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## Management Of Ulcerative Colitis Vis-À-Vis *Atisara* And Its Manifestations : An *Ayurvedic* Review

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**ABSTRACT:** In Modern system of medicine no specific cause for the occurrence of ulcerative colitis is known. No permanent cure of this disease is, presently available, only management measures geared towards securing a remission and prolonging its period, are, generally aimed at. Such a situation is often achieved by resorting to steroids, strong antibiotics, etc. The harmful effects of this therapy are well documented. While in the *Ayurvedic* system of medicine: the symptoms of the prominent manifestations of *Atisara* viz. *Pittaja-Atisara*, *Raktaja-Atisara*, *Pravahika* (*Pittaja*, *Raktaja*), *Grahani* (*Pittaja*, *Raktaja*) resemble greatly with those of ulcerative colitis. *Ayurveda* has a repository of medications, of proven worth suitable for each of these manifestations of *Atisara*. Besides their curative power, they are systemic, most beneficial, and the least harmful, and are capable of rooting out the disease. Two practically useful suggestions have been recommended for managing the ulcerative colitis

**Keywords :** *Atisara*, *pravahika*, *grahani*, *raktaja-atisara*, *pittaja-atisara*, diarrhoea, dysentery, bloody stools, ulcerative colitis

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## INTRODUCTION:

*Atisara* is a very frequently occurring disease in all the ages of human life. Its incidence is high during abnormal weather conditions, particularly during rainy seasons, water-logging conditions etc. It, most commonly occurs in the form of a simple *Atisara* (diarrhea) or as a simple *Pravahika* (dysentery) or as a *Rakta-Pravahika* (blood dysentery), etc. and a number of effective conventional (modern system) medications, are available for each of these types, provided early treatment is resorted to. But these medications are associated with serious side effects. The ulcerative colitis, is a much more complicated case of *Atisara*, where the whole or part of the colon (intestine) becomes ulcerative due to reasons as yet unknown in the conventional medical system. Attempt is usually made to achieve remission of this disease with steroids, antibiotics, etc. No

permanent cure is available from any pathy, presently. This paper, attempts to present all the important manifested types of *Atisara* from ancient *Ayurvedic* literature, along with a review on ulcerative colitis from an *Ayurvedic* standpoint, so that the further needed research to workout an effective *Ayurvedic* treatment, devoid of side effects, etc., for permanently curing this dreaded disease, could be identified.

## AIMS AND OBJECTIVES

The aims and objectives of this presentation are briefly mentioned below :

1. To bring to light the various options available in *Ayurveda* for managing *Atisara* and its manifested types, so that the grand old medical knowledge becomes known and easily accessible

to the medical practitioners, researchers and the common man.

2. To present a review of the recently published literature in reputed *Ayurvedic* journals, on the *Ayurvedic* options for managing **Ulcerative Colitis**.

## METHODS AND MATERIALS

The material of this study comprise the ancient *Ayurvedic Samhitas* and the recently published research and review articles published in reputed *Ayurvedic* journals, the material accessed from them have been properly referenced at appropriate places in this article. Attempt has been made to present the matter in a very simple and readable form.

## REVIEW OF ARTICLES

### Modren System's Concept of Ulcerative Colitis

**Predominant Symptoms** of ulcerative colitis are given in Table-1.

• abdominal pain	• bloody stools	• fever	• weight loss
• abdominal sounds	• diarrhea	• rectal pain	• malnutrition

**Ulcerative colitis** is an inflammatory disease of the bowels. It causes chronic inflammation which causes ulcers (sores) to develop on the digestive tract. Ulcerative colitis affects the innermost lining of large intestine (colon) and rectum. The symptoms of the disease develop slowly. It is often debilitating and may result in life-threatening complications. As of now, there is no known cause of this disease, as well as no known cure. Currently available medications only aim to reduce signs and symptoms of the disease, and at the most to bring about long-term remission. Tiny sores or ulcers start developing on the lining of the colon due to the inflammation. These start usually in the rectum and spread upward. The disease can involve even the entire colon. This spreading inflammation causes the bowel to pass its contents rapidly and empty frequently. The ulcers also cause **bleeding** and discharge of **mucus** and **pus**

**Diagnosis of ulcerative colitis** is done on the basis of tests mentioned below :

- **Stool test** : For blood, bacteria, and parasites.
- **Endoscopy** : Of stomach, esophagus, and small intestine.
- **Colonoscopy** : Through the rectum to examine the inside of colon.
- **Biopsy** : Tissue sample from colon for analysis.
- **CT scan** : Of **abdomen** and pelvis.
- **Blood tests** : Blood count for signs of **anemia** (low blood count).
- **Other tests** : C-reactive protein, sedimentation rate, etc.

**Treatment** : Aim is to prevent flare-ups and have longer remission periods

**A.** The medications may include the following :

- mesalamine
- sulfasalazine
- balsalazide
- olsalazine .

**B.** Some cases of ulcerative colitis may need :

- corticosteroids
- antibiotics
- multi-vitamins

- medications to suppress immune function

The acute state of this disease, usually results in complications like extreme dehydration, hypocalcemia, anaemia, hypo-proteinemia and marked weight loss. Presence of these symptoms & complications indicate the affliction of this disease, but final confirmation is possible only with the tests mentioned above. Dehydration is managed with fluid infusion and electrolyte balance. Anemic cases may also be treated with blood infusion<sup>[1,2]</sup>.

For controlling the inflammation, the patient is usually put on a lighter steroidal therapy to keep the disease in remission, but the prognosis is, generally very poor. Besides this, the prescribed medications, particularly for longer durations, are liable to serious side effects leading to later severe complications, etc.

## AYURVEDIC ARTICLES

### Ayurvedic Options for Ulcerative Colitis Disease

The First case study reported symptoms of the disease as, bloody stool, frequent stool, which were treated with *Rakta-stambhaka*, *pitta shamaka chikitsa* and

*rakta prasadana chikitsa* based on the *Ayurvedic* concept of *Rakta-Atisara* with positive response to the treatment<sup>3</sup>. This disease occurs in the age range of 15 – 30 years.

The **Second case** study additionally reported severe cramps, and mentioned that various *Ayurvedic* therapeutic options are available for curing ulcerative colitis. These are : right diet, herbal therapy, *Pichchha Vasti*, etc, including surgical interventions<sup>4</sup>. This disease resembles *Ghrahani*<sup>[5-9]</sup>. *Pichchha Basti* used for treating *Sangrahani*, *Raktaatisara* and *Vrana Ropana*, possesses *Sangrahi* and *Sandhana* and *Pittashamak* virtues which are appropriate for the cure of this disease<sup>[10-11]</sup>.

The **Third study**, based on 23 patients reported significant reductions in frequency of stool, abdominal pain, weakness, ESR, pus cells in stool, full relief in blood in stool. The study attributed *Rakta-Atisara*, an advanced stage of *Pitta-Atisara* which appeared similar to the ulcerative colitis. The study treated the patients with the *Ayurvedic* drug *Udumbara* (*Ficus racemosa*) having *Pitta Shamaka* as well as *Ropana* and

*Grahi* properties and is also indicated in *Rakta-Atisara*<sup>12</sup>.

The Fourth review article on this disease suggested *Ayurvedic* approach for its treatment<sup>13</sup>.

The **Fifth case** study evaluated a multi-drug *Ayurvedic* treatment on this disease.

The study mentioned that the *Ayurvedic* manifestations of *Atisara* viz. *pittaja atisara*, *raktaja atisara*, *shokaja atisara*, *raktaja pravahika* have features present in the ulcerative colitis. It visualised that *mandagn* i.e. low level of digestive power is the main culprit of the disease. Accordingly, the study<sup>14</sup> chose the *Agnideepana* (increasing digestive fire) drugs to arrest the increase in the liquidity of stool (*purisha stambhana*).

The **Sixth study** reported a patient of this disease with moderate anaemia (*Pitta-Atisara* with *Pandu*) put on modern system treatment, was provided supplemental *Ayurvedic* medication. The *Ayurvedic* medication comprised *Musta-Takra Vasti* along with *Dadima*, *Dhanyaka*, *Citraka* etc. which has *deepana* (increasing the digestion) effect and calms the increased *Vata*, as the chief oral medicines. The combined effect of the

Oral and *Vast* imedications was aimed to increase the *Agni* (digestive fire), decrease the frequency of loose stools and blood mixed stools, and heal the ulcer in colon with its regular use and exit the modern system medication<sup>15</sup>.

