

**A CASE STUDY: ROLE OF PATHADYA CHURNA IN GRAHANI (IBS)****Dr. Sunil Kumar Sharma\*<sup>1</sup>, Dr. Jaya Saklani Kala<sup>2</sup>, Dr. Deshraj Singh<sup>3</sup>, Dr. Rashmi Kathait<sup>4</sup> and Dr. Rakesh Meena<sup>5</sup>**

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Article Received on 22/10/2017

Article Revised on 13/11/2017

Article Accepted on 03/12/2017

**ABSTRACT**

In the present era Grahani is a common GIT disorder affecting the normal life style of approx every individual at one time in their life symptoms like abdominal pain, altered bowel habits, dyspepsia, nausea, rectal mucus, feeling of incomplete defecation. In modern science according to the symptoms correlated with IBS.<sup>[1]</sup> In this case, an effort was made to treat a 40-year old male patient having symptoms Muhurbaddam muhurdravam, Apakva malapravrutti, Udara shool, Udara gourava, Aruchi, Alasyai,<sup>[2]</sup> with Pathadya Churna.<sup>[3]</sup> At the end of 45 days of treatment by Pathadya Churna patient got significant improvement in symptom.

**KEYWORDS:** Grahani, IBS, Pathadya Churna.

**INTRODUCTION**

Approximately 20% of general population fulfils diagnostic criteria for IBS. IBS is the most common cause of gastrointestinal referral and accounts for frequent absenteeism from work and impaired quality of life. Young women are affected 2-3 times more often than men. IBS is a functional bowel disorder and defined by the absence of structural pathology.<sup>[4]</sup> The disease in which Grahani or small intestine gets vitiated and there is impairment of agni is called as Grahani.<sup>[5]</sup> Grahani is the specialized part of the Mahasrotas. According to Acharya Sushruta the 6<sup>th</sup> pittadhara kala situated between Amasaya and Pakwasya is called Grahani.<sup>[6]</sup> while Acharya Charak mention it as the part being situated above Nabhi, it is the site of Agni and dose Grahana of Anna and it is supported and nourished by the strength of Agni.<sup>[7]</sup> The disease Grahani is due to the following of improper and unwholesome dietary practices. Constant intakes of such food especially in persons with hampered digestion or those who have recently recovered from disease like Atisara, these factors vitiate the power of digestion and cause the disease Grahani.<sup>[8]</sup> Considering above facts, we have taken Pathadya Churna to manage Grahani.

**MATERIAL AND METHODS****CASE PRESENTATION**

A male patient, aged 40 years was registered from the OPD (OPD/IPD No. K-2022/22222), Department of

Kayachikitsa, Rishikul Campus, Haridwar on 07/06/2017. The patient had many complaints related to IBS which include altered bowel habit (Muhurbaddammuhurdravam), abdominal pain (Udarashool), Stool with mucus (Apakvamalapravrutti), heaviness in abdomen (Udaragourava), anorexia (Aruchi) for the last 11 months; fatigue (Alasya) for last 5 months, sindigestion (Ajeerna) for the last 4 months.

**History of Present Illness**

The patient states that he was quite well 1 year back. Since then he has been suffering from abdominal pain, altered bowel habits, indigestion, and heaviness in abdomen after taking meal and sometimes without meal too. There is no history of melana, bleeding per rectum. The patient underwent treatment of many other doctors but could not get relief completely. Now patient approached us for further management.

**Past History of the Patient**

The patient had the complaint of jaundice 4 years back. He also used antacids and antispasmodic drug unevenly. His family history revealed that there was no such complaint ever.

**General Examination**

His pulse rate was recorded to 80/min, BP was 130/80 mmHg whereas the body temperature was recorded to 98.8F. On the systemic examination no abnormality was detected in the gastrointestinal, respiratory,

cardiovascular and nervous system. The Prakriti of the patient was diagnosed asvatapittaja while Nadi was Vatahikatridosaja. There was no complaint with regard to Mutra (urine) including frequency and color. The Mala (stool) was sometimes mild constipated and sometimes loose stool with mucus and his Jihwa (tongue) was found to be sama (coated).

