

AYURVEDA MANAGEMENT OF IRRITABLE BOWEL SYNDROME

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ABSTRACT:

Irritable Bowel Syndrome is a gastrointestinal and psychosomatic disorder occurring commonly in modern India. Frequent diarrhea, abdominal pain and anxiety are seen as clinical features in this disease. It can be correlated with Sangraha Grahani. Weight loss is also seen in some patients. When there is psychological stress, often signs and symptoms will aggravate and even in severity. Ayurveda system of Medicine has a better role in the management in this disease.

Ayurveda treatment includes:

NidanaParivarjana
VyadhiPratyanikaAushadhiPrayoga
Ashwasana
Ayurvedic Tranquilizers
Yoga therapy like Pranayama
PathyapathyaPrayoga
Use of Shamanaushadhis

This paper also highlights, the role of Ayurveda Medicine in the management of Irritable Bowel Syndrome

Key words: Irritable Bowel Syndrome, Ayurveda, Diarrhea

INTRODUCTION:

IBS is a psychosomatic disorder where psychological stress plays an important role both in generation and increased severity of symptoms in the disease. Person of middle socio-economic status usually suffer from this disease. Mental conflicts, psychological stress, etc. are the common precipitating factors in these patients. It is associated with frequent diarrhea, lower abdominal pain and emaciation.

Following drug actions are seen in the formulations used in this disease:

- Atisaraghna
- Dipana
- Pachana
- Grahi
- Stambhana
- Anti-stress
- Adaptogenic
- Medhya Rasayana
- Rasayana
- Anti-infective
- Jeevaniya
- Ojaskara
- Immuno-modulator

- Immunity Booster
- Brihmana
- Balya
- Tikta Rasayukta
- Kashaya Rasayukta
- Anti-amoebic
- Digestive
- Carminative

Atisaraghna:

- ✓ Kutaja Ghana Vati
- ✓ Brihat Gangadhara Choorna
- ✓ Gangadhara Choorna
- ✓ Kutaja Parpati
- ✓ Panchamrita Parpati
- ✓ Suvarna Parpati
- ✓ Bilvavaleha
- ✓ Kutajarista
- ✓ Mustakarista
- ✓ Kutujavaleha

Dipana:

- ✓ Trikatu Choorna
- ✓ Hingvastaka Choorna
- ✓ Hingogragandhadi Choorna
- ✓ Arogyavardhini Vati
- ✓ Lavana Bhaskara Choorna
- ✓ Dashamoolarista

Pachana:

- ✓ Lashunadi Vati
- ✓ Kupilu Hingvadi Vati
- ✓ Agnitundi Vati
- ✓ Takra
- ✓ Takrarista
- ✓ Hingvastaka Choorna
- ✓ Hingogragandhadi Choorna
- ✓ Dashamoolarista

Grahi:

- ✓ Kutajavaleha
- ✓ Bilvavaleha
- ✓ Gangadhara Choorna
- ✓ Rasa Parpati
- ✓ Panchamrita Parpati
- ✓ Kutaja Parpati
- ✓ Tamra Parpati
- ✓ Kutajarista

- ✓ Mustakarista

Sthambhana:

- ✓ Mocharasa Choorna
- ✓ Lodhrasava
- ✓ Panchavalkala Kashaya
- ✓ Kutajarista

Anti-Stress:

- ✓ Sarpagandha Vati
- ✓ Jatamamsi Choorna
- ✓ Tagara Tablet
- ✓ Manasa Mitra Vati
- ✓ Saraswatarista
- ✓ Medhya Vati
- ✓ Medhya Rasayana

Adaptogenic:

- ✓ Ashwagandha Choorna
- ✓ Medhya Vati
- ✓ Yastimadhu Choorna
- ✓ Guduchi Kashaya
- ✓ Shankhapushpi Syrup
- ✓ Saraswatarista
- ✓ Tagara Tablet
- ✓ Jatamamsi Choorna
- ✓ Sarpagandha Vati
- ✓ Shatavari Swarasa