The **Seventh** case report<sup>16</sup> mentioned that the symptoms of ulcerative colitis are similar to *Pittaja Grahani*. Causes of *Pittaja Grahani* disease are *Mandagni* (poor appetite and poor digestion) due to several factors. Vitiated *Pitta*, causes severe inflammation, ulceration and rectal bleeding (active phase or flare-up). *Shamana Chikitsa* (internal medicines) includes *Agni Deepana*, *Amapachana*, *Grahi*, *Stambhana* and *Vrana Ropaka*. *Shodhana Chikitsa (Panchakarm)* therapy<sup>17</sup>. *Panchakarma* therapy plays a vital role as it quickly detoxifies and rejuvenates the digestive system, controls the inflammation and rectal bleeding as well as heals the ulcerations.

The **Eighth** reported study was a popular article suggesting that, use of *Deepana*,

*Pachana* drugs and *Pichha Vasti* can be quite effective in this disease. The various conditions described in *Ayurvedalike Rakta-atisara, Kshataja Grahani* and *Sangrahani* resemble this disease in symptoms. Vitiation of *Agni (Agnimandya)* is the main cause of all these conditions. Thus, *Deepana-Pachana Chikitsa* forms the mainstay of the treatment. Along with this, *Pichchha Vasti* is considered best among all of the *Vastis* by *Acharya Charaka* for the treatment of *Sangrahani, Rakta-atisara* etc<sup>18</sup>.

The **Ninth** and the last study was a case of a 30 year old female patient who reported complaints of frequent loose, watery, frothy, and foul-smelling stool stained with mucous and blood and was diagnosed ( as ulcerative colitis, and was on modern system medications for over six months with no relief) as suffering from *Pravahika* characterized by *Atidrava Mala Pravrutti* with *Rakta*. Significant response to the following drugs (Table-2) was reported after two months of treatment<sup>19</sup>.

**Table 2: Drugs prescribed for treating *Pravahika***

• <i>Nagarmotha</i>	• <i>Madhuyashti</i>	• <i>Shankha Bhasma</i>
• <i>Indrayava</i>	• <i>Amalaki</i>	• <i>Mustarista</i>
• <i>Nagakeshara</i>	• <i>Dadimashtaka Choorna</i>	• <i>Dhanyapanchaka Kwatha</i>

**ATISARA & ITS MANIFESTED TYPES VERSUS ULCERATIVE COLITIS : AN INTROSPECTION WITH SPECIAL REFERENCE TO SUSHRUTA SAMHITA**

Sushruta<sup>[20-21]</sup> described *Atisara* as a dangerous disease. He defined it as follows :

**Definition** : *Atisara* (diarrhoea) is a disease which is constantly oozing out (*Ati Sarana*) the liquid fecal matter from the **Anus**.

**ETIOLOGY OF ATISARA**

There are several causes for the occurrence of *Atisara* which are described in Tables 3-5 below :

<b>Table-3 :Excessive use or misuse of extremely heavy (hard to digest) articles</b>				
• Oleaginous	• Dry	• Cold	• Thick	• Liquor
• Lardacious	• Hot	• Fluid	• Incompatible	

<b>Table-4 : Observance of wrong practices</b>			
• Irregularly eating	• <i>Sneha</i>	• Fright	• Use of
• Eating before digestion of previous meal	• <i>Sweda</i> , etc.	• Grief	intoxicants

<b>Table-5 : Presence of other exciting factors</b>		
• Change of season	• Aquatic sports	• Intestinal infections
• Physical contraries	• Suppressed bodily urgings	

**PATHOLOGY OF ATISARA**

On aggravation, the liquid part (*Aapa-dhatu*) of the body is carried downward by the bodily *Vayu*. It then impairs the fires in the stomach (fire of digestion). The *Aapa-dhatu* then mixes with the fecal matter, which is then painfully and constantly emitted through the

anus. The vitiated action of the five bodily *Doshas* : *Vata*, *Pitta*, *Kapha*, *Sannipata* and *Rakta* along with the sixth one, namely **Grief**, are responsible for this aggravation as well as in initiating the *Atisara* disease.

**PREMONITORY SYMPTOMS OF ATISARA**

The warning symptoms of *Atisara* are (Table-6) mentioned below :

Table-6 : Premonitory symptoms of <i>Atisara</i>		
<ul style="list-style-type: none"> <li>• Piercing pain in :                             <ul style="list-style-type: none"> <li>○ Region of Heart</li> <li>○ Umblicus</li> <li>○ Rectum</li> <li>○ Abdomen</li> <li>○ <i>Kukshi</i> (sides of abdomen)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Suppression of :                             <ul style="list-style-type: none"> <li>○ Flatus</li> <li>○ Stool</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Numbness in Limbs</li> <li>• Distention of Abdomen</li> <li>• Indigestion</li> </ul>

**TYPES AND SYMPTOMS OF ATISARA**

There are six types of *Atisara* namely : *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Raktaja* & *Shokaja* (**Grief**), and these six types are respectively caused by the concerted action of these deranged bodily *Doshas* and the human **Grief** (Table-7).

Table-7: Six types of <i>Atisara</i> based on vitiated bodily <i>Doshas</i> and Grief					
1. <i>Vataja</i>	2. <i>Pittaja</i>	3. <i>Kaphaja</i>	4. <i>Sannipataja</i>	5. <i>Raktaja</i>	6. <i>Shokaja</i>

The symptoms of each of the *Atisara* types are described as follows :

***Vataja-Atisara***

**Pain** : It is marked by Colic (*Sula*)

**Stool** : Scanty, frothy, dry (*Ruksha*), brown-coloured (yellowish black)

**Urine** : Suppression of urine

**Abdomen** : Constant movement of the intestinal wind (*Apana*) in the abdomen,



**gone feeling** in the waist, in the thighs and legs

**Intestines** : Rumbling sound in the intestines. Constant movement in the intestines.

**Flatus** : Frequent emission of flatus

#### ***Pittaja-Atisara***

**Stool** : It is fetid, hot, yellow, blue, or slightly red-coloured, or resembles the ***Mamsa Dhovana*** (washings of meat). It is emitted with sharp or acute force accompanied by thirst, epileptic fits (fainting), burning sensation and perspiration

**Other features** : Suppuration and inflammation (***Paka***) of the affected organs and fever

#### ***Kaphaja-Atisara***

**Stool** : It becomes loose and oozes out constantly, gets mixed with lump of mucus with white appearance. It excretes calmly

**General Feeling** : A sense of food, horripilation ( a sense of bristling or erection of the hair of the head or body) and lassitude

#### ***Sannipataja-Atisara***

**Multitude of Symptoms** : It is due to the concerted action of three simultaneously deranged bodily ***Doshas***, therefore, the symptoms of all the involved deranged bodily ***Doshas*** are likely to be present.

**Stool** : It is of varied colours

**General Feeling** : Drowsiness, swoon (fainting fit), lassitude, dryness and thirst

**Other Features** : It is very hard to cure if attended with all the symptoms. Infant and old persons suffering from this type of ***Atisara*** are scarcely amenable to the treatment

#### **SYMPTOMS OF *AMA* (ACUTE) AND *PAKVA* (CHRONIC) *ATISARA***

**A. *Ama* (acute) *Atisara*** : A case of ***Atisara*** would be said to be in the ***Ama* state**, if the stool of the patient, suffering from any of the deranged bodily ***Doshas*** has the following features :

- **Sinks** in water
- Emits a very **fetid smell**
- It is oozed out in **broken jets** & is **slimy**

**B. *Pakva* (chronic) *Atisara*** : A case of ***Atisara*** is said to be in the ***Pakva* state** if :

- Its symptoms are contrary to the symptoms mentioned above (*Ama* state)
- There is a sense of lightness of the body as well as in the affected cavity
- These two symptoms indicate that the *Atisara* has completed the *Ama* state course and has entered the *Pakva* state

The treatment of *Atisara* depends highly on its *Ama* or *Pakva* nature of the state, therefore the *characteristic* symptoms should be observed carefully before initiating the treatment.

