

Case Study: Effect of Shriphalshalatu Yog in the Treatment of Sangrahani (irritable bowel syndrome)

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Abstract:

A 34-year-old male patient presented with symptoms of Antrakujan (Intestinal gurgling), Alasya (Lassitude), Daurbalya (Weakness), Sadana (Tiredness/Fatigue), Drava, Snigdha, Pichila Mala Pravrutti (Liquid, Unctuous, Bulky and Mucoid Stools containing undigested food matter), Aama Mala Pravrutti (Stools with undigested food matter), Sashabda Mala Pravrutti (Production of sounds during passage of stools), Pakshat, Maasat, Dashat va Nityam Mala Vega Prakop (Episodes of Diarrhoea occur at an interval of Fortnight, Month, Ten days or may even occur Daily) here the patient had episodes of diarrhoea at an interval of 10 days, Diva prakopo Bhavati Ratrou shaanti vrajet (The condition aggravated during the day time and subsided in the night) since 6 months. Some scales and scoring system like Irritable Bowel Syndrome Severity Scoring System, Bristols Stool Scale, VAS Scale [Visual Analogue Scale] were used for assessing pain of following two symptoms: a) Sakati vedanashakrita (Pain in lower back during passage of stools), b) Manda vedana yukta Mala Pravrutti (Mild pain in abdomen during passage of stools) confirmed Sangrahani.

Keywords

Sangrahani, Aama (Undigested food matter), Diarrhoeal Episodes / Mala Vega Prakopa, Intestinal Gurgling (Antrakujan), IBS Severity / Symptom Scoring (IBS-SSS, Bristol Stool Scale, VAS).

INTRODUCTION

Sangrahani is one of the types of *Grahani* disorder described in *Madhav Nidan and Yog Ratnakar*. *Sangrahani* is caused due to physiological disturbances in the *Grahani* organ which primarily affects its respective functions like gut motility, chemical digestion, assimilation, absorption, elimination. No structural abnormality is present. *Sangrahani* shares clinical similarities with Irritable Bowel Syndrome (IBS), a functional gastrointestinal disorder characterized by recurrent mild abdominal pain, altered bowel habits and form (constipation dominant, diarrhoea dominant or mixed), bloating and flatulence, sense of incomplete evacuation, upper gastrointestinal symptoms like nausea, recurrent acidity, dyspepsia, etc. While conventional treatments like intake of stool-bulking agents, anti-spasmodics, antidiarrheal agents, antidepressant drugs, antibiotics, pre and probiotics provide symptomatic relief but they often have side effects and fail to prevent recurrence. The importance of alternative treatments is increasing, and Ayurveda offers a promising solution with herbal formulations like *Shriphalshalatu Yog*. This case study explores the effectiveness of *Shriphalshalatu Yog*, an Ayurvedic formulation containing *Bilva* (*Aegle marmelos*), *Shunthi* (*Zingiber officinalis*) and *Purana Guda* (Jaggery) in managing *Sangrahani*.

CASE PRESENTATION

A 34-year-old male patient presented with symptoms of *Antrakujan* (Intestinal gurgling), *Alasya* (Lassitude), *Daurbalya* (Weakness), *Sadana* (Tiredness/Fatigue), *Drava*, *Snigdha*, *Pichila Mala Pravrutti*

(Liquid, Unctuous, Bulky and Mucoid Stools containing undigested food matter), *Aama Mala Pravrutti* (Stools with undigested food matter), *Sashabda Mala Pravrutti* (Production of sounds during passage of stools), *Pakshat*, *Maasat*, *Dashat va Nityam Mala Vega Prakop* (Episodes of Diarrhoea occur at an interval of Fortnight, Month, Ten days or may even occur Daily) here the patient had episodes of diarrhoea at an interval of 10 days, *Diva prakopo Bhavati Ratrou shaanti vrajet* (The condition aggravated during the day time and subsided in the night) since 6 months. Some scales and scoring system like Irritable Bowel Syndrome Severity Scoring System, Bristols Stool Scale, VAS Scale [Visual Analogue Scale] were used for assessing pain of following two symptoms: a) *Sakati vedanashakrita* (Pain in lower back during passage of stools), b) *Manda vedana yukta Mala Pravrutti* (Mild pain in abdomen during passage of stools) confirmed *Sangrahani*. The patient had a history of irregular dietary timings, inadequate food intake, stress and sedentary lifestyle, contributing to formation of *Sangrahani*. Patient had no history of any metabolic disorders, no history of any drug allergy or bleeding disorders and symptoms like blood in stools etc. Patient's details on examination were as follows: weight was 66.4kg, all vitals were stable, BP= 120/80 mm hg, Pulse= 84/min, CVS= S1S2 normal, CNS= conscious and oriented, RS= AEBE clear, P/A = Soft, non tender.

