



Efficacy Of Nagkesar Churna Along With Pranayam In The Management Of Irritable Bowel Syndrome (IBS)

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ABSTRACT:

Irritable bowel syndrome (IBS) affects about 10% of the adult population and 70% are women. It is a functional disorder of the gastrointestinal tract. The wall of the intestine exhibits rhythmic contractions called the peristaltic movements, which helps move the contents in the tract. In IBS, the walls of the intestine become sensitized to even mild stimulus which causes excess cramps. In Ayurveda; IBS is called GRAHANI DOSHA, which indicates the pathological state of function and integrity of the intestinal tract (mostly small intestine), known as GRAHANI. It is considered as one among the eight MAHA GADHAS (Diseases, which are difficult to treat) Grahani, is the part of Maha Srotas (Alimentary Tract) which is the seat of digestive fire (Agni) and holds the food until it is digested and releases it. Charaka Samhita describes that imbalance in the Agni is the root cause of this disease. This incorrect digestive fire causes accumulation of Ama or toxin and weakens the digestive system. Though there is no reliable medical treatment for IBS in modern medicine. So, to overcome by such disease, ayurveda has a complete solution. In present study, 30 patients have been taken from opd and given Nagkesar churna orally along with Pranayam daily for a period of 3 months. Significant improvement in Lakshanas of grahani has been observed.

KEY WORDS: - GRAHANI, IBS, NAGKESAR, PRANAYAM, MAHA GADHAS

INTRODUCTION

Irritable bowel syndrome is also known as irritable colon.

It is a gastrointestinal (GI) motility disorder for which there is no organic or structural cause. Ayurveda characterizes the disease by the passage of stools alternated with constipation or diarrhoea and with undigested food particles.

People suffering from Irritable Bowel Syndrome are often suggested to reconsider their diet as they might have intolerance towards certain type of foods. Other common recommendations are inclusion of fiber supplements and use of laxatives. Amongst the several remedies available today, one stands out as a time-tested savoir – pranayam.

Unhealthy eating habits are the direct cause of disturbed agni. To promote the healing, disorders of agni, indigestion or other ailments, Nagkesar churna is drug of choice for the management of IBS. Moreover, it regulates the tridosa. Which brings relief to the signs and symptoms of IBS. Pranayam is beneficial for the mind and the body which increases stress resistance.

AIM & OBJECTIVES

- 1) To study the aetio-pathogenesis of Irritable bowel syndrome.
- 2) To study the efficacy of Nagkeshar churna in management of Irritable bowel syndrome.
- 3) To study the effect of Pranayam in stress related to Pranayam.

MATERIALS & METHOD

Inclusion Criteria:

- 1) All patients of 18-40 years age group of either gender.
- 2) All patients presenting with signs and symptoms of Irritable bowel syndrome.

Exclusion criteria:

- 1) Patients suffering from acute diarrhea, intestinal tuberculosis, ulcerative colitis, gastric and peptic ulcer, and uncontrolled Diabetes Mellitus and Hypertension.
- 2) Patients not willing for trial.
- 3) Patients who leave the treatment in between.

Study Design

Study design is an open, randomized, clinical study. Sample

Drug Review

Nagkeshar churna Table No.1 Drug Details

DRUG NAME	LATIN NAME	RAS	VIRYA	VIPAK	DOSHAGNTA
Nagkeshar	Mesua ferrea	Kashay, tikta	Sheet	Katu	Pitta and kaphaghna

Table No.2: DRUG ADMINISTRATION

Treatment	Drug
Drug	Nagkeshar churna
Dose	10gms divided
Time	After meals
Anupan	Lukewarm water
Route of drug	Oral
Treatment period	3months
Assessment	F/U after 15days

ASSESSMENT CRITERIA;-

- 1) Abdominal pain/ Discomfort
- 2) Sense of incomplete evacuation
- 3) Presence of mucus in stool
- 4) Flatulence

