

Ayurvedic Approach for Management of Ulcerative Colitis: A Case Study

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ABSTRACT

Background: Ulcerative colitis is an idiopathic form of acute and chronic ulcero-inflammatory colitis affecting chiefly the mucosa and submucosa of the rectum and descending colon, though sometimes it may involve the entire length of the large bowel. The Prevalence rate of ulcerative colitis is 44.3/100,000 in the Indian population. In *Ayurveda* ulcerative colitis has a high resemblance with *RaktajaPravahika*. **Aim & objectives:** To study the effect of *PicchaBasti* and *SwarnaParpati* in the management of Ulcerative Colitis and to find out an effective *Ayurvedic* management for Ulcerative Colitis. **Materials and Methods:** A 45 years old male patient, diagnosed case of ulcerative colitis with complaints of recurrent abdominal cramps, loss of weight, loose motions with blood stained and loss of appetite since one year, was visited at the *Kayachikitsa* OPD of Pt. Khushilal Sharma Govt. Ayurvedic Hospital Bhopal. The patient was treated with *PicchaBasti* and *SwarnaParpati*. The duration of study was 30 days and follow up, every 15 days for 2 months. Assessment was done on the basis of symptomatic relief and colonoscopy report after treatment. **Observation:** *PicchaBasti* and *SwarnaParpati* yielded symptomatic relief and normal finding in colonoscopy after treatment. **Conclusion:** On the basis of result obtained, it can be concluded that *PicchaBasti* and *SwarnaParpati* can be used as an effective treatment in the management of Ulcerative Colitis.

Key Words: *Ulcerative Colitis, Piccha Basti, Swarna Parpati*

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INTRODUCTION

Diseases of the gastrointestinal tract are a major cause of morbidity and mortality. Approximately 10% of all General Practice consultations are for indigestion and 1 in 14 is for diarrhoea. Infective diarrhoea and malabsorption are responsible for much ill health and many deaths in the developing

world. The inflammatory bowel diseases Crohn's disease and ulcerative colitis, together affect 1 in 250 people in the western world with substantial associated morbidity.^{1, 2}The crude incidence rate of ulcerative colitis is 6.02 cases per 100,000 inhabitants (95% CI 1.2-17.6).³ Inflammation invariably involves the rectum (proctitis) and

ORIGINAL RESEARCH ARTICLE

spreads proximally in a continuous manner to involve the entire colon in some cases (pancolitis). The cardinal symptoms are rectal bleeding with passage of mucus and bloody diarrhoea. The first attack is usually the most severe and is followed by relapses and remissions. Proctitis causes rectal bleeding and mucus discharge, accompanied by tenesmus. Emotional stress, intercurrent infection, gastroenteritis, antibiotics or NSAID therapy may all provoke a relapse. The choice of investigation in ulcerative colitis is endoscopy.⁴ In *Ayurveda* ulcerative colitis through its sign and symptoms can be correlated with *RaktajaPravahika*. In *Pravahika* aggravated *VataDosha* (body humor) influence the accumulated *KaphaDosha* (body humor) and propels it downward frequently mixed with small quantity of feces with tenesmus. In *RaktajaPravahika* there is increased frequency of bloody stool with small quantity.⁵ Modern treatment modalities include dietary changes, aminosaliclates (sulphasalazine), steroids, immunosuppressants, biological therapy and surgery, which is not satisfactory in long term therefore in this research paper a holistic approach to find out an effective role of *PicchaBasti* (therapeutic slimy enema) and *SwarnaParpati* (oral gold formulation) in the management of ulcerative colitis.

AIM AND OBJECTIVES

- To study the effect of *PicchaBasti* and *SwarnaParpati* in the management of Ulcerative Colitis.

- To find out an effective *Ayurvedic* management for Ulcerative Colitis.

MATERIAL AND METHODS

- Selection and Source of patient

For this study, patient was registered from OPD of *Kayachikitsa* department of Pt. Khushilal Govt. (Auto.) Ayurveda Hospital Bhopal.

- Plan of study

Patient taking allopathic medicine was stopped during the study period.

The drugs required for *PicchaBasti* were procured and prepared in *Prakalp* of *Panchkarma* in Pt. KLS Govt. Ayurveda Hospital Bhopal.

- Duration of study-

30 Days

Follow up-

Every 15 days for 2 months.

CASE STUDY

A 44 years old male patient visited Govt. Ayurvedic hospital Bhopal (UHID no.-20210005142) with chief complaints of recurrent abdominal cramps, loss of weight, loose motions with blood stained and loss of appetite since one year.

HISTORY OF PRESENT ILLNESS

Patient was apparently normal one year back then gradually burning sensation in abdomen with cramps and vomiting started which became worse. After having initial medication (under supervision of MBBS physician) he got temporary relief and symptoms were under control but later on he had

ORIGINAL RESEARCH ARTICLE

got same episode of abdominal burning with cramps, vomiting, loose stools with blood stained and loss of weight. Patient was not getting much relief with allopathic medicines so he came to Ayurvedic Hospital Bhopal on 12/02/2021 for *Ayurvedic* treatment.

HISTORY OF PAST ILLNESS

- Medical history- on medication advised by MBBS physician.
- Surgical history- no
- Psychiatric history- no

PERSONAL HISTORY

- Addiction- no, Occupation- businessman, Appetite- normal, Sleep- disturbed (due to abdominal burning and pain), Bowel- loose motions with blood stained, Micturition- normal, Allergy- no allergy.

GENERAL EXAMINATION

- Pallor skin and conjunctivae of the eyes.
- Icterus, cyanosis, clubbing and edema are absent.
- Lymph nodes are not palpable.
- BP-120/86mmHg
- Pulse-70/min
- SpO₂ and all vitals are stable.

SYSTEMIC EXAMINATION

- CVS- normal.
- RS- bilateral lungs sounds clear
- P/A-

Palpation- tenderness over left iliac region

Percussion- tympanic

Auscultation- 10 bowels sounds/minute.

INVESTIGATION

1. Sigmoidoscopy (22/10/2020)-
Loss of mucosal architecture in transverse and ascending colon. There is diffuse edema and erythema in sigmoid and descending colon.

2. Biopsy report of colon (24/10/2020) -
Gross: SRCO an endoscopic biopsy, tiny bits of soft tissue.

Microscopic: sections show distortion of colonic mucosal architecture with cryptitis, crypt abscesses and crypt branching. There is moderate to severe degree of inflammation of lamina propria. There are areas of surface ulcerations. Mucodepletion is significant. Impression: Ulcerative Colitis.

TREATMENT PLAN

The *Raktaja Pravahika* (Ulcerative colitis) is caused by *Pitta Pradhana Vata Dosha* associated with *Rakta Dhatu Dushti* and *Piccha Basti* plays an important role through their *Vrana Shodhana* and *Sthambhana* properties. Therefore, patient is given *Piccha Basti* with oral medicine i.e. *Swarna Parpati*. The treatment prescribed is given in Table no. 1. The ingredients which are used to make *Piccha Basti* are mentioned in Table no. 2 and 3. For this patient *Basti* (therapeutic enema) is planned in the form of *Karma Basti* (30 days), which schedule is mentioned in Table no. 4.

Table 1 Given Treatment Regimen

S. No.	Treatment	Drug used	Dose	Duration
1.	<i>Sthanik Abhyang</i> (<i>Kati</i> region) and <i>Sthanik Nadi Swedana</i>	<i>Narayan Taila</i> & <i>Dashmool Siddha Kwatha</i>	Q.S.	

ORIGINAL RESEARCH ARTICLE

2.	<i>Basti plan (Karma Basti)</i>	<i>PicchaBasti</i> ⁶ <i>Anuvasana Basti (JatyadiTaila)</i>	500ml 100ml	30 days
3.	<i>Shaman medicine</i>	<i>Swarna Parpati</i> ⁷	125mg/b.d.	

Table 2 Ingredients of *Piccha Basti*

S. No.	<i>Kwatha Dravya (Decoction)</i>	Botanical Name
1.	<i>Shalmali bark</i>	<i>Salmaliamalabarica</i>
2.	<i>Kshira (Milk)</i>	-
3.	<i>Jala (Water)</i>	-
<i>Kalka Dravya (Paste)</i>		Botanical Name
1.	<i>Yashtimadhu</i>	<i>Glycyrrhizaglabra</i>

Table 3 Additive Ingredients of *Piccha Basti*

S. No.	<i>Additive Of Basti</i>	Quantity
1.	<i>Kshirapaka(decoction)</i>	300ml
2.	<i>YashtimadhuKalka(Mulethipaste)</i>	50gm
4.	<i>Madhu (honey)</i>	50ml
5.	<i>Tila tail (sesame oil)</i>	50ml
6.	<i>Ghee (clarified butter)</i>	50ml

Table 4 *Karma Basti* Shchedule⁸

S.No.	Date	<i>Basti(therapeutic enema)</i>	Dose	Retention Time
1.	12/02/2021	A	100ml	5 hours
2.	13/02/2021	A	100ml	5hours
3.	14/02/2021	P	500ml	30 minutes
4.	15/02/2021	A	100ml	5hours
5.	16/02/2021	P	500ml	30minutes
6.	17/02/2021	A	100ml	5hours
7.	18/02/2021	P	500ml	30minutes
8.	19/02/2021	A	100ml	5hours
9.	20/02/2021	P	500ml	30minutes
10.	21/02/2021	A	100ml	5 hours
11.	22/02/2021	P	500ml	35 minutes
12.	23/02/2021	A	100ml	5hours 15 minutes
13.	24/02/2021	P	500ml	35 minutes
14.	25/02/2021	A	100ml	6 hours
15.	26/02/2021	P	500ml	35 minutes
16.	27/02/2021	A	100ml	6 hours
17.	28/02/2021	P	500ml	36 minutes
18.	01/03/2021	A	100ml	5 hours
19.	02/03/2021	P	500ml	37 minutes
20.	03/03/2021	A	100ml	6 hours
21.	04/03/2021	P	500ml	40 minutes
22.	05/03/2021	A	100ml	7 hours
23.	06/03/2021	P	500ml	40 minutes
24.	07/03/2021	A	100ml	6 hours
25.	08/03/2021	P	500ml	40 minutes
26.	09/03/2021	A	100ml	7 hours
27.	10/03/2021	A	100ml	7 hours 7 minutes
28.	11/03/2021	A	100ml	7 hours 15 minutes
29.	12/03/2021	A	100ml	7 hours 40 minutes
30.	13/03/2021	A	100ml	8 hours

