



Planet Ayurveda™

Holistic Healing through herbs



ULCERATIVE COLITIS AND AYURVEDA

According to Ayurveda, Our body is made up of 5 elements + Soul. The 5 elements are Earth, Water, Fire, Air and Ether.

Air + Ether are represented as Vata, Fire by Pitta and Earth + Water as Kapha. Soul differentiates between living and non-living.

These Vata, Pitta and Kapha are called Tridosha in Ayurveda. According to Ayurveda, Pitta and Kapha are usually causing the disease if there is imbalance of Vata dosha.

As per Ayurvedic text Sharangdhar samhita, there is an important verse which states:

पित्त पंगु कफः पंगु पंगवो मल धातवः।

वायुना यत्र नीयंते तत्र गच्छन्ति मेघवत्॥ (Sha.Pu.5/25)

Vata & Pitta imbalance is the main reason for ulcerative colitis. Colon is the place for Vata. Stress, Anxiety, Irregular eating habits, irregular sleeping habits, fear, anger, hatred, jealousy are other feelings which cause imbalance of Vata and Pitta.

Consuming Sour, Salty, Pungent foods can cause imbalance of Pitta. According to modern medical system, Ulcerative colitis and other inflammatory bowel diseases like Crohn's disease are auto-immune disorders.

There are very good results in ulcerative colitis patients after using Ayurvedic treatment. Ayurveda considers that the digestive tract is the very first place to get affected whenever there is an imbalance of tridosha (vata, pitta, kapha) in the body. If this imbalance is not properly checked, it will either take its root in the digestive tract, especially the colon i.e. Vata place.

Ulcerative colitis is an idiopathic disease, which involves immune reaction of the body to its own gastro-intestinal tract. Like many bowel diseases, ulcerative colitis is a chronic, inflammatory autoimmune disease that causes open sores on the colon wall. Family history, consumption of non-vegetarian, spicy and high fat diet are important **Risk factors** for this disease. While vegetarian and high fiber diet may reduce the risk of Ulcerative colitis. During acute phase, i.e. bleeding, increased frequency of stools, high fiber diet is however not recommended.

WHAT HAPPENS IN ULCERATIVE COLITIS?

The term ulcerative colitis relates to the Colon (Large intestine). As the name suggests, it is an ulcerative condition of the colon with inflammation and ulcerations resulting in mal functioning of the colon, the open ulcers lead to extreme pain and discomfort. There can be diarrhea as a result of this inflammatory condition which is usually accompanied by bleeding from the ulcers.

INCIDENCE OF ONSET

Earlier symptoms of ulcerative colitis begin during adolescence and early adulthood, but they also can begin during childhood and later in life. **Peak incidence of onset of this disease is between 15 and 25 years of age.** Men and women are likely to be affected equally by this disease.

CAUSES OF ULCERATIVE COLITIS

1. As discussed above, wrong diet (diet rich in fatty, oily, sour and spicy foods)
2. Poor nutrition
3. Impaired digestion
4. Toxin accumulation (Aama in body),
5. Autoimmune causes
6. Food allergies
7. Genetic factors
 - Infection in colon or rectum due to presence of bacteria, virus or parasite.
 - Imbalance of the nervous system i.e. stress, anxiety, fear.
 - Alcohol and smoking are a common cause
 - Low immunity.

Modern View - Role of Abnormal immune responses in the manifestation of Ulcerative Colitis:

UC is characterized by an abnormal response of the immune system, in which the immune system tries to attack food and other substances in the intestine. Under normal conditions the immune system would only try to attack foreign bodies and infective agents. Due to abnormal response the intestine responds to the immune attack by concentrating White blood cells in the intestinal lining. This movement of white blood cells causes inflammation and the symptoms of UC. The word inflammation itself comes from the Greek word for flame. It literally means "to be set on fire."

Ayurvedic point of view for abnormal immune response:

According to Ayurvedic approach, the undigested food particles lead to fermentation in the intestines leading to formation on endotoxins i.e.

AMA. The Ama is a sticky substance that clings to intestines and slowly blocks the minute channels causing malabsorption. This leads to irritable bowel syndrome.

If it is not treated in time, irritable bowel syndrome can lead to Ulcerative colitis or Crohn's disease and similar diseases.

DIFFERENTIATION BETWEEN ULCERATIVE COLITIS / CROHN'S DISEASE

Crohn's disease may affect any part of the GI tract from the mouth to the anus, although it's most often found at the end of the small intestine (small bowel) and the beginning of the colon (large bowel).

