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Role of *Satvavajaya Chikitsa* in *Grahani Roga* with special reference to Irritable Bowel Syndrome

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ABSTRACT

According to *Charaka Samhita*, the *Chikitsa* is divided into three. *Daivavyapashraya*, *Yuktivyapashraya* and *Satvavajaya*. Here *Satvavajaya* represents uplifting the *Satva Guna* of *Manas*, which helps to overcome the psychological illness a person is going through. Even though *Grahani Roga* is not a *Manasika Vyadhi* the results are proving that *Satvavajaya Chikitsa* is needed in *Sharirika Vyadis* too. *Grahani Roga* can be correlated to irritable bowel syndrome (IBS) where the psychological state of an individual plays a major role in prognosis of treatment. By approaching pharmacological treatment alone the individual may not recover fully and chances of reoccurrence is very high. Since Ayurveda treats the *Rogi* as a whole entity the mental state of a person is taken into consider before treatment. Population based studies estimate the prevalence of irritable bowel syndrome is 10-20% per year. Considering the increasing rate gastrointestinal disease across the world treatment approach through Ayurveda is need of the time.

Key words: *Satvavajaya Chikitsa*, *Grahani*, *IBS*, *psychological treatment*.

INTRODUCTION

Grahani Roga refers to disease located in *Grahani*. This specific term refers to four types (*Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*) of *Grahani Roga*. This also includes *Agnimandya*, *Ajirna*, etc. these disease manifest due to the vitiation of *Grahani*. The term *Grahani* as a disease entity specifically used for

ailment *Grahanigada*, which manifest due to malfunctioning of *Grahani*.^[1] *Pittadhara Kala* situated between *Pakvashaya* and *Amashaya* is known as *Grahani*. The strength of *Grahani* is *Agni* and *Agni* resides in *Grahani* that is why when *Agni* is vitiated *Grahani* also gets vitiated.^[2] *Satvavajaya Chikitsa* is explained as one among the *Trividha Chikitsa*. *Satva* is the *Prakrita Avasta* of *Manas* or it is the supposed *Guna* of *Manas*. A *Satvika Manas* will be always *Sukhadhayaka*. Hence *Satva* is considered as *Mano Guna* unlike *Rajas* and *Tamas*. *Satvavajaya Chikitsa* can be included in both *Yuktivyapashraya* and *Daivavyapashraya Chikitsa* depending on its *Dravyabhutatva* and *Adravyabhutatva*. If *Satvavajaya* is done with *Dravya* it is *Yuktivyapashraya* and if it is done with *Adravya* it is *Adravya Bhutatva*.^[3] *Charaka* considered *Satvavajaya* as *Nigrahana* of *Manas* from *Ahita Indriyartas*. This can be achieved by five methods which are *Jnana*, *Vijnana*, *Dhairya*, *Smriti* and *Samaadhi*.

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Psychological involvement in Grahani Roga

According to *Acharya Susruta* the disease of *Grahani* manifest due to disordered functions of *Agni*. After the cure of *Atisara* or who is suffering from mild digestive fire, if they consume unwholesome diet and regimen leading to further vitiation of *Agni* along with *Grahani*. The food that we intake have influence on *Manasika Bhavas*. It is said that wholesome food taken even in proper quantity do not get properly digested when the individual is afflicted with grief, fear, anger, sorrow, excessive sleep and excessive vigil.^[4] Passion, anger, greed, confusion, envy, bashfulness, grief, Indigestion, anxiety and fear will end up in *Amapradoshaja Vikaras*.^[5] *Grahani Roga* can be correlated to various modern disease entities, one among them is IBS, irritable bowel syndrome .while assessing the causative factor for IBS, it is proved that IBS occur more frequently in psychiatric patients especially those with anxiety and mood disorders. IBS manifest as an intestinal disorder causing pain in the stomach, along with diarrhea and constipation. It is of 4 types - IBS D, IBS C, IBS A and IBS PI.

Psychological Involvement in IBS

In all the types of IBS mind plays an important role. Stress and anxiety make the mind more aware of spasm in the colon. IBS may be triggered by immune system which is affected by stress. The nervous system of GIT is controlled by ENS, ANS and CNS.

ENS regulates motility, fluid exchange and secretion, and regulates the blood flow. Parasympathetic nerve functions are controlled by vagal and sacral plexus. This promotes the sphincter relaxation and sympathetic nervous systems maintain the contraction of spincters. According to gut brain psychology the gut microbiota is a crucial part of gut brain and it communicates with the brain via the microbiota-gut-brain axis. Gut microbiota influences various normal mental process and mental phenomena and they are involved in the pathophysiology of numerous mental and neurological disease.^[6] Because of the various stress factors, improper food and regimen the microbiota in

gut start vanishing which will end up in various diseases including IBS.

IBS is assessed by Rome 3 criteria. The criteria's are recurrent abdominal pain / discomfort atleast 3 days or month associated with two or more of the following.^[7]

1. Improvement with defecation.
2. Onset associated with change in frequency of stool.
3. Onset associated with change in form of stool.

All the symptoms will be having influence with mind. Hence it can be considered as a psychosomatic disorder where the pathology will be in both mind and body.

