

# Clinical Efficacy of Vatsakadi Yog in Irritable Bowel Syndrome [Grahani Rog]

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**Abstract:** Irritable bowel syndrome (IBS) is common paediatric functional gastrointestinal disorder characterized by recurrent abdominal pain and altered bowel habits such as Constipation and diarrhoea. Pain may affect the normal activities of child. (L Dong, et.al 2005). A study in the USA using first occurrence of IBS symptoms within the community estimated the incidence of new IBS by cohort surveys 1 year apart. Of patients with no IBS symptoms and no diagnosis of IBS in the base line survey, 9% had developed symptoms over the year, an incidence rate of 67 per 1000 person per year. [Argeus L. 1995] Grahani of old age is incurable adult's grahani is difficult to treat while grahani of children is easily curable. Although, in ayurvedic classics there is no description of grahani as such for children, but its treatment is well described by Acharyas and it is easy to cure in children by Ayurvedic formulation. "VatsakadiYog" is one of the Ayurvedic formulation described in BhasajyaRatnawali particularly for grahani in children.

**Keywords:** IBS, Grahanirog, recurrent pain abdomen, vatsakadiyog

## 1. Introduction

Children with IBS presents with Diarrhoea, constipation, abdominal pain, nausea, bloating of the abdomen, sometimes mucus pass in the stool cramps in abdomen, urge of defecation after meal. Some other symptoms are may vary individual to individual .Frequent Headache, persistent fatigue, a sudden urge to urinate, joint or muscle ache, halitosis. The prevalence of IBS according to Rome III criteria in children and adolescents was 22.6% and in India, prevalence of IBS is 15 %. (JNM 2013) IBS is common in children with age group of 6 to 13 years. If we look over Ayurveda classics, symptom of VyadhiGrahani is recognized as IBS in children. Grahani is a disease of annavahasrotas. Which is caused by MandagniGrahani is adhistan of agni so, if agni is manda then Grahani will automatically get affected and digestion of food will also get hampered and aam mala is excreted out with pain in abdomen.

## 2. Aims and Objective

- To evaluate the efficacy of VATSAKADI YOG in the management of IBS w.s.r. to grahani in children.
- To assess and monitor any adverse effect of trial Drug.

## 3. Material and Methods

### Selection of Drug

मरीचमहौषधकुटजं द्विगुणीकृतमुत्तोत्तरम क्रमशः।

गुडतयुक्तमेतद् ग्रहणी रोगनिहत्याशु ॥ (भै.र. 71/158)

Mix 1 part of black pepper powder, 2 parts of shunthi powder, 4 parts of Kutajvak powder and then mix jaggery in it and make vati. Give it to eat 2-3 times a day. This destroys the Grahani disease.

### Contents of Drug

#### KUTAJ

**Botanical Name** – Holarrhena antidysenterica.

**Family** - Apocynaceae.

**Regional Name**- kuda, kudaiya (hindi), kurchi ( Bengal), Veppalei(Tamil), kenar(Punjab).

**Classical Name**- Grimallika, Vatsak, Vrikshak, Kaling, Indravriksha.

**Chemical Constituents**- Conessin, Tannin

### Pharmacodynamics

<b>Rasa</b>	Tikta, kashaya
<b>Guna</b>	Laghu, Ruksha
<b>Virya</b>	Shit
<b>Vipak</b>	Katu
<b>Doshkarma</b>	Kaphapittashamak

**Karma:** Vranaropana, vamaka, krimighna, Sangrahika, Jwaraghna.

### Pharmacological Activities

Kutaja has long been used to manage diarrhoea, dysentery, and has anti-inflammatory, antioxidant, and anti-malarial effects. However, as technology advanced, other pharmacological qualities of the plants, such as anti-amnesic and neuroprotective capabilities.

**Part Used** – Bark, Seed

### SHUNTHI

**Botanical Name:** Zingiberofficinale

**Family:** Scitamineae

**Regional Name:** Adarakh, Aadi (Hindi), Shunti (Kannad), Alla (Teulgu)

**Classical name:** Wet Ginger (Ardraka, Moolaja, ArdraShaka, Gulmamoola, Anupaja) Dry Ginger (Shunti, Vishva, Vishvabhashaja, Ardraka, Nagara, Visha).

