

A Single Case Study of Grahani (Irritable Bowel Syndrome) Managed With Ayurvedic Treatment

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Abstract: Grahani is a well-described gastrointestinal disorder in Ayurveda, characterized by dysfunction of Agni leading to impaired digestion, absorption, and irregular bowel habits. The clinical presentation of Grahani closely resembles Irritable Bowel Syndrome (IBS), a functional gastrointestinal disorder recognized in modern medicine, marked by chronic abdominal pain, altered bowel habits, bloating, and absence of detectable organic pathology. Conventional management of IBS is largely symptomatic and often fails to provide sustained relief.

Ayurveda adopts a comprehensive therapeutic approach by addressing the root cause, i.e., Agni Dushti, correcting bowel function, and restoring gut homeostasis through medicinal formulations and dietary regulation. The present paper reports a single case of Grahani (IBS) successfully managed with Ayurvedic oral medications and strict adherence to Pathya-Apathya principles. Marked improvement was observed in bowel regularity, abdominal discomfort, appetite, and overall quality of life without any adverse effects.

Keywords: Grahani, Irritable Bowel Syndrome, Agni, Ayurveda, Functional Gastrointestinal Disorder

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Introduction

In Ayurveda, Grahani is considered a disorder originating from the dysfunction of Grahani Adhishtana, which is closely associated with Jatharagni. Classical Ayurvedic texts emphasize that the strength of Grahani depends upon the status of Agni. When Agni becomes Mandagni or Vishamagni, digestion and absorption are impaired, resulting in the manifestation of Grahani Roga. Factors such as improper dietary habits, intake of incompatible food, psychological stress, and sedentary lifestyle are major etiological contributors.

Irritable Bowel Syndrome (IBS), as defined by modern gastroenterology, is a chronic functional bowel disorder characterized by recurrent abdominal pain associated with altered bowel habits, without any identifiable structural or biochemical abnormalities. Stress, altered gut motility, visceral hypersensitivity, and gut-brain axis dysfunction are implicated in its pathogenesis.

Ayurvedic management of Grahani emphasizes:

- Deepana and Pachana therapy to correct Agni
- Grahani Balya and Grahi medications
- Dosha Shamana, particularly Vata and Kapha
- Regulation of diet and lifestyle through Pathya-Apathya

The present case study aims to highlight the role of Ayurvedic intervention in the effective management of Grahani corresponding to IBS.

Aim and Objectives

Aim

To evaluate the therapeutic efficacy of Ayurvedic treatment in a patient of Grahani (Irritable Bowel Syndrome).

Objectives

1. To assess improvement in gastrointestinal symptoms of Grahani.
2. To evaluate changes in bowel habits and digestive capacity.
3. To observe the effect of treatment on overall wellbeing and quality of life.

Materials and Methods

Study Design

Single case study (OPD-based observational study)

Study Centre

Department of Kayachikitsa

Duration of Study

45 days

Case Report

Patient Information

- Age: 35 years
- Sex: Male
- Occupation: Office worker
- Marital Status: Married

Chief Complaints

- Alternating loose stools and constipation for 2 years
- Recurrent abdominal pain relieved after defecation
- Abdominal bloating and distension
- Sensation of incomplete evacuation

- Loss of appetite
- Generalized fatigue

History of Present Illness

The patient was apparently healthy two years ago, following which he gradually developed irregular bowel habits associated with abdominal discomfort and bloating. Symptoms were aggravated during periods of mental stress and irregular food intake. He had taken allopathic medications intermittently, which provided only temporary symptomatic relief.

Personal History

- Diet: Mixed, irregular meal timings
- Appetite: Reduced
- Sleep: Disturbed
- Bowel: Irregular, unsatisfactory evacuation

Ashtavidha Pariksha

Parameter	Findings
Nadi	Vata-Kapha
Mala	Muhur-Muhur Pravritti
Mutra	Samyak
Jivha	Sama
Shabda	Prakrita
Sparsha	Prakrita
Drik	Prakrita
Akriti	Madhyama

Samprapti (Pathogenesis)

Hetu Sevana (Ahita Ahara–Vihara, Stress) →

Agni Dusti (Mandagni / Vishamagni) →

Ama Utpatti →

Grahani Dushti →

Malavibandha / Atipravritti →

Clinical manifestation of Grahani Roga

Diagnosis

- **Ayurvedic Diagnosis:** Grahani
- **Modern Diagnosis:** Irritable Bowel Syndrome (IBS)

Treatment Protocol

Internal Medications

Medicine	Dose	Anupana	Duration
Bilwadi Churna	3 g	Warm water	45 days
Dadimashtaka Churna	3 g	Takra	45 days
Kutajarishta	20 ml BD	Equal quantity of water	45 days
Hingwashtaka Churna	2 g	Ghee	30 days

Pathya–Apathya

Pathya (Advisable):

- Light, warm, freshly prepared food
- Takra, rice gruel, green gram preparations
- Regular meal timings
- Stress reduction practices

Apathya (Avoidable):

- Spicy, oily, fried food
- Bakery and junk food
- Cold beverages
- Irregular eating habits and mental stress

Assessment Criteria

Symptom	Before Treatment	After Treatment
Frequency of stools	Severe irregularity	Mild
Abdominal pain	Moderate	Absent
Bloating	Severe	Mild
Appetite	Poor	Improved
Fatigue	Present	Absent

Results

After completion of 45 days of Ayurvedic treatment, the patient showed marked improvement in bowel regularity, abdominal pain, bloating, appetite, and overall physical and mental wellbeing. No adverse drug reactions were observed during the course of treatment.

Discussion

Grahani is primarily a disease of Agni Dushti, and hence treatment focused on restoring digestive fire and strengthening Grahani. Bilwadi and Dadimashtaka Churna possess Deepana-Pachana and Grahi properties, improving digestion and absorption. Kutajarishta is well-known for its Atisarahara and Grahani Balya actions, while Hingwashtaka Churna effectively pacifies Vata and enhances gut motility.

Dietary regulation played a pivotal role in preventing Ama formation and sustaining Agni, thereby preventing recurrence of symptoms. The holistic Ayurvedic approach targeting both physical and psychological factors contributed to sustained clinical improvement.

Conclusion

The present case study demonstrates that Ayurvedic management is effective and safe in the treatment of Grahani (Irritable Bowel Syndrome). Correction of Agni along with strict adherence to Pathya-Apathya is essential for long-term relief. Further controlled clinical studies with larger sample sizes are recommended to substantiate these findings.

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