ORIGINAL RESEARCH ARTICLE

A-AnuvasanaBasti P-PicchaBasti

RESULTS AND INTERPRETATION

Patient continued treatment for 1 month. All the sign and symptoms of ulcerative colitis completely relieved in after 1 month. Detail result

is shown in tabulated form in Table no. 5. Reports of colonoscopy before and after treatment are shown in figure 1 and figure 2 respectively.

Table 5 Result & interpretation

S.No.	Symptoms before treatment	Symptoms after treatment
1.	Abdominal cramps present	No abdominal cramps
2.	Abdominal burning present	No abdominal burning
3.	Frequency of bloody loose motion	Relief in loose motions & no bloody stools
4.	Loss of appetite	Normal appetite



Figure 1 Colonoscopy before treatment
Loss of mucosal architecture (ulcers) in transverse and ascending colon. There is diffuse edema and erythema in sigmoid and descending colon.



Figure 2 Colonoscopy after treatment
Terminal ileum, sigmoid colon, descending colon, transverse colon, ascending colon and rectum mucosal architecture are normal.

DISCUSSION

In case of *RaktajaPravahika* (ulcerative colitis) *Vayu* (body humor) increased too much in its own place which results in more vitiating itself. *Basti* (therapeutic enema) plays an important role in suppressing vitiating *Vayu* combined with *Pitta* (body humor). In case of *Raktaja Pravahika* (ulcerative colitis), *PicchaBasti* (slimy therapeutic enema) should be administered.⁹ The *Basti* which contains mainly *Picchila* (slimy) *Dravya* is called *PicchaBasti*. Active ingredients of *PicchaBasti*

are *ShalmaliTwak* (bark of *Salmaliamalabarica*) and *Yashtimadhu*(*Glycyrrhizaglabra*). *Salmaliamalabarica* is astringent and bitter in taste, light and unctuous in quality, cold in potency and astringent taste converts in sweet after digestion. *Salmaliamalabarica* is well known for its analgesic action, it also checks bleeding, improves blood quality and quantity, aphrodisiac, relieves in diarrhoea and improves nourishment of the body.¹⁰ *Glycyrrhizaglabra* is sweet in taste, sticky and heavy in nature, cold potency and taste

ORIGINAL RESEARCH ARTICLE

conversion after digestion is sweet. It pacifies *Pitta* (digestive fire), *Vata* (air) and *Rakta* (blood). Enriched with such properties, it helps to heal injuries, relieves inflammation, nausea and vomiting.¹¹ In the *Karma Basti* plan (enema schedule) *Jatyadi* oil is given as *AnuvasanaBasti* (therapeutic oil enema). In *Jatyadi* oil *JatiPatra* (*Jasminumgrandiflorum*), *NeemPatra* (*Azadirachta indica*), *Patola* (*Trichosanthes dioca*), *Karanjbeeja* (*Pongamiapinnata*), *Kuth* (*Saussurealappa*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberisaristata*), *Kutki* (*Picrorhizakurrooa*), *Manjishta* (*Rubiaccordifolia*), *Padmaka* (*Prunuscerasoides*), *Lodhra* (*Symplocosracemosa*), *Haritaki* (*Terminaliachebula*) and *Sariva* (*Hemidesmusindicus*) etc are used as ingredients in different proportions. These drugs are astringent and bitter in taste and have cold potency therefore *Jatyadi* oil acts as *Grahi* (absorbant and styptic), *Shonitasthapaka* (checks bleeding ulcers), analgesic, anti-inflammatory, antispasmodic, antiseptic and ulcer healer.¹² In the management of this ulcerative colitis patient *SwarnaParpati* is used as an oral medicine. *SwarnaParpati* contains *ShuddhaParad* (purified mercury), *ShuddhaGandhaka* (purified sulphur) and *SwarnaBhasma* (gold calx). It is very useful for balancing *Vata*, *Pitta* and *KaphaDoshas* in body. It possessing antacid, antiseptic and wound healer properties so it is very helpful in treating ulcers in ulcerative colitis. The *PicchaBasti*, *Jatyadi* oil and *SwarnaParpati* can give excellent result to control

symptoms of ulcerative colitis and healing the ulcers.

CONCLUSION

To counteract the symptoms of ulcerative colitis the *PicchaBasti* and *SwarnaParpati* have specific role through its medicinal properties. This *Ayurvedic* management prevents the progression of disease and improves the quality of life of the patient. This research paper evaluated the effective management of Ulcerative Colitis through *Ayurvedic* perspective. Though this trial was carried out on only one patient, large number of sample size is necessary for trial, which may be the scope of further research.

ORIGINAL RESEARCH ARTICLE

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