Stress Induced IBS and its Ayurvedic Management- A Case Study

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ABSTRACT

Irritable Bowel Syndrome is one of the most common disorder in present era which is result of altered and stressful lifestyle. It includes GI symptoms particularly associated with lower bowel in absence of demonstrable organic pathology. Main symptoms include change in stool consistency or frequency (sometimes diarrhoea, sometimes constipation), sour belching, acidity, abdominal bloating and indigestion. These symptoms strongly resemble with Grahni Roga mentioned in our classical texts. Six patients of different age group came with the complaint of acidity, indigestion, irregular bowel habits since last 3-5 months. On taking history it was revealed that working in IT sector they were suffering from excessive work stress. Stress induces Pitta Dosha and partly Vata Dosha. This vitiation creates disturbance in Pachak Pitta and Samaan Vayu which leads to disturbance in normal functioning of Jatharaagni. The patients were prescribed combination of, (1) Panchaamrit Parpati 125mg, Praval Pisti 250 mg, Shunthi Churna 1 gm BD with honey (2) Shatavari Ghrita 5 gm BD (3) Pratimarsh Nasya with Dashmool Tail. The treatment protocol was of 2 month. The medicine was administered after taking half the quantity of meal or in between the meal as it is the kaal of Saman Vaayu. After two month therapy there was marked relief in symptoms.

KEYWORDS

IBS, Grahni Rog, Acidity, Indigestion
INTRODUCTION
Irritable Bowel Syndrome (IBS) is a common disorder that affects the large intestine. Main symptoms include change in stool consistency or frequency (sometimes diarrhoea, sometimes constipation), sour belching, acidity, abdominal bloating and indigestion. These symptoms strongly resemble with Grahni Roga mentioned in our classical texts. “Stress”- is the body’s way of responding to any kind of damage or threat. When you sense danger – whether it’s real or imagined – the body’s defences kick into high gear in a rapid automatic process known as the “fight-or-flight” reaction or the “stress response.” Irritable Bowel Syndrome (IBS) is a common disorder that affects the large intestine. These symptoms strongly resemble with Grahni Roga mentioned in our classical texts. But how does stress induces IBS is the main issue. Stress is a very common problem emerging day by day due to complicated and hectic lifestyle. Stress triggers vaat and vitiates pitta dosha this leads to disbalance in Samaan Vayu and Pachak Pitta which disturbs the Agni- the ultimate digestive fire. Taking over stress is one of the main cause of IBS. Occupational stress especially people working in IT sector bearing exceptionally extra work stress and unorganised eating habits are the most common group of professionals suffering from this disorder. Ayurveda offers best possible treatments for stress as well IBS. But when it becomes clear that the IBS is due to Stress then it becomes a priority to treat IBS as well as it’s root cause stress too. Six patients of different age came with the complaint of acidity, indigestion, irregular bowel habits since last 3-5 months. On taking history it was revealed that working in IT sector they were suffering from excessive work stress. Stress induces Pitta Dosha and partly Vata Dosha. This vitiation creates disturbance in Pachak Pitta and Samaan Vayu which leads to disturbance in normal functioning of Jatharaagni. Ayurveda has a very long history of scientific background. The general concept of people is that the Ayurvedic drugs are slow acting, but the herbo-mineral preparations are the miraculous drugs. It is real fact that these drugs have a pharmacological action in target site. The patients were prescribed combination of, (1) Panchaamrit Parpati 125mg, Praval Pisti 250 mg, Shunthi Churna 1 gm BD with honey (2) Shatavari Ghrita 5 gm BD (3) Pratimarsh Nasya with Dashmool Tail. The treatment protocol was of 2 months. The medicine was administered after taking half the quantity of meal or in between the meal as it is the kaal of Saman Vaayu. After two
months therapy there was marked relief in symptoms.

AIMS AND OBJECTIVES
The study aims at establishing the effects of the herbo-mineral compound in Stress induced IBS.