According to Ayurveda, Crohn's disease can be compared to '**Grahani**' disease. *Grahani* in Ayurveda, is actually an anatomical term to describe small intestine. Any vitiation or inflammation to this particular part by imbalanced Doshas (Vata, Pitta, Kapha) can cause a wide variety of symptom similar to that of Crohn's disease, anywhere across the digestive system. Degree and nature of symptoms may vary as per the dosha predominance & involvement.

As per Ayurveda, primary causes of **Grahani disease** are *Mandagni* (poor appetite and poor digestion), irregular, improper, irrelevant or incompatible diet habits and junk food. Non-following of the healthy diet habits (*Pathya*) in certain digestive disorders.

Crohn's disease is also associated with certain disorders affecting other parts of the body such as gallstones, joint pain, skin eruptions, in adequate absorption of nutrients, inflamed skin nodules and inflammation of the whites of the eyes.

SYMPTOMS OF CROHN'S DISEASE INCLUDE

- Persistent diarrhea
- Abdominal pain with cramps
- Fever
- Rectal bleeding(occasional)
- Fatigue

Unlike with UC, Crohn's isn't limited to the GI tract. It may also affect the skin, eyes, joints, and liver. Since symptoms usually get worse after a meal, patients with Crohn's will often experience weight loss due to food avoidance.

Crohn's disease can cause blockages of the intestine due to scarring and swelling. Crohn's disease can also increase the risk for colon cancer in future.

ULCERATIVE COLITIS

Unlike Crohn's, UC is confined to the colon (large bowel).

MAIN SYMPTOMS OF UC INCLUDE

- Abdominal pain
- Loose stools
- Bloody stools
- Rectal Bleeding
- Tenesmus
- Rectal urgency

(Sensation of incomplete evacuation despite an empty rectal vault.)

- Proctitis

Other associated symptoms of UC include:

- Anemia due to blood loss
- Fatigue
- Fever
- Nausea
- Weight loss
- Loss of appetite
- Abdominal sounds
- Mouth ulcers
- Loss of body fluids and nutrients
- Skin lesions
- Growth failure in children

AYURVEDIC TERMINOLOGY

- **Diarrhoea** : *Atisara*
- **Rectal bleeding** : *Gudenraktapravritti*
- **Tenesmus** : *Pravahana*
- **Passage of mucous** : *Guden kapha pravritti*
- **Proctitis** : *Gudapaka*
- **Urgency with incomplete evacuation feeling** : *Krite api akrit sangya*

TYPES OF ULCERATIVE COLITIS

Classification according to severity of symptoms:

- **Mild:** When the person passes < 4 stools daily (with or without blood) and no evidence of systemic toxicity;
- **Moderate:** When the person passes > 4 stools daily with minimal systemic toxicity;
- **Severe:** When the person passes > 6 bloody stools per day with signs of systemic toxicity, which may include fever, tachycardia (increased heartbeat) and anemia.
- **Fulminant:** When the person passes > 10 stools per day, continuous rectal bleeding, tenderness of abdominal area along with systemic toxicity.

Classification of Ulcerative colitis according to affected site of colon:

- **Ulcerative proctitis** (mildest form that affects the rectum only) In many patients with ulcerative proctitis, mild intermittent rectal bleeding is the only symptom. Sometimes other associated symptoms like rectal pain, urgency (sudden urge to defecate and to immediately rush to the bathroom is felt) and tenesmus.
- **Procto-sigmoiditis** (inflammation of sigmoid colon and rectum only). Main Symptoms of proctosigmoiditis are similar to proctitis, like rectal bleeding, urgency, and tenesmus. Some patients with proctosigmoiditis also develop bloody diarrhea and abdominal cramps.
- **Left-sided colitis** (affects descending colon and rectum) In this type inflammation starts at the rectum and extends up the sigmoid colon and descending colon. Symptoms of left-sided colitis include bloody diarrhea, abdominal cramps, and abdominal pain on left side.
- **Pan colitis** (affects the whole colon and causes persistent bloody diarrhea). **It is also called universal colitis** which refers to inflammation of the entire colon (ascending colon, transverse colon, descending colon and the rectum). Main Symptoms of pan colitis

include bloody diarrhea, abdominal pain and cramps, loss of weight, fatigue and fever.

- **Fulminant colitis** is a rare but severe form of ulcerative colitis involving entire colon like pan colitis. Patients with fulminant colitis may suffer from persistent diarrhea with bleeding, severe dehydration due to loss of body fluids and severe abdominal pain. It is an acute severe form of ulcerative colitis.

