

Ayurveda Management of Ulcerative Colitis Vis~A~Vis Raktaja Pravahika - A Sigle Case Study Using Kapittashtaka Churna and Udumbara Takra Basti

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Abstract: Ulcerative colitis is a chronic, recurrent inflammatory disorder that involves rectum and colonic mucosa resulting in friability, ulcerations and bleeding. Exact cause for initiating event in the disease is still unknown but a few factors have been implicated in the pathogenesis like familial, genetic, environmental, immunological, bacterial intestinal flora and smoking. It is a very challenging disease affecting a patient during most active age 15-10 years. The dominant symptom in ulcerative colitis is diarrhea which is often associated with blood and mucus. Management of ulcerative colitis is aimed to eliminate symptoms during acute flare or exacerbation as well as to maintain remission. Principle drugs used are corticosteroids, immune-suppressants biological agents, antibiotics and surgery. Hence an attempt was made to medically manage the case and reduce the need of surgical process in the present case of ulcerative colitis. Brief case history-A 22 year old male, teacher by occupation in mysuru came to opd of Sadayu ayurveda clinic with confirmed diagnosis of Ulcerative colitis since 10years. He had 5-8 episodes loose stools along with blood and mucus. Before he came to our opd he took few ayurvedic medications but could prevent remissions. He was treated with combination of both udumbara and takra Basti and oral medications such as kapittashtaka churna. His frequency of stools reduced to 2-3 after basti and continuing oral medications. He got significant reduction in frequency which helped him in improving quality of life.

Keywords: pravahika, udumbara basti, kapittashtaka churna

1. Introduction

Ulcerative colitis is a chronic, recurrent inflammatory disorder that involves rectum and colonic mucosa resulting in friability, ulcerations and bleeding. Exact cause for initiating event in the disease is still unknown but a few factors have been implicated in the pathogenesis like familial, genetic, environmental, immunological, bacterial intestinal flora and smoking. It is a very challenging disease affecting a patient during most active age 15-10 years .¹

2. Signs and Symptoms

The dominant symptom in ulcerative colitis is diarrhea which is often associated with blood and mucus.² In addition, abdominal pain, nocturnal defeacation, fever, malaise, weight loss and constipation in elderly may also be reported.²

Classification:

Table 1: Showing classification of ulcerative colitis³

Features	Mild	Moderate	Severe
1.Bowel frequency	<4	4-6	>6
2.Rectal bleeding	Intermittent	Usual	Common
3.Fever	No	Possibly	Yes
4.Pulse	Normal	>90/min	>90/min
5.Abdominal tenderness	Absent	Often present	present
6. Haematocrit	Normal	>30	<=30
7.ESR	<30		>=30

Management: Management of ulcerative colitis is aimed to eliminate symptoms during acute flare or exacerbation as well as to maintain remission. Principle drugs used are corticosteroids, immune suppressants biological agents,

antibiotics and surgery.⁴ Hence an attempt was made to medically manage the case and reduce the need of surgical process in the present case of ulcerative colitis.

Raktaja Pravahika described in ayurveda that shares certain symptoms with ulcerative colitis. *Pravahika* which manifests in the form of *Atipravahana* (episodes of stools), *Atidravamala pravrutti* (watery stool), *Udarashoola* (pain abdomen), *pichhila* (sticky), *saphena* (froathy) and *raktayukta purisha* (blood mixed stool).⁵

3. Case Report

Patient information-A 22 year old male, married, non-smoker, teacher by occupation from mysuru visited Sadayu ayurveda clinic with complaints of episodes of loose stools along with blood and mucus associated with stomachache and generalized weakness with no positive family history. He came with confirmed diagnosis of Ulcerative colitis since 10 years. He had 5-8 episodes loose stools along with blood and mucous. (details in table no 1 showing)

Table 2: Showing frequency and vitals

Basti course Day	No of episodes	Presence of mucus and blood	Pulse	Blood pressure	Presence of dehydration symptoms
1	7	+	64/min	+	Sunken eyes
2	7	+	72/min	+	-
3	8	+	74/min	+	-
4	9	+	72/min	+	-
5	6	+	70/min	+	-
6	5	+	70/min	+	-
7	4	+	72/min	+	-
8	3	+	68/min	+	-

Diagnosis-colonoscopy revealed diffuse loss of vascular pattern and superficial ulcers throughout the colon with normal terminal ileum.

