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## Case Study

### AYURVEDIC MANAGEMENT OF RAKTATISARA WITH SPECIAL REFERENCE TO ULCERATIVE COLITIS: A CASE STUDY

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#### ABSTRACT

Ulcerative colitis (UC) is a type of inflammatory bowel disease (IBD). It is an immune mediated chronic intestinal condition. UC is a mucosal disease that usually involves the rectum, and extends proximally to involve all or part of the colon. The major symptoms of UC are diarrhea, rectal bleeding, tenasmus, passage of mucus and crampy abdominal pain. There are many tools available for the diagnosis of disease but no satisfactory treatment is available for the disease. so to develop protocol for treatment of Ulcerative colitis with Ayurvedic management is a need of today's era and present study. Here, an effort was made to treat a 34-year-old male patient diagnosed as ulcerative colitis by using multiple Ayurvedic treatment modalities on the basis of involvement of Doshas, Dushya of the disease. At the end of 1 month of Ayurvedic treatment we got a significant result in all sign and symptoms of the disease.

**Keywords:** IBD, Ulcerative colitis, Raktatisara

#### INTRODUCTION

Ulcerative colitis is a type of inflammatory bowel disease (IBD). It is an immune mediated chronic intestinal condition. UC is a mucosal disease that usually involves the rectum, and extends proximally to involve all or part of the colon. The major symptoms of UC are diarrhea, rectal bleeding, tenasmus, and passage of mucus and crampy abdominal pain.<sup>1</sup> In modern medicine so many drugs are mentioned for treatment of ulcerative colitis like; sulfasalazine having both antibacterial and anti-inflammatory properties, Glucocorticoids, purine analog compound, cytotoxic drugs, newer immunosuppressive agents and anti-tumor necrosis factors, etc<sup>2</sup>. But, these drugs only control the episodes of the disease and not cure them; moreover these modern drugs have a huge list of possible side effects like intolerance and toxicity to other organs like liver, kidney, pancreas, eyes, etc. In Ayurveda, this can be considered under the heading Raktatisara. According to Ayurvedic classics People with Pitta Atisar have tendency to develop Raktatisara when they do not follow pathya aahara and vihara. Again consumption of hot, spicy and fried food along with stress, anxiety etc leads to Raktatisara which is a serious condition and needs serious attention.<sup>3</sup> Ayurveda gives the physicians opportunity to incorporate new medication in the explained conditions and name the newly diagnosed condition based on Dosh and Dushya. Keeping this point in mind a case study was done by using multiple Ayurvedic treatment modalities on the basis of involvement of Doshas and Dushya of the disease.

#### Case Report

A 34 year male patient, OPD REG NO 47034 residing in Jaipur, was visited Kayachikitsa OPD of Arogyashala, National Institute of Ayurveda, Jaipur on 14 June 2016 presented with

chief complaints of Increased frequency of bowel 15-20 times/day, Loose watery Stool mixed with blood blackish in colour and mucus, pain in whole abdomen (spasmodic). pain is aggravated with taking hot and spicy food, relieved after defecation, Generalized weakness since 7 yrs, Nausea and vomiting occasionally after taking meal and water and vertigo and weight loss day by day. In 209 he was diagnosed as a patient of Ulcerative colitis by sigmoidoscopy and biopsy and by taking allopathic treatment he had no any significant relief in his general condition.

#### General Examination

Pallor-Present, Icterus- absent, Cyanosis-absent Clubbing – absent, Lymph nodes- non palpable, Edema –absent, in oral mucosa mucocutaneous or aphthous ulcers present. BP- Low blood pressure 90/60 mm of Hg observed. Pulse – 92/min regular RR-20/min, Temp 99.4F febrile.

#### Systemic Examination

Per abdomen-abdomen was shrunken and diffuse tenderness present. No hepato- splenomegaly present. CVS – no any abnormality detected in cardio vascular system, RS- no abnormality, CNS- Higher mental function were intact. Rectal examination – No perianal inflammation in the form of fissure, fistula or pile mass is noticed. CNS- Higher mental functions were intact. Musculo Skelton system examination – no abnormality found.

#### Personal history of patient

Appetite-reduced, Sleep –disturbed, Bowel-loose watery stool 15-20 times per day, Bladder-Scanty micturation Addiction-

smoking (cigarette 2-3 /day) since 10 yrs, diet – vegetarian but taking very spicy, hot and fast food in past.

### Investigation

#### Lab investigation

Hematological reports reveals that C reactive protein– positive, Hb% -9.1 gm%, ESR-18 mm/hr, TLC-6500 cells/cu mm DLC and other hematological parameters were normal, renal parameters and blood sugar and urine investigation also within normal limits. USG reveals Normal impression chest X-ray & ECG-WNL.

Patient was diagnosed as ulcerative colitis with the help of sigmoidoscopy colonoscopy and biopsy in 2009. In colonoscopy final impression was in the sigmoid colon diffuse continuous mucosal edema, superficial multiple ulcers which are bleeding spontaneously on touch, granulation+++ . In biopsy microscopic examination- section comprising of tiny bits of rectal mucosa showing loss surface epithelium. Lamina propria mucosa and glands are moderately in filtered by neutrophils along with few lymphocytes and plasma cells.

