



# A Review on *Piccha Basti* and *Udumbara Kwatha Basti* in Management of Ulcerative Colitis

Praveen Kumar S Sajjan

Assistant Professor S.V.M Ayurvedic Medical College Ilkal

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## ABSTRACT

Ulcerative colitis is one of the inflammatory diseases of colon. It usually affect in the people who adopted westernized lifestyle, and who used excess NSAIDs ,oral contraceptives the symptom rectal bleeding, increased bowel frequency, fever these symptoms can well co related with symptoms of Raktaja Atisara which similar symptoms Gudagata Rakta Srava, increased Mala Pravrutti and Santapa and Daha it can well managed by Piccha Basti and Udumbara Kwata Basti and Pitta Rakta Shamak Oushadi are used this article through light on cause , diagnosis , severity , complication differential diagnosis management through Ayurveda as well as allopathic science

**Keywords:** ulcerative colitis, Raktaja Atisara , PicchaBasti and Udumbara Kwatha Basti

## INTRODUCTION

Ulcerative colitis is one of the inflammatory bowel disease, it affects the mucosa and sub mucosa of the colon,the ulcerative colitis<sup>1</sup> which can be co related with symptoms of Raktaja Atisara which is complication of Pittaja Atisara

### Epidemiology

The disease is highly prevent in north Europe, it mainly occurs due to westernized life style men's usually suffer from this disease<sup>2</sup>

### Aetiopathogenesis<sup>3</sup>

Interplay between

- Genetic : chromosome number 1,5,6,12,14 a HLA gene
- Westernized life style : change in diet, variation in exposure sunlight, pollution, industrial incidence
- Improved hygiene alters the intestinal bacteria flora by decreasing exposure of certain Bactria and Higher intake of fatty acids and fast foods
- Drugs : NSAIDs, Oral contraceptives and Antibiotics
- The nidanas of Pittaja Atisara which are Katu, Kshara Yukta AharaSevan Adika Atapa Sevana Manasika Nidanal ike Krourya Chinta Vidroha and intake Pittaja Nidana in Pittaja Atisara leads to Raktaja Atisara all these symptoms simulate with the ulcerative colitis

### Clinical Features<sup>4</sup>

- Watery diarrhea ,Blood or mucus in stool more than 4 weeks,Crampy abdominal pain, Nocturnal defecation and Fever
- Recurrent diseases of colon and rectum characterized by inflammation and ulceration
- Start from rectum and spread to variable extend of proximal direction
- Crypts, abscess, infiltrates and reduced the goblet cells
- The symptoms like Rakta Mala Pravrutti , colour of stool become Pita. Nila, Lohita Varna and Trishna, Daha these symptoms which are very similar to ulcerative colitis

### True love witts criteria (severity)<sup>5</sup>

	Mild	Moderate	sever
Bowel frequency	<4times/day	4-6 times/day	>6times /day
Rectal bleeding	Intermittent	Usual	Common



Fever	No	Possible	Present
Pulse	Normal	90/min	>90/min
Abdominal tenderness	Absent	Often present	Present

### **Complications**

Toxic mega colon, Colon perforation and Colorateral cancer

### **Differential diagnosis**

Ulcerative colitis and Crohn`s disease

### **Diagnosis<sup>6</sup>**

Endoscopy, Histologicalstudy, C- reactive protein, Stool examination, X-ray abdomen and USG abdomen

### **Management<sup>7</sup>**

SASA derivatives – 5- aminosalicylicacid, Corticosteroids – prednisolone 40-60mg/day, steroid  
Enema, Immunosuppressant – azathioprine, methotrexate, cyclosporine and Anti TNF factor

### **Importance of Basti in managing ulcerative colitis**

The Basti procedures are indicated in Vata disorders, PakwashayagataVyadi and Santarpana so in the disease of ulcerative colitis there will be Stana is Pakwashaya AtiPravrutti Vata realated symptom and Rakta Pravrutti for other symptoms Basti selective procedure to reduce and treat the ulcerative colitis.

### **Piccha basti<sup>8</sup>**

Piccha Basti mainly indicated in Raktaja Atisara which has main ingredient as Shalmali Nirayasa Ksheera Paka this Basti has Atisaranshaka .Rakta Stambaka and Pitta Hara Oushadi like Shalmali, Yastimadhu and Changeri

### **Ingredients**

Madhu = 30ml  
Saindavalavana= 6 gms  
Changerigrita = 80 ml  
Yastimadhuchurna = 12gms  
Salmalivrittapatapaka mixed with ksheera =350 ml  
Indication = Pravahika ,Jeevadana, Parisravi, and complication of Basti

Piccha Basti is named so because of their Picchil property which means it is sticky or lubricant. Because of this property it has ulcer healing effect.

Piccha Basti should be applied in a case of Atisara marked by painful and frequent emission of blood, though in scanty quantities at a time, and by an entire suppression of Vata. Possible actions of Piccha Basti are –Shothahara and Vrana-Ropaka, Rakta Stambhaka, Sangrahi Stambhana, Pitta Shamakaand Agni Deepaka these actions are due to contents present in it According to Acharya Charaka, In case a patient passes little blood but frequently with pain and Vata having obstruction does not move or moves with difficulty, then Piccha Basti should be administered to him.

### **Udumbarakwatha basti<sup>9</sup>**

Ingredients  
Madhu=30ml  
Saindavalavana = 06gms  
Shatavari grita<sup>10</sup> = 80 ml  
Yastimadhu= 12 gms  
Udumbarakwatha = 350 ml

Udumbarakwatha has been used for Rakta Atisara which act as both Stambhana and Rakta pitta hara, again the ingredients Shatavari Grita which is Sheeta Veerya act on mainly Aapana Vata disorders, Yastimadhu has wide verity of indication which mainly act on Pitta and Rakta Dosha which reduce symptoms like Daha , Santapa and other symptom it sct like Vamnopaga which reduces Mala Pravrutti the combination of all these ingredients reduces the symptoms of ulcerative colitis



### **Pathya<sup>11</sup>**

Mudgayusha, dadima, kadali, dried resins, PuranaShali, Madhu, Yusha ,Changeri, Jambu.

### **Apathya**

Avoid Divaswapna ,Ratrijagarana, KatuRastmakaAhara. AmlaRasatmakaAhara fried foods, fast food vinegar artificial sweeteners Madhya (alcohol)

## **DISCUSSION**

Ulcerative colitis is inflammatory diseases of colon, it affects mucosa and sub mucosa of colon, it predominately found in north erope, it highly prevalent in who adopt westernized lifestyle over hygine alters the bacteria flora, drugs like NSAIDS , oral contraceptives and anti biotic have effect on large intestine, the symptoms watery stool , blood in stool , fever , crampy abdomen which have similarLaxanto the PittajaAtisara , the disease mainly affect to the Pakwashayathe Basti procedure hold good in the management of ulcerative colitis particularly in Raktaja Atisara Piccha Basti and UdumbaraKwatha are indicated because of its property like Pitta Rakatashamaka and Stambana, so these two Basti have major role in Samprapti Vighatana Of Raktaja Atisaraor ulcerative colitis

## **CONCLUSION**

Ulcerative colitis prevalence is increasing day by day because of westernized life style and excess use of medications like NSAIDs and other drugs which irritates the colon so it causes ulcers in colon which looks like similar to Pittajaand RaktajaAtisarain these condition picchaBasti and UdumbaraKwathagives good results because of its combination dug like salmaliniryasa and Udumbara K watha so these Bastican be used in clinical practice successfully.

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