

Management of *Kaphaja Grahani* (IBS) with basic principles of *Ayurveda* - A case study

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ABSTRACT:

Agni is considered as the *Mula*- sustaining factor of living beings. Its proper maintenance helps a person to live a long life. *Agni's* role in the management of an ailment is tested in this study. Food acts as medicine to maintain, to prevent and to treat a disease. The consumption of unwholesome food, irregular eating pattern, not adhering to the biological cycle and indigestion impairs the digestion thereby causing a number of diseases. A case of Irritable Bowel Syndrome with Subclinical Hypothyroidism caused due to *Kaphaja Agnimandya* was diagnosed as *Kaphaja Grahani* and treated by adopting Ayurvedic principles of *Nidana Parivarjana*, *Aushada* and *Pathya sevana*. The complaint of pain abdomen and loose stools got subsided within a week of the treatment. When TSH was done it was 3.95 on 15/3/22 which was 6.3 on 8/12/21.

KEY WORDS: *Agni Mandya*, *Grahani*, Irritable bowel Syndrome, IBS, *Kaphaja Grahani*.

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INTRODUCTION:

"Rogah sarve api mandagni". The cause for the manifestation of all diseases is **Mandagni** i.e. impaired digestion. ^[1]*Agni* is the prime factor for *Pacana* of *Aahara* and *Poshana* of *Doshas* and *Dushyas*. It gives *Bala*-strength, *Varna*-color, *Prabha*-complexion and maintains the healthy status of all the doshas, dhatu and mala.^[2] *Agni* gets vitiated by the non compliance to *Ashtavidha Ahara Ayatana* – Specific regimen pattern advocated for all individuals desiring to have a healthy life among them consumption of *Asatmya ahara*-unwholesome food [Unwholesome to

individual *Prakriti* – constitution, season, type of food etc], *Visamasana*-irregular eating are the leading factors which induces *Ajirna*-indigestion further disturb normal equilibrium of bodily humors – *Doshas*, which gets aggravated and causes accumulation of endotoxins – *Ama dosha* in the body.^[3]

Intake of *Guru*-heavy to digest, *Snigdha*-oily, *Sita*-cold, *Ati bhojana*-excessive eating followed by *Divaswapna* i.e. day napping causes aggravation of the *Kapha dosha* impairs the digestion causes Low Metabolism leading to ***Kaphaja Grahani***.^[4] The stools defecated will be *Bhinna*-splitted,

Sa ama- with mucus, *Shleshmayuktha-* with phlegm due to **Avarana of Apana vayu** with increased **Kapha**, *Akrushayapi daurbalyam* – do not lose weight but feels weak.^[5] The symptoms present in *Kaphaja grahani* are similar to that of Irritable Bowel Syndrome.

Irritable Bowel Syndrome is a functional bowel disorder characterized by recurrent abdominal pain in association with abnormal defecation in the absence of structural deformity.^[6] Subclinical Hypothyroidism is an endocrinal disorder which affects the metabolism of an individual causing weight gain, hair loss, lethargy, intolerance to cold and constipation.^[7] In the above both conditions metabolism is affected where we can consider them under *Mandagni janya roga*. The treatment aims to normalize the impaired *Agni* with *Nidana parivarjana*, *Aushada* and *Pathya sevana*. Following is a case study of Irritable Syndrome with Sub clinical Hypothyroidism managed by Ayurvedic principles.

CASE REPORT:

A female patient of 48 years old, K/C/O Subclinical Hypothyroidism from past 4 years was on *Kancanara guggulu* 250MG BD came with chief complaints of mild pain abdomen followed by 4-5 episodes of loose

stools every day since 15 days came to OPD of TMAES Ayurveda Medical College, Shivamogga on 14/1/2022. She has visited the gastroenterologist where clinical examinations, blood investigations were normal and was treated symptomatically with proton pump inhibitor, antibiotic, antispasmodic and probiotic. She didn't get any relief from the medications and decided to visit our college OPD for further management.