MATERIALS AND METHODS
Selection of the patients- Six patients with the complaint of acidity, indigestion, irregular bowel habits since last 3-5 months.
Sample Size- 6

Treatment Protocol
Medication
(1) Panchaamrit Parpati 125mg, Praval Pisti 250 mg, Shunthi Churna 1 gm BD with honey.
(2) Shatavari Ghrita - 5 gm BD
Panchkarma therapy
(3) Pratimarsh Nasya with Dashmool Tail – 2 drops in each nostrils

Time of Administration-
The medicine was administered after taking half the quantity of meal or in between the meal as it is thōkaal of Samaan Vaayu.

Duration of Study- 2 months

Follow up- Every 15 days

Diet Consumption- Take light diet, Green Vegetables, Milk, Butter Milk, Rice, Maize and Wheat

Diet Restricted- Avoid Spicy and oily food, excessive non- veg, alchohol.

DISCUSSION
IBS disturbs the normal lifestyle of a person and creates discomfort in life. The induction of IBS from Stress is vice versa. The person suffering from continuous IBS may develop certain type of stress due to discomfort. The six patients enrolled at Ayurveda Speciality Clinic, Rajendra Nagar, and Indore for the study were suffering from such kind of trouble. The patients (identity hidden) namely A,B,C,D,E and F and of age 36, 30, 27, 33, 24 and 39 years of age respectively working in IT sector, came with the complaint of acidity, indigestion, irregular bowel habits since last 3-5 months. On taking history they were working in excessive work stress and undisciplined lifestyle. As mentioned in our classical texts and Charak Samhita Chikitsa Sthan 16, Grahni which resembles the symptoms of IBS, is caused due to disturbance in normal functioning of Jatharaagni. The combination of herbo-mineral drugs used in the present study emphasis on the correction of digestive fire as well as Pratimarsh Nasya with Dashmool Tail leads to reduction of stress which is ruled out to be the main cause of IBS in the patients included in the study.
1. Combination of herbo-mineral drugs-
   a) Panchamrit parpati:- Panchamrit Parpati balances Tri-doshas and subsides symptoms of IBS like vomiting and diarrhoea.
   b) Praval Pishti:- Praval Pishti is an Ayurvedic Medicine prepared from coral. It acts as an excellent deepana and pachana aushadhi. Restores the urge for hunger and improves digestion.
   c) Shunthi:- Shunthi (Zingiber officinale) is helpful in promoting digestive fire and relieves constipation. It helps check vomiting and is useful in many digestive ailments. Besides being a good deepana and pachana drug it has quality of absorbing water from walls of intestine and thus it is useful in solidifying fecal substance. The combination of all the above drugs works best on enhancing the Jatharagni, regulates the irregular bowel movements and improves appetite.

2. Shatavari Ghrit:- Along with the above combination Shatavari Ghrit has been used in the study in the dose of 5 gm BD.

Shatavari (Aspergus recemosus) bears rasayana properties because of it’s Sheet Virya, Madhura Ras and Madura Vipak. Shatavari Ghrit not only balances Vata and Pitta, but works un-compensatorily in acidity and burning in stomach. In Grahn patient complaints of acidity due to irregular bowel and decreased appetite. Shatavari ghrít lowers this basic complaint of patient due to it’s Pitta Shamak properties. Also Shatavari and Ghrit both are Medhya and Rasayana works equally in controlling stress too.

3. Pratimarsh Nasya with Dashmool Tail:-
   All these oral medications are combined with Pratimarsh Nasya with Dashmool Tail. Dashmool tail controls the vitiated vata dosha due to stress and has cognitive functions. It is also beneficial in neurological diseases. It acts as a powerful stress suppressant due to it’s Vata Shamak properties. The reduction of stress depletes the signs and symptoms of IBS simultaneously.

**OBSERVATION**

Fig 1 Improvement in symptoms after two months of therapy
CONCLUSION

This open clinical study reveals the effect of herbo-mineral drug on Irritable Bowel Syndrome. The combination of *Panchamrat Parpati*, *Praval Pishti* and *Shunthi Churna* with honey proved excelled in supressing the symptoms of IBS. Also it enhanced the general health of the patients due to excellent rejuvenating properties and stress was reduced to a great extent. The patient felt energetic and was able to work efficiently than before due to proper lifestyle.
REFERENCES