### Treatment Plan

Table 1: Treatment Schedule

Vijaya parpati	250 mg
Rambana Ras	250 mg
Pravala Pishti	250 mg
Bhuvaneshwara Choorna	2 gm
Isabgola	2 gm
Nagkeshara choorna	2 gm
Dadimastaka Choorna	2 gm
	1×2 dose with Luke warm water
Tab Dysentrol	2 Tab
	1×2 dose
Dhanyapanchaka kwatha	40 ml
	1×2 dose
Panchkarma procedure	
Pichha basti	15 days

### Improvement

After one month of completion of treatment, there was much improvement in clinical symptoms and signs of the patient. It is shown in the Table 2.

Table 2: Symptoms and signs before and after treatment of 1 month

Signs & Symptoms	Before Treatment	After Treatment
Frequency of stool	15-20 times per day(loose)	4-5 times /day (semi solid)
Blood in stool	With each defecation	Absent
Mucus in stool	With each defecation	1-2 times /day
Pain in abdomen	Whole day in whole abdomen	Occasionally during defecation in lower abdomen
Nausea and Vomiting	Present after taking meal and water	Absent
Pallor	Hb- 9.1 %	Hb 10.6 %
Wt loss	40 kg	Gained 3 kg ( 43 kg)
Appetite	Reduced	Improved
Temperature	Febrile 99.4 f	A febrile 98.4 f
Mental status	Depressive	Relaxed
Vertigo	Present	Absent
Blood Pressure	Low 90/60mmHg	Normal 110/80 mmHg

### DISCUSSION

The symptoms of ulcerative colitis can be co-related with *Rakta-atisara* (bloody diarrhea) as the frequent stool and blood in stool are the main culprits deteriorating the patient's general health. According to Ayurvedic Classics People with Pitta Atisara have tendency to develop Raktatisara when they do not follow pathya aahara and vihara. Again consumption of hot, spicy and fried food along with stress, anxiety etc leads to Raktatisara. Therefore here the first line of treatment is Nidana parivarjana followed by use of Sansamana Chikitsa [like rakta- stambhaka (blood coagulatory) and purisha- sanghrahi (anti-diarrheal) medicines] ,To measure to digest the ama (Biotoxin) to bring Agni Digestive fire) in its normal state and control the diarrhea and get the restoring health digestion and creating a bacteria friendly environment in the body and relief in all other complaints.

In Charaka samhita The treatment of Rakta-atisara is Madhura and Sheeta Chikitsa (sweet and cold potency drugs).e.g. Chandana (*Santalum album*), Dhataki (*Woodfordia fruticosa*), Neelakamala (*Nymphaea stellata*), Goat milk with Honey and Sugar etc. are used in different way for oral use and for local application.<sup>4</sup> The concept behind that is Stambhana of excessive excretion of essential bio humors. Here some of the Ayurvedic preparation selected on the basis of involvement of Doshas, Dushya of the disease. Vijaya Parpati<sup>5</sup> is useful in patients of Raktatisara (ulcerative colitis) by, enhancing the normal functioning of Pakwashaya due to its Rasayana property due to its ingredient Suddha Gandhaka, Shuddha Parada and Rajata, Suvarna Bhasma and Mukta Pisti. As described by Bhaishajya Ratnavali in the chapter of Sangrahani Rogadhikar, Parpati acts on digestive system as Doshaghna, Jantughna and Balya. It settles the irritation and inflammation of colon mucosa by reducing laxity. It helps to improve Grahana Karya of intestines thus, reducing complaints of Atisara (frequency), cure mandagni and pandu also. Rambana Rasa<sup>6</sup> is a very effective medicine for mandagni and Grahani dosha. Pravala pishti<sup>7</sup> have rakta pitta shamaka and balya property. Bhuvaneshwara Choorna<sup>8</sup> is Amapachaka and anti diarrheal drug. Isabgol is a well known bulk forming laxative. Nagkeshara choorna<sup>9</sup> has a rakstambhaka property and used for controlling bloody diarrhea and Dadimastaka choorna<sup>10</sup> having Deepana Pachana, Rochaka property. Tab dysentrol is recommended for loose motion and dysentery. It creates a synergistic effect if given in case of stomach infection. Its main ingredients are kutaja (*Holarhena antidyacentrica*), bilva (*Aegle marmelous*), mustak (*Cyprus rotundus*) and panchamrit parpati etc. Dhanyapanchaka kwatha<sup>11</sup> is used for pain in abdomen, Amapachana and for controlling diarrhoea. Piccha basti<sup>12</sup> acts locally over the colon mucosa, causes Shodhana of Pittadhara Kala, enhances Shoshana of Aahara rasa and therefore, reduces malnutrition and simultaneously minimizes weakness. The til tail and ghrith mixed in it keeps the wound surface wet and thereby, facilitates healing of ulcers by its best Vranaropaka property, Raktastambhana property provides haemostatis and thereby, reduces bleeding and occult blood loss in stool. Thus piccha basti with oral medication showed a very good effect in diarrhea, rectal bleeding, tenasmus, passage of mucus and crampy abdominal pain, loss of appetite, flatulence, etc.

### CONCLUSION

Significant improvement was found in all the signs and symptoms of the disease and no side effect /adverse effect was found during the course of treatment now also he is on few oral medication and patient on regular follow up and follow pathya aahara and vihara and satisfied with Ayurvedic treatment. After

complication of treatment (After 1 months) LFT and RFT investigation was done to rule out any adverse effect of drugs. LFT and RFT both are within normal limit, so no adverse effects were found. Hence Ayurvedic drugs are more safe and effective in such diseases.

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