Table No.3 Self Assessing gradation score

1	Abdominal pain/ Discomfort	Not present	0
		Sometime or rarely present	1
		Intermettent or crampy in nature (which is relieved by passage or stool or flatus)	2
		Continuous pain which is not relieved by passage or stool or flatus	3
2	Flatulence	No abnormal gas or flatulence Occasional abdominal distention	0
		Frequently abdominal distention	1
		Rumbling /gargling sound present in abdomen	2
			3
3	Presence of mucus in stool	No visible mucous in stool	0
		Visible mucous stuck to stool	1
		Passage of mucous with frequent stool	2
		Passage of large amount of mucous in stool	3
4	Constipation predominant stool habit	Defecation occurring in every morning with Normal Frequency	0
		Defecation after physical exercise such as brisk walk or after taking liquid	1
		Difficult passage of stool with feeling of incomplete evacuation	2
		Passes hard stool(taking medication such as laxative)	3
5	Diarrhoea predominant stool habit	Defecation with normal frequency and consistency.	0
		Diarrhoea or pencil like pasty stool in morning upon arising or just after doing breakfast	1
		Passage of 3-4 loose stool occurring intermittently	2
		Watery diarrhoea throughout the day or esp.nocturnal diarrhoea	3

Table no.4: Total effect of therapy was assessed as follows-

Cured	100% relief
Markedly improved	More than 50% relief
Improved	25 To 50% relief
Unchanged	Below 25% relief

OBSERATION & RESULT

In the present research work under taken there were maximum female 60% and male 40%. IBS is found to be more common in most part of world. According to recent review articles on IBS it occurs in all age groups, include children and elderly, in the present study, IBS showed greater prevalence in urban area 60%. Most of the patients were mixed (veg and non veg diet) 40%. Most of the patients were found to have irregular dietetic habits. Mucus in stool was present in most of the patients. Although mucus is strongly present in patient of IBS but no known cause of mucus has yet been identified.

Although on global perspective, stress is considered to be more causative factor for IBS. Stress and dietary habits were found to be most important aggravating factor of IBS.

Table No.5: Profile of Patients.

Age	Age in year 18-40 Yr	%
Religion	Hindu Muslim	16(53.33%) 14(46.6%)
Sex	Male Female	12(40%) 18(60%)
Economical status	Poor Middle Rich	4(13.3%) 20(66.6%) 6(20%)
Habitat	Urban Rural	18(60%) 12(40%)
Marital status	Married Unmarried	25(83.3%) 5(16.6S%)

TableNo.6: Distribution of patients according to food habits

Sr.No	Diet	NO. of Patient	Percentage
1.	Vegetarian	10	33.33%
2.	Non-vegetarian	8	26%
3.	Mix	12	40%

Table No.7: Statistical analysis showing effect in Signs and Symptoms

Cardinal symptoms	Mean Score			%	S.D	S.E +/-	't' value	'p' value	Remarks
	B.T	A.T	Diff						
ABDOMINAL PAIN	0.87	0.03	0.83	96.15	0.0156	0.28	28	0.0156	H.Significant
Flatulence	2.43	0.17	2.27	93.15	1.41	0.26	276	<0.0001	Significant
Presence of mucus in stool	3.30	0.20	3.10	93.94	0.71	0.13	465	<0.0001	H.Significant
Constipation predominant stool habit	1.83	0.27	1.57	85.45	0.86	0.16	378	<0.0001	Significant
Diarrhoea predominant stool habit	1.67	0.47	1.20	72.00	0.61	0.11	435	<0.0001	Significant

DISCUSSION

Yoga is an ancient technique that works on the physical as well as psychological level and relieves the body of ailments like Irritable Bowel Syndrome. Practicing yoga helps massage different organs and strengthens them. This in turn aids in overcoming the disorder and eventually restores the body to an optimum condition. Yoga is also well known as a relaxation and anxiety alleviating tool, thus helping cope with the emotional stress. In Yoga Sutras, defines Pranayama as “regulation of incoming and outgoing breath coupled with retention. Factors such as stress and depression can lead to initial symptom associated with IBS. Stress and depression disrupts mainly the functioning of agni. pranayam strengthens the body is conducive to the agni and rids the body stress.

MODE OF ACTION OF NAGKESAR CHURNA

In IBS, mainly there is vitiation of agni –mandagni is seen. this ultimately results in aam formation and may lead to diarrhoea or constipation. Nagkesar, due to its kashya, tikta rasa, katu vipaka, and laghu guna acts as agni depan and also aam pachan. kashya ras helps in reducing the colonic motility and thereby, helps in IBS. Powder of nagkesar aids digestion

The process by which the vital capacity of lungs getting increased for the proper utilization of prana

CONCLUSION

It can be concluded that Nagkesar churna is effective in relieving symptoms of IBS along with Pranayam. Maximum patients showed markedly improvement in all the symptoms of IBS. No side effects were found.

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