

**Ayurvedic Management Of Grahani ( Irritable Bowel Syndrome)- A Case Study****1.Puja Vitthal Kohakade,**PG scholar, Department of Kayachikitsa,  
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CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad.**Corresponding Author:** Dr. Yashashri A. Vitonde**Abstract**

*Grahani is a disease of great clinical relevance in modern era because of its direct link with improper food habits & stressful lifestyles of present era. Grahani is main functional part of Mahastrotas and also known as a pittadhara kala. Ayurveda characterised the disease by passage of stool with constipation or diarrhoea & with undigested or digested food particles. This disease also associate with thirst, pedel oedema, abdominal cramping, pain, fever and vomiting. The symptoms of Grahani resembles most of IBS symptoms. So we can correlate the Grahani rog with IBS. Whole world looking towards Ayurveda for safe treatment modalities. So it is essential to find out the effective therapeutic procedure from our science. A diagnosed case of Grahani discussed here. In this case study, patient was administered Bramhi ghan vati, Bilvadi leha etc.*

**Keywords-** Grahani , IBS, Brahmi ghana vati, Bilvadileha.

**Introduction-**

**G**rahani is the seat of Jatharagni & is supported and nourished by the strength of Agni . Grahani is situated above nabhi region.<sup>1</sup> The disease in which Grahani or small intestine gets vitiated and there is impairment of Agni is called Grahani. When digestive fire – Agni, which resides in the Grahani, is affected by incorrect lifestyle and eating habits affects the digestive process causing food to be either partially digested or over digested, it leads to formation of Grahani roga. Ingested food is to be digested, absorbed and assimilated which is unavoidable for the maintenance of life and is performed by Agni.<sup>2</sup>

Grahani roga as described in Ayurveda is chronic bowel disease affecting the Mahastrotas, means GIT. The cardinal symptoms of Grahani roga is alternate constipation and diarrhoea with blood and mucous along with abdominal pain and progressive emaciation. Grahani roga is caused by Mandagni. Due to Mandagni all doshas will vitiate consequently it caused structural impairment of Grahani, which in turns leads to malfunctioning of

Grahani, resulting into infrequent evacuation of the bowel , which are hard or in liquid form .

Irritable bowel syndrome with abdominal pain or discomfort that occurs in association with altered bowel habits over a period of at least three months in the absence of any detectable organic cause. Diagnosis of IBS also includes identifying key stressors/ triggers such as emotional, physical & psychological distress including anxiety and depression.<sup>3</sup>

Brahmi ghan vati contains only Brahmi. Brahmi has Medhya property.<sup>4</sup> In psychiatry, Brahmi has found its use in the treatment of agitation, anxiety and depression.<sup>5</sup> The trial drug Brahmi ghan vati was given 500 mg orally twice a day after meal.

The trial drug Bilvadi leha was given 10 mg per orally twice a day after food with lukewarm water for 2 months. Patient was guided regarding pathya/apathya regimen. Bilvadi leha has grahi, ushna and Jatharagni vardhak properties. Bilvadi leha contains bilva, musta, dhanyak, jiraka, ella, twaka, nagkeser, shunthi, marich, pippali, guda.<sup>6</sup>

**Case study –**

A 45 year female patient , housewife came to hospital with symptoms like recurrent abdominal pain or discomfort and marked change in bowel habit

for at least six month. Pain is relieved by defecation. Patient was suffering with above complaints since six month. As routine patient was examined and diagnosed by Ayurvedic approach. Ashtavidh pariksha has been done .

Patient name- ABC 45 yrs/ female  
Religion- Hindu  
Occupation- Service  
OPD no – 20907  
IPD no- 3921  
DOA- 20/9/2020

**Chief complaints**

- Abdominal pain
- Alternate constipation & diarrhoea

**Past history-** There is no any past history HTN, DM, TB or endocrine disorders.

**On examination-**

G.C.-Afebrile  
Temperature- 98 F  
Pulse rate- 68/min  
BP-140/90 mmHg  
Weight- 80 kg  
CVS- S1 & S2 normal  
RS- chest clear AEBE  
CNS- concious, oriented  
P/A-Soft  
Jivha- saam  
Mala- Asamyak  
Mutra- samyak

**Treatment protocol-**

**Samanya chikitsa-** All agnivardhak diet had been followed. Patient had been given warm water & laghu Ahara.

**Vishesh Chikitsa- Shaman chikitsa**

Abhyantara Aushadha was given to patient for 2 month

- 1) Brahmi Ghana vati – 500 mg BD after meal
- 2) Bilvadi leha – 10 gm BD after meal
- 3) Panchamrut parpati 500 mg BD with Ghрут after meal.

Pathya- Warm water, Laghu aahara  
Apathya- Spicy - oily food, Divaswap.

Follow up was taken by 2 month & observation was carried out, No new complaints raised during follow up period related to study.

**Observation –**

In the treatment period the patient had not taken anything except these medicine . Assessment criteria were based on the cardinal symptoms as follows—

Sr.no	Observation	Before treatment	After treatment
1	Abdominal pain	++	+
2	Alternate constipation and diarrhoea	+++	+

**Gradation-**

- + — mild
- ++ — moderate
- +++ — severe

**Discussion-**

Grahani is the disease of Agnivikriti . Formation of Aamdosha at different levels is the main samprapti responsible for disease. Brahmi was having Medhya and anti-anxiety and anti depression properties.The ingredients of Bilvadi leha were having maximum of katu rasa followed by Tikta rasa & Katu vipaka & Ushna veerya which acts as deepna , pachana , Ruchikar , shodhan & Kaphaghna properties.

**Conclusion-**

In this case, complaints of patient are decreased in 2 months . In conclusion, Grahani can be controlled by using Ayurveda treatment for long period time with following proper diet.

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