

ROLE OF MATRA BASTI IN Pediatric Inflammatory Bowel Disease - A CASE STUDY

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ABSTRACT:

Irritable Bowel Syndrome and Inflammatory bowel disease are the chronic health condition affecting the health of individual with compromise in the quality of life. It affects the digestion, metabolism productivity and also affects the psychological temperament of an individual. Ayurveda defines it as *Grahani Dosha* and *Grahani Vyadhi*. Different remedies are explained in Ayurveda for *Grahani Dosha*. *Sangrahana* (Remedies to improve the absorption and assimilation of the food), *Dipana* (Carminatives) are the mainstay of *Shamana Chikitsa*. While in *Shodhana Chikitsa* there is use of *Virechana* and *Basti Chikitsa* as a part of care to strengthen the gut. In this case study one case of *Grahani Dosha* treated with *Sanshamana* as well as *Matra Basti* explained. 8 year female having complain of heaviness of abdomen, continuous passage of flatulence, recurrent steatorrhea and mucoid stool since 2 years. Patient loses the 4.6 kg weight since then diagnosis. Oral medication started with the *Panchamrita Parpati*, *Shatavari Churna* and *Sutashekhara Rasa* in scheduled doses and scheduled timing. In *Panchakarma Matra Basti* with the *Siddha Tiala* (Coconut oil processed [*Sneha Siddhi*] with *Shatavri* and *Bilwa*). *Basti* was administered with 20ml oil for 15 days followed by the alternate *Basti* for next 30 days and once a week for next 120 days along with oral medications. Results observed in the formation of stool, complete relief in spasmodic pain in abdomen and perianal region, improve in appetite and weight gain and complete control over the hair fall. There is significant role of *Matra Basti* in this case which helps to pacify the *Vata Dosha* and there is better nourishment of patient.

KEY WORD: IBS (Irritable Bowel Syndrome), IBD (Inflammatory Bowel Disease) *Grahani Dosha*,

1. INTRODUCTION:

Irritable Bowel Syndrome (IBS) is a chronic gastrointestinal disorder characterized by altered bowel habits, abdominal pain, flatulence, and malabsorption. In pediatric populations, it significantly hampers physical growth, nutrient assimilation, and psychological well-being. In Ayurveda, this clinical entity closely correlates with *Grahani Dosha* / *Grahani Vyadhi*, wherein impaired *Agni* (digestive fire) causes *Ama* formation and dysregulation of *Samana* and *Apana Vata*.

2. PATIENT INFORMATION:

An 8-year-old female patient presented to the outpatient department accompanied by her parents. She complained of abdominal heaviness, continuous passage of flatulence, recurrent steatorrhea, mucoid stool, and spasmodic

abdominal and perianal pain over the past 2 years. She also suffered from associated hair fall, loss of appetite, and a total weight loss of 4.6 kg since the onset of symptoms. No prior surgical history or concurrent long-term modern immunosuppressive therapy was reported.

3. CLINICAL FINDINGS:

On examination, the patient was conscious, oriented, and pale, with a BMI below the 15th percentile for her age. Vitals were stable. Abdominal examination revealed generalized mild tenderness on deep palpation, particularly in the left iliac fossa and umbilical region, with audible hyperactive bowel sounds and pronounced tympanic resonance due to flatulence. Perianal inspection showed mild erythema without fistulae or fissures.

4. DIAGNOSTIC ASSESSMENT:

4a. Rome IV Diagnostic Criteria for Pediatric Irritable Bowel Syndrome (IBS)

To meet the diagnostic criteria for pediatric IBS, the patient fulfilled the following requirements (present for at least 2 months prior to diagnosis):

- Abdominal Pain: Recurrent abdominal pain at least 4 days per month associated with one or more of the following:
 1. Related to defecation (relief or worsening following bowel movements).
 2. A change in frequency of stool.
 3. A change in form (appearance) of stool.
- Symptom Profile: Abdominal pain that does not resolve completely with resolution of constipation (if present), accompanied by mucoid stools, flatulence, and sensation of incomplete evacuation.

5. TIMELINE:

Table No. 1 - Timeline of events

Health event	Timeline
Occurrence of initial symptoms (abdominal pain, mucoid stool)	May 2024
Weight loss of 4.6 kg and persistent steatorrhea	November 2024
First Ayurveda OPD consultation & initiation of baseline oral therapy	May 15, 2024
Completion of daily Matra Basti phase (15 days)	May 30 2024
Follow-up 1 (Completion of alternate-day Basti - 30 days)	July 3, 2024
Follow-up 2 (Weekly Basti regimen progress)	August 14, 2024
Follow-up 3 (Completion of 120-day maintenance Basti phase)	November 15, 2024

6. THERAPEUTIC INTERVENTIONS:

Table No. 2 - Integrative Medicines:

Sr. No	Follow-up/ visits (Duration)	Medicine/ Treatment	Dosage/ Frequency and Anupana (Adjuvant)	Observations
1	15/05/2024 - Baseline Visit	Panchamrita Parpati	Panchamrita Parpati (125 mg BD)	Complaints of abdominal heaviness, continuous flatulence, mucoid stools, spasmodic pain, and decreased appetite. Gradual reduction in abdominal cramps and
		<i>Shatavari Churna</i>	2 g BD with Luke-warm water	
		<i>Sutashekhara Rasa</i>	7ml Orally	
		Matra Basti with Siddha Taila (Coconut oil processed with Shatavari	20 ml per rectum daily after meal for 15 days	

		and Bilwa)		improved retention of oil.
2	01/06/2024 (1st Follow Up)	Continue oral medications + Matra Basti (Siddha Taila)	Matra Basti 20 ml given on alternate days for next 30 days	Frequency of steatorrhea reduced; stool formation started improving.
3	03/07/2024 (2nd Follow up)	Continue oral medications + Matra Basti (Siddha Taila)	Matra Basti 20 ml given once a week for next 120 days	Pain in abdomen relieved; appetite improved; flatulence controlled.
4	15/11/2024 (3rd Follow up)	Oral maintenance drugs (Shatavari Churna & Dipana-Pachana remedies)	Matra Basti 20 ml given once a month for next 120 days	Formed stools; complete relief from spasmodic perianal/abdominal pain; hair fall resolved; total weight gain of ~4 kg observed.

7. FOLLOW-UP AND OUTCOMES:

Table No. 3 - Follow Ups

Symptom/Parameter	Baseline 15/05/2024	1st Follow-up (01/06/2024)	2nd Follow-up (03/07/2024)	3rd Follow-up (15/11/2024)
Stool Consistency	Unformed, Mucoid, Steatorrhea	Semi-formed, Reduced mucus	Soft, Formed stool	Normal, Formed stool
Abdominal Pain Spasm	Severe spasmodic pain	Moderate spasmodic pain	Mild spasmodic pain	Complete Relief
Flatulence & Heaviness	Continuous severe	Moderate	Minimal	Complete relief
Body Weight (kg)	Baseline (Loss of 4.6 kg)	+0.8 kg	+2.1 kg	+4.2 kg (Gained back)
Appetite	Reduced	Fair	Good	Normal
Hair Fall	Severe	Moderate	Mild	Resolved completely

After four months of Ayurveda treatment, normal stool formation was restored, spasmodic abdominal and perianal pain completely subsided, appetite improved, and hair fall ceased. The patient regained 4.2 kg of weight, reflecting enhanced nutrient assimilation and overall well-being.

8. DISCUSSION:

The primary aim of management in Grahani Dosha (IBS) is Deepana (stoking digestive fire), Pachana (digesting Ama toxins), and Sangrahana (improving absorption and bowel retention). Panchamrita Parpati acts as a potent Grahani-hara formulation that restores intestinal mucosal

integrity and normalizes intestinal motility. Sutashekhara Rasa alleviates Pitta disturbances, reducing irritation and spasmodic abdominal pain. Shatavari Churna provides Brimhana (nourishment) and promotes tissue healing. Matra Basti using Siddha Taila (Coconut oil

processed with Shatavari and Bilwa) plays a vital role. Coconut oil acts as a soothing base, while Bilwa exerts Sangrahi (astringent/absorbent) and anti-inflammatory effects on the gut lining, and Shatavari pacifies Vata Dosha in the colon (Pakvashaya).

Table No. 4: Rationale of integrative medicines

Phase of treatment	Treatment	Rationale
1 & 2	Panchamrita Parpati	Deepana, Pachana, and Sangrahi; restores integrity of the intestinal mucosa and treats steatorrhea.
1 & 2	Sutashekhara Rasa	Pacifies Pitta-Vata, relieves gastrointestinal spasms, burning sensation, and hypermotility.
1, 2, & 3	Shatavari Churna	Brimhana (nutritional support), Rasayana, promotes weight recovery and halts hair fall.
1, 2, & 3	Matra Basti with Bilwa & Shatavari Siddha Taila	Directly pacifies Pakvashayagata Vata, reduces tenesmus and perianal pain, enhances local bowel tissue absorption, and restores normal flora.

9. CONCLUSION:

Tissue nourishment through Ayurveda Shamana formulations and targeted Matra Basti was effective in reversing malabsorption, stabilizing bowel frequency, eliminating abdominal spasms, and restoring pediatric growth parameters in a child with IBS / Grahani Dosha.

10. PATIENT'S PERSPECTIVE:

I suffered from constant stomach pain, gas, loose mucous stool, and weight loss for two years. After starting the oil Basti and oral medicines, my stomach pain stopped, my digestion became normal, and I gained back my lost weight and health.

11. INFORMED ASSENT: Written permission for the publication of this study was obtained from the parent.

12. CONFLICT OF INTEREST: The authors declare that they have no conflict of interest.

13. DECLARATION OF USAGE OF AI: It's used to improve the readability and language of the manuscript

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15. STRENGTHS AND LIMITATIONS: This case study highlights the efficacy of Ayurveda *Grahani* Chikitsa [management] and Matra Basti in pediatric IBS. Single-case observations limit immediate generalization, requiring larger sample clinical trials.

16. REFERENCES

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