



Ayurvedic management of Ulcerative COLITIS: Case Study

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ABSTRACT- Ulcerative Colitis (UC) is a form of chronic inflammatory bowel disease (IBD). Mucosa and submucosa of the colon are primarily affected. Major symptoms are blood & mucous mixed loose stool. Abdominal pain, weight loss, fever etc are often associated symptoms. Ulcerative Colitis may affect any age group, although there are peaks at ages 15-30 and then at ages 50-70. Males and females are equally affected. No satisfactory treatment is available and patient suffers a lot both physically and mentally. According to Ayurveda we can consider this condition under heading *Raktatisara*. In this Case Study, Ayurvedic treatment was given to patient and highly significant result were obtained.

Keywords: Ulcerative Colitis, IBD, *Raktatisara*.

I. INTRODUCTION

Ulcerative Colitis is a form of colitis, a disease of the colon (large intestine) that includes characteristic ulcers, or open sores. The major symptoms of UC are diarrhea, rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain.¹ Ulcerative Colitis is an intermittent disease, with periods of exacerbated symptoms, and periods that are relatively symptom-free. The peak age of onset of ulcerative colitis is between 20 to 40 years of age, 10 per 100,000 persons are at risk. Male to female ratio is 1:1. Till date in Modern medicine there is no satisfactory treatment is available. Some drugs like Sulfasalazine and steroids may be helpful but patient usually get repetitive episodes of blood and mucous mixed diarrhea. Major complications are toxic megacolon, fulminant colitis, carcinoma and dysplasia, massive hemorrhage and anorectal complications such as ischiorectal abscess, fistula in ano and fissure in ano.

According to Ayurveda we can treat this by considering *Raktatisara*. Symptoms are quite similar to UC i.e. blood mixed with stool, foul smelling, pain in abdomen, burning sensation in the rectum and excessive thirst.²

Nidana Sevana leads to vitiation of *Pitta* along with *Vridhhi* of *Kapha* and *Vata Dosh* which in turn cause *Agnidushtile* leading to *Agnimandya*. Further *Rakta Dhatu* is also vitiated. This whole process takes place in *Grahani* and *Pakwashaya*. As a result *Raktatisara*, *Shotha* and *Shoola* occurs.

II. CASE REPORT

A 29 years old Hindu unmarried male patient residing in Jaipur, presented on 23rd January 2021 with chief complaint of bleeding per rectum after defecation and mild burning sensation during defecation with sticky stools since 10 days. There was no H/o mass prolapse per rectum and constipation. On examination patient's vitals were within normal limit.

Sleeping pattern was normal, appetite was mildly diminished, bowel habit altered i.e. 2-3 frequency per day with soft consistency of stool and blood mixed mucus at the end of defecation.

On examination of per rectum by proctoscopy findings were normal sphincter tone, congested rectal mucosa with very small areas of ulcerations of mucus membrane.

Patient was advised for examination of stool for macroscopic, microscopic and occult blood. The results for these tests were stool for ova/cyst/bacteria was absent and occult blood was positive. Hb% was 12 gm/dl.

At that time patient was prescribed some Ayurvedic oral medicines. He got some have relief in previous symptoms. On 29th January he was advised Colonoscopy and the findings were seen upto Hepatic flexure. Distal 20cm area of rectum showed lots of vascular pattern, multiple areas of superficial

ulcerations were present, no friability, no contact bleeding and interpretations were query mark for infective colitis or ulcerative colitis. At that time Colonic Biopsy was taken for further confirmation. Histopathologic report was suggestive of Chronic Active Colitis on 3rd February.

Treatment plan was designed with Ayurvedic oral medicines and *Picchabasti*³ administration for 15 days.

(A) Oral drugs given were as follows-

Before meals- Combined mixture of *Dadimashtaka Choorna*-3gm, *Bilwadi Choorna*-2gm and *Akik Pishti* 1gm was given with fresh butter.

After meals- Combined formulation of *Kutajaparpati Vati* 2 tab, *Aamdoshantak Vati* 2 tab and *Kutajabilwapananak* 30ml was given.

(B) *Picchabasti* contents-

We used following contents-

*Shalmali*⁴ *Vrinta* *Kashaya* (decoction), *Mocharasa*⁵, *Yastimadhu*⁶, *Lodhra*⁷, *Nagkeshar*⁸ and *Kutaja*⁹ *Churna* (*Kalka Dravya*/paste) with cow's milk and honey. This *Basti* was given before meal in planned dose.

After starting of Ayurvedic formulations together with *Picchabasti*, symptoms were relieved from 4th day. There was complete relief from the previous symptoms in 12 days. After 15 days of again stool examination was done. Results were quite promising as stool test was negative for ova/cyst/bacteria and was also negative for Occult blood.

Patient till date is symptoms free and continuing oral medicines. He was advised for sigmoidoscopy after 2 months but he refused due to financial reasons. He is still taking oral medicines and following the dietary regimen as advised.

III. DISCUSSION

Here we used Ayurvedic medicines along with *Picchabasti*. *Picchabasti* in this case was modified accordingly for convenience purpose. As in Ulcerative Colitis there is inflammatory condition along with rectal bleeding, diarrhea and ulcers. In *Picchabasti* drugs used were *Shalmali* which is *snigdha* and *pichhil* so, it protects ulcer from getting irritated and thus providing sufficient time for healing by forming protecting layer over the colonic surface. *Mocharas*, *Lodhra* and *Nagakeshar* have *Kashaya Rasa* and *Shita Virya* which is *Stambhaka*, *Grahi*, *Shothahar*. These properties are helpful to prevent diarrhea and rectal bleeding. *Yastimadhu* have *Vranashothar* property so it promotes healing of ulcers. In this way, contents of *Picchabasti* synergistically acts and helps in cure of UC. There is no side effects seen during whole course of treatment.

IV. CONCLUSION

So from above discussion it can be concluded that, Ayurvedic management is very successful in the management of Ulcerative Colitis. This disease is a challenging medical problem. Continuous degradation of health disturbs the daily routine life and mental wellbeing of the patient. Ayurvedic management with oral herbs and *Picchabasti* along with dietary modifications is very beneficial. It is safe, cost effective and having no adverse effects.

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