### Differential Diagnosis

The diagnosis was confirmed on the basis of subjective symptoms as told by the patient. His biochemical readings in the laboratory investigations are given in Table 1.

**Table 1: Biochemical data of the patient.**

Parameter	Value on 07-06-2017	Value on 20-08-2017
TLC	7600/cumm	6700/cumm
Polymorphs	65%	57%
Lymphocytes	30%	27%
Eosinophils	03%	12%
Monocytes	02%	4%
Basophis	01%	1%
HB%	12.8gm	12.6gm

**Table 3: Progress of patient in three follow-up visits.**

Symptoms	BT	After follow 1st Up (15 days)	After follow 2nd up (30 days)	After follow 3rd up (45 day)
Muhurbaddhamuhurdravamalapravuti	3	2	1	0
Apakvamalapravuti	2	0	0	0
Udarashool	3	2	0	0
Udaragourava	3	2	2	1
Aruchi	3	2	0	0
Alasya	2	2	1	0
Ajeerna	1	0	0	0

Grade 0, 1, 2, 3, and 4 for none, mild, moderate, moderate to severe and severe, respectively.

### DISCUSSION

In this study Pathadya churna was taken for the treatment of Grahani (IBS). The contents of the drug had different type of mechanism of action which subsides the symptoms of Grahani (IBS) and provide cure for this disease. Pathadya Churna which contains Trikatu, Patha, Kutki, Bilva, Chitraka, Jambu, Dadim, Dhatki, Ativisha, Mustha, Darvi, Bhunimba, Vatsaka. Most of its content having Deepana and Pachana Sangrahi property. Trikatu, Chitraka, Ativisha, Mustha, have Katu Rasa, Katu Vipaka, and Ushana Virya which improved Agni. Bilva, Patha, Kutki, Mustha, Darvi, Bhunimba, Vatsaka have Tikta Rasa, Katu Vipaka, Sheeta Virya which improved Pachana. Jambu, Dadim, Dhatki have Kasya Rasa, Katu Vipaka, Sheeta Virya and Sangrahi property which helps in maintaining proper consistency of stool. Katuki, Chitrak and Musta have the antispasmodic action, Trikatu, Ativisha and Jambu have the property of anti-

### Study Design

On the basis of symptoms, Pathadya Churna was used as a drug for the present case. The dose was decided as 5gm B.D. with honey for 45 days. The treatment was single blind and the assessment of the patient was done at the interval of the 15 days. The subjective assessment was done on the basis of signs and symptoms of Grahani as described in classics. These symptoms were graded as 0, 1, 2, 3, and 4 for none, mild, moderate, moderate to severe and severe, respectively.

**Table 2: Symptoms of Grahani as described in classics.**

Muhurbaddhamuhurdravamalapravuti	Aruchi
Apakvamalapravuti	Alasya
Udarashool	Ajeerna
Udaragourava	

### RESULTS

The follow up was made on the 15<sup>th</sup> day, 30<sup>th</sup> day and 45<sup>th</sup> day. During this period, the patient did not develop any other complaint. He reported gradual improvement in altered bowel habit, stool with mucus, heaviness in abdomen, indigestion, pain in abdomen, anorexia, fatigueness. The progress of the patient is given in Table 3 in the form of grades. After treatment, the patient got significant relief in the symptoms.

inflammation, Dhatki, Vatsak, Daruharidra and Katuki also regulates gut motility, and Madhu (honey, taken as Anupan) having high calorific value which enhances gut flora. That's why Pathadya Churna has been taken for the present study which shows significant result in Grahani (IBS).

### CONCLUSION

So at the end of the study it is assumed that Pathadya Churnaw as quite effective in managing the symptoms of Grahani (IBS).

### ACKNOWLEDGEMENT

I acknowledge my gratitude to the faculty members and thankful to my colleagues of P.G. Department of Kayachikitsa, Rishikul campus, U.A.U Haridwar, Uttarakhand.

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