**INCURABLE ATISARA**

A case of *Atisara* may be considered as **incurable** if it possesses the following symptoms (Tables-8a,b) :

<b>Table-8a: <i>Atisara</i> is incurable if the colour of the stool resembles with that of :</b>		
<ul style="list-style-type: none"> <li>• <i>Ghrita</i></li> <li>• Fat</li> <li>• Washings of <i>Vesavara</i></li> </ul>	<ul style="list-style-type: none"> <li>• Oil</li> <li>• Goat’s milk</li> <li>• Honey</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Manjishtha</i></li> <li>• Brain matter(<i>mastulunga</i>)</li> <li>• <i>Krishnajana</i></li> </ul>

<b>Table-8b: <i>Atisara</i> is incurable if the stool has the property :</b>		
<ul style="list-style-type: none"> <li>• Cold or hot to the touch</li> <li>• Charged with a fleshy or fetid smell</li> </ul>	<ul style="list-style-type: none"> <li>• Marked with lines or specks of many colours</li> </ul>	<ul style="list-style-type: none"> <li>• Pus or clay like stools</li> <li>• Having opposite, or reverse symptoms</li> </ul>
<ul style="list-style-type: none"> <li>• Other distress symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Patient is weak</li> </ul>	<ul style="list-style-type: none"> <li>• Anus orifice suppurated and cannot be closed</li> </ul>
<ul style="list-style-type: none"> <li>• Distension of abdomen</li> </ul>	<ul style="list-style-type: none"> <li>• Patient not self-restrained</li> </ul>	<ul style="list-style-type: none"> <li>• Distress symptoms &amp; patient devoid of thermal heat</li> </ul>

## GENERAL PRINCIPLES OF TREATMENT OF *ATISARA*

General treatment of *Atisara* is described as follows :

- 1. Prescribe emulsive measures :** Adopt excessive use of oily or emulsive food and *Snigdha* (emulsive) measures in cases brought on by excessive use of dry *Ruksha* (dry) articles.
- 2. Remove the cause of Terror :** First remove the cause of fright. Mind should be calmed or consoled when in any grief or bereavement.
- 3. Treat both the disease and the exciting factors :** Employ those therapeutic agents which are remedial to the disease and the exciting factors e.g. *Atisara* in the presence of piles or worms in the intestines or due to induced poison into the system.
- 4. Remove the distressing concomitants :** Employ those therapeutic agents to remove the distressing concomitants viz. vomiting, thirst, fainting-fits, etc. which are not incompatible with the main disease treatment, and also do not aggravate the exciting factors.
- 5. Remedy *Pitta*** first in cases of **Fever** or *Atisara* subjected to the simultaneous aggravation of the deranged bodily

*Doshas*. While in all other affections, the deranged bodily *Vayu* should be first curbed down or corrected.

## INDICATIONS (*LAKSHANAS* ) OF CURE OF *ATISARA*

Presence of all the following symptoms are the **indications** of cure in a case of *Udaramaya* (diarrhoea, etc.) :

- 1. Non-emission** of stool at the time of urination
- Free emission of *Vayu* (flatus)
- Rousing of **appetite**
- Lightness of the *Koshtha* (abdominal activity)

## TREATMENT OF *ATISARA* DURING ITS PREMONITORY STAGE

Observe the following symptoms of the **Premonitory stage** and act accordingly :

- 1. Advise fasting first** when marked with colic, flatulent abdomen, and distension
- 2. Next induce vomiting** with powdered *pippali* & *Saindhwa* salt mixed in water

3. **Prescribe dietetic gruels (*Yavagu*)** or *Khada-yusha*, *Yavgu*, prepared with digestive drugs of *Pippalyadi* group on cessation of vomiting
4. **Prescribe decoction of *Haridriadi*** or *Vachadi* group drugs, in the morning when the preceding drugs fail to relieve mucous accumulations in the intestines (*Ama-Atisara*).
5. **Do not prescribe** any astringent or costive medicine in the *Ama state*, as it might obstruct the passage of the *Doshas* and bring on an attack of enlarged spleen, chlorosis, distension of the abdomen with suppression of stool, urine, *Meha* (urinary complaints), *Kushtha* (cutaneous affections), ascites, fever, edematous, swellings of the limbs, *Gulma* (abdominal glands, etc.) diarrhea, piles, colic, *Alasaka* and catching pain at the heart.

#### TREATMENT OF *ATISARA* IN ITS *AMA* STATE

- A. In a case marked by constant and scanty motions of mucous and attended with griping and pain (*Sula*) or by an incarceration of the bodily *Doshas* (in the intestines), do the following :
  - **Purging** should be induced with powdered *Haritaki* and *Pippali* with tepid water
  - **Emetics** should then be exhibited followed by
  - **Fastings**
- B. In watery and copious motions, observe :
  - **Digestive or *Pachana*** (assimilative) remedies to be prescribed.
  - **Fasting** is the first remedy to be prescribed in cases of *Ama* (acute) *Atisara* or in the alternative, digestive remedies should be prescribed.
- C. **Prescribe** the following (Table-9a,b) digestive (of mucous accumulations) remedies as powder with *Dhanyamla* (*Kanjika*) with tepid water or wine, or their luke-worm decoctions. These are considered as the best remedies for *Ama-Atisara*.

Remedy	Table-9a: Twenty different remedies for <i>Ama-Atisara</i>			
1.	• <i>Deva.daru</i> • <i>Vacha</i>	• <i>Musta</i> • <i>Nagara</i>	• <i>Ativisha</i> • <i>Abhaya</i>	
2.	• <i>Kalinga (Indrayava)</i> • <i>Ativisha</i>	• <i>Hingu</i> • <i>Sauvarchala Salt</i>	• <i>Vacha</i> • <i>Abhaya</i>	
3.	• <i>Abhaya (D.R. – Nagara)</i> • <i>Dhanyaka</i>	• <i>Musta</i> • <i>Valaka</i>	• <i>Vilvva</i>	
4.	• <i>Musta</i> • <i>Parpataka</i>	• <i>Sunthi</i> • <i>Vacha</i>	• <i>Ativisha</i> • <i>Abhaya</i>	
5.	• <i>Abhaya</i> • <i>Ativisha</i>	• <i>Hingu</i> • <i>Vacha</i>	• <i>Sauvarchala Salt</i>	
6.	• <i>Chitraka</i>	• <i>Vacha</i>	• <i>Katuka-Rohini</i>	• <i>Pipplimula</i>
7.	• <i>Patha</i> • <i>Vatsaka Seeds(Indrayava)</i>	• <i>Haritaki</i> • <i>Mahaushadha (Sunthi)</i>		
8.	• <i>Murva</i> • <i>Nirdahani (Chitraka)</i>	• <i>Patha</i> • <i>Tryushna (Tri-Katu)</i>	• <i>Gaja-Pippali</i>	
9.	• <i>Siddharthaka</i> • <i>Bhadra-daru</i>	• <i>Satahava</i>	• <i>Katu-Rohini</i>	
10.	• <i>Ela</i> • <i>Savaraka (Lodhara)</i>	• <i>Kushtha</i> • <i>Haridra</i>	• <i>Haridra-daru</i> • <i>Kutaja Seeds ( Indrayava)</i>	
11.	• <i>Mesha Sringi</i> • <i>Tvak</i>	• <i>Ela</i> • <i>Krimighna (Vidanga)</i>	• <i>Vrikshaka (Indrayava)</i>	
12.	• <i>Brikshadani</i> • <i>Virataru</i>	• <i>Two kinds of</i> • <i>Vrihati</i>	• <i>Mudga-Parni</i> • <i>Masha-Parni</i>	
13.	• <i>Eranda Bark</i> • <i>Kutaja Bark</i>	• <i>Tinduka Bark</i> • <i>Dadima Bark</i>	• <i>Sami Bark</i>	