DIAGNOSTIC TECHNIQUES / METHODS FOR ULCERATIVE COLITIS

- **Blood test** - complete blood count
- **Stool test** - (To detect infection in colon or rectum due to presence of bacteria, virus or parasite)
- Colonoscopy
- Flexible Sigmoidoscopy
- In Sigmoidoscopy and colonoscopy examination. The rectum and colon are seen through a flexible optical / camera tube which is inserted through anus. During this examination a sample of tissue from the lining of the colon is taken to observe under a microscope. This is called histopathological examination.
- CT Scan
- Barium enema X-ray – this involves placing a fluid containing barium (a substance which shows up white on X-rays) into the bowel via the rectum. X-ray pictures of the abdomen then show the inside of the bowel more clearly.

DIAGNOSTIC TECHNIQUES / METHODS FOR CROHN'S DISEASE

- Endoscopic retrograde cholangiopancreatography (ERCP)
- Barium meal contrast studies – for the small intestine a barium meal will be used – the patient will drink barium, a chalky solution that coats the lining of the small intestine, before x rays are taken. The barium appears white on X-rays. It can be seen which part of the gut is affected.

ALLOPATHIC TREATMENT OPTIONS

- Oral Corticosteroids
- Antibiotics
- Anti-inflammatory drugs
- Immunosuppressants and Immune modifiers, such as Azathioprine and 6-MP
- Aminosalicylates, such as 5-ASA(oral 5-aminosalicylic acid compounds)

SURGICAL TREATMENT

Surgical treatment of ulcerative colitis is reserved for patients who fail medical therapy or who develop severe complications such as hemorrhage, perforation of colon, colon cancer.

Main Surgical procedures recommended for ulcerative colitis:

1. **Colectomy** - partial or total removal of the large bowel is done through surgery.
2. **Proctocolectomy** - removal of the entire large colon and rectum.

AYURVEDIC VIEW OF THE DISEASE

According to Ayurvedic perspective **Pitta type** people are **more prone** to Ulcerative Colitis (Rakataj Atisaar).

Ayurvedic Texts have mentioned various disease like ADHOGA RAKTA PITTA, PITTAJA GRAHANI, RAKTAJ ATISARA which are comparable to Ulcerative colitis.

Preliminary Symptoms (Poorvarupa)

- Urgency to defecate,
- Very mild intermittent abdominal pain
- Mucous in the stools
- Unexplained fatigue
- Dullness of complexion
- Exhaustion of nervous system
- Loss of weight
- Sharp rectal pain, (which may be of short duration and occasional)
- Sensation of fullness in the lower abdomen.

These preliminary symptoms to the beginning of ulcerative colitis are due to accumulation of Vata and Pitta in body.

Ulcerative colitis is a long-term condition that causes inflammation and sores (ulcers) in the lining of the large intestine and rectum. The inflammation **usually begins in the rectum and sigmoid colon and spread upward to the entire colon. Ulcerative colitis rarely affects the small intestine.**

The qualities (Guna) of Pitta are:

Hot, sharp, liquid, sour, having pungent smell, acidic or sour taste, causing red, yellow, and dark blue colors of body secretions.

The actions (Karma) of Pitta are:

Burning sensation, heat, pus formation (suppuration), perspiration, putrefication, excessive bleeding and anger.

Samprapti of Disease (Pathogenesis):

According to **Ayurveda, ulcerative colitis is primarily a disease of Pitta dosha** with association of Vata also.

The latter determines how extensively the inflammatory process will spread.

The qualities and actions of Pitta are manifested as inflammatory or ulcerative.

The excessive consumption of Paittika ahara (Pitta-aggravating foods) by Pitta Prakriti persons and excessive use of Pitta-aggravating regimens like roaming in sun, anger are main **causative factors of the disease**. It increases Pitta in body to unlimited extent which in turn vitiates both rakta dhatu and mamsa dhatu. Vata dosha (imbalance caused by fear, anxiety, dry, stale food, packaged food) in the lower colon is also aggravated and in the early stages blocks the Pitta and Kapha channels causing further inflammation and, mucous accumulation.

Steps of manifestation of Disease:

Chapter 19 of Charak Samhita chikitsa sthan deals with Atisaar (diarrhea). In this chapter **initial step of ulcerative colitis** has been mentioned as Pittaj Atisara.

