

### Editor's Note

Dear Readers,

Grahaniroga, the commonest clinical manifestation of gastro-intestinal pathology, is emerging as a lifestyle disorder and is encountered frequently in day to day practice. Patients generally approach Ayurvedic system for the therapy only when gets exhausted from the incomplete treatments and unwanted complications from conventional medicine, by when the disease condition almost gets intractable. Ayurvedic texts explain Grahani as a Gastro Intestinal Disorder caused due to the impairment of the Jatharagni (Digestive fire). Irritable bowel syndrome (IBS) has clinical resemblance with that of Grahani, like, alternate constipation and diarrhoea (Muhurbaddha / Muhurdrava), mucus mixed stools (Sasleshma Mala Pravrtti) etc. In this newsletter, we will see in detail the causes, pathogenesis, symptoms and Ayurvedic approach to the management of IBS.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

### Understanding IBS

Ayurveda works magically even in deadly diseases of this era. Often called Spastic Colitis, Irritable Bowel Syndrome is disorder of the small and large intestines causing chronic intermittent constipation or diarrhea often associated with varying degrees of abdominal pain. This origin of this condition is not well understood in the West and is very difficult to treat.



Through ayurvedic eyes, the practitioner of Ayurveda comes to understand the nature of their patient multi dimensionally. Upon doing so, each patient with irritable bowel syndrome will present with a wide variety of imbalances on all three levels. This condition appears to occur most prevalently in those individuals with a Vata prakruti or vikruti. The severity of the condition is somewhat proportionate to the state of Ojas. When ojas is low, the condition is more severe.

As each person is unique, so too will each presentation be unique. There are however many commonalities and from these, the practitioner can come to understand the nature of the disease and develop a plan for managing it. IBS is not a life threatening condition; however, for those patients with more severe disease it does have a relatively large impact on quality of life, is leading to need for medical treatment and work absenteeism with consequent economic costs.

Incidence

Irritable bowel syndrome (IBS) is the most common functional gastrointestinal (GI) disorder with worldwide prevalence rates ranging from 9–23%. The age distribution is very broad, but 40% of the patients are aged between 35 and 50 years. Symptoms begin before the age of 35 in 50% of patients. Only between 30-70% of “patients” suffering from IBS symptoms are “consulters” with symptoms experienced severe enough as to trigger a physician visit. Significant proportions – 35% to 40% – of individuals who report IBS in the community are male. Approximately 60% to 65% of individuals who report IBS in the community are female.

### Grahani roga – IBS: A Clinical Correlation

The pathogenesis of IBS will be confirmed by observing the etiological factors, symptoms, Upashaya (Relieving factors) & complications of the IBS.

### Etiological factors

- Pertaining to Ahara – Unwholesome food (Heavy, Coarse food) - Irregular eating
- Pertaining to Vihara - Suppression of natural urges
- Desha-Kala Vaishamya
- Mental Stress (in 70 to 90% of Patients) - Both anxiety & depression can impact on the perception of symptoms.

It has rightly been said by Vagbhata that all the ailments of body, especially diseases of alimentary tract arises due to the malfunction of Agni. IBS is also one such disease which occurs due to the ingestion of unwholesome diet causing disturbances in Agni. Psychological factors like Kama (Lust), Krodha (Anger), Shoka (Grief) etc. leads to Agni dusti (improper function of digestive fire, collectively it is called Grahani Dosh). A careful review of the clinical picture of various GIT diseases, described in Ayurveda reveals that some of the disorders definitely have some clinical symptoms which are also observed in the patients of IBS e.g. Vataja & Kaphaja Atisara, Sangraha Grahani, Pravahika, Pakvashaya gata Vata. But if we take a look into the pathogenesis of all these diseases, there is a stage of Grahani Dosh. So we may consider IBS as Grahani Dosh.

Life is the complex union of Sattva, Atma, and Sharira. Thus, mind, body and soul influence each other. Charaka has greatly emphasized the need of healthy mind for the maintenance of good physical health.

Description like Aachara Rasayana and Sadvritta are available in the literature to illustrate the psychosomatic approach for prevention and treatment of a disease.

Irritable Bowel Syndrome (IBS) is one of the most common conditions encountered in clinical practice but one of the least well understood. Irritable bowel syndrome is common with a wide variety of presentation having gastrointestinal motility disorder that place a substantial burden on patients and society. Symptoms of this disorder are chronic, sometimes severe, and often respond poorly to treatment with traditional approaches, resulting in reduced quality of life. Because structural, physical, or biochemical markers cannot be used to identify either disorder, diagnosis is symptom-based. In the absence of alarming features suggestive of organic disease or secondary causes of symptoms, these disorders can be positively and confidently diagnosed. Until, recently, many physicians did not consider IBS to be a disease at all; they viewed it as nothing more than a somatic manifestation of psychological stress. Stress shows no discrimination on the basis of either age, sex or occupation it strikes everyone and unfortunately more & more young people buckle down under it. IBS according to Ayurveda can be considered as a disorder where there is a derangement of Vata in Pakvashaya (intestine) especially of Apana Vayu leading to Symptoms of pain in abdomen & altered bowel habits. Mandagni (Decreased Digestive fire) leads to Vitiatio of Doshas. The emotions like Krodha (anger), Shoka (grief), Bhaya (fear) etc. cause vitiatio of Vata. Thus, disturbance in mental health directly affect the gastrointestinal tract.

### Ayurvedic Approach to the management of IBS

Many formulations are explained in classical texts having its efficacy on gastrointestinal disorder. The line of treatment of Grahani mentioned in Ayurveda texts is same as Atisara (Diarrhea) and Ajirna (Indigestion) that is the use of Grahi (Bowel binding), Dipana (Appetizing) and Pachana (Digestive) herbs and foods. Also Piccha basti is explained as one of the treatment methods in Atisara. Piccha basti cures excess bowel movements and duodenal disorders. Medhya rasayana group of drugs described in ancient literature is the molecular nutrients for the brain, and claimed to relieve mental fatigue, anxiety, and stress at psychological and neuroendocrine level. Since IBS is a psychosomatic disorder, Medhya rasayana added to the principal therapy proves effective in all cases of IBS.

#### Product of the month - Laghusutasekar Vati

**Contents** - Sunthi (Zingiber officinale), Marich (Piper nigrum), Pippali (Piper longum), Dalchini (Cinnamomum zeylanicum), Purified Elemental Iron

**Indication** - It is a carminative, used in general debility, skin ailments, hyper acidity, dyspepsia, respiratory tract infection.

**Dose** - 1-2 tablets 2 to 3 times daily.

For more on this products please [click here](#)



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