Remedy	Table-9b: Twenty different remedies for <i>Ama-Atisara</i>		
14.	• <i>Patha</i> • <i>Tejovati</i>	• <i>Musta</i> • <i>Pippali</i>	• <i>Indrayava</i>
15.	• <i>Patola</i> • <i>Dedipyaka (Ajwain)</i>	• <i>Haridra</i> • <i>Daru-Haridra</i>	• <i>Apakva-Bilva(phala majja)</i> • <i>Deva-daru</i>
16.	• <i>Vidanga</i> • <i>Abhaya</i>	• <i>Patha</i> • <i>Sringavera</i>	• <i>Ghana (Musta)</i> • <i>Vacha</i>
17	• <i>Vacha</i> • <i>Vatsaka Seeds (Indrayava)</i>	• <i>Saindhawa</i>	• <i>Katu-Rohni</i>
18.	• <i>Hingu</i> • <i>Vatsaka Seeds (Indrayava)</i>	• <i>Vacha</i>	Dried green leaves of <i>Bilva</i>
19.	• <i>Nagara</i> • <i>Vatsaka Seeds (Indrayava)</i>	• <i>Musta</i> • <i>Ativisha</i>	• Two kinds of <i>Pippali</i>
20.	• <i>Mahaushadha</i>	• <i>Musta</i>	• <i>Prati-Visha</i>

D. The following seven *yogas* would be beneficial if taken with tepid water (Table-10) :

Yoga	Table-10 : The seven <i>Yogas</i> for <i>Ama-Atisara</i>			
1.	• <i>Haritaki</i>	• <i>Sauvarchala</i>	• <i>Vacha</i>	• <i>Hingu</i>
2.	• <i>Patola</i> • <i>Yamini</i>	• <i>Vacha</i> • <i>Musta</i>	• <i>Vidanga</i> • <i>Nagara</i>	• <i>Kushtha</i> • <i>Bilva</i>
3.	• <i>Vidanga</i>	• <i>Pippali</i>	• <i>Haritaki</i>	• <i>Panch Lavana</i> (five salts)
4.	• <i>Chitraka-mula</i> • <i>Simpsapa-bark</i>	• <i>Patha</i>	• <i>Panch Lavana</i> (five salts) • <i>Sarngashta (Lajwanti)</i>	
5.	• <i>Hingu</i>	• <i>Vrikshaka-Seeds (Indrayava)</i>	• <i>Panch Lavana</i> (five salts)	• Taken in equal parts
6.	• <i>Hasti danti</i>	• <i>Pippali</i>	• Each weighing <i>karsh</i>	
7.	• <i>Vacha</i>	• <i>Guduchi-Stems</i>	• Each weighing two <i>masha</i>	

**E. Prescribe** the following in gripping (*Sula*) due to the accumulation of mucous (*Ama*) in the intestines :

- Boil twenty *Musta* powdered in eight times of milk and thrice as such (milk) water.
- Give the sieved **left out milk** when the added water gets evaporated on boiling, to drink.

**F. Remedies for *Vata* or *Sleshma* *Atisara*** (Table-11) :

**Table-11 : Prescribe one of the remedies for curing *Atisara* of *Vata* or *Sleshma* type**

<p><b>1. Normalise <i>Vayu</i> <i>Dosha</i></b> in weak digestive power, scanty, repeated, painful motions &amp; <i>mandagni</i> with : <i>Ghrita</i> mixed with <i>Yava-Kshara</i> (<i>one Masha</i>)+<i>Panch Lavana</i> (<i>one Masha</i>) mixture</p> <p><b>2. <i>Ghrita</i></b> cooked duly with <i>Nagara</i>, <i>Changeri</i>, and <i>Kola</i> (<i>Vadara</i>) with milk, curd (<i>Dadhi</i>) and <i>Amla</i> (<i>Kanjika</i>)</p>	<p><b>3. <i>Ghrita</i></b> mixed with equal quantity of oil, duly cooked with curd, and paste of <i>Tri-Katu</i>, <i>Jati</i> (flower) &amp; <i>Chitraka</i></p> <p><b>4. <i>Ghrita</i></b> mixed with equal quantity of oil and duly cooked with curd and pastes of <i>Pippali-mula</i>, <i>Bilva</i>, <i>Dadima-bark</i> &amp; <i>Kushtha</i></p>
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**G.** Leaving the potential **heat-making** ones, the above mentioned remedies should also be used in *Pittaja Atisara*.

#### TREATMENT OF *AMAPITTAJA ATISARA*

**A.** The procedure of treating *Pittaja Atisara* consists in observing the following :

- 1. First** observe the **Fasting** for *Pachana* of *Ama*
- 2. Break the Fast** with the gruels (*Yavagu*) duly cooked with the :
  - *Bala* and *Atibala* (two types of *bala*)
  - *Amshu-mati* (*Shaal-parni*)
  - *Svadamshtra*
  - *Brihati*
  - *Satavari*
  - *Kanta-kari*
  - Honey or *Saindhwa* salt.

3. Prescribe Soup (*Yusha*) of *Mudga* duly cooked with drugs of :

- Appetizing virtue
- Or Mild and bitter drugs
- These would cure *Ama-Dosha* of the stool.

4. Prescribe a decoction *yoga* from one of the following sets (Table-12) which would prove extremely useful in correcting (*Pachana* of) the deranged *Pitta* :

Set	Table-12 : Decoction <i>yogas</i> of the drugs in either of the sets :			
1.	<i>Haridra</i>	<i>Ativisha</i>	<i>Patha</i>	<i>Rasanjana</i>
2.	<i>Haridra</i>	<i>Daru-Haridra</i>	<i>Rasanjana</i>	<i>Indrayava</i>
3.	<i>Patha</i>	<i>Guduchi</i>	<i>Bhu-Nimba</i>	<i>Katu-Rohini</i>

**B. Saama Pitta-Pachak Mustadi yogas**

Sushruta has described Six *Yogas* (Table-13a,b) for treating the *Pittaja Atisara*. The decoction of any one of the *Yoga* mixed with *Ghrita* would serve as a good remedy for *Pittaja* type of *Atisara*.

Yoga	Table-13a : Decoction <i>Yogas</i>		
1.	• <i>Musta</i> • <i>Kutaja-Seeds (Indrayava)</i>	• <i>Bhu-Nimba</i>	• <i>Rasanjana</i>
2.	• <i>Darvi</i> • <i>Duralabha</i>	• <i>Bilva</i>	• <i>Rakta Chandana</i>
3.	• <i>Chandana</i> • <i>Valaka</i>	• <i>Musta</i> • <i>Bhu-Nimba</i>	• <i>Duralava</i>



<i>Yoga</i>	<b>Table-13b : Decoction <i>Yogas</i></b>		
4.	• <i>Mrinala</i> • <i>Chandana</i>	• <i>Rodhara</i> • <i>Nagara</i>	• <i>Nilotpala</i>
5.	• <i>Patha</i> • <i>Musta</i>	• <i>Haridra</i> • <i>Daru-Haridra</i>	• <i>Pippali</i> • <i>Kutaja-Seeds</i>
6.	• Seeds & Barks of <i>Vatsaka</i>	• <i>Sringavera</i>	• <i>Vacha</i>

### C. *Saama Pittaja-Atisara* :*Bilvadi Decoctions*

A case of *Saama Pittaja-Atisara* would yield to a decoction *yoga* mentioned in Table-14 :

<b>Set</b>	<b>Table-14 : Decoction <i>yogas</i> for <i>Saama Pittaja-Atisara</i></b>		
1.	• <i>Bilva-unripe (phala majja)</i> • <i>Ativisha</i>	• <i>Indrayava</i> • <i>Netrabala</i>	<i>Ambhoda (Musta)</i>
2.	• <i>Yashti-Madu</i> • <i>Usira</i>	• <i>Utpala</i> • <i>Nagara</i>	• <i>Bilva-unripe (phala majja)</i> • <i>Hrivera</i> • Mixed with Honey

## TREATMENT OF *PAKVA* (CHRONIC) *ATISARA*

**A. Astringent** or constipating ( *Samstambhana*) remedies should be prescribed in *Pakva* (Chronic) *Atisara* which is marked by the dullness of the *Grahani* i.e. the dullness of digestive fire along with frequent stools, therefore the *Langhana*and *Pachana chikitsa* is not advised. Any one of the following four *yogas* may be prescribed with honey & washings of rice for treating a *Pakva Atisara* case (Table-15) :

<i>Yoga</i>	<b>Table-15 : Yogas for treating <i>Pakva Atisara</i></b>		
1.	• <i>Samang(Lajjalu)</i> • <i>Dhataki Pushpa</i>	• <i>Musta</i> • <i>Manjistha</i>	• <i>Lodhra</i>
2.	• <i>Salamali-Veshtaka</i> • <i>Lodhra</i>	• Bark of <i>Vrikshaka (Kutaja)</i> • Bark of <i>Dadima Phala</i>	
3.	• Seed of <i>Amra</i> • <i>Pathani Lodhra</i>	• <i>Inner pulp of Bilva</i> (unripe) • <i>Priyangu</i>	
4.	• <i>Yashthi-Madhu</i> • <i>Sringavera</i>	• Bark of <i>Dirgha-Vrinta (Syonaka)</i>	

### B. *Pakva-Atisara* medications

1. The decoction of *Musta* alone should be taken with honey
2. A decoction of any of the Nine *Ganas*, viz. the *Lodhradi*, *Amboshthadi*, or *Priyanguadi*, etc should be employed.
3. A decoction of *Padma*, *Samanga*, *Yashti-Madhu*, and dried *Bilva* and *Jambu* fruits should be taken with washings of rice mixed with honey.
4. A paste of the root of *Kachchhura* (equal to the weight of *Udumbara*-fruit i.e. Two *Tolas*) should be taken with washings of rice mixed with honey.