It states that if one consumes excess of acidic, hot potency, salty, spicy food items and is living in hot environment or climate. Then symptoms of Pittaj Atisara appear such as greenish or dark yellow colored and foul smelling stools, blood in stools, excessive thirst, body heat, perspiration, inflammation and burning sensation of rectum.

When clinical symptoms of piitaj atisaar are manifested in a patient and even then he/she continues to consume pitta aggravating foods on regular basis. Then pitta is highly aggravated in the body it vitiates blood also and **symptoms of Raktaj atisaar (Ulcerative colitis)** start appearing.

Differential Diagnosis of Raktaj atisaar (ulcerative colitis) with Adhog Raktapitta (Bleeding per rectum)

Rakta pitta has been mentioned in **chapter 3 chikitsa sthan of Charak Samhita**.

It has three types:

Vataj type - when vata is associated with rakta pitta then blood is having blackish tinge, frothy, thin and dry in nature.

Pitta type - when pitta is associated with rakta pitta then blood is having mixed colored tinge and smoky.

Kapha type - when kapha is associated with rakta pitta then blood is more sticky and concentrated.

Rakta pitta is also categorized into two types:

Urdhav (Upper) and Adhog (Lower) on the basis of routes of bleeding

Urdhav Rakta pitta: Bleeding occurs via upper route like from mouth (haemetemesis, haemoptysis) and nose (Epistaxis)

Adhog rakta pitta: Bleeding occurs via lower route like from rectum (**Per rectal bleeding**), urethra and vagina (in case of women).

Differential Diagnosis:

In Raktaj atisaar blood is mixed with stool and there is loss of healthy blood per rectum. **Piita pacifying and diarrhea controlling herbs (Rakta stambhan herbs) are useful for its treatment.**

In Adhog rakta pitta blood is not necessarily mixed with stool and there is loss of vitiated blood per rectum. **Line of treatment is also different from Raktaj atisaar** as purification of blood is required at the initial step. Rakta-Pitta pacifying herbs are useful for its treatment.

Differential Diagnosis of Raktaj Atisaar (ulcerative colitis) with Pittaj Grahani:

Grahani Rog and its various types have been described in details in **Chapter 15 of Charak Samhita Chikitsa Sthan**

1. **Vataj grahani** - frothy stools along with sound, more frequent Aam mixed stools. Other complications are mental depression, asthma and chronic cough. The food after digestion is acidic in nature (Amala vipak), there is dryness of body, dryness of mouth, excessive hunger and thirst, bodyaches, diminished vision, tinnitus weakness, loss of weight, pain in rectal region.
2. **Pittaj grahani** - Anaemia, foul smelling and discolored stools, sour belching, hyperacidity, loss of appetite, excessive thirst.
3. **Kaphaj grahani** - heaviness in the body, lack of energy, nausea, loss of appetite, anorexia sweet taste in the mouth.
4. **Tridoshaj grahani** - In this type of grahani involvement of tridosha (vata, pitta, kapha) is there.

Differential Diagnosis:

In Raktaj atisaar stool is watery and mixed with blood and there is excessive loss of water and electrolytes. Frequency of loose motions is

more. Origin of disease is from large intestine (Pakvashya) and proctitis (inflammation of rectum-Guda dah and Gudapaak) is main symptom. There is a no relationship of stools with meals.

In **Pittaj grahani** stool is not watery and there is no excessive loss of water and electrolytes. Stool is having undigested material and is mainly foul smelling. Origin of disease is from small intestine - duodenum (Agni sthan). Sour belching, hyperacidity, loss of appetite, excessive thirst are main symptoms. There is a usual tendency to pass stools just after taking meals.

Possible complications of ulcerative colitis include:

Due to aggravation of pitta:

- Inflammation of skin
- Sores (lesions) in the eye
- An increased risk of colon cancer
- Severe bleeding (due to vitiated blood)
- liver disease
- Holes in the colon (perforated colon)

Due to aggravation of vata:

- Inflammation of the joints (arthritis)
- Ankylosing spondylitis
- Osteoporosis
- Severe dehydration

Rakta stambhan herbs:

Rakta stambhan herbs (Haemostatics):

According to Ancient Text Charak samhita sutra sthan chapter 4

Shonitasthapana (haemostatic or styptic) is a group of herbs that checks excessive bleeding. These are very useful Ayurvedic herbs, used since ancient times. These herbs are having some common properties *madhur* (sweet), *Kashaya* (Astringent) tastes and cold potency (*sheetvirya*)

The main herbs are:

Mulethi (Glycyrrhiza glabra) - It is pitta pacifying herb having sweet taste.

