Preventive Role of Ayurveda in Psychosomatic Disorders W.S.R. To Grahani (IBS)

Scholar
Dr. JIGNA PATEL
M.S. (Ayu) second year

Department of Shalya Tantra
Institute for Postgraduate Teaching and Research in Ayurveda
Gujarat Ayurved University
Jamnagar – 361 008
WHAT IS PSYCHOSOMATIC DISORDERS?

• Psychosomatic disorders are such type disorders in which mental factors play a significant role in development, expression or resolution of physical illness.

• Psychosomatic : Involves both mind and body
  
  psyche stands for mind
  
  soma stands for body

• Some physical diseases are thought to be particularly worsted by mental factor such as stress and anxiety.
• In recent years, the incidence of psychosomatic diseases has shown a tremendous increase throughout the world.

• In western affluent society where most of the infectious and nutritional causes of ill health have been completely eradicated. But the psychosomatic disorders are emerging as a greater and growing challenge before the medical profession.

• In this juncture, every body has been turned to wards Ayurveda and Yoga for getting of maximum benefit in preventive, promotive and curative care.
World Prevalence of IBS

RELATION OF PSYCHOSOMATIC DISORDERS IN AYURVEDA?

• In Ayurveda detail description of psychic (manasik), somatic (sharirik) and psychosomatic (manodaihik vydhis) and their treatment protocols are found.

• In somatic diseases the psychological aspect cannot be neglected, similarly in psychological diseases the organic (somatic) affairs have given due consideration for its better management.

• Manasikabhava (psychic factors) plays an important role for the manifestation psychic and psychosomatic conditions.
The psychic factors like Kama (luster), Krodha (anger), Shoka (grief), Bhaya (fear), Chinta (stress), Irshya (envy) etc. are regulated by the body itself within physiological limit, which is defined as *Prakruti Manasika-bhava*, when these Bhava are crossed the physiological limit termed as *Manasika-Vikara* or psychic disorders.

**List of psychosomatic disorders**

| Irritable bowel syndrome | Ulcerative Colitis, Gastric and duodenal ulcers | Anorexia | Essential Hypertension, Ischemic heart disease, |
IBS / GRAHANI

• It is a functional gastrointestinal disorder characterized by abdominal pain associated with change in stool pattern.

• In Ayurveda, a similar condition is explained in the name of Grahani or Sangrahani. The name Grahani is given because it has capacity to retain food matter and facilitate for digestion. When this function is significantly altered, bowel loses its control to retain food material and the process of digestion is disturbed.
The causes are not clear but,

- Gut brain axis problems
- Small intestinal overgrowth
- Genetic factor
- Food sensitivity
- Gut motility problems

- Site: Small, large intestine
- C/F: Abdominal discomfort or pain, abnormality in bowel habit, alternate constipation, diarrhea

**Grahani**

- The reason like
  - Changing of life style,
  - Never ending desiries and needs,
  - Moral degradation,
  - More struggling in each and every aspect of life.

- Annavaha Srotas, Purishavaha Srotas

C/F: Muhurbaddha and muhurdrava pravritti — occasional hard and soft stools.
IBS patients

- Altered stool frequency
- Pain and feeling of abdominal distension

20% of total population suffer from I.B.S.*

Source: American Gastroenterological Association Patients Care Committee, 2005
INVESTIGATIONS

• Stool microscopy and culture
• Blood tests: CBC, ESR
  liver function tests
  Allergy test (food & drug)
• Abdominal ultrasound
• Endoscopy
• Hydrogen breathing testing
CLASSIFICATION ACCORDING ROME 3 CRITERIA

1. Diarrhoea Predominant IBS (IBS –D)
2. Constipation Predominant IBS (IBS –C)
3. Mix Predominant IBS (IBS –M)
PROGNOSIS

• Kastasadhya (No permanent cure for IBS).

PRINCIPLES OF MANAGEMENT (PREVENTIVE APPROACH)

• Lessen the symptoms by
  Patient education
  Making dietary changes
  Measures to reduce stress
  Psycho / cognitive / behavior therapy
  Pharmacotherapy.
Patient education

- The Psychosomatic disease is a preventable problem.
- Necessary environmental correction
- Practice of yoga and similar other measures.
- Moral and spiritual activity
- Practice of Svasthayavrtta and Sadvrutta
- LIFESTYLE CHANGES (Ahar, Nidra, BrahmaSacharya).
Making dietary changes

Ahara (Food) is one of the most commonly reported trigger factor of irritable bowel syndromes. However the modification of diet provides the better relief in IBS.

Identification of trigger factors by adopting food allergy test.

Jatharagni & gut motility – To regulate metabolism, bowel transit and relieves constipation.

Restore of healthy balance of bacteria in the gut – Use of buttermilk (takra) is advisable
Measures to reduce stress & Psycho / cognitive / behavior therapy

Mind-body therapy: To maintain the balance of body & mind function, which indirectly helps to prevent / Control IBS.

• Complete rest,
• Adequate sleep at night,
• Avoid awakening at night,
• Avoid tension, reactive state during working,
• Avoid suppression of urges.
• Regular practice of Yoga, Pranayama, Meditation etc.
• Regular exercise such as swimming, walking, or running etc.
Pharmacotherapy.

- To improve the function of *Jatharagni* and metabolism.
- To regulate the bowel habit.
- To regulate the function of mind/body.
- To improve sleep.
Conclusion

Although Grahani Roga is Kastasadhyya Vyadhi but it can be easily handled by maintaining metabolic power and the functions of mind/body is to be retained by adopting sound life style (Sadvritta)
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Thank You