### C. Treatment of Pain in *Pakva-Atisara*

Prescribe *Ghrita* of either of the following :

1. *Ghrita* with *Yava-kshara* should be given to a patient suffering from *Sula*,

with due regard to the state of digestive power

2. A potion of *Ghrita* duly cooked with *Vala*, *Vrihati*, *Amshu-mati (Shaal-parni)*, and *Kachchhura*-roots mixed with a little honey and *Yashti-madhu*
3. *Ghrita* duly cooked with *Darvi*, *Bilva*, *Kana (pippali)*, *Draksha*, *Katuka*, and *Indrayava* cures the three types of *Atisara* viz. *Vataj*, *Pittaja* & *Kaphaja Atisara*
4. Equal parts of *Sharkara*, *Ajamoda*, *Katvanga*, and *Yashti-madhu* should be taken with five *tolas* of milk, one *tola* of *Ghrita* & one *tola* of *Madhu* to relieve the griping pain (*Sula*) in the intestines.

#### D. *Putra-Paka* Preparations for Treating *Pakva-Atisara*

The following medicines prepared by *Putra-Paka vidhi*, would cure the *Pakva* cases of *Atisara* :

- *Pakva-Atisara* presented with multi-colour stools but a keen (good) digestion having pain or complication would yield to medicine prepared from barks of *Dirgha-Vrinta (Syonaka)* and leaves of Lotus by *Putra-Paka vidhi*. The cooled squeezed juice should be prescribed with honey.
- *Putra-Paka* preparation using the drugs : *Jivanti*, and *Mesha-Sringi*, etc. should also be used similarly.
- *Lodhra, Chandana, Yashti-madhu, Daru haridra, Darvi, Patha, Sita (Sharkara), Utpala*, and barks of *Dhirgha-Vrinta* pasted together with the washings of rice (*tandulodaka*) should be prepared and used in the same way against *Pittaja* and *Kaphaja Atisara*.

#### E. *Peya yoga* in *Pakva Atisara*

Following remedies prepared as *Peya* are effective in *Atisara*:

- A *Peya* duly prepared from : *Prisini-parni, Bala, Apakva Bilva Phala Majja, Bala, Utpala, Dhanyaka, and Nagara*, should be prescribed to *Atisara* patients.

#### F. *Sarvatisara Yavagu*

- *Pakva-Atisara* would yield to the light medicinal gruel (*Yavagu*) duly prepared using the pastes of *Syonaka*-bark, *Priyangu, Yashti-madu*, and tender leaves of *Dadima* with curd taken in equal amounts.
- One *karsha* of their powder is taken and ground with water.
- One *Prastha* of curd is added along with some amount of water.
- The mixture is cooked to prepare a gruel *Yavagu*.
- This *Yavagu* is beneficial for all types of *Atisara*.

#### G. *Atisara* with blood and colic

- *Atisara* with blood and colic (*Sula*) would readily yield to *Rasanjana, Ativisha, Dhataki, Nagara*, and the bark and seeds of *Kutaja* taken with honey and the washings of rice

#### H. Treatment of *Atisara* with *Rakta-Pitta & Mutra-Shodhana* drugs

- Exhibition of emetics or vomiting is an excellent remedy in a case of *Atisara* marked by heaviness (in abdomen) and in the preponderance of the deranged bodily *Kapha*.
- A case attended with fever, burning sensation, and suppression of stool and marked by aggravation of *Vayu*, should be treated as a case of *Rakta-Pitta*.
- Intestinal enemas with urine purifying (*Mutra Shodhana*) drugs should be prescribed as *Asthapana* or *Anuvasana Vasti*, when the occasion might arise, in a case marked by an excessive accumulation of deranged bodily *Doshas* in the affected locality as well as by the suppression (of stool) during the mature stage of the disease.

#### I. Treatments of *Atisara* with other medications

- Powdered one *masha* *matra* of *Yashti-madu*, *Apakva Bilva phala majja*, with half *masha sharkara* and one *masha* honey pacifies the disease.
- In the same manner two *masha* powder of *Sali*, and *Shashtika* taken with

*madhu* and *sharkara* also cures *Atisara*.

- *Badari*-roots, pasted with honey should be licked with the same result.
- Barks of *Badari*, *Arjuna*, *Jambu*, *Salaki*, *Amra*, and *Vetasa* taken with honey and *Sharkara* would cure *Atisara*.
- Gruels (*Yavagu*), *Manda* and *Yusha* may also be prepared with the admixture of these drugs, and in a case marked by excessive **thirst**, the water for **drinking** should be prepared by boiling these drugs.
- The cold infusion of ( Powder of *Salmali* stem should be kept immersed for whole night in an equal quantity of water. In the morning the water should be passed through a piece of linen. Four *Pala* weight of this water mixed with a *Karsha* weight of *Yashti-madhu* and honey should be taken ), kept in the open space for a whole night, may be given as **drink** with good results in combination with *Yashti-madu* and honey.

#### J. *Anuvasana Vasti*

- *Anuvasana vasti* (Enema) consisting of oil or *ghrita* duly cooked and prepared

with the drugs of *madhura* and *amla rasa* should be given in a case of protrusion of bowel due to violent, frequent and & excessive straining during painful obstruction of urine (*Mutraghata*). The patient experiences pain in the waist.

- *Anuvasana Vasti* (oleation enema) charged with oil duly cooked with

wine, *Bilva* and *Dadhi-manda* should be given in *Atisara* marked by the aggravation of the deranged bodily *Vayu*. Milk duly boiled and cooked with the admixture of *Kachchura-roots* should be prescribed for drinking.

**K. Use of *Kapitthadi* drugs in *Atisara***

- The *Kapitthadi* drugs (Table-16a) in the form of *swarasa, shaka*, etc. mixed (*Prakshepa*) with curd should be used in the *Atisara*.

**Table-16a: Drugs used in the preparation of Diet for an *Atisara* patient**

• <i>Kapittha</i>	• <i>Kachchhura</i>	• <i>Dadhi</i> (curd)	• <i>Vata</i> tender leaves
• <i>Shalmali</i>	• <i>Chanchnu</i>	• <i>Phanji</i> (a kind of <i>Patha</i> )	• <i>Dadima</i> tender leaves
• <i>Yuthika</i>	• <i>Sana</i>	• <i>Karpas</i> tender leaves	• <i>Selu (Lisoda)</i>

**• *Ahara Samskari* Drugs in *Atisara***

The *Ahara Samsakari* drugs should be used for preparing the *Ahara* as admixture (Table-16b).

**Table-16b: *Ahara Samskari* Drugs in *Atisara***

• <i>Shala-parni</i>	• <i>Vrihati</i>	• <i>Gokhru</i>	• <i>Dhanyaka</i>
• <i>Parsini-parni</i>	• <i>Bala</i>	• <i>Apakva Bilva Phala</i>	
• <i>Kanta-kari</i>	• <i>Nagara</i>	• <i>Patha</i>	

Apart from these, *Tila Kalka*, *Mudga Kalka & Mudga Rasa* are also useful in *Atisara*.