Mocharasa or Shalmali (Salmalia malabarica) - It is astringent in taste and stops bleeding effectively.

Lodhra (Symplocos racemosa) - It is astringent in taste and cool in nature. It is mainly useful for gynaecological bleeding disorders.

Geru (ochre) is a natural mineral containing hydrated iron oxide which ranges in color from yellow to deep orange or brown. It is pitta pacifying mineral used in ayurvedic antacids.

Lajwanti (Mimosa pudica) - It is cool in nature and pacifies kapha and pitta. It is very useful for bleeding diarrhoea. 3gm powder of its root with curd gives relief in bleeding diarrhoea.

Other Important herbs for managing Adhog raktapitta:

Doorva, Chirayta, Kamal, Nagkesar, Mulethi, Khus, Pitpapra, Pathani lodhra, Vanshlochan, Anantmool, Red chandan, Arjun chaal, Gular chaal & Jamun chhal.

Ayurvedic preparations for managing per rectal bleeding (Adhog rakta pitta):

Vasa ghrita, Shatavaryadi ghrita, Chandanadi ghrita, Nagaradi churna, have been recommended in Ayurvedic texts **for managing per rectal bleeding.**

Important herbs for Rakta atisaar:

Powder of herbs like Mochras, Neel kamal, Lajwanti and Indrayav is recommended. These haemostyptic herbs have collectively been used in ayurvedic classic preparation **Gangadhar churna used for controlling diarrhea.**

These herbs are also there in **pushyanag churna used for controlling excessive menstrual bleeding in women.**

Among these herbs, **the most important one is Indrayav (seeds of kutaj).**

Kutaj (Holarrhena antidysentrica) It balances tridosha and is very important herb for managing diarrhea, dysentery and to promote digestion. It absorbs excess body fluids and controls bleeding diarrhea and blood in dysentery.

For bleeding diarrhea decoction of Kutaj bark (80ml) along with equal amount of pomegranate juice added to this controls the condition effectively. There is popular ayurvedic preparation called Kutajghan Vati (made from bark of Halorrhena anti-dysentrica). The patient can consume 2 tablets thrice daily.

Besides these herbs, use of Juice (swaras) of Green grass (Doorva), marigold petals, sheesham leaves are excellent for stopping bleeding.

Ayurvedic preparations for managing Raktaj atisaar:

Nilotpaladiyoga, Shatavarikalka, Kutaj Vatak and Darvyadighritam are also useful **preparations for managing Raktaj atisaar.**

HOME REMEDIES FOR ULCERATIVE COLITIS

1. **Plain/green grass** – This herb has healing properties. Consume 50ml juice of plain grass on a regular basis to treat Ulcerative Colitis.
2. **Petals of Marigold flower** – the petals of the flower are crushed and the juice is extracted. This juice is consumed daily, around 20 ml to cure Ulcerative Colitis.
3. **Rose petals** – chew some fresh rose petals to reduce heart burn, acidity and burning feeling. This helps in healing process as well.
4. **Banana with curd** – mash one banana in a bowl of fresh curd and have every day to reduce the symptoms of ulcerative colitis.
5. **Pomegranate juice** – Have minimum 50 to 60 ml juice of pomegranate to deal with ulcerative colitis and combat loss of blood.
6. Combine Dadima juice (pomegranate juice-100ml) with 1 tsp of yastimadhu powder (licorice or mulethi powder). Drink it every morning and evening.
7. Take powders of yastimadhu (licorice root) 50gms, rakta chandana (red sandalwood) 25gms, and shatavari 10gms. Take 3-6 gms of this powder morning and evening with goat's milk.

DIET IN ULCERATIVE COLITIS

The following specific foods are generally recommended in Ayurveda for patients of ulcerative colitis. Sometimes, many patients cannot tolerate all of these food items. **Ayurvedic Physician's opinion is very important for one's individualized diet plan.**

General Dietary Recommendations:

Food items which can be taken generally by all Anaar, buttermilk, apple, papaya, guava, chikoo ,munakka, mulethi, saunf. According to Charak Smahita Goat's milk (having low fat content and is easily digestible) is recommended for Pittaj Atisara and **Raktaj atisaar**.

In my experience however, buttermilk and Milk of all types should be avoided. So avoid all milk and milk products except Curd and Cow's Ghee.

