

MANAGEMENT OF GRAHANI WITH YOGA AND KAAL BASTI – A CASE REPORT

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ABSTRACT

In this modern era *Grahani* disease has great importance due to straight relation of inappropriate food habits as well as changing lifestyle. Always one to one correlation of Ayurvedic disease with modern science is not possible but taking into consideration the dysfunction of *Agni* is accountable for undigested food which is responsible for various functional as well as structural defects in the gastro-intestinal tract. Hence IBS could be considered for the same. The prevalence of IBS varies across the world, ranging from as high as 10%-20% in the West, to as low as 4.2% in India. A 36 years old male patient suffering from *Grahani* disease was planned for two phase *basti* treatment course. First phase with *Yoga basti* course and second with *Kaal basti* course. After completion of 2nd phase of *basti*, patient revealed significant improvement.

Keywords: IBS, *Grahani*, *Kaal* & *Yoga Basti*.

INTRODUCTION: Lifestyle disorders are rapidly increasing nowadays. Due to busy schedule, people don't have time to take proper food at proper time. Regular consumption of inappropriate food causes the gastrointestinal upsets. Hence there will be hampering of digestive fire which leads to improper digestion of food causing various symptoms of *grahani roga* like *muhurbadha* / *muhurdrava malapravrtti*, *arochaka*, *prasek*, *udarshula*, *aalasya* etc.¹ Irritable bowel syndrome (IBS) is a common disorder of the gastrointestinal (GI) tract that gives rise to recurrent upper and lower GI symptoms. Most commonly, patients suffers from abdominal pain associated with altered bowel habits such as constipation, diarrhoea or both.² Indian prevalence of IBS is 4.2 – 7.9%, males are more than females as well as more common in young.³ Varied treatments are been mentioned for disease *Grahani* like *Snehana*, *Swedana*, *Sanshodhana*,

Langhana etc.⁴ In this case *piccha basti*⁵ was selected and administered in two phases. One was *Yoga Basti*⁶ course (08 Days) and another was *Kaal Basti*⁷ (16 Days) course.

CASE REPORT: A male patient aged about 36 years old, OPD Reg No 3764 residing in Sangli, was visited Panchakarma OPD of Vasantdada Patil Ayurvedic Medical College, Sangli on 18th May 2017 presented with chief complaints of Increased frequency of bowel 08-09 times/day, Loose watery Stool sometimes mixed with mucus, generalized weakness, irregular reduced appetite, Nausea and depressed since 02 years. Patient took allopathic treatment but didn't get any significant relief in his general condition.

Past History: No DM / HTN

Personal History: Appetite – Irregular, Sleep – Reduced, Bowel – Loose watery 08 – 09 times / day, Micturation –Normal,

No H/O – Tobacco chewing, smoking & Alcohol

Family History: All family members said to be healthy

Examinations:

Vitals: BP – 130/80 mm of Hg on supine position, Pulse – 78/min regular, RR – 20/min, Temp. – 98.6° f,

Systemic: CNS – conscious oriented, RS – AEBE, CVS – S1, S2 Normal No added sound,

P/A - Shape of abdomen – normal, Temp- Normal, Skin – slightly moist. No Organomegaly, No Distension, No Tenderness, No Ascites, No Surgical marks. Umbilical position – normal (inverted).

GUS – Normal

Dashvidha Parikshana:

1. *Prakruti – Vata Pitta,*
2. *Vikruti – Annavaaha Srotas,*
3. *Sara- Madhyam,*
4. *Samhanan- Madhyam,*
5. *Praman- Height – 5.4 feet, Weight – 66 kg*
6. *Satmya- Madhyama*
7. *Satwa- Madhyama,*
8. *Aahar- Abhyawaran shakti & Jaranshakti - Awar*

9. *Vyayam- Avar,*

10. *Vaya- Madhyam*

Investigations:

Hematological - WNL except Hb% - 9.8

Assessment Criteria:

1. Frequency of stool
2. Mucus in stool
3. Appetite
4. Nausea
5. Weakness
6. Mental status

Material & Methods: The patient was advised for treatment of *Basti karma* in 2 settings. First according to *Yoga* and the remaining one was according to *Kaal Basti krama*. For *Yoga Basti- Piccha Basti Niruha* and *Matra Basti* were given alternatively for 8 days. In which *Piccha Niruha* was given 480 ml on empty stomach in the morning and *Matra Basti* with *Yashtimadhu Taila* about 60 ml was given in afternoon after meals. In *Kaal Basti* first two days were given *matra basti* then 06 days alternatively *Piccha niruha* and *Matra Basti* was given in the morning on empty stomach while *Matra Basti* was given in the afternoon after meals alternatively for 16 days.

