REVIEW ARTICLE ON AYURVEDIC APPROACH OF ULCERATIVE COLITIS WITH SPECIAL CONSIDERATION TO AGNI

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ABSTRACT
Ulcerative colitis (UC) is one among the inflammatory bowel disease which involves large bowel. The exact aetiology is unknown but proposed causes includes environmental, immune cells and genetic predisposition. It presents with diarrhoea mixed with blood and mucous, abdominal pain, loss of appetite, fatigue and weight loss. The disease pattern is such that rectum is always involved and accordingly classified based on the area affected. Ulcerative colitis has a huge impact on quality of life and it is a lifelong disease that has profound emotional and social impact on affected patients. In modern till now no satisfactory treatment is available. In ayurvedic point of view ulcerative colitis can be correlated to Pittakapha Grahani, Sangrahni, Rakhtasara, Gudasravam and Jathara vrana. The Ayurvedic way of management starts with Nidana parivarjana, Samprrapti vigathanana, Ama pachana, Agni vardhana, Vata pitta shamana along with Vrana vyadhi. Treatments mainly Picha basti is adopted. Sushruta has indicated Picha basti in Alpa alpa or Bahu rakupravarati, Sashool, Vayu vibhata like conditions. Also there is importance for Pathya acharna in this disease management. These methods are effective in reducing disease, disease relapsing and moreover treatment is safe.

KEYWORDS: Ulcerative colitis, inflammatory bowel disease, Sushruta, Picha basti.

INTRODUCTION
Ulcerative colitis is one of the 2 major types of inflammatory bowel disease (IBD) along with Crohn’s disease.[1] Patients predominantly complains with diarrhoea mixed with blood and mucous, abdominal pain and cramping, urgency to have a bowel movements, appetite loss, fatigue, weight loss, growth impairment in children and non intestinal complications like joint pain, skin, oral ulceration, uteris, pleuritis, erythema nodosum and bile duct inflammation. Its severity can be graded as mild, moderate and severe.[2] Onset is typically insidious and gradual. Findings from abdominal examination are usually unremarkable. Diagnosis is best made with Sigmoidoscopy and Colonoscopy. It can occur at any age, often in the 30’s with a second peak in the 50’s or 60’s.[3] It is more common in women than men and higher risk for patients with first-degree relative (parent, sibling, offspring) with Ulcerative colitis.[4] This disease has a huge impact on quality of life. In modern practice of medicine they rely on corticosteroids and anti-inflammatory drugs. In this article we are mainly dealing with the ayurvedic line of management of ulcerative colitis.

Ayurvedic understanding of ulcerative colitis
According to Acharya Charaka[5] mentions Rakthasara which has got lakshanas Vidaham, Gudapaakam and symptoms are quietly similar to UC i.e. blood mixed with stool, foul smelling, pain in abdomen, burning sensation in the rectum and excessive thirst. Secondly we can consider it as Adhoga Raktaapita where Gudaasra is mentioned which can be correlated to secretions from the rectal and anal parts. Vaghbata Acharya[6] has Pitta kapha grahami which has the symptoms of recurrent passing of non-digested food with constipation and loose stools at frequent intervals, sour burps, anorexia, abdominal discomfort and weakness. Madhavakard[7] refers about Sangrahni which also has similar features. In Arogya Kalpadruma[8] the author describes about Jathara vrana which also has the related symptoms. So depending on the state of disease we can make the diagnosis.

Ayurvedic approach of treatment considering the Agni
Based on the avastha, Aama paachana and Agni vardhanam should be done in the beginning of treatment. When the Agni has been stabilized Vata pitta shamana chikitsa should be done along with Vrana ropanam...
therapy. We have to decide whether to do Shodana, shamana, stambana based on avastha of the disease. Usually we have to go with Kashaya, madhura, tiktha, sheetha veerya dravya prayoga. In the panchakarmas, virechana is contraindicated and the indicated is Picha Basti.

Table 1: Medications commonly used.\[^9\]

<table>
<thead>
<tr>
<th>Type of preparation</th>
<th>Yogas</th>
</tr>
</thead>
<tbody>
<tr>
<td>KASAYA</td>
<td>Thikthakam, Guduchyadi, Kaidaryadi, Kaalasakadi, Thranyanthyadi, Ushiradi, Dushsparshakadi, Drakshadi</td>
</tr>
<tr>
<td>CHOORNAM</td>
<td>Daddimashataka, Lakshadi, Thavaksheeri sathwam</td>
</tr>
<tr>
<td>GHRTA</td>
<td>Thikthakam, Mahathikthakam, changeryadi, Vrisa Dadimadi, Indukantham, Grahanyantheakam, Sathadoudam, Pathyapada gritham</td>
</tr>
<tr>
<td>LEHYA</td>
<td>Vilvadi, Kutajatwakadi, Parooshakadi, Madhusnuhi rasayanam</td>
</tr>
<tr>
<td>GUTIKA</td>
<td>Ashtakshari, Sethubandam, Dhanwantharam, Vilvadi, Munasamithram, Suvarna mukthadi</td>
</tr>
<tr>
<td>RASAOUSHADI</td>
<td>Pravala pishiti, Anna bedhi sinduram, panchamritha parpati</td>
</tr>
</tbody>
</table>

Table 2: Picha basti contents.