- Avoid consumption of coffee, tea, milk, ice cream, cheese and dairy products except curd or Yogurt (plain).
- Limit the consumption of non-vegetarian food items.
- Consume plenty of water and coconut water.
- Inhibit the consumption of food items, which aggravate Pitta. These food items include spices, pineapple, lemons and other citrus fruits. Tomatoes are also not recommended.
- Eat foods like pumpkin, bitter gourd, ash gourd etc. These are bitter in taste and are highly beneficial for the health.
- Avoid smoking and alcohol.

Specified Dietary Recommendations:

Recommended diet (Pathya):

Curd, Old basmati rice barley, moong dal, coriander, cumin, fennel (saunf), carrots, boiled potatoes, bottle gourd, ridge gourd, round gourd, green lentils, water chestnut (Singhara), pomegranate, banana, papaya, apple, chikoo, almonds (soaked and peeled), dried raisin, coconut chutney, black grams are recommended.

Foods to be reduced or avoided (Apathya):

All leftovers foods, spicy foods, salty and acidic foods, white sugar, pasta, vinegar, mustard, salty and acidic foods. Capsicum, Sarson ka saag, methi,

raddish, cashew Nuts, walnuts, groundnuts, sesame seeds (white til), jiggery, green chillies, tomato ketchup, pickles, mustard oil and sesame oil.

Also avoid raw salads, okra, arbi, cauliflower, grapes, mango, guava, alcohol, tea, coffee, milkshake, Soft drinks, cold drinks, fish, eggs and meat)

There are a number of foods, which are best avoided during a **flare up of Ulcerative Colitis** - when blood or mucous is in the stools. These foods include either high amount of insoluble fiber or very high amounts of dairy fats.

Controlling pitta in ulcerative colitis:

Avoid cold drinks, fried food, junk food, alcohol, milk, ghee, milk products, and sweets

Tomatoes – especially the seeds (pitta aggravating food)

Soya Protein (pitta aggravating food)

Onions – Especially raw onions (pitta aggravating food)

These foods tend to cause excess acid and irritation in the gut.

Controlling vata in ulcerative colitis:

The foods which form more air (gases) or cause imbalance of Vata should be avoided -

- Cabbage/sprouts (vata aggravating food)
- Cauliflower (vata aggravating food)
- Broccoli (vata aggravating food)
- Sweet Corn (vata aggravating food)

These foods tend to cause excess wind formation in the gut.

Proper nutrition is very important in Ulcerative colitis management to prevent malnutrition and extreme weight loss. The Ulcerative colitis diet may vary to some extent from person to person depending upon one's prakriti.

YOGASANS

- Pashimotanasana
- Bhungaasana
- Marjar asana (cat pose)
- Ardhmatsyendra asana
- Shava-asana (Relaxation)
- Shat kriya- Kapalbhati (at a very slow pace)
- Pranayam- Bhastrika (Deep breathing)

These yogasans are to be performed according to condition of your disease under expert's guidance.

PANCHKARMA

1. Dropping oil on abdomen (below navel) is called *Parishechanam* in ayurveda. It can be done with Chandanadi tailam or Shatadhout ghritam
2. Oil applied on guage piece and placed in anal canal is called *Pichu*. It is best done with Chandanadi tailam and Shatdhout ghritam in proctitis. As either of these oils will reduce inflammation due to its cooling herbs.
3. **Pichcha Basti:** One of the most important therapies for management of Raktaj Atisara is pichcha basti.

4. Oil anema (Anuvasan Basti): Anuvasan Basti with Prapundrikadi tailam is very useful. This preparation is having cold potency herbs.

PLANET AYURVEDA OFFERS 2 HERBAL PACKS FOR THE MANAGEMENT OF ULCERATIVE COLITIS AS WELL AS FOR ITS ADVANCE STAGE

ULCERATIVE COLITIS CARE PACK FOR ADVANCE STAGES



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1. TAB. MOTION STOP

It is a herbal formulation from planet ayurveda house for advance stages of ulcerative colitis. It is a blend of herbs like Kutaj (Halorrhena antidysentrica), Bael (Aegle marmelos), Turmeric (Curcuma longa) Anar (Punica granatum), Nagarmotha (Cyprus rotundus). As name says, motion stop, this helps in reducing bowel frequency which is very common and troubling symptom seen in ulcerative colitis. Herbs of this remedy are also capable to improve liver functions and correct whole metabolism. This

deals with bloody stools and colon ulcers even and can show effects in just few days.

Dose - 2 tab twice daily with water after meal.

