



**Journal of Research in Indian Medicine**  
**An Official Publication of Bureau for Health & Education Status Upliftment**  
(Constitutionally Entitled As Health-Education, Bureau)

## **A Single case study of treating Ulcerative colitis with Ayurvedic formulations and *Pichcha basti***

*Dr. Kajol Turkar<sup>1</sup>, Dr. Aparna Sathe<sup>2</sup>*

1. PG Scholar, Department of Kayachikitsa, Dr. G. D. Pol Foundation YMTAMC Kharghar, Navi Mumbai 410210, India.
2. Associate Professor, Department of Kayachikitsa, Dr. G. D. Pol Foundation YMTAMC Kharghar, Navi Mumbai 410210, India.

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

### **Abstract –**

Ulcerative colitis is a chronic inflammatory bowel disease that affects the mucosa and submucosa of the colon. It is a disease with relapsing nature commonly occurring in the 2<sup>nd</sup> – 3<sup>rd</sup> decade of life with men slightly being more prone. With environmental changes associated with westernization of lifestyle, the advent of domestic refrigeration and the widespread use of antibiotics, ulcerative colitis has become more evident in Asia<sup>i</sup>.

In Ayurveda, *Raktaj pravahika* shows symptomatic and etiological resemblance to Ulcerative colitis<sup>ii</sup>. Modern science has no permanent and safe treatment for this disease. This study can help reduce the dependency on steroids and surgical interventions and even bring long-term remission.

A patient known case of ulcerative colitis was successfully treated with Ayurvedic medicines like *Sanjivani vati*, *Chandrakala ras*, *Bilvaavleha* and *Yashtimadhu ghrut* alongwith *Pichcha basti*.

**Keywords-** Ulcerative colitis, Inflammatory Bowel Disease, *Raktaj Pravahika*, *Piccha basti*.

### **Access this Article Online**

Website:<http://heb-nic.in/jrim>

Received on 06/09/2024

Accepted on 13/09/2024 © HEB All rights reserved

Quick Response Code:

