

Evaluation of therapeutic efficacy of *bilwa* in *grahani* wsr to IBS

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Abstract—Grahani is an Ayurveda term identified with the seat of Agni (stomach related fire), which help in the digestion and assimilation of nourishment of food. The old content of Ayurveda portrayed that ingestion, processing, retention and absorption of Aahara is managed by Grahani. At the point when this Agni becomes; Mandagni then inappropriate absorption of ingested nourishment leads obsessive condition named as Grahani Roga. Grahani is an ailment which influences huge populace comprehensively particularly in creating nation and related with inappropriate nourishment propensities alongside unpleasant way of life. The pathogenesis of Grahani Roga works around Agni Dosha which related with hindered stomach related capacity of stomach related fire. Ayurveda portrayed different treatment modalities for the administration of Grahani Roga, for example, utilization of herbs and definition, Yoga and way of life change. Present article outlined Ayurveda viewpoint of Grahani Roga and its administration of bilwa by Ayurveda standards and way of life change. Irritable bowel syndrome affects 15 to 20% of Indian population. Being a functional illness, it is not fatal. But it is a source of chronic pain, fatigue, and other symptoms and it increases a patient's medical costs, and contributes to work absenteeism. It is worth remembering that patients of irritable bowel syndrome form nearly 50% of the cases seen in gastrointestinal clinics all over the world. It occurs more often in women than in men, and it begins before the age of 35 in about 50% of people. There is no specific test for IBS, although diagnostic tests may be performed to rule out other problems. Irritable bowel syndrome IBS is a diagnosis of exclusion , Hence Rome III Diagnostic Criteria¹ for Irritable Bowel Syndrome is universally accepted and followed in the present study.

Index Terms—Agni, Grahani Roga, Mandagni, IBS, bilwa

I. INTRODUCTION

Irritable bowel syndrome (IBS)² is a vague term for a variety of diseases causing discomfort in the gastro-intestinal tract and causing a great morbidity in the population. It is called by many names, among them colitis, mucous colitis, spastic colon, or spastic bowel. It is a functional bowel disorder characterized by chronic abdominal pain, discomfort, bloating, and alteration of bowel habits in the absence of any organic cause". Certain psychological conditions are also more common in those with IBS. Diarrhea or constipation may predominate, or they may alternate (classified as IBS D, IBS-C or IBS-A, respectively). IBS may begin after an infection (post-infectious, IBS-PI), a stressful life event, or onset of maturity without any other medical indicators.

IBS according to Ayurveda can be considered as a disorder where there is a derangement of vata in Pakvashaya especially of Apana Vayu leading to Symptoms of pain in abdomen & altered bowel habits. Mental status is also responsible for Mandagni, which leads to Dosha Prakopa the emotions like anger, fear and grief etc. have their own effects on the Agni. Thus, disturbance in mental health directly affects the gastrointestinal tract. As Grahani is caused due to Agni

Mandya, the main line of treatment is to correct the Agni Dushti by following Langhana. **Apakva Bilva**

Phala Majja Churna is predominantly has following qualities.³

S.NO.	RASA	GUNA	VIRYA	VIPAKA	KARMA
1.	<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepan</i>
2.	<i>Kashaya</i>	<i>Rooksha</i>			<i>Paachan</i>
3.	<i>Tikta</i>				

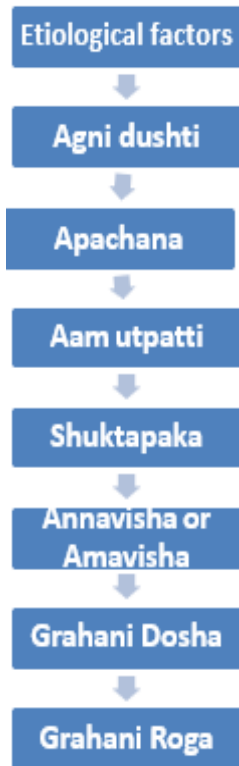
With the above mentioned qualities it can correct the patients with very poor intake of food.

II. ETIOLOGICAL FACTORS

- Abhojanaat, Ajeernabhojanat, Attibhojanaat, Visamasanaat, Asatmya Guru, Ruksha and Sandusta Bhojanat etc
- Vyadhi karshanat and Vegavidharana
- Stress, anxiety and grief
- In disciplinary life style and bad food habits
- Unhygienic environmental condition
- Nutritional insufficiency
- Contagious predominance
- Improper functioning of digestive fire
- Diseased condition which weakened Agni
- Viruddha-Ahara
- Avoidance of concept of Desha and Kala during consumption of food stuffs
- Excessive use of antibiotics

S.NO.	PURVA RUPA	CHARAK	SUSHRUTA	VAGBHATTA
1.	Trishna (Thirst)	+	+	+
2.	Alasyam(laziness)	+	+	-
3.	Balakshaya (loss of strength)	+	+	-
4.	Annasyavidaha(APD)	+	+	-
5.	Chirapaka(delayed digestion)	+	-	+
6.	Kayasya gourvam (heaviness of the body)	+	-	+
7.	Sadana(lassitude)	-	+	+
8.	Klama (Exhaustion)	-	+	+
9.	Aruchi (Aversion of food)	-	+	+
10.	Kasa (cough)	-	+	-
11.	Karnakshweda(Ringing in ear)	-	+	+
12.	Antrakujanam(Rumbling sound in the intestine)	-	+	+
13.	Preseka (salivation)	-	-	+
14.	Vaktravairasaya	-	-	+
15.	Bhrama	-	-	+

SAMPRAPTI



Selection criteria for drug

The *Bilva* (*Aegle marmelos* Linn. Corr.) has been the most reputed drug in the traditional medicine for the treatment of Gastro-intestinal ailments.

As per *Acharya Charaka*-

Bilwa is sangrahi , deepniya , vaat kapha prashaman. (CS.Ci.25/40)⁵

Properties of Apakva Bilva Phal Majja as per *Kaidev Nighantu*-

Bilwa is katu , kashya, ushna , tikta , deepan , paachan ,snigdha , teekshna , laghu, grahi, hridyam , vaat kaphapaham. (KD.Ni.Osad.21-22)

According to *Acharya Sushruta*⁶

Bilwa is kapha vaat shamak , teekshna. Snigdha, deepanam, (SS.Su.46/ 174)

III. CONCLUSION

Katu, Tikta Rasa predominant drugs which will improve Agni, cause Ama Pachana and provide strength to Grahani. The Depana and Pachana property of the plant stimulate the Agni and digest the Ama. The Katu vipaka of Apakva Bilva Phala Majja reduces the accumulation of excessive Kapha responsible for pathogenesis of the disease. A special Grahi property of the Bilva⁷ also helps in solidification of the stool and absorption of excess Kapha or mucous from the lumen of the bowel. Thus, bilwa⁸ may be considered as an ideal drug for the management of Grahni roga.

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