

IRRITABLE BOWEL SYNDROME W.S.R TO GRAHINI: A REVIEW ARTICLE

¹*Dr. Rahul Kumar and ²Dr. Rajesh Kumar Gupta

¹M.S. Scholar, PG Department of Shalya Tantra, Dr. Sarvepalli Radhakrishanan Rajasthan Ayurveda University, Jodhpur.

²HOD and Associate Professor, PG Department of Shalya tantra, Dr. Sarvepalli Radhakrishanan Rajasthan Ayurveda University, Jodhpur.

Article Received on
29 June 2020,

Revised on 19 July 2020,
Accepted on 09 Aug 2020,

DOI: 10.20959/wjpr20209-18345

*Corresponding Author

Dr. Rahul Kumar

M.S. Scholar, PG

Department of Shalya

Tantra, Dr. Sarvepalli

Radhakrishanan Rajasthan

Ayurveda University,

Jodhpur.

ABSTRACT

Background: The digestive process is complex and occurs in the digestive system. Some problems caused by digestive system disease are not very annoying, but other problems can be serious and if left untreated they can be fatal for life. Gastro-intestinal disorders (GI) cause a large number of morbidities. 10-15%.^[1] of people worldwide suffer from Gastrointestinal disorders. In which irritable bowel syndrome also has the main role. There is not only one reason to generate IBS rather so many reason comes together to create this disease. It can impact on digestion and may overall health so long term Management/Care is needed to get rid from IBS. The signs and symptoms of IBS can vary widely in each person and often similar to other disease. *Ayurveda* is a totally natural ancient Indian medical

system. According to *ayurveda*, every person is affected by some elements more than others. This is due to their individual constitutional like *Prakriti* and some other environmental factor. *Acharyas* explain this disease name *Grahini*.^[2] So Irritable bowel syndrome, symptoms are very closely with *Grahini*. **Conclusion:** *Ayurveda* is “science of longevity” it focus not only physically well being as well as it deals with mental status of individual. IBS and *Grahini* similar disease according to nature of disease. So treatment principal mentioned in *Grahini* may useful in Irritable Bowel Syndrome.

KEYWORDS: Digestive system, GI disorders, *morbidity*, *Grahini*.

INTRODUCTION

Diet and a healthy lifestyle have a very important place in human life. But now days, the meaning of being healthy has been changed. Food and its impact over mind, seems relevant and justified but it has lagged behind in a rat race and busy lifestyle. The sedentary lifestyle and insatiable greed of humans increased excessively which is an important factor in origin of gastrointestinal disorders. IBS is a chronic condition where gastrointestinal disorders like pain, blotting and abdominal discomfort is very commonly present. In India prevalence rate of IBS is around 15%. It present mainly in urban cities where stressful lifestyle & Rudimentary dietary habits is more common, So because of all factors it lead to interrupt in normal body physiology. Indigestion of food which acts as poison towards body and person became sick.

Agni has a significant role maintain body homeostasis, function, metabolism and proper function.

IBS in Ayurveda

As per *ayurveda* text all gastro intestinal disorder starts from dysfunction of *Agni*.^[3] So *Agni* is the base/ main component of GI which plays an important role with its different function. Due to dysfunction *Agni* food doesn't digested as per proper way so ultimate it results as lack of *Oja* (vigour). In text of IBS we can relate it to *Grahini*. The nature of disease and its symptoms are likely match with *Grahini*.

- Aatishrista (loose stool)
- Vibhada (constipation)
- Trishana (maybe due to fluid loss/ Dehydration)
- Arochaka (Altered appetite)

The Rome criteria^[4] is a diagnostic tool for irritable bowel syndrome which requires that patient have recurrent abdominal pain average at least one day/week during the last three months. There are 3 types of IBS

- IBS-C (constipation- we can Relate it with Vataj *Grahini*)
- IBS-D (Diarrhoea – As pitta *Grahini*)
- IBS-E(Mixed type)

In ayurveda there is also *kapha Grahini* explained and symptoms are likely as Dysentery.

Pathophysiology of IBS

Normal physiology of digestion system can be divide into two major parts-

1. Mechanical digestion (Break the food into small particles e.g. physically cuts the food by teeth)
2. Chemical digestion (cellular absorption)

Acharya charaka explains the food digestion process although it is not as much simple accordingly *ayurveda* texts. It is a very complex mechanism. Adana karma of *Pranavayu* takes food into stomach where it come to contact with *kaledaka kapha* (Gastric Juice) and food is now in chyme form after that *Samana vayu* acts on it and divide into two main part *Rasa* and *kitta* (Waste product). So we can understand it like a Bile process, where more nutrients get absorbed from Chyme and introducing them into blood stream. According to *ayurveda* there are 13 types of Agni- 1 *Jatharagini*, 5 *Bhutagani*, 7 *Dhatuagni* so here is again metabolism at cellular level and it is final digestion stage. Each particle/ *Dravya* is *Panchbhutika* so it is digested by its own digestive fire.