Grahani Roga Chikitsa

The patient suffering from *Grahani* should in brief use the therapies like *Snehana* or oleation therapy, *Swedana* or fomentation therapy, *Suddhi* or elimination (purificatory therapies) *Langana* or fasting therapy, *Deepana* or the therapies for the stimulation of the power of digestion. Can use *Churna* or recipes in the form of powder, *Lavana* or recipes containing salt, *Kshara* or recipes containing alkalies, *Madhvarista* i.e., an alcoholic preparation containing honey, *Sura* or alcohol, *Asavas*, *Takra Yogas* and *Deepana* recipes of medicated ghee which stimulate the power of digestion.^[8]

Administration of *Takra* internally as *Arishta Asavas* and externally as *Takradhara* etc. improves the GIT disorders and relieves mental stress. For a patient suffering from *Grahani*, buttermilk is an excellent drink because it stimulates the power of digestion, it is *Grahi* - absorbent, bowel binding, useful in IBS, diarrhea and light for digestion. Because of *Madhura Vipaka* it does not cause aggravation of *Pitta*. Because of the *Kashaya Rasa Ushna Veerya, Vikasit Guna* it is useful for counteracting the aggravated *Kapha*. Because of *Madhura Amla Rasa* it is useful for counteracting the aggravated *Vata*. It provides a stable atmosphere for the gut microbiota to grow. Thus these factors are helping in *Grahani Chikitsa*.

Psychotherapy

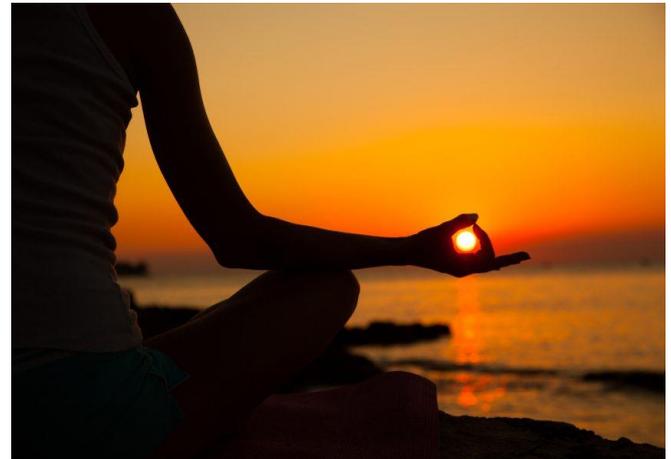
Psychotherapy is the use of psychological methods particularly when based on regular personal interactions with adults to help a person change the behavior and overcome problems in desired ways. IBS results from complex biological interactions between brain and gut. A strong correlation can be observed between severity of IBS and its co morbid psychiatric disorders especially depression and anxiety. One review about the psychological determinants of IBS published in 2013 reports a significant increase in stressor score just before progression from IBS non patients to IBS patients. Psychological stress has a marked impact on intestinal sensitivity, motility, secretion and permeability. The treatment methods can be adopted here are CBT, relaxation therapy hypnotherapy and bio feedback therapy. These treatments use individual, group and family counselling, personality development therapies to improve the social skills and communications.

Satvavajaya Chikitsa

Satva is the *Prakrita Avasta* of *Manas* or it is the supposed *Guna* of *Manas*. A *Satvika Manas* will be always *Sukhadhayaka*. Hence *Satva* is considered as *Mano Guna* unlike *Rajas* and *Tamas*. *Acharya Charaka* considered *Satvavajaya* as *Nigrahana* of *Manas* from *Ahita Indriyartas*. This can be achieved by five methods which are *Jnana*, *Vijnana*, *Dhairya*, *Smriti* and *Samaadhi*.^[9] By *Jnana Chikitsa* patient is getting support for develop an insight among himself. In this issue regarding attitudes, feelings, belief and experience related to self are taken for discussion. By these activities there will be improved degree of responsibility and behavior control and emotional maturation.

Vignana is *Shastrajnana* which provide a guidance to understand the nature of illness and improve his coping capacities. Here patients are educated about the probable emergencies complications and risk factors. Through *Dhairya Chikitsa* mental balance is maintained. Here identification of the negative thoughts and boosting up of the patients confidence is attained. This improves coping abilities and

develops better interpersonal relationships. Through *Smriti Chikitsa* the hidden conflicts which were the primary source of an emotional illness are understood and explained. *Samadhi* is the restraining of the mind through meditation. Here through practice of *Samadhi* the deeper thoughts which become the root cause of disease get subsided within the mind.



DISCUSSION

- One or the other way all somatic disorders have psychological relation. Because of this reason the treatment approach should be given importance to psychological aspects also.
- *Satvavajaya Chikitsa* nowadays can be adapted by encouraging patient doctor relationship. Doctor has to make a habit of listening patient's problems with at most interest and concentration. The need of counselling can be seen in almost all the disease aspects. Doctor should realize when patient needs this and should adopt in proper time.
- Along with pharmacological treatment psychotherapy is needed in *Grahani Vyadhi*. The gut microbiota is well maintained by the combined effect of these two.

CONCLUSION

Grahani Roga can be considered as a psychosomatic disease since stress factor have a role in its pathophysiology. *Grahani Roga* can be correlated to vast disease area in modern science where one among them is IBS. Because of stress there will be

depletion in gut microbiota which gives negative feedback for microbiota gut brain axis. *Satvavajaya Chikitsa* plays a role in this aspect. It can be applicable for both *Shareerika* and *Manasika Vyadhis*. *Satvavajaya Chikitsa* techniques include *Jnana*, *Vignana*, *Dhairya*, *Smriti* and *Samadhi*. Thus, along with pharmacological treatment behavioral therapy, cognitive therapy, psychotherapy and counselling are implemented to treat somatic disorders.

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