On detailed examination and history taking, patient's complaint of loose stools was triggered after intake of paneer. Her daily diet consisted of more milk products like milk, buttermilk, coffee, heavy food and used to sleep after intake of food in afternoon. Patient was anxious that the condition may be cancerous. On examination her anxiety score was 12 according to Dr OZ Anxiety Scale. The patient had *Vishadatha*-sadness, *Akarmasheelatha*-inactivity, *Nidralutvam*-sleepiness indicated the predominance of *Tamasika guna*.^[8]

The patient was diagnosed to have *Mandagni* due to increased intake of *Kaphaja Ahara* and *Vihara* which lead to *Kaphaja Grahani* by adopting clinical fundamentals of Ayurveda. Based on *Dosha*, *Dushya*, *Vyadi bala*, *Roga bala* and *Agni bala* treatment was planned accordingly.

Table-1: Treatment protocol:

Date	Medicine	Dosage	Duration
14/1/2022	<i>Indukantha ghritha</i> + <i>Yashada bhasma</i> + <i>Kapardika bhasma</i> .	15 ml 2 pinch 2 pinch	@ 6 am in empty Stomach with warm water
14/1/2022	<i>Bilwadi gutika</i> 250mg	2 TID	after food

Pathya: *Laghu*-light, *Usna ahara*-hot food, small and frequent meals, to do exercises, yoga

Apathya: to avoid milky products, to avoid heavy, oily foods, to avoid day napping

Reassurance was done as an adjuvant to treatment plan. Patient was counseled to overcome anxiety about the disease and was advised to indulge in the pleasing

activities like performing *pooja, dhyana* to increase the *Satva guna* of the patient.

DISCUSSION:

“Yaa Kriyah Vyadhi haarine saa Chikitsa..” Any activity which destroys disease and brings equilibrium in *Doshas* and *Dushyas* is called as *Chikitsa*.^[9] So equal importance is given to ***Nidana Parivarjana***- avoidance of causative factor i.e. intake of unwholesome food, avoidance of day napping and ***Pathya Sevana***- intake of wholesome food.

“Snehameva param vidyat durbala agnideepanam” ghrta is best to increase the low digestive power.^[10] So, ***Indukantha ghrta*** was selected for *Agni deepana* of the patient. It is indicated in many gastro-intestinal disorders like *Shoola, Gulma, Udara* for *Agni deepana*.^[11] ***Yashada bhasma*** was added as it is a best *Vata Shamaka* and *Balya*.^[12] ***Kapardika bhasma*** is added for easy digestion of the *ghrita*. It is the best *Agni deepaka* and *Grahani rogahara* according to *Rasa Tarangini*.^[13] ***Bilvadi Gulika*** is *Vata-Kaphahara* indicated in indigestion, vomiting and diarrhea.^[14] ***Satvavjaya chikitsa***- maintaining equilibrium of *Manasika doshas* i.e. *Satva, Raja* and *Tama* by counseling. Small intestine is controlled by Enteric Nervous System (ENS)-division of CNS. ENS is also called as second brain. In IBS, patients overestimate their symptoms and have psychological disturbances.^[15] So, counseling and reassurance becomes very necessary for the patient to overcome their anxiety. Patient mental status was improved by the counseling and helped in the management of the disease.

CONCLUSION:

Treatment of an illness with the main focus on correction of *Agni* is appreciated in this clinical study where in Sub clinical Hypothyroidism with Irritable Bowel

Syndrome was treated with *Nidana parivarjana, Aushada* and *Pathya Sevana*. Patient was completely relieved from the symptoms and it improved her quality of Life.

This case illustrates the golden rule of Correcting *Agni* in all the diseases prior to any other additional modalities, to quote from *Vagbhata – Rogah Sarve api mandagni*.

LIMITATION OF STUDY:

This is a single case study and it needs systematic clinical studies on large scale samples

INFORMED CONSENT:

The written informed consent has been obtained from patient for treatment and publication of data.

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