



BILWADI CHURNA: AN AYURVEDIC SOLUTION FOR IRRITABLE BOWEL SYNDROME

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Article Received on 14/06/2023

Article Revised on 04/07/2023

Article Accepted on 25/07/2023

ABSTRACT

Irritable Bowel Syndrome (IBS) is a complicated condition, affecting as much as 20% of the population in India. Many IBS patients report having depressive thoughts and other symptoms that make them feel uncomfortable and self-conscious. Additionally, the unpredictable nature of IBS symptoms can have a negative effect on the quality of daily life. The condition has a negative effect on the quality of relationships and limits participation in routine social activities. Because the symptoms of this illness are chronic, sometimes severe, and often do not respond well to treatment, the standard quality of life is reduced for those who have it. Although there is no test for IBS, diagnostic testing is conducted to rule out other issues. There is no single disorder in *Ayurveda* that can be co-relate with IBS, at least not by looking into the text directly as *Ayurveda* is entirely based on its basic principles. However, there are some conditions that are quite similar to IBS in terms of the symptoms such as *Vata*-type disorders and some *Pitta*-dominant disorders such as *Grahani*, *Pravahika*. In *Ayurvedic* medicine, the concept of psychosomatic disorders has been widely discussed. *Charaka* emphasizes the importance of considering gut-brain connectivity and how it impacts one's overall health. The *Annavaha*, *Purishava*, *Rasavaha*, and *Manovaha Srotodushti*, five types of *Srotas* or channels can carry out their actions only if there is *Vritti*. *Acharya Charak* goes on to explain that when mind, three *Dosha* and mind-body connect with each other than disease may develop in body parts (*Sharira*).

KEYWORDS: *Bilwadi Churn*, *bilwadi Churna* Benefits, *bilwadi Churna* For Ibs, *bilwadi Churna* Uses, Ibs Symptoms, Irritable Bowel Syndrome, Irritable Bowel Syndrome Symptoms.

Case Description

A 46-year-old male patient came with complaints of indigestion, bloating with frequent motion, mucus discharge in the stools. He also suffered from anxiety and nervousness at times as well as lower abdominal pain. The patient had poor appetite, difficulty in digestion on food, abdomen bloating after having food, and was having irregular bowel habits. Sleep was disturbed due to anxiety and nervousness. The patient had no history of diabetes; hypertension and all the investigations recommended like CBC, LFT were normal.

PHYSICAL EXAMINATION

The abdomen examination showed slight tenderness in the lower abdominal region.

DIAGNOSIS

The investigation showed that the patient suffered from Irritable Bowel Syndrome (IBS)/ *Grahani*.

TREATMENT PLAN

The following treatment plan was used to treat the patient: Treating the *ama* or toxins with *deepan pachan chikitsa* balancing the three *doshas*, namely *Vata*, *Pitta*, and *Kapha*.

A healthy bland diet recommended improving the digestive system. Include *jeerak* and *sunthi siddha* water for the whole day. Avoid dairy products, fast and spicy food.

Initially, the patient was started with *Shankh vati* for the first 15 days for the complaints of gas and bloating along with *Bilwadi churna* which contains *bilva*, *mochras*, *dhanyak*, *sunthi* and *bhanga*, *dhataki* and *saunf*. *Shankh vati* was recommended for 15 day and post that only *Bilwadi churna* was continued.

Bilwadi churna 5 gm after food both times for 30 days. *Shankh vati* for initial 15 days.

The main cause of IBS *mandagni* or low digestive power. Other factors causing the issue are *ahara*, *vihar* and *manasik nidan*. Few studies on the subject have

showed that the disturbance in mental health disturbs an ideal therapeutic approach with a specific combination which acts as *grahi*, *deepan*, *pachan* and *anulomana* of *vata dosha* and action on *mana* (mind).

OBSERVATION

During the first 15 days of treatment, abdomen floating, and gaseous condition was reduced by 75%, there was improvement in sleep and mucous discharge, and the appetite had also become better. After a month of treatment and taking *Bilwadi churna* all his symptoms had reduced considerably. The patient felt better overall and continued his dosage for an additional month. His anxiety condition also became lesser by 60%. Bowel habit also improved, so next one-month same treatment for follow up.

The effect of *Bilwadi churna* in the stepwise *samprati vighatan* of IBS is mainly focused on correcting the *mandagni* as that is the main cause behind the disease. *Grahi*, *deepan*, *pachan*, *brimhana* and *vata- anulomana* drugs are more effective in this type of case.

Bilva (*Aegle marmelos*) have *Tikta-kashaya rasa* with *ushna virya* and *ushna guna* in dominance that work so effectively on *ama dosha* and improves the functioning of digestive fire or *agni*. *Mocharas* is the *Niryasa* or resin extract of *Shalmali* which has amazing healing power for *grahani* because of its dominance in *Kasahay rasa* and *Katu vipaka* along with *snighdha* and *pichhila guna* that works on *vata dosha* elimination.

Sunthi (*Zingiber officinale*) has *deepan pachan* action on *ama* and *vata dosha*.

Dhataki (*Woodfordia fruticosa*) flowers works due to *laghu* and *ushna guna* to control symptoms of IBS.

Dhanyak (*Coriandrum sativum*) has *deepan pachan*, *vata-anulomana* and *dahasamak* action.

Saunf (*Foeniculum vulgare*) works as amazing *vata anulomana dravya*.

Vijaya (*Cannabis sativa*) contains cannabidiol which is helpful in the management of symptoms of IBS and is helpful to correct *agni* and reduce pain. Its *madak guna* has healing action on *mana* (mind).

DISCUSSION

During the first 15 days of treatment, flatulence and abdomen bloating were controlled and the patient reported less mucus discharge. After the one-month completion, patient confirmed >90% relief in all symptoms as well improved mental behavior.

CONCLUSION

IBS also goes by many different names including colitis, mucous colitis, spastic colon and spastic bowel. It is a form of Irritable Bowel Syndrome that means the intestines are undergoing an abnormal amount of muscular contractions which causes abdominal pain, discomfort and bloating. Psychological conditions like stress, anxiety tend to make IBS even worse since one's intestines can become easily irritated.

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