Table No – 01 Intervention

<i>Basti</i>	<i>Poorvakarma</i>	<i>Pradhankarma</i>	<i>Paschatkarma</i>
<i>Niruha</i>	<i>Sthanik</i> (Local) <i>Snehana</i> to <i>Kati</i> and both <i>uru</i> (Thigh) <i>Pradesh</i> with <i>Tila Taila</i> and <i>sthani</i> <i>swedana</i> with <i>Nadisweda</i>	Administration of prepared <i>Piccha Niruha Basti</i> (450 ml) in left lateral position at 8 am in Empty Stomach	Observation of <i>Samyaka Niruha Lakshana</i> And informed to Avoid <i>Ashtamahadoshkar bhava</i>
<i>Matra</i>	<i>Sthanik</i> (Local) <i>Snehana</i> to <i>Kati</i> and both <i>uru</i> (Thigh) <i>Pradesh</i> with <i>Tila Taila</i> and <i>sthani</i> <i>swedana</i> with <i>Nadisweda</i>	Administration of luke warm <i>Matra Basti</i> of <i>Yashtimadhu Taila</i> (60 ml) in left lateral position at 12 – 01 pm post lunch	Observation of <i>Samyaka Matra Basti Lakshana</i> And informed to Avoid <i>Ashtamahadoshkar bhava</i>

Ksheerpaka Preparation: 100 gm *shalmali niryas* i.e. mocharasa was kept in 100 ml of water for whole night. Next day morning that water was filtered. 100 ml of filtered water + 400 ml cow's milk + 1600 ml water all together mixed in vessel and kept on mild fire for boiling. After evaporation of water, the prepared milk was filtered and used for the *niruha basti*.

Table No - 02 Piccha Basti Drugs

<i>Makshika</i>	80 ml
<i>Saindhav Lavana</i>	05 gm
<i>Sneha – Jatyadi Taila</i> 60 ml + <i>Yashtimadhu Taila</i> 60 ml	120 ml
<i>Kalka – Yashtimadhu Churna</i>	40 gm
<i>Ksheerpaka – Mocharas (Shalmali Niryas)</i>	250 ml

Matra Basti Drug: *Yashtimadhu Taila* was used in 60 ml quantity for *matra basti*.

Table No - 03 1st Phase - Yoga Basti Course

Date	19/05/17	20/05/17	21/05/17	22/05/17	23/05/17	24/05/17	25/05/17	26/05/17
Days	01	02	03	04	05	06	07	08
Basti	<i>Matra</i>	<i>Piccha</i>	<i>Matra</i>	<i>Piccha</i>	<i>Matra</i>	<i>Piccha</i>	<i>Matra</i>	<i>Matra</i>

Matra Basti with *Yashtimadhu Taila* in the afternoon post meals.

Pichha Basti with above mentioned drugs table no – 01 empty stomach in the morning

Table No - 04 2nd Phase - Kaal Basti Course

Date	05/06	06/06	07/06	08/06	09/06	10/06	11/06	12/06	13/06	14/06	15/06	16/06	17/06	18/06	19/06	20/06
Days	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Basti	M	M	N	M	N	M	N	M	N	M	N	M	N	M	M	M

M - *Matra Basti* with *Yashtimadhu Taila*

N – *Niruha Pichha Basti* with above mentioned drugs table no – 01

OBSERVATIONS:

Table No - 05 Symptoms and signs Observations, before and after Treatment

Sign & Symptoms	Before Treatment	After Treatment
Frequency of stool	Loose 08 – 09 times / Day	Loose 02 – 03 times / Day
Mucus in stool	With every defecation	01 – 02 times / Day
Appetite	Reduced	Improved
Nausea	Present	Absent
Weakness	Present	Reduced
Mental status	Depressed	Relaxed

OBSERVATIONS & RESULTS: In classics different formulations have been mentioned for *Grahani*. Here an attempt was made to find out the advantages of use

of *yoga* and *kaal basti* courses. All the signs and symptoms showed significant improvement and there was no any adverse effect was seen. During course of time no

internal medicine was given to patient. Usually *shalmali twak* is used for *ksheerpaka*, but instead of it in this study we tried *mocharas* for *ksheerpaka*. This trial reveals significant changes in symptoms. This *Yoga* and *Kaal Basti* combinations have good results, hence in future also *Karma basti* should be tried along with internal medicine.

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