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## Effect of Ksheer/Anuvasan Basti in Ulcerative Colitis (Raktaj/Shokaj Atisar) - A Case Study

**Dr. Jai Prakash**

Ayurvedic Physician, Shri Ashutosh Maharaj Ayurvedic Treatment Centre,  
Divya Jyoti Jagrati Sansthan, Nurmahal, Jalandhar (Punjab), India

**Dr. Uma Shankar Nigam**

MD, Ph.D. (Ayu), Ex Professor Kayachikitsa/Panchkarma, Ex Principal/Dean-Govt. Ayurvedic College  
Ujjain(MP), WHO Consultant, Governing Body Member of RAV New Delhi and CBPCAI New Delhi, Chief  
Ayurveda and Panchkarma Consultant Charak Health Centre Mumbai, India

**Dr. Shalini Morya**

Ph.D. Scholar, National Institute of Ayurveda, Jaipur, India

**Dr. Sandeep Kumar**

Lecturer, University College of Physiotherapy, Baba Farid University of Health Sciences, Faridkot, Punjab, India

**Dr. Smati Sambyal**

Lecturer, University College of Physiotherapy, Baba Farid University of Health Sciences, Faridkot, Punjab, India

### **Abstract:**

*The Ulcerative Colitis (UC) is the specific and nonspecific inflammatory disease of large bowel, confined to mucosa. The major symptoms of UC are diarrhea, rectal bleeding, Tenesmus, passage of mucus and crampy abdominal pain.<sup>2</sup> As the civilization and materialization is increasing the incidence of ulcerative colitis is encountered more frequently in clinics, in modern medicine so many drugs are mentioned for treatment of ulcerative colitis like; Sulfasalazine having both antibacterial and anti-inflammatory properties.<sup>3</sup> Moreover these contemporary drugs have gigantic list of possible side effects. But, Ayurvedic treatment is a fine conservative and remedial method for the treatment of UC and not has any side effects. So there is a need to come across some other management which has less side effect as well as cost effective also. The purpose of our study was to analyse the effect of Ksheer Basti on Ulcerative Colitis, based on Samshodhan Karma, in which 40 years old patient, suffering from Ulcerative Colitis, from last 3 years, was given a treatment of Ksheer Basti, for 2 weeks and a significant improvement was found in diarrhoea, mucus discharge, bleeding and abdominal pain.*

**Keywords:** Ulcerative Colitis, Ksheer Basti, Samshodhan Karma.

### **1. Introduction**

Colitis is an acute, sub-acute, or chronic disease of the colon and rectum of variable aetiology, course and unpredictable prognosis. Characterized by many local and systemic complications, cramping abdominal pain, anorexia, increased frequency of loose motions with mucous and blood, tenesmus and weight loss. The female to male ratio of ulcerative colitis is found to be 4:3. As the civilization and materialization is increasing the incidence of ulcerative colitis is encountered more frequently in clinics, in modern medicine so many drugs are mentioned for treatment of ulcerative colitis like; Sulfasalazine having both antibacterial and anti-inflammatory properties.<sup>3</sup> Reports say it is affecting 10 -15 new people per 100,000 population every year; equally affecting both sexes; uncommon under 10 years of age, most patients are between the age of 20- 40 years at diagnosis, but some of the authors say that ulcerative colitis is mostly affecting the age group between 20–39 years, predominantly females.<sup>1</sup> If we consider the surgical treatment of ulcerative colitis it certainly gives better results but subsequently associated with massive complications like change of life style change in dilatatory habit and a colostomy with an external reservoir bag is a continuous psychological trauma to the patients in his social and personal life<sup>4</sup>. Therefore, to avoid such complication and risk we need some other treatment measure. Keeping all these factors in mind a case study was designed on the basis of Ayurveda to make the patient fully independent for his daily living activities.