**PAKVA-ATISARA WITH BLOODY STOOL (RAKTA-ATISARA)**

**I. CAUSES & CHARACTERISTIC SYMPTOMS OF RAKTA-ATISARA**

The causes and characteristic symptoms of *Rakta-Atisara* are :

The bodily *Pitta* of a person already suffering from *Pittaja-Atisara* is further deranged and aggravated, when *Pitta*-generating factors get excited. This is

caused by the consumption of *Amla*, *Lavana*, *Katu*, *Kshar & Tikshna Padarthas* in excess, and certain other factors. This leads to the *kshobha* of *Shleshmik antrakala* causing destruction of *Shleshmik kala* and ultimately leading to bleeding passed with stool.

This ushers in characteristic features :

- A discharge of blood with stool
- Fever
- Burning sensation
- Thirst,
- *Sula*
- Excessive suppuration (inflammation) of the Anus (*Guda-paka*)

**II. TREATMENT OF RAKTA-ATISARA**

A. A case of *Pakva-Atisara* attended with **bloody stool or with emission of blood** before or after defecation would be relieved with a decoction of drugs mentioned in Table-17, taken with two-four *Masha* of Honey and washings of rice :

Table-17 : Treatment of <i>Pakva-Atisara</i>		
• <i>Payasya</i>	• <i>Padma (Bhargi)</i>	• <i>Musta</i>
• <i>Chandana</i>	• <i>Sita (Sharkara)</i>	• Pollens of Lotus

**B. Treatment of *Pakva Rakta-Atisara***  
*Kutaja-Phanita* use in *Rakta-Atisara* :

- *Kutaja-Phanita* is prepared

- Add powder of *Ambashtadi* group and *Pippalyadi* group drugs in one-fourth quantity
- Add *Prakshepa* of honey
- Allow the *Phanita* to cool
- **Dose** of half to one *Masha*

It is useful in *Kapha & Rakta yukta* Chronic *Atisara*.

### C. Treatment of *Rakta-Atisara*

*Rakta-Atisara* treatments are described below :

1. Prescribe the duly boiled milk, cooked with the leaves of *Vata*-subduing drugs of *Nygrodhadi* group in cases of discharge of **blood** before or after the motions with :
  - *Ghrita*
  - Or *Sharkara* and honey
2. Or the *Ghrita* prepared by the preceding preparation of milk should be taken and a dose of the *Takra* (thus prepared) should be taken as an after-potion.

3. Prescribe a potion, prepared by using equal quantity of powdered barks of *Priyala, Shalmali, Plaksha, Shallaki*, and of *Tinisha*, ground with water to form *kalka* (paste). It is then taken with goat's milk (*5 tola*) mixed with honey, to stop the *Rakta-Atisara*.
4. Prescribe Goat's milk with a powder of *Yashti-madhu, Sharkra, Lodhra, Payasya (Arkapushpi)* and *Darvi* taken in equal quantity, mixed with honey.
5. Prescribe Goat's milk with a powder of *Manjishtha, Sariva, Lodhra, Padmaka, Kumuda, Utpala*, and *Padma (Bhargi)* in equal quantity.
6. ***Rakta-Atisara*** :The four *Yogas* to be taken with the goat's milk and honey are given below (Table-18):

<i>Yoga</i>	Table-18: Treatment of <i>Rakta-Atisara</i>					
1.	• <i>Sharkara</i>	• <i>Samanga</i>	• <i>Yashti-madhu</i>	• <i>Tila</i>	• <i>Lodhra</i>	• <i>Utpala</i>
2.	• Black <i>Tila</i>	• <i>Mocha-rasa</i>	• Lotus flower		• <i>Patthani Lodhra</i> • <i>Yashti-madhu</i>	
3.	• <i>Yashti-madhu</i>	• <i>Utpala</i>	• <i>Majishttha</i>		• Black <i>Tila</i>	
4.	• <i>Kachchura</i>	• Black <i>Tila</i>				

**D. Atisara with blood**

- Doses of *Ghrita* duly prepared with the tender sprouts of *Kshiri* trees and mixed with honey and sugar (as an after-throw) should be taken in *Atisara* marked with a discharge of **blood** before or after passing out of stool and with a cutting pain (in the region of anus).
- Doses of *Ghrita* duly prepared with the barks of *Deva-daru*, and with *Pippali*, *Sunthi*, *Laksha*, *Indrayava*, and *Bhadra-Rohini* (*Katuka*), prescribed with any kind of *Peya* would prove highly efficacious in a case of *Tri-Doshaja Atisara* of severe type.

**E. Other medications of Rakta-Atisara** are mentioned below :

1. *Bala Bilva Prayoga* :
2. Prescribe the *Leha* prepared from the powder of unripe *BilvaPhala Majja*, with treacle (*Phanita*), honey and oil before meal. It would cure watery motions mixed with blood.
3. *Raktaja Atisara* due to vitiated *Rakta-Pitta* would be cured with powder of unripe *Bilva Phala Majja* (two *Masha*) and *Yashti-madhu* (one *Masha*), *Sharkara*

(two *Masha*) mixed with the washings of rice (two *Tolas*), honey (three *Masha*).

4. **Blood** dysentery due to the deranged *Rakta* , and *Pitta*, with *Sula*, would yield to *Koshakara* (a form of *keeta*/insect) fried in *Ghrita* and powdered pulverized paddy (*dhaan kheel*) and mixed with *Sharkara* & honey.
5. *Pichchha-Vasti* is useful where the pain begins to subside.
6. *Pichchha-Vasti* should be prescribed in an *Atisara* attended with painful and frequent emission of **blood**, though in scanty quantities at a time, but with entire suppression of *Vayu* (flatus).
7. Purgative with the decoction of *Vidanga*, *Triphala*, and *Pippali*, should be prescribed in a case when the stools are blood colored and are hardening, but with good appetite.
8. Alternatively, a purgative consisting only of milk cooked with *Eranda*-roots (Castor plant) should be prescribed. The patient should take *Yavagu* prepared



with appetizing and *Vayu*-subduing drugs.

9. Occurrence of atonic condition of anus resulting from *Pakva-Atisara* should, be remedied by rubbing the part with oil.

#### F. Use of Milk in *Atisara*

- Milk should be given in case of *Atisara* marked by the *Vibadha-vata* (obstruction to *apana vata* and *mala* occurs) and is attended with *Sula*, constant but scanty motions and symptoms of *Rakta-Pitta* or in the case of thirst.
- Milk is *Amrita* itself in long-standing *Atisara* (dysentery). Milk is to be duly boiled with thrice as much water, till all the added water evaporates, and then taken. This would remove the remnant *Dosha*, if any involved and is, therefore considered the **best remedy** in such cases.
- *Sneha virechana* with *Siddha Ghrita* prepared with *Kalka* of *Virechaka* drugs is given for removal of *Ama Dosha* and in *Pakva Atisara* if the symptoms of *Vatik Sula*, *Adhmana*, *Vibhandha*, etc exist.
- *Virechana* can also be given with *Eranda Taila*.

- *Sneha virechana* with *Siddha Ghrita* prepared with *swarasa* of *Syonaka*, *Salmali*, etc. *pichchhila* drugs.
- *Pichchhila-vasti* with medicated *Ghrita* duly prepared using decoction of the paste of tender leaves of *Kshiri* trees such as *Vata*, *Ashwath*, etc.,. Take it mixed with *Madhu* & *Sharkara*.

#### ABSENCE OF FECAL MATTER IN STOOL

The following medications are recommended where the fecal matter is absent in stools :

1. Prescribe treacle (*Phanita*) mixed with powdered *Sunthi*, curd, oil, milk, and *Ghrita* in frothy motions devoid of all fecal matter but in the presence of good appetite.
2. Prescribe *Badara*-fruits boiled with oil and treacle, or *apakva bilva phala majja* is subjected to *pishta-swedana* and thereafter consumed with *guda* (jaggery) and oil to cure *phena-yukta* (frothy) *atisara*
3. Prescribe the blood-stained flesh *Shasha-mamsa* (hare) cooked

with *Samanga*, curd and *Ghrita* along with well boiled rice.

4. Prescribe a diet prepared with decoction of *Masha*-pulse, *Kola* and barley duly cooked in equal parts of the oil and *Ghrita* and mixed with curd and the expressed juice of *Dadima*.
5. Prescribe *Vida-lavana*, dried unripe *Bilva* fruit and *Sunthi* pasted with any *amla rasa* and mixed with curd-cream and cooked in equal parts of oil and *Ghrita* as an effective remedy in a case devoid of any fecal matter in the stool (*Purisha-Kshaya*).
6. Prescribe *Ghrita* duly cooked with astringent and appetizing drugs in a case of *Atisara* with *Sula*, patients having good appetite after the loss of fecal matter.