Jatharagni is considered as a principle fire it control all the function and balance of other 12 *Agani*. *Bhutagni* acts on the cellular level of body so enzymatic function of liver and metabolism of carbohydrate, protein, fat which provide energy for bio chemical function of body. *Dhatavagni* is important for formation of *dhatu*s so all *agni* provide specific nutrient for formation of particular *dhatu*.^[5]

Samprapti

Abhojana-Vishmaasanada (Due to improper food habit)

Asatmya (food which is not appropriate for individual)

Guru-Sheeta-Ruksha sandusta bhojana (Too Heavy, Hot, Cold and Dry food)

Virek-vaman-sneha vibrama (improper administration of *Panchkarma*)

Desh-kala veshamya and vega dharna (changes in locality/ country environment or supression of urges)

Due to these *Nidana*, vitalation of *agni* and food is undigested and this undigested food became *sukta* (sour) and normal process of digestion is interrupt and person became sick.

Triggers

In modern science there is so many factors which aggravates IBS. Just as food is a major reason behind the origin of IBS disease so there are some other co- factor which also play a major role in the origin of this disease.

Charaka samhita is clearly explains the relation between mental status and digestion. (Ch. Vimana 2)

Chinta (Anxiety)

Shoka (Mourning)

Bhaya (Fear)

Krodha(Anger)

Dukha (Sorrow)

Jagana (Awakening)

Due to all these factors food which is eaten in moderation is not properly digested. There is a communication pathway between brain and intestine is known as Brain Gut Axis. Which serve as send a continually chemical and nerve signals. Its significant impact over a person when there is disturbs pathophysiology of body. So nature, habit, lifestyle, diet etc. plays a very important role in individuals life, Connection of physically and biochemically in a number of different ways.

MANAGEMENT OF IBS

PHYSIOLOGICAL

The principal concept is if *doshas* has been absorb in abdomen then the medicine should be given along with *Deepana* and *Shodhana*, *Virechaka*

If *doshas* present in whole body then *Langhan & Panchan*.

Some drug formulation like medicated *Ghrita*, appetizer *Choorna* etc. are-

- AJIRNAVAT UPCHARN
- PANCHKOL YAVAGU
- TAKRA
- PRAVAHIKA SAM
- PIPPLAYADI CHURNA
- PACHAN GUTIKA
- TALISHADI CHURNA
- PANCHKOLADI GHRITA
- CHANDA
- DASHAMOOLARISTAM
- VAISVANARA CHOORNAM

PSYCHOLOGICAL

Quality of human life decreases due to various Aggravating factors like unhappy life events, depression, higher level of anxiety, stressful busy lifestyle, sedentary life style, over thinking etc. It results as disturb brain gut axis. If the condition is same for long time it is also find the patient were found higher risk of developing Depression, bipolar disorder etc. so some Psychological therapies may help for improve mental health are-

- YOGA
- MEDITATION
- AVOID ALCHOHAL
- AVOID TEA, COFFEE
- ADEQUATE SLEEP
- POSITIVE ATTITUDE
- SATVIK AHARA- VIHARA
- AVOID VIRRUDHA AHARA

REFERENCES

1. Drossman, D.A and D.L Dumitrascu, Rome: New standard for functional gastrointestinal disorders. J Gastrointestine liver Dis., 2006; 15: 237.
2. Charaka Samhita of Agnivesha revised by Charaka and Drudhabala with the Vidyotani Hindi Commentary by Kashinath Shastri & Dr G. N. Chaturvedi Part-II Chikitsa Sthana Chapter 15, Published by Chaukhamba Bharti Academy; Varanasi; Edition, 2015.
3. Charaka Samhita of Agnivesha revised by Charaka and Drudhabala with the Vidyotani Hindi Commentary by Kashinath Shastri & Dr G. N. Chaturvedi Part-II Chikitsa Sthana Chapter 15/ 13, Published by Chaukhamba Bharti Academy; Varanasi; Edition, 2015.
4. E. Lacy Brain and K. Patel Nihal, Rome criteria and a Diagnostic approach to Irritable Bowel Syndrome J clin Med. MDPI, 2017.
5. Ankita thakurand brij kishor Concept and significance of agni in ayurveda Ijapr, 2018; 6(9).