## 2. Methodology

A 40 years old male patient, suffering from Ulcerative Colitis, from last 3 years, was admitted to Shri Ashutosh Maharaj Ayurvedic Treatment Centre, Nurmahal, Jalandhar (Punjab), with chief complaints of diarrhoea, mucus discharge, per rectal bleeding and abdominal pain. The patient underwent Ayurvedic treatment i.e. Ksheer Basti, based on Parivesthaya.....vastih. (Ch.Chi.19/63-68) and Alpalpam Bahusho Raktam.....Sarpisha Chanuvasyet.(Ch.Chi.19/93-94)<sup>6</sup>, for 2 weeks. The Ksheer Basti composed of Basti Dravya and herbals mentioned below:-

- Basti Dravya: Mulethi - 30g, Nagkesar - 30g, Shatavari - 30g, Kutaj - 30g, Shallaki - 30g, Honey - 10ml., Panchtikta Ghrit - 10ml.
- Basti Preparation: We mix Mulethi, Nagkesar, Satawari, Kutaj and Shallaki and boiled it on mild heat with 800ml of Milk until it remains 1/4<sup>th</sup> of total amount. Then we muddle up 10ml of Honey and 10ml of Panchtikta ghrith in above solution, during the intervention of Basti.

The herbal configuration was composed of Tab. Destrol 2 BD, Cap. Swaran Sangrahi 1 BD, Kutjarishta 30ml. BD, Shoolvarjini Vati 2 BD, Mandoor Bhasam 250mg + Shatavari Churna 3g + Mulethi Churna 3g 1TSF TDS.

3. Procedure: - The procedure was done in the morning. Firstly, the patient was assessed for diarrhoea, mucus discharge, per rectal bleeding, abdominal pain, anaemia and tenesmus. Then the patient was asked to defecate and massage was done to overall body with Til Tail (Abhyang). After that mild steam bath (Mridu Swedan) was given to the patient. Patient was asked to lie in left lateral position so that there was retraction of the buttocks to expose the anal opening. Following that lubrication of the tip of the catheter was done with ghrith or oil. Then the tip of catheter was slowly inserted into anus up to the rectum. The loaded syringe of 250ml of Basti Dravya was slowly and continuously injected into the rectum. After that, catheter was slowly removed and cotton pad is placed over the anal opening. The patient was kept in head down position for 15-30 minutes and the patient was asked to hold Basti for the some time period. After that the patient was allowed to defecate. The dosage of Basti was 50-250 ml, in the form of liquid and administered daily via per-rectal route, for 2 weeks.

Evaluation of patient was done before and after the treatment, by investigations & clinical symptoms.

## 3. Result

Criteria	Before Treatment	After Treatment
1.Diarrhoea	Diarrhoea with 10 frequency and consistency semi liquid	Bowel 2-3/ 24hours with semisolid
2.Mucus discharge	Equal quantity of mucus and stool.	No mucus discharge
3.Bleeding P/R	Blackish stool	Yellowish stool
4.Abdominal pain	9(VAS SCORE)	1(VAS SCORE)
5.Anaemia	Hb < 8gm/dl	Hb 11.9gm/dl
6.Tenesmus	4 to 5 times a day	No Tenesmus

Table 1: shows a significant improvement in below mentioned parameters



Figure 1: Patient receiving Basti Dravya for the treatment of Ulcerative Colitis.

We found a lessening in the frequency of diarrhoea with no mucus discharge. The patient has no abdominal pain and Tenesmus with increase in Hb from 8gm/dl to 11.9gm/dl. There was no bleeding per rectal as the colour of the stool changes from blackish to yellow.

## 4. Discussion

The improvement found can be because of various ingredients present in Basti as well as in Herbal. Mulethi<sup>7</sup> act as an antacid (Amlapittahar), Ulcer healer (Branropan), analgesic (Vedanasthapak), anti-inflammatory (Shoth-har) and antibiotic. So, it control acidity, pain and inflammation and also controls the bleeding and mucous discharge by healing of ulcer. Kutaj<sup>8</sup> control bleeding and heal the Ulcer. Satawari<sup>9</sup> act as antacid. Nagkesar<sup>10</sup> is good appetizer and anti-spasmodic (Deepan Pachan and Vedanahar) which increase appetite and improve the holding capacity of Aahar in Grahani and reduces the pain in Atisar. Shallaki<sup>11</sup> is effective in ulcer healing due to short term healing property and according to Ayurveda, it is Deepan Pachan and Grahi, Branshodhak, Branropan and

Raktrodhak, so it used in Atisar. Panchtikta Ghrit is Amlapittahar, Raktpitta-shamak and Branropan. It reduces inflammation in mucosa of Colon; facilitate healing of ulcer and control bleeding. It improves Haemoglobin level and gives strength to the body.

### 5. Conclusion

Treatment pattern of Ksheer Basti with herbals give better result as there was no complication or side effects as seen in other treatment for ulcerative colitis. It is further recommended that Ksheer Basti is cost effective method as compare to the surgical approach for the treatment of ulcerative colitis.

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