sheeta and Ushna, Madhur and Katu Vipaka. It does Tridoshashamaka, Kaphapittahara, Kaphavatahara, Vatapittashamaka and Kaphavatashamaka. Amlatas Compound acts as Grahi, Deepana, Pachana, Anulomana, Agnimandya, Aruchi, Vibandha, Udarashoola, Mridurechaka and Trishnanigrahana.
- Due to Kashaya, Tikta, Katu Rasa, Laghu, Ruksha, Tikshna Guna, Ushna Virya and Katu Vipaka it brings down aggravated Kapha
- Due to Madhur Rasa, Guru, Mridu, Snigdha, Picchila Guna, Sheeta Virya and Madhur Vipaka it brings down aggravated Vata.
- Due to Madhur Rasa, Sheeta Virya and Madhur Vipaka Pitta will not become Prakopa.

DISCUSSION

IBS (*Pakvashayagata Vata or Grahni*) it is a condition related with an Agnivikriti. In this condition Amlatas Compound is useful by means of Grahi, Deepana, Pachana, Mridurechaka etc. property which helps in rectifying Mandagni. It is Srotoshodhaka helps in the proper absorption of Rasa. So, acts as nectar. Various Deepana and Pachana medicine described in various classics should be administered beside follow of Laghu and digestible food. Unwholesome dietary pattern & stressful lifestyle are the main contributory factors to the development of *Pakvashayagata Vata*. It may be used as each preventive and curative treatment.

CONCLUSION

IBS may be a disease that affects large population globally particularly in developing country and associated with improper food habits beside stressful lifestyle As per writing treatment modalities are like Shamana and Shodhana Chikitsa. Agnimandya is very important factor in the Samprapti of *Pakvashayagata Vata*. It can be said that the degree of vitiation has not progressed to alternative Aashyas and Dhatus. Ayurveda considered as Ayurvedic diet regimen one among the treatment modality. Though there no specific medical treatment for IBS in modern science but Ayurvedic Yogas like Amlatas Compound utilized in the treatment of IBS (*Pakvashayagata Vata*).

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