Goals of management

- 1) Achieving remission from symptoms
- 2) Maintaining remission
- 3) Restoring and maintaining nutrition
- 4) Maintaining quality of life

Treatment- Before he came to our opd he took few ayurvedic medications (details in table no 2) got temporary relief but could not prevent remissions. He was treated with combination of both Basti and oral medications (details in table no 3). An indigenous compound *Kapitthashtaka churna* was prepared with ingredients in equal quantity.

Table 3: Showing previous medication:

Medication	Dosage
1.Dadimashtaka churna	1/2tsp twice after food with hot water
2.Panchamrita parpati	1 tablet 3 times daily before food
3.Tablet Styplon	1tablet 2 times daily after food
4.Tablet Entostal	1tablet 2 times daily after food

Treatment given:

- 1) *Kapitthashtaka churna* 5gms twice daily before food
- 2) *Udumbara twak Kashaya* 20ml with 20ml warm water A/F afternoon and evening hours
- 3) Tablet Sumenta 0-1-1 A/F
- 4) Tablet. Kutaja Ghana vati 0-1-1 A/F
- 5) *Yoga basti- Takra and udumbara kashaya basti anuvasana basti with changeri grita*

Table 4: Details of current medication

Ingredients of Udumbara Takra Basti	Properties Udumbara Kwatha	Changeri Ghritha ⁶
-Anuvasana basti with Changeri ghritha - 70 ml+ Yashtimadu churna 5gms -Ingredients of Niruha basti Makshika – 30ml Saindhava – 5 gms Changeri ghritha - 60ml Shatapushpa churna -12gms Takra – 400ml	-Botanical name – Ficus racemose -Gana – Kashaya skandha, mutra sangrahaneeya , Nyagrodhadi gana -Chemical constituents : Glucol, Beta-sito sterol, Lupeol, -Rasa – Kashaya -Guna – guru, ruksha -Veerya – sheeta -Karma – pitta-kapha hara	-Reference: Bhaishajya Ratnavali Grahani Rogadhikara -Ingredients: Nagara, Pippalimoola, Chitraka ,Gajapippali, Gokshura,Pippali,Dhanyaka Bilva ,Patha ,Yavani,Changeri swarasa ,Sarpi,Dadhi -Indications – Atisara, mutrakricchra,atopa,arsha,mandagni -Dosage – 12gms single or divided doses with ushnodaka or ksheera

4. Results

His frequency of stools got reduced to 2-3 after *basti* and continuing oral medications (details in table no 4).

Table number 5 showing details of oral medications given for next 3 months:

Kapitthashtaka churna ⁷	Details of Sumenta tablet	Kutaja ghanavati
-Ingredients Ajamoda, dhanyaka, trikatu, chaturjataka, musta, vrukshamla, bilwa, dadima, sita, kapitthadhatiki, chitraka, souvarchala. -Indications – Atisara, grahani, kshaya, gulma, galaroga, peenasa, arochaka, mandagni, kasa, shwasa -Dose : 5-10 gms once or twice a day after food -Anupana : ushnodaka	-Ingredients-Brahmi, amalaki, vacha ashwagandha, shankhapushpi, jyothismathi, arjuna, bilwa, jatamamsi, tagara -Indications – Anxiety, Depression, premenstrual syndrome, post-menopausal syndrome -Dosage – 1 tablet twice daily Benefits – exerts anxiolytic effect, exhibits sleep enhancing properties, antistress-adaptogenic and mood stabilizer and neuroprotective actions.	-Refence – Siddha yoga sangraha, Atisara-pravahika-grahani rogaadhikara -Ingredients – kutaja, ativisha -Indications – Atisara, grahani, pravahika, jwara -Dosage – 2-3 tablets twice/thrice a day with warm water

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