TREATMENT PLAN

The patient was prescribed *Shriphalshalatu Yog*, a formulation prepared by mixing powders of 1.5 gms of *Bilva* (*Apakva Phal Majja Churna*), 1.5gms of *Shunthi* and 3gms of *Purana Guda* administered as follows:

- Dosage: 6 gms, twice daily after meals
- Duration: 28 days
- Adjunct: Lukewarm water post-administration
- Follow-ups: Conducted on 7th, 14th, 21st and 28th day

RESULTS AND OBSERVATIONS:

After 28 days of treatment, significant improvement was observed in both symptoms and objective parameters like scales and scoring systems mentioned above. The patient reported a drastic reduction in pain, form of stools, bloating, flatulence, decrease in episodes of passage of stools and all other symptoms mentioned; leading to an overall improvement. The relief experienced was progressive with noticeable changes occurring as early as the second week of treatment. *Antrakujan* (Intestinal gurgling), *Alasya* (Lassitude), *Daurbalya* (Weakness), *Sadana* (Tiredness/Fatigue), *Drava, Ghana, Snigdha, Pichila Mala Pravrutti* (Liquid, Dense, Unctuous, Bulky and Mucoid Stools), *Aama Mala Pravrutti* (Stools with undigested food matter), *Sashabda Mala Pravrutti* (Production of sounds during passage of stools), *Pakshat, Maasat, Dashat va Nityam Mala Vega Prakop* (Episodes of Diarrhoea occur at an interval of Fortnight, Month, Ten days or may even occur Daily), *Diva prakopo Bhavati Ratrou shaanti vrajet* (The condition aggravates during the day time and subsides in the night). Some scales and scoring system like Irritable Bowel Syndrome Severity Scoring System, Bristols Stool Scale, VAS Scale [Visual Analogue Scale] will be used for assessing pain of following two symptoms: a) *Sakati vedanashakrita* (Pain in lower back during passage of stools), b) *Manda vedana yukta Mala Pravrutti* (Mild pain in abdomen during passage of stools) confirmed *Sangrahani*.

- *Antrakujan* (Intestinal gurgling): There was an 91% reduction in *Antrakujan* which decreased the daily discomfort caused to patient during waking hours and performing any activities.
- *Alasya* (Lassitude): There was an 64.42% reduction in *Alasya*, which developed a willingness for work in the patient thereby boosting patient's overall performance ability.
- *Daurbalya* (Weakness): *Daurbalya* in body was reduced by 74.63%. The patient reported increase in energy levels.
- *Sadana* (Tiredness/Fatigue): *Sadana* was reduced by 79.38%, allowing the patient to perform daily activities without discomfort.
- *Drava, Ghana, Snigdha, Pichila Mala Pravrutti* (Liquid, Dense, Unctuous, Bulky and Mucoid Stools): Patient's *Drava Mala Pravritti* form of stools was reduced by 84.73%, significantly improving the consistency.

- *Aama Mala Pravrutti* (Stools with undigested food matter): There was a 85.71% improvement in *Aama Mala Pravrutti*.
- *Sashabda Mala Pravrutti* (Production of sounds during passage of stools): *Sashabda Mala Pravrutti* was reduced by 100%, allowing the patient to pass stools smoothly without any discomfort, flatulence was decreased.
- *Pakshat, Maasat, Dashat va Nityam Mala Vega Prakop* (Episodes of Diarrhoea occur at an interval of Fortnight, Month, Ten days or may even occur Daily): The episodes of *Sangrahani* were improved from interval of 10 days to interval of 30 days representing a 76.50% improvement, leading to significant improvement in quality of life of this patient.
- *Diva prakopo Bhavati Ratrou shaanti vrajet* (The condition aggravates during the day time and subsides in the night): There was a reduction in symptom by 63%.
- Irritable Bowel Syndrome Severity Scoring System: The patient showed reduction in Irritable Bowel Syndrome Severity Scoring System from 275 score to 75 score i.e 59.02% improvement from moderate to mild score in scoring system.
- Bristols Stool Scale: The form of stool of patient changed from Type 6 to Type 4 representing a 27.23% improvement; resulting in better passage of stools.
- VAS Scale [Visual Analogue Scale] used for assessing pain of following two symptoms:
- *Sakati vedanashakrita* (Pain in lower back during passage of stools): This pain decreased from 3 to 0 with 89.47% improvement.

b) *Manda vedana yukta Mala Pravrutti* (Mild pain in abdomen during passage of stools) confirmed *Sangrahani*: This pain decreased from 3 to 0 with 89.47% improvement.

Overall, the patient experienced significant symptomatic relief with no adverse effects reported throughout the study. His energy levels improved, he was able to resume normal physical activities without discomfort and his quality of life improved significantly.

DISCUSSION

Shripalshalatu Yog demonstrated potent anti-diarrheal, anti-inflammatory, anti-spasmodic and anti-microbial properties. *Bilva* is known for its anti-diarrheal and anti-microbial effects, while *Shunthi* possesses anti-spasmodic and anti-inflammatory properties, *Purana*

Guda acts as demulcent and provides strength. Together, they act as *Amapachak* and *Agnivardhak*, help regulate *Samana Vayu*, increases *Pachak Pitta* and decreases aggravated *Kapha*. It restores form and consistency of stools, reduces inflammation leading to equilibrium in the gut. *Shriphalshalatu Yog* provides holistic relief without side effects. Unlike allopathic therapeutic drugs; which may cause gastrointestinal issues and recurrence, this Ayurvedic remedy offers a natural, cost-effective alternative for managing *Sangrahani*. The study further highlights the importance of integrating dietary regulation and lifestyle modifications with Ayurvedic treatments for long-term effectiveness. Future research should explore the mechanism of action of *Shriphalshalatu Yog* in greater detail.

CONCLUSION AND RECOMMENDATIONS

Shriphalshalatu Yog proved to be an effective and safe treatment for *Sangrahani*. It significantly reduced symptoms of *Sangrahani* without adverse effects. Future studies with larger sample sizes and extended follow-up periods are recommended to validate these findings and check for any recurrence in symptoms. Additionally, integrating Ayurvedic therapies like *Shriphalshalatu Yog* with dietary management could enhance patient outcomes of *Sangrahani* in severe conditions.

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