

Case Study

# Ayurvedic Management of Vataja Grahani Roga - A Case Study

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## I N F O

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## A B S T R A C T

Ayurveda is the science of life which focuses more on the maintenance and promotion of good health. In the present mechanised life, everyone is busy chasing money and a good lifestyle. Ayurveda defines *Tridosha*, *Sapta dhatu*, *Sweda*, *Mala*, *Strotasa*, *Agni*, *Pancha Gyanena Indriyas*, *Pancha Karma Indriyas*, *Aatma*, and *Manasa*. *Grahani roga* is a disease of *Annavaha strotasa*. *Agni*, food habits, and mind situation are the factors responsible for every metabolic activity in the body. Among the types of *Grahani roga*, *Vataja Grahani roga* is commonly observed in the population. In Ayurveda, the description of *Vataja Grahani roga* includes symptoms like *muhur baddhha*, *muhur drava mala pravrutti*, *udarshula*, *amlodgara*, *avipaka*, and *vishtambha*. Modern texts explained it as IBS which is a functional bowel disorder that may be co-related to *Vataja Grahani roga* as it matches the symptoms. Irritant bowel syndrome (IBS) is a chronic and debilitating functional gastrointestinal disorder that affects most of the population across the world. The medicines available for IBS did not prove as a permanent solution without any other side effects. On the other hand, Ayurveda has many medicinal formulations to encounter the facts from years ago. This study aims to view the disease and its management with Ayurvedic formulations.

**Keywords:** *Vataja Grahani Roga*, Irritant Bowel Syndrome (IBS), Ayurveda Treatment

## Introduction

IBS is a chronic gastrointestinal disorder. The prevalence of IBS varies from 4% to 20% in different Asian nations. Its prevalence significantly increases with age and is found to be higher in females. Fundamental objects provide bliss for complete *Chaturvidha Purushartha*, *Dharma*, *Artha*, *Karma*, and *Moksha*. *Roga* is a great obstacle in the attainment of these objects. According to the *Samkhya* school, *Prakriti* is the matrix of the whole psycho-physical universe. *Tridosha*, *Saptadhatu* (building blocks), *Satva*, *Raja* and

*Tama* contribute as quantitative and qualitative indicators of health. The mind and body are not two separate entities although they are often treated this way. Physical health and emotional health are intimately intertwined in what's known as the mind-body connection. Our chemistry and biology impact our moods and emotions as well as thoughts and beliefs. The present case is also an example of *Vataja Grahani roga* presenting physical and mental problems. *Vataja Grahani roga* includes symptoms like *muhur baddhha*, *muhur drava mala pravrutti*, *udarshula*, *amlodgara*, and

*avipaka* which are physical symptoms and *manovasada* which is a psychological symptom.<sup>1-3</sup>

### Case

A 42-year-old female who is a teacher by occupation, came to visit OPD with complaints like disturbed bowel habits which presented as altered episodes of loose motion and constipation (*muhur baddhha*, *muhur drava mala pravrutti*), pain in abdomen, sour eructations, indigestion, anorexia, bitter or sour taste of mouth, and *manovasada* (depression). She had tried Allopathic medicine but was not willing to continue it anymore.

### Past History

It was found that her marital life was badly disturbed. So along with the above physical symptoms, there was mental disturbance too. It included anxiety and worry for the future. So the diagnosis was *Vataja Grahani roga*.<sup>4-6</sup>

### Examination Findings

At the time of the first visit, the patient's vitals were noted as follows: heart rate - 68 /min, blood pressure - 100/60 mm of Hg, body temperature - 36.4 °C, and respiratory rate - 21 /min.

### Personal History

At the time of the first visit, the following findings were noted down in general examination - disturbed bowel and sleep, watery stools with a frequency of 9 to 10 times a day, and frequency of micturition being 3 to 4 times a day. Her appetite was normal.

### Treatment

After a complete examination of the patient with the help of Ayurveda based *pariksha vidhi*, the following drugs were chosen for treatment (Table 1).

### Result

A complete assessment of symptoms was done before starting the medicines. Further follow-up for assessment of the effect of drugs was taken after every 15th day. Four follow-ups were required in the patient. As seen in Table 2, symptoms like constipation, loose motion, pain in abdomen, sour eructations etc. were reduced gradually. On the fourth follow-up of the 90th day, the patient was relieved of all the symptoms.

