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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



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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 indigestion¹. These symptoms strongly resemble with *Grahni Roga*² 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*³ 125mg, *Praval Pisti*⁴ 250 mg, *Shunthi Churna*⁵ 1 gm BD with honey (2) *Shatavari Ghrita*⁶ 5 gm BD (3) *Pratimarsh Nasya* with *Dashmool Tail*⁷. 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 the *kaal* 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, alcohol.

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 *Tridoshas* 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 Ghrith*:- Along with the above combination *Shatavari Ghrith* has been used in the study in the dose of 5 gm BD.

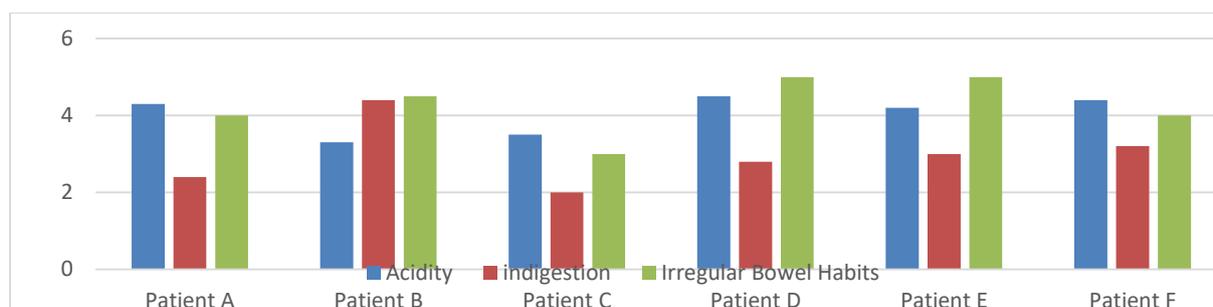
Shatavari (Aspergus recemosus) bears *rasayana* properties because of it's *Sheet Virya, Madhura Ras* and *Madura Vipak*. *Shatavari Ghrith* not only balances *Vata* and *Pitta*, but works uncompensatorily in acidity and burning in stomach. In *Grahni* patient complaints of acidity due to irregular bowel and decreased appetite. *Shatavari ghrith* lowers this basic complaint of patient due to it's *Pitta Shamak* properties. Also *Shatavari* and *Ghrith* 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 excellent in suppressing 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.

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