## PRAVAHIKA DISEASE

**A. Definition of Pravahika Disease :** The *Vayu* in the body of a person, intemperate and injudicious to practices of food and drink, gets **deranged** and **aggravated**. It moves the accumulations of *Kapha* down to the

lower part of the body i.e. *guda-marga*. There it is mixed with stools, which is constantly passed out with frequent straining (**tenesmus**) from the Anus . This **disease** is called *Pravahika*.

### B. Symptoms of Pravahika :

1. The **motions** are marked with :

- *Sula* (pain) in the *Vataja* type of the disease.
- *Daha* (Burning sensation) in the *Pittaja* type.
- *Kapha-yukta* (mucous) in the *Kaphaja* type.
- **Blood** in the *Raktaja* type.

2. **Exciting Factors :**

- *Vataja pravahika* : *Rooksha ahara sevana*
- *Kaphaja pravahika* : *Snigdha ahara sevana*
- *Pittaja pravahika* : *Tikshna & ushna padartha sevana*
- *Raktaja pravahika* : *Tikshna & ushna padartha sevana*

*Lakshnas, Chikitsa-kram, Prakara (Ama & Pakva) of Pravahika :*

These are respectively identical to those of similar types of *Atisara*.

### C. Treatment of *Pravahika*

- Serious cases of *Pravahika* are found to yield readily to boiled milk, oil, *Tila* (sesamum) or *Pichchhila Vasti* when the fasting and digestive (*Pachana*) compound of *Pravahika* fail to restore health
- Juice of tender *vrinta* of *Salmali* prepared according to *Putapakavidhi* (well covered with *Kusha*-blades) mixed with boiled milk, oil, *Ghrita* and powdered *Yashti-madhu*, should be administered to the patient as *piccha vasti*.
- *Asthapana-Vasti* of *Dasamula kwatha* duly cooked in milk and mixed with honey would prove highly efficacious in painful tenesmus.
- Similar results would be available with the oil in the manner of an *Anuvasana-Vasti*

### D. Important *yogas* for *Pravahika*

The *yogas* are described as follows :

- **Food and Drink** should be prepared by using :
  - *Anna* whose *samskara* has been done with oil duly cooked with *kalka* , *kwatha*

of *Vata* pacifying drugs of *vidarigandhadi* group along with *panch-lavana* admixture is effective in *Pravahika*. However this cooked oil can be as such used as a drink

- Three *masha* of powder prepared from equal quantity of *Lodhra*, *Vidalavana*, unripe *Bilva*-fruit pulp, *Trikatu* may be taken with the *siddha* oil prepared above. It is also effective in treating *pravahika*.

### E. Diet in *Pravahika*

After having consumed the above *lodhradi yoga* :

- Curd should be given in case of thirst
- *Yavagu* prepared by cooking *moonga pulse* or rice with cream (formed over the curd) & mixed with *madhu* should be prescribed to the patient
- Cooked rice may be given as such to eat.
- Hot *Shudha suvarna* should be repeatedly dipped in milk a number of times. On cooling honey is mixed with milk and taken as such or consumed with cooked rice.

### F. Diet in case of Painful *Pravahika* :

1. The milk duly boiled and cooked with *Tri-katu* & *Vidari-gandha* drugs, should be used with food in *Sula*.
2. The patient should also be prescribed soups (*Rasa*) of appetising, astringent (*Grahi*) and *Vayu*-subduing virtues.
3. Fish soup prepared with oil and *Ghrita* and *Vata*-subduing *vidarigandhadi* & *shalparnyadi* group of drugs, should be advised.

#### G. *Matasya Ghrita tailadi prayoga* :

- Venison (flesh of deer), mutton , goat's flesh cooked with the tender sprouts of a *Vata*-tree may be consumed

#### H. *Basta-rakta prayoga* :

- Blood of a fatty goat fried with *ghrita* & oil & then mixed with curd should be consumed

#### I. The patient may take food with unsalted soup (*Yusha*) of :

- Peacock
- Or Lava bird
- Or with a well prepared curd.

#### J. Well cooked *Masha*-pulse may be taken, with benefit, with :

- The upper part of *Ghrita* (*Ghrita-manda*)
- And with curd
- With powdered *Maricha* (black-pepper, by chewing at intervals).

#### K. *Niruha-Vasti in Pravahika*

- *Niruha- Vasti*: Use milk, honey and *Ghrita* mixed with the decoction of *Yashti-madhu* and *Utpala* in cases of *pravahika* associated with excessive pain and difficulty in micturition (*Mutra-Krichhhra*). This is effective in arresting the bleeding during defecation, burning sensation, and fever associated with the condition.
- *Anuvasana-Vasti* : In the patients complaining of *shoola*, *anuvasana vasti* with *madhura aushadha kwatha* & *kalka siddha* oil should be given only during pain. *Kakolyadi* group *dravyas* may be used for oil *siddhi* for the purpose.

#### L. *Shamanamedicines forPravahika* :

The medications for *Shamana* of *Pravahika* are described below :

- Employ the :

- Medicinal compounds and decoctions mentioned above in complaints of bowels and of the stomach (*Udara-maya*)
- Light, appetizing, emulsive (*Snigdha*) articles of fare
- Other articles of food prescribed above as diet in the cases.

• **Yavugu (gruel)** is always efficacious in cases of **fever**, and *Atisara*. It allays thirst, is light in digestion and appetizing, and acts as a **cleanser** of bladder (**diuretic**)

**M. Main treatment of Pravahika :** It is to restore the local *Vayu* to its normal condition :

- **Prescribe** the treatment prepared as :
  - **Firstly**, dissolve the paste of drugs - *Patha*, *Ajamoda*, *Kutaja*-seeds, *Sunthi*, and *Magadhika* taken in equal parts, in tepid water or milk
  - **Secondly**, duly boil the compound with the testicles of goat
  - **Lastly**, mix the compound with the *Ghrita*
- Prescribe the *Yavugu* duly prepared with the drugs : *Bilva*, expressed juice of *Gajasana* (*Sallaki*),

*Kumbhika*, *Dadima*, with curd, oil and Ghrita

- **Lick** the Ghrita mixed with oil and duly cooked with *Sunthi* and *Kshavaka* for **instantaneous** relief
- **Prescribe** the milk just drawn

## GRAHANI DISEASE

### A. Function of *Grahani* as a component of the Digestion System

The description of the *Grahani* is given below :

1. The *Grahani* represents the starting of small intestine. It is correlated with Duodenum.
2. The sixth *Pitta-dhara Kala* (*Pitta*-containing sheath) is located amid *Pakvasaya* and *Amasaya* (Duodenum). It is called *Grahani*.
3. The strength of *Grahani* organ is dependent on the **digestive fire** (*Agni*) which is situated in the former.
4. Hence any thing that impairs the **digestive fire** (*Agni*) necessarily affects the *Grahani*.
5. It is affected by the causes which produce *agnimandya* (dullness of appetite).

6. Most often the *Atisara* patient, immediately after recovery from the disease, resorts to intemperate and injudicious practices in matters of food and drink. This, again derails the **digestive fire** system of the patient, and backs the dullness of appetite, etc.
7. Therefore, the *Atisara* patient should observe the same diet regimen and conduct as prescribed for any purgative course (*Virechana*), as long as the deranged *Doshas* of the body are not completely normalized, and rejuvenation of the natural health and strength occurs.