2. CAP. COOLSTRIN - A

Cap Coolstrin - A is a great herbal combination of herbs such as Sheesham (*Dalbergia sissoo*), Vasaka (*Adhatoda vasica*), Zhandu (*Tegetes erecta*), Anar (*Punica granatum*), Arjuna (*Terminalia arjuna*). All these herbs are cool in potency (sheet virya). As name says, this entire combination provides cooling effects to intestine. Especially Zhandu and Sheesham are excellent haemostyptics (stop bleeding).

Dose - 1 capsule twice daily with plain water.

3. CAP. COOLSTRIN - B

A blend of herbs like Naagkesar (*Mesua fera*), Mochrus (*Salmalia malabarica*), Lodhra (*Symplocos racemosus*), Dhataki (*Woodfordia fruticosa*), Lajjalu (*Mimosa pudica*), Cap Coolstrin - B helps in healing of intestines. Herbs in this formula provide cooling effects and stop bleeding as these pacify pitta dosha in body These herbs are cool in potency (sheet virya), astringent (having kshaya rasa) in taste.

Dose - 1 capsule twice daily with plain water.

4. CAP. ARJUNA

These herbal supplements use the standardized extract of the Arjuna bark. This herb is popularly known for its tremendous potential to provide protection to the internal layers of the organs from various injuries and physical damage. It provides relief from ulcers, swelling and provides stamina to the individuals. It also stops the occurrence of the ulcers to a huge extent and provide relief from bloody stools.

This herb is cool in potency (sheet virya) and astringent (having kshaya rasa) in taste.

Dose - 1 capsule twice daily with plain water.

5. PITTA BALANCE

This herbal supplement has a lot of compounds, which are rich in calcium like Prawal Pisti, Mukta Pisti, Kamdudha Ras, Jawahar mohar Pisti etc. This is excellent antacid which promotes alkalinity in body.

Dose - 1 capsule twice daily with plain water.

6. CAP. VASAKA

Vasaka capsules from Planet Ayurveda house also aids in healing process of ulcerative colitis. These are packed with standardized extract of herb vasa or Vasaka which is known as Adhatoda vasica. Though this is herb for choice in respiratory problems but we can have its powerful effects in ulcerative colitis too. This is best indicated in mucus excretion and here it can help in passing normal stools without any discharge. As this possess cooling properties, fights symptoms as mentioned above. This is very useful in balancing vitiated pitta and kapha doshas.

Dose - 1 capsule twice daily with plain water.

7. VATSAKADI CHURNA

This herbal supplement is available in the form of powder. This churna is made up of several herbs, blended together to work synergistically. The various constituent herbs are Saunf (Foeniculum vulgare), Dhania (Coriander sativum), Bael (Aegle marmelos), Choti elaichi (Elletaria cardamomum) etc. This herbal blend helps to restore the balance of the body and carries out the body metabolism effectively. Dhaniya, Elaichi are

just excellent to improve digestion and dealing with symptoms like abdominal cramps, gas etc.

Dose - 1 tsp twice daily with plain water.

ULCERATIVE COLITIS CARE PACK



1. VATSAKADI CHURNA

Its various constituent herbs are Saunf (*Foeniculum vulgare*), Dhania (*Coriander sativum*), Bael (*Aegle marmelos*), Choti elaichi (*Elletaria cardamomum*) etc. This herbal blend helps to restore the balance of the body and carries out the body metabolism effectively.

Details of properties of few herbs of vatsakadi churna:

- **KUTAJ (*Holarrhena antidyssentrica*):** This herb has stomachic and bitter properties. Other properties include carminative, astringent, antiperiodic, tonic, lithotropic and also an aphrodisiac. Kutaj has been used to relieve bleeding piles, bacillary dysentery and malaria. It is

also useful in relieving other ailments like ulcers, pruritis, dyspepsia and jaundice. The bark and seeds of the plant are used for medicinal properties.

- **BILVA (*Aegle marmelos*):** It is considered as a sacred tree in India. Bilva is useful in relieving digestive disorders like colitis and Irritable bowel syndrome. It helps in the overall functioning of the digestive system.

Powder of Bilva leaves is useful in regulating blood sugar levels. The fruit eliminates extra heat from the body and relieves colitis, diarrhea and irritable bowel syndrome.

