A Case Report on Ayurvedic Management of Irritable Bowel Syndrome

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**Abstract**-- Irritable Bowel Syndrome may be defined as irritability of the colon producing characteristic symptoms such as constipation, diarrhoea, abdominal pain and vague discomfort in the absence of any organic disease, IBS is a functional bowel disorder. IBS is common problem now a days.

Etiology is not very clear. Some factors are i) motility disorder of intestines ii) emotional factors iii) dietary articles iv) episodic of infective colitis and amoebiasis. Treatment options aimed at reassurance and psychological support, specific diet regimen and medicines. According to Ayurveda it is gruhani roga with vata deranged in its path along with kapha vitiation and pittadushti.

The patient aged 25 yrs have the symptoms of reduced hunger fullness of abdomen, pain and swelling over both hands and legs medial side, irregular bowel habits her body weight reduced gradually and now the weight is only 33kg.

At the age of 16 yrs, she was admitted in medical college kottayam with the complaints of polyarthritis and diarrhoea diagnosed as IBS and Asymmetric polyarthritis, haemoglobin percentage is reduced. On barium meal study mucosal irregularity at terminal ileum and on barium enema examination ileocaecal abnormalities were noted.

**II. ON COLONOSCOPY EXAMINATION**


**III. NATURE OF SPECIMEN**
1. Biopsy from ileocecal valve
2. Biopsy from ileum

**Gross:** Sections show colonic mucosa with normal glands and several chronic inflammatory cell infiltrate in the lamina propria

1. Sections show small intestinal mucosa with benign glands and chronic inflammatory cell infiltrate in the stromal areas.

**IV. NO EVIDENCE OF TUBERCULOSIS**

Pathological diagnosis: First and second consistent with chronic non specific inflammatory colitis Patint’s family members are said to be healthy and psychosocial status is also within normal limits. She had been infected with chikun guinea 8 yrs back it is of a moderate one and affects 2 joints and chicken pox 2 yrs back with lesser involvement all over the body.

Colonoscopy should be performed to exclude tuberculosis, malignancy and ulcerative colitis
V. **LAB INVESTIGATIONS**

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VI. **MANAGEMENT OF IBS**

End organ treatment, explore dietary triggers, high fibre diet, antidiarrhoeal drugs, smooth muscle relaxants for pain and central treatments like counselling, psychotherapy, hypnotherapy, cognitive behavioural therapy and antidepressants are mainly useful.

Madukasavam 30 ml HS And Pippali churnam 1 tsp morning with hot water mentioned in charaka samhitha were already given for two week and counselling also done. Digestion improved and she feels well with an increase of weight 37 kg.

**Assessed by**

Abnormal stool frequency -- >3/day and <3/week - reduced to 1/day and 1/week

Abnormal stool form -- lumpy/harder loose/watery stool -- normal stool

Abnormal stool passage -- straining,urgency or feeling of incomplete evacuation -- no straining and feeling of complete evacuation

Passage of mucus -- no mucus

Bloating of abdominal distension -- no bloating

VII. **RESULT**

Now the condition of the patient is satisfactory bowel habits appetite within normal limits and have sound sleep. Hb level improved.
VIII. DISCUSSION

Irritable Bowel Syndrome is a common disorder of irritability of the colon include painless functional diarrhea and painless functional constipation alternatively, bloating of abdomen. Pain is due to spasm of colon and small intestine.

On Ayurvedic perspective alternate constipation and diarrhea means derangement of vatha and kapha and gruhani is considered as pittasthana. Pittadusti is also there, due to decreased appetite and decreased digestion.

Related to job in textile shop fully air conditioned, she is not able to take food in proper time. She is advised to take food in time and used to follow proper care in food regimen.

Her abdomen became distended on taking food in low volume and associated with tiredness, heaviness. These vatha kapha dushti is eliminated on the basis of mruduvamana and anulomana. Digestion is improved with pippalichurna and madhukasava and further vatha samakathwa with vicharanasnehapana

IX. CONCLUSION

Irritable Bowel Syndrome need continuous evaluation up to one year at regular intervals to detect any weight loss, development of anaemia, presence of blood in stools and other systemic diseases and to more serious colonic diseases

REFERENCES

[8] LC Gupta, RD Chahan and Abhishek Gupta’s Interpretation Of Common Investigations JAYPEE