### Discussion

The signs and symptoms and aetiopathogenesis of *Vataja Grahani roga* and irritant bowel syndrome correlate with each other. The aetiological factors in *Grahani roga* include *Agni dushti*, changed diet habits, and lifestyle. Psychological factors also play an important role in the pathogenesis of *Grahani roga*. In all cases, disturbance in the digestive system results in diseases like *Vataja Grahani roga*. *Vataja Grahani roga* shows symptoms like *muhur baddhha* and *drava mala pravrutti*, *aruchi*, *udar shoola*, etc. Its treatment includes *Deepana*, *Langhana* and *Pachana*.<sup>15</sup> The drugs selected for the treatment and their mode of action are mentioned in Table 3. As the patient was suffering from disturbed mental health, person-centred counselling was done and it was found effective in this patient. It helped

**Table 1. Treatment Plan**

S. No.	Name of the Drug	Dose and Frequency	Kala
1.	<i>Chitrakadi Vati</i> <sup>7</sup>	500 gm 2 bid	Before food with lukewarm water
2.	<i>Nagaradi Kwatha</i> <sup>8</sup>	40 ml twice a day	Before food
3.	<i>Hingusiddha ghruta</i>	1 tsf twice a day	Before food with lukewarm water
4.	<i>Takrarishta</i> <sup>9</sup>	15 ml twice a day	After food with lukewarm water
5.	<i>Bramhi ghruta</i> <sup>10</sup>	½ tsf hs	Early in the morning with warm water

**Table 2. Follow up**

S. No.	Symptoms	Before Treatment		Treatment Follow-up	
		15 days	30 days	60 days	90 days
1.	Constipation <sup>11</sup>	+++	+++	++	+
2.	Loose motions <sup>12</sup>	+++	++	++	+
3.	<i>Udarshula</i>	+++	++	++	+
4.	Sour eructations <sup>13</sup>	+++	++	+	
5.	Bitter taste	+++	++	+	
6.	<i>Manovasada</i> <sup>14</sup>	+++	+++	++	+

to treat psychological health issues like depression and anxiety in the patient. After 3 months of treatment, the patient is relieved from the symptoms.

5. Gupta A. Ashtanga Hruday. Chikitsa Sthan. Chapter 10/68. Varanasi: Chaukhamba Prakashan; Reprint 2018.418 p.

**Table 3. Mode of Action of Medicines**

S. No.	Drugs	Ingredients	Rasa	Virya	Vipaka	Karma	Doshaghata
1.	Chitrakadi vati	Chitraka	Katu	Ushna	Katu	Deepana Pachana	Vata Kaphaghna
		Pimpalimula	Katu	Sheeta	Madhura	Deepana Medhya	Vata Kaphaghna
		Yavakshar	Kashaya	Ushna	Katu	Deepana Pachana	Vata Pittaghna
		Sajjikshar	Katu	Ushna	Katu	Deepana	Vata Kaphaghna
		Panchlavana	Lavana	Ushna	Amla	Deepana	Vata Kaphaghna
		Shunthi	Katu	Ushna	Madhura	Vrishya Rochana	Vata Kaphaghna
		Marich	Katu	Ushna	Katu	Krimighna Pachana	Vata Kaphaghna
		Hinga	Katu	Ushna	Katu	Rochana Deepana	Vata Kaphaghna
		Ajmoda	Katu	Ushna	Katu	Pachana Deepana	Vata Kaphaghna
		Chavya	Katu	Ushna	Katu	Pachana	Vata Kaphaghna
2.	Nagaradi kwath	Sunthi	Katu Tikta	Ushna	Madhura	Deepana Vrishya	Vata Kaphaghna
		Musta	Katu	Sheeta	Katu	Pachana Deepana	Kapha Pittaghna
		Ativisha	Katu Tikta	Ushna	Katu	Deepana Pachana	Kapha Pittaghna
3.	Hingusid-dhagruta	Hingu	Katu	Ushna	Katu	Deepana Pachana	Vata Kaphaghna
		Ghrita	Madhura	Sheeta	Madhura	Deepana Pachana	Tridishahara
4.	Takrarishta	Takra	Amla OKashaya	Ushna	Madhura	Deepana Pachana	Vata Kaphaghna
5.	Bramhi ghruta	Brahmi	Tikta	Sheeta	Madhura	Anti depressant Medhya	Vata Pittaghna
		Ghrita	Madhura	Sheeta	Madhura	Deepana, Pachana	Tridosahara

## Conclusion

From this case study, it is concluded that *Vataja Grahani* (IBS) can be treated with Ayurvedic medicines. The given treatment helps in *Aama pachana* and *Agni deepana*.<sup>16</sup> It is also helpful to reduce stress and depression. In this case, the patient was in need of medicinal support as well as psychological support to be relieved from such diseases.

**Conflict of Interest:** None

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