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## **A mind - gut paradigm in Ulcerative Colitis (pittaj grahani): - A Conceptual Review on *Manasik Dosha*, the gut - brain axis and its management by *sattvavajaya chikitsa* (Psychotherapy)**

<sup>1</sup>Prof. Dr. Trupti Tembhare, <sup>2</sup>Dr. Jyoti Sherawat, <sup>3</sup>Dr. Suchita Sharma & <sup>4</sup>Dr. Monali Lonkar

<sup>1</sup>Professor, Ayurved samhita siddhant dept, Divya jyoti ayurvedic medical college & hospital

<sup>2</sup>Associate Prof. RSBK, Shree Ram Ayurvedic medical college & hospital

<sup>3</sup>Associate Prof. Kriya sharir, Shree Ram Ayurvedic medical college & hospital

<sup>4</sup>Associate Prof. Shalya Tantra, IIMT Ayurvedic medical college & hospital

Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)

### **ABSTRACT**

Ulcerative Colitis (UC) is a debilitating ,chronic inflammatory bowel disease marked by relapsing mucosal ulceration & rectal bleeding ,significantly impairing patients physical & psychological well - being .Increasing evidence highlights the pivotal role of the Gut - brain axis ,wherein bidirectional communication between the central nervous system,enteric nervous system, immune system & intestinal microbiota influences the onset,progression,and recurrence of UC.Psychological stress,anxiety,and depression are recognized contributors to disease exacerbation,emphasizing the psychosomatic nature of the disorder.

The integrative mind - gut model proposed in this conceptual review highlights the importance of addressing both psychological and gastrointestinal components of ulcerative colitis .It also underscores the need for interdisciplinary clinical & translational research to validate the role of Ayurvedic psychotherapeutic interventions in the holistic management of inflammatory bowel diseases.

### **KEYWORDS:-**

*Pittaj Grahani, Manasik Dosha , panchamahabhut, sattvavajaya chikitsa, ulcerative colitis, Gut – brain axis.*

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