<table>
<thead>
<tr>
<th>Content</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Makshika</td>
<td>250ml</td>
</tr>
<tr>
<td>Lavana</td>
<td>2-3g</td>
</tr>
<tr>
<td>Sneha</td>
<td></td>
</tr>
<tr>
<td>1. Nalpamaradi</td>
<td>75ml</td>
</tr>
<tr>
<td>2. Satadhoula</td>
<td>75ml</td>
</tr>
<tr>
<td>3. Changeryadi</td>
<td>50ml</td>
</tr>
<tr>
<td>Kalka : Yashtimadhu</td>
<td>30g</td>
</tr>
<tr>
<td>Kwatha : Shalmi musta ksheera kasaya</td>
<td>450ml</td>
</tr>
</tbody>
</table>

Experts view and tips from Chiktsa manjari.\[^{10}\]
- Raw banana-cooked in iron vessel
- Amalaki thalam with Ardhraka swarasam apply on naabhi
- Maathravasthi with Dadimadi gritham(60ml) followed by Kashaya Vasti with Varanadi ks, Gugulu panchapalam chornam kalkam, Jathyadi gritham sneham (total-450-750ml)
- Picha vasthi with Vasa putapaaka swarasam
- Mukkudi prayogam-Kaalamakam+haridra+shundi
  harithaki+haridra
  Changeri+ajamoda
  Mustha
- Single drug:-Chandana-powdered with butter.
  Boiled buds of Nyagroda with butter
- Nishundi shadangam-with Guduchi and Vasa
Pathya in Ulcerative Colitis

Apple, guava, pomegranate, banana, bhel, moong dal, pumpkin, bottle gourd, ash gourd, ridge gourd, tender coconut and drumstick are the recommended food.

DISCUSSION

Ulcerative colitis is a mucosal disease that usually involves the rectum and extends proximally to involve all part of colon. The cause is unknown, but several theories have been put forward of which the main ones are infective, nutritional, psychosomatic & immunological.

According to Ayurveda, we can consider this disease under Purisha vaха srotas due to involvement of mainly Sthula guda and its treatment was explained as Atisara chikitsa.

Purish-sangraha can be done by Grahi medicine or Stambhana medicine. The Grahi medicines are Katу, Ushna, Deepana, Pachana and Drava shoshaka as Shunthи, Jeeraka and Jatiphala. While the Stambhana dravyas are Sheeta, Raksha, Kasaya, Laghu paki and does shoshana e.g. Kutaja, Syonaka etc. The Stambhana medicines are used where there is no involvement of Agni, only to stop the diarrhoea, while grahi medicines are used where the Agni is mandа, so they increase the Agni, digest the Ama and control the diarrhoea. Therefore here Stambhana chikitsа is advantageous because Agni vardhana is not the goal. As Pittа vardhak medicines used to increase the Agni may deteriorate the bloody diarrhoea.

Basti is the best mode of administration of the drug as Acharya Charaka has quoted ‘the medicine administered through anus is more effective in the disorder of Pakvashya. In Vata or Vatapitta pрадhаna atisara, Basti is indicated to overcome the disease and at the same time it gives Bala to Kati, Pakvashaya sthаna.

According to Sushruta samhita, Tailа avacharana in the form of Pичhа, Sekа and Aruvasana basti is indicated in Guda dourbalaya. Pичhа basti is indicated in Alpa-alpa, or Bahu raktapravruti, Sashoola, Vаyu vibdhatа like conditions. Especially when Ruja lakshana is dominant then mainly Pичhа basti is indicated.

The Pичhа basti contents mentioned above are apt for this disease. Shalмаli is used which is having Madhura rasa, Madhуra vипаkа, Sheeta vеeryа, Snigdha, Pичhаlа gunа. Yashtимadhu siddha ksheera paka in that Kesheera which contains Madhura rasa, Sheeta vеeryа, Pичhсhil gunа and indicated in Vаta, Pittа, Rakта atisаra. The drugs in Changeri ghrita are having Shothahara, Vаranорарора and Rakсtashabha properties which are helpful in this disease. Madhу is Sheeta vеeryа and Madhуra rasa, Kashaуa anurasa with Shодhаna, and Ропана properties. So its Ропана property helps to heal the ulcer.

CONCLUSION

The ulcerative colitis is a chronic relapsing and remitting disorder of colon marked by bloody mucoid diarrhea. The Vаtаpittа line of management should be done along with Vrаna ropаna medications. The drugs used in Basti Karma are having combined effect like Vаta pittа shамана, Rakта shtubхаnа, Vrаna shudhаnа and Vrаna ropаnа. It also improves functions of Aраnа Vаyu, situated in Pаkwаshаyа and results into improvement of ulcerations and regulation of evacuation of the colon. The diet should be such that the one affected with follow the pathyаs mentioned. Ayurvedic treatment is very successful in the management of Ulcerative Colitis. This is safe, cost effective and having no side effects. It is easily adoptable in routine practice.

REFERENCES