Medhya Rasayana:

- ✓ Vacha Ghrita
- ✓ Shankhapushpi Syrup
- ✓ Yastimadhu Choorna
- ✓ Brahmi Ghrita
- ✓ Mandookaparni Swarasa
- ✓ Ashwagandharista
- ✓ Shatavari Guda

Rasayana:

- ✓ Kutaja Parpati
- ✓ Panchamrita Parpati
- ✓ Tamra Parpati
- ✓ Rasa Parpati
- ✓ Kutajarista
- ✓ Kutajavaleha

Anti-infective:

- ✓ Mustakarista
- ✓ Kutaja Ghana Vati
- ✓ Gandhaka Rasayana
- ✓ Bilvavaleha

Jeevaniya:

- ✓ Takra
- ✓ Takrarista
- ✓ Astavarga Kashaya
- ✓ Shatavari Guda
- ✓ Shatavari Swarasa
- ✓ Ashwagandha Choorna
- ✓ Ashwagandharista
- ✓ Vidari Choorna

Ojaskara: -Do-**Immuno-modulator:**

- ✓ Rasa Parpati
- ✓ Panchamrita Parpati
- ✓ Tamra Parpati
- ✓ Abhra Parpati
- ✓ Guduchi Kashaya
- ✓ Guduchyadi Leha
- ✓ Abhra Loha

Immuno-Booster: -Do-**Brihmana:**

- ✓ Shatavari Guda
- ✓ Kushmandavaleha
- ✓ Ashwagandharista
- ✓ Balarista
- ✓ Kukkutanda
- ✓ Mamsa Rasa (After Dipana)
- ✓ Ajamamsa Rasayana
- ✓ Masha Pista Nirmita Ahara Kalpana

Balya: -Do-**Tikta Rasayukta:**

- ✓ Bhunimbadi Kashaya
- ✓ Kutajarista
- ✓ Kutajavaleha
- ✓ Kiratatiktadi Kashaya

Kashaya Rasayukta:

- ✓ Nagakesara Choorna:
- ✓ Mocharasa Choorna
- ✓ Panchavalkala Kashaya
- ✓ Lodhrasava

Anti-amoebic:

- ✓ Kutaja Ghana Vati
- ✓ Kutajavaleha
- ✓ Bilvadi Vati
- ✓ Bilvavaleha
- ✓ Mustakarista
- ✓ Vatsakadi Ghana Vati

Digestive:

- ✓ Hingvastaka Choorna
- ✓ Hingogragandhadi Choorna
- ✓ Trikatu Choorna
- ✓ Pippali Choorna
- ✓ Ardraka Khanda

Carminative:

- ✓ Kupilu Hingvadi Vati
- ✓ Agnitundi Vati
- ✓ Hingvastaka Choorna
- ✓ Lavana Bhaskara Choorna

DISCUSSION:

Irritable Bowel Syndrome is a psychosomatic disease seen commonly in India. Psychological stress is an important factor both in causative factor and increased severity of the disease. So, use of Anti-stress, Adaptogenic, Anxiolytic, Tranquilizer drugs, plays an important role in the treatment of the disease. Use of Grahi and Stambhaka medicines are useful in decreasing the diarrheal symptoms. Anti-amoebic drugs are useful in eradicating the underlying amoeba in this disease.

Medhya rasayanas are useful in making the patient to withstand the intensity of signs and symptoms. This disease requires prolong treatment to get cured. Most of the patients respond well for prolong treatment.

CONCLUSION:

- 1) Irritable Bowel Syndrome is a chronic disease which requires prolong medication.
- 2) Certain cases of IBS are completely cured.
- 3) There are least side effects in Ayurveda Treatment.
- 4) Development of complications like electrolyte imbalance, etc. are less in Ayurveda treatment.

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