## B. DEFINITION OF GRAHANI DISEASE

### C. Premonitory Symptoms of *Grahani*

Premonitory symptoms of *Grahani* are described below (Table-19):

Table-19 : Premonitory symptoms of <i>Grahani</i>		
<ul style="list-style-type: none"> <li>• Incomplete digestion</li> <li>• <i>Anga Saddana</i></li> <li>• Lassitude (<i>alasya</i>)</li> <li>• <i>Trit</i> (thirst)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Klama</i> (fatigue)</li> <li>• Loss of strength</li> <li>• <i>Aruchi</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Kasa</i> (Cough)</li> <li>• Ringing in the ears (<i>Karna-Kshweda</i>)</li> <li>• <i>Antra-koojana</i> ( Rumbling in intestines)</li> </ul>

Following steps are required to properly explain this disease :

1. The aggravation of one or all of the bodily *Doshas*, causing **derangement** of the *Grahani* (considered here, as a part of colon).
2. The food taken by the **deranged *Grahani***, is passed off by it.
3. The passed off food is either digested or in the shape of undigested fecal matter.
4. The **deranged *Grahani*** either produces constipation of the bowels
5. Or sometimes it may result in liquid motions accompanied (in both cases) by pain and fetid smell.
6. This resulting abnormality or discomfort or disease is called ***Grahani* disease.**

#### D. General Symptoms of *Grahani*

The general symptoms of the developed stage of *Grahani* are described below Table-20) :

<ul style="list-style-type: none"> <li>• Swelling of hands and feet</li> <li>• <b>Krishta</b> : Emaciation</li> <li>• <b>Parva-shoola</b>: Pain at the joints</li> </ul>	<ul style="list-style-type: none"> <li>• Desire for all types of rasa</li> <li>• <b>Chardi</b> : Vomiting</li> <li>• <b>Jwara</b>: Fever</li> <li>• <b>Arochaka</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Shukt-tikt-amlā udgara</b>: Eructation of bitter, acid or fermented taste)</li> <li>• <b>Mukha praseka</b>: Excess salivation</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mukha virasta</b> : Bad taste in mouth</li> <li>• Smell of blood or smoke</li> <li>• <b>Tamaka-Shvasa</b></li> <li>• <b>Sarvang-Daha</b>: Burning sensation</li> </ul>
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#### E. Specific Symptoms of *Grahani*

Specific symptoms of *Grahani* disease are described below :

- **Vataja** type of *Grahani* has a severe aching pain at the anus, **Hridaya**, sides, abdomen, and the head.
- **Pittaja** type of *Grahani* has a marked burning sensation, in the body
- **Kaphaja** type of *Grahani* has a characteristic sense of heaviness in the body.
- **Tri-Doshaja** *Grahani* exhibits symptoms belonging to all the symptoms of the three **Doshas** viz. **Vataja, Pittaja & Kaphaja**

- The involved deranged bodily **Dosha** impairs the characteristic colour of finger- nails, eyes, face and excreta (stool and urine) of the patient.

Thus, the specific symptoms furnish a **satisfactory** clue to the diagnosis of the disease. Their ignorance, neglect or uncheck at the outset, may lead to an attack of **Hrid-roga** (disease of the heart), **Pandu** , **Udara** (ascites, etc.) , **Gulma**, **arsha** and enlargement of spleen (**Pliha vridhi**).

**F. TREATMENT AND DIET FOR GRAHANI**

○ According to vitiated *doshain* :

1. *Vataja Grahani* : *Niruha vasti* is advised.
2. *Pittaja Grahani* : *Mridu virechanai* is advised.

○ *Choorna* or *kwatha* of the following group of drugs along with any of the *anupana* is prescribed (Table-21) :

3. *Kaphaja Grahani* : *Vishodhan* by *vamana karma* is advised.

○ Subsequent to above the *peya*, *vilepi*, *yusha*, and *odana* prepared out of *deepaniya dravya* ( *panchkola*, *chitrakadi* group) *siddha jala* or *kwatha* should be prescribed in *Grahani*

Table-21: Drugs and their <i>Anupana</i>	
Drugs	<i>Anupana</i>
<ul style="list-style-type: none"> <li>• <i>Haridradi gana (pachana dravyas)</i></li> <li>• <i>Ambashthadi gana (samgrahi dravyas)</i></li> <li>• <i>Pippalyadi gana</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>sura</i></li> <li>• <i>Asava-arishtha</i></li> <li>• <i>Ghrita-taila</i></li> <li>• Cow's urine</li> <li>• <i>Aja mootra</i></li> <li>• Luke warm water</li> </ul>

○ Use of *Takra* alone in the morning is in itself is an excellent cure for the *Grahani*

○ Remedies suitable for curing worms in the intestines, *Gulma*, *Udara roga* (ascites, etc.) or piles may also be adopted with benefit.

○ *Hingvadi-churna*

○ *Shat-pala ghrita* used in the management of *pleeha roga* is also found effective in *Atisara*, *pravahika* and *samgrahani*.

○ *Changeri ghrita* also possesses the similar properties.



- All the drugs which stimulate the *pachaka agni* ( digestive fire) are beneficial in *samgrahani*.
- Complications (*Upadrava*) such fever, etc. should be subdued with drugs not incompatible with the main treatment of nor in any way aggravating the main disease.

## RESULTS AND DISCUSSION

From the above presentations based on *Ayurvedic* research & review articles, *Sushruta Samhita* and from their counterpart modern system of medicine, the following points emerge :

### Modren system of medicine

1. Accurate and timely diagnosis of ulcerative colitis is possible in the modern system of medicine, provided an attempt is made early towards this end.
2. No specific cause for the occurrence of ulcerative colitis is as yet known in the modern system of medicine. Only general and non-specific, factors like health hygiene, environmental factors, hereditary transmission, etc. are

often suggested for its initiation, development, etc.

3. There is no permanent cure of the disease in the modern system, only management measures geared towards securing a remission and prolonging its period, are, generally aimed at.
4. The modern system of medicine resorts to steroids, strong antibiotics, etc. to achieve remission of the disease. The harmful effects of such a therapy are well known.

### *Ayurvedic* system of medicine

*Ayurveda* basically, provides a symptomatic therapy. There is no disease in *Ayurveda* which exactly matches the symptoms of ulcerative colitis, especially, when the colon becomes ulcerative.

1. There are, however a number of diseases, especially some of the manifested types of *Atisara*, which have many symptoms in common with or resemble with those of ulcerative colitis. The most commonly occurring symptoms are :
  - Bloody stools
  - Frequent stools
  - Pain or colic in the abdomen, rectum, etc.

- Indigestion

The manifested types of *Atisara* which closely resemble the symptoms of ulcerative colitis are :

- *Pittaja-Atisara*
  - *Raktaja-Atisara*
  - *Pravahika (Pittaja, Raktaja)*
  - *Grahani (Pittaja, Raktaja)*
3. These diseases initially occur in their *Ama* (acute) state, which gradually progress towards *Pakva* (chronic) state if not treated timely and properly.
  4. *Ayurvedah* as a number of medications, described in this presentation and proven by the great sages of *Ayurveda*, suitable for each of these types of *Atisara*.
  5. Besides their **curative power**, they are **systemic**, most **beneficial**, and the **least harmful**, and are capable of rooting out the disease.
  6. The *Ayurvedic* articles reviewed here, are only indicative of the success of this therapy because the results are reported of the clinical studies which were still in progress and are based on only small sized clinical trials. No final results are reported.

**Needed further studies**

From above discussion, it is evidently clear that the right medications for ulcerative colitis lie in the repository of medications suggested in the **Sushruta Samhita** and also presented in this article, for *Pittaja Atisara*, *Raktaja Atisara*, *Pravahika* and *Grahani* types of *Atisara*. Well planned multi-locational, project based studies on this aspect are needed to be initiated by the AYUSH department of Govt. of India, in the pattern of ICMR, so that authentic and proven medications for this dreaded disease are worked out.

#### **Practical Solutions for the treatment of ulcerative colitis**

Two solutions become apparent from the above discussion :

**Step-1** : Prescribe the options/medications available in the modern system to achieve remission of the disease

**Step-2** : Take up the case adopting appropriate *Ayurvedic* options and gradually taper off the modern medications when significant improvement in the symptoms is achieved, and secure permanent cure

**Handling patients in non-serious condition :**

Take up the case adopting appropriate *Ayurvedic* options for permanently curing ulcerative colitis disease.

## CONCLUSION

### Practical Solutions

Two solutions become **apparent** from this review :

**Step-1** : Prescribe the options/medications available in the modern system to achieve remission of the disease

**Step-2** : Take up the case adopting appropriate *Ayurvedic* options and

gradually taper off the modern medications when significant improvement in the symptoms is achieved, and secure permanent cure

### Handling patients in non-serious condition :

Take up the case adopting appropriate *Ayurvedic* options for permanently curing ulcerative colitis disease.

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