**Chemical Constituents:** Curcumene, B-D-curcumene, D-camphene, Zingiberol, and Zingerone.

**Pharmacodynamics:**

<b>Rasa</b>	Katu
<b>Guna</b>	Guru, Rooksha, Teekshna
<b>Virya</b>	Ushna
<b>Vipak</b>	Madhur
<b>Doshkarma</b>	Kaphavatashamak

**Karma:** Kaphahara,, Vibandhahara, Anahahara, Bhedini, Jihvavishodhana.

**Pharmacological Activities:** Anti-diarrhoeal activity, antioxidant activity, antibacterial activity, hepatoprotective activity.

**Part used:** Rhizome

**MARICH**

**Botanical Name:** Piper nigrum

**Family:** Piperaceae

**Regional name:** Kalimirch, Mirch, Golmirch (Hindi), Black Pepper, Pepper (English), Golmarich, Kala morich (Tamil), Galmirch (Panjabi).

**Classical Name-**Ushna, Krishna, Suvrutta, Shakanga, Yavaneshta.

**Chemical constituents:-**Piperine, Piperethine, Camphene & B- alanine.

**Pharmacodynamics:**

<b>Rasa</b>	Katu
<b>Guna</b>	Laghu, Teekshna, Sukshma
<b>Virya</b>	Ushna
<b>Vipak</b>	Katu
<b>Doshkarma</b>	Kaphavatashamak

**Karma:** Kaphahara, Shwasahara, Hridya, Kushtghana, Javarghana Ruchikarak & Jantughana, Medohara.

**Pharmacological Activities:** Antidiarrhoeal activities, antimicrobial properties, carminative properties, antioxidant properties.

**Part used:** Fruit

**Discussion about mode of action of drug**

In our classics Acharyas said that drugs action depends upon their properties i.e. some drugs may act by their Rasa, some by their Guna and some other by their Virya and Vipaka. Some time they may act by their Prabhava also. Due to their properties like Rasa Panchana, Dosha Karma, Vyadhi Karma, they are able to destroy the Samprapti of disease.

In the present study, there are three drugs combination were selected for this study (1) kutaja (2) Shunthi (3) Marich. By going through the Samprapti of the disease entity Grahani, it becomes evident that the tridoshapradhandoshas plays the important role in its pathogenesis and the Dushya involved is, Rasa dhatu and Jatharagni. The Srotodushti 'Atipravritti

and apravritti' is seen here. Considering all these, a drug compound, which pacifies the Ama, does Stambhana of Srotas and corrects the status of Agni should be ideally prescribed to cure the Grahani .

Vatsakadiyog is a combination of three herbal drugs which have the property of Deepana (digestive stimulant) Pachana (digestive) along with the Shoshanna. These three factors has major role to cure IBS. It has grahi property and therapeutic properties like Stambhana, Shoshan and Deepana property. The study drug "Vatsakadiyog" possesses rukshaGuna, sheetavirya promotes Stambhana and Shoshan property and Katuvipaka promotes Agni. Madhura Rasa, Rasa promotes Rasayana property. It acts on Agni especially the Jatharagni responsible for digestion

**4. Conclusion**

GrahaniDosh is due to functional derangement of Grahani. GrahaniRoga is considered as the advance stage and in this condition, pathological changes are seen in the organ Grahani. Faulty dietary habit and changing in the life style are responsible for Doshadushti resulting in Agnimandhya. In Balyavastha Agni is stated in AniyataAvastha, mild etiological factor is responsible for Agnidushti. Grahani and Agni is interdependent, therefore all etiological factors of Agni Dushti is the direct cause of Grahanirog. It comes under chronic diseases. If the proper care is not taken, it will hamper child's growth and development. It is mostly seen as recurrent condition. And the vatsakadiyog is effective on the Grahanirog by correct the agni through their different properties which is present in its content.

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