- **SAUNF (*Foeniculum vulgare*):** It is a common condiment found in Indian cooking. It is used as a mouth freshener. It is known with the name fennel seeds. These seeds have phytoestrogens which help in the digestion of the food. It is beneficial for lactating and nursing mothers. It also helps to reduce colic in new born babies. The seeds help to gain a clear vision if consumed regularly. Fennel seeds purify the blood and eliminate toxins from the body.
- **DHANIA (*Coriander sativum*):** Commonly known as coriander seeds, they are used as a spice in Indian cooking. It has several medicinal uses. External application of the paste of these seeds eliminates pains and swelling. These seeds have digestive, astringent, appetizer, anti-dyspeptic, liver stimulant and anthelmintic properties. The leaves of the plant are used to flavor curries in Indian cooking.

2. ARJUNA CAPSULES

- The anti-oxidants found in the bark provide strength to the heart muscles and prevent fatigue.
- The Arjuna bark is rich in minerals like calcium, copper, magnesium and zinc that are necessary for the proper healing of the wounds and improving immunity.
- Research has proved Arjuna to be a good astringent and a great wound healer.

- It has been proved to have analgesic and anti-inflammatory properties.
- The herb Arjuna has been used since ancient times for its magnificent properties. It has special remedial action on the heart as it tones the cardiac muscle and thereby protects it. It does so by strengthening the cardiac muscles. People from the ancient times have been using this Ayurvedic herb in its raw form for health benefits. It not only helps the heart but it's cooling and useful for alleviating the Pitta and curing many Pitta diseases especially Ulcerative colitis.
- Another wonderful action it has is over the cholesterol levels in the blood. The herbal product decreases the harmful LDL levels and maintains the HDL level in the blood. Co-enzyme Q-10 that is commonly prescribed for heart problems is actively found in herb Arjuna.

3. PITTA BALANCE

- **Coral:** It is an Ayurvedic compound known as Coral in English. Corals are found at sea bed and Praval Pishti is also known as “Red Coral”. This is rich in natural calcium and aids in digestion. It also enhances immunity and helps in balancing Vata and Pitta energies. It is cooling, soothing, strengthening, and nutritive in nature and helps to balance the Pitta dosha.
- **Agate:** Agate is a gem stone found from the seas. It is used as a cardiac tonic. Akik is used in Ayurvedic medicines for balancing Vata and Pitta elements. It is also useful in managing diseases related to Pitta dosha.
- **Jawahar mohra Pishti:** This is a very cooling natural compound containing calcium. It is useful in relieving heartburn and heart diseases. It is an effective compound to manage gastro enteritis and Pitta related ailments. It helps to balance Pitta dosha in the body.
- **Kamdhudha Ras:** This helps to maintain a healthy digestive system. It relieves hyperacidity and acidity. Burning sensation which is

caused by imbalance in Pitta element can be relieved by using this compound.

- **Pearl:** This medicine is prepared from pearls. It is a natural cardiac tonic while helps to relieve gastritis and excessive burning sensation. It is wonderful for blood pressure and balancing Pitta dosha.
- **Giloy:** This herb helps to improve the health conditions of persons suffering from heartburn. It aids in building a strong immune system. It is wonderful herb to balance all 3 energy doshas i.e. Vata, Pitta and Kapha.

4. KUTAJGHAN VATI

It is a classical ayurvedic preparation for Aam pachan (removal of toxins) as well as for controlling bleeding with diarrhea very effectively.

HOW CAN OUR ULCERATIVE COLITIS CARE PACK HELP YOU?

With the use of Ulcerative Colitis Care Pack:

1. Consistency of stool improves, however initially frequency remains same, which improves later on with time.
2. Quantity of blood in stool reduces.
3. Quantity of mucus in stool reduces.
4. Slowly steadily the urgency to go to toilet reduces.
5. Hemoglobin improves and energy level goes up.
6. After 6 to 8 months we advise the patients to go through colonoscopic examination which usually shows improved vascular pattern. The allopathic drugs can be slowly reduced as the symptoms and vascular pattern improves.

Our **Ulcerative Colitis Care Pack** is a complete solution to all the types of problems related to inflammation and infections affecting the digestive

system. Any environmental condition that prevents the colon to function normally is best helped by the natural herbs present in Ayurvedic system of medicine.

The combination of herbs in ulcerative colitis pack has the perfect mixture of the effective herbs described in Ayurveda as the best anti-inflammatory, wound healing, astringent, cooling and anti-allergic herbs.

We at **Planet Ayurveda** offer you a wide range of herbal supplements that take care of your health and life. Our formulations are 100% herbal and prepared after passing through a series of effective and stringent tests that assure their quality. We put in our best efforts to bring to you the best of herbs in their purest form. Our products are prepared under completely hygienic environment and the pass quality check before these reach you.

CONTACT US



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