

## Experiment in cure from Colitis

I was blessed with delicate health. I suffered from and changes in weather sometimes caused cold, cough and fever. I stayed in Hostel for about 6 years during my stay at engineering college and then during job training. Due to poor hygienic conditions in the mess and perhaps due to my poor health, I started suffering from colitis. After my marriage in 1974. I thought that conditions would improve; but I continued to suffer from frequent stomach upsets three to four times a year.

2- I also couldn't enjoy the delicious food when I used to visit my in-law's place, due to fear of stomach upsets. My father-in-law (who had studied Ayurveda), however, once suggested a simple remedy- that is, marking nut (*semecarpus anacaedium*). He advised me to take decoction of marking nut in milk, using one fourth part of crushed marking nut fruit with half a cup of milk and water each; that is, boiling the mixture till half of it remains. Knowing that marking nut when in contact with skin causes irritation, I did not try that remedy immediately. Persistent discussion with the family doctor, revealed that there is not much treatment available other than taking a month long course of drugs like enteroquinol as and when your stomach gets upset. Around that time, according to newspaper reports, the main drug in enteroquinol, quiniodochlor, was banned in Japan due to its side effects on eyesight. Even after knowing these side effects, I had no option but to continue with available medicines.

3- Coincidentally, at that time I got a chance to meet the founder of "Yoga Vidya Dham" Vaidyaraj Balasaheb Lavagankar. He heard my complaint and asked me what my age was. When I told him that my age was thirty-three years, he told me that I did not need any medicines, but exercise was the only medicine. I was disappointed by his advice as I was hoping to get some good medicine. Owing to the side effects of current medication and since I had had glasses since childhood, I continued to gather information about colitis. The useful information that I could get is given below-

a) In the human large intestine, approximately 400 species of micro-organisms live in billions. When the system is in balance, they do useful work of digestion. If the number of harmful micro-organisms increases, the balance of the large intestine is disturbed, causing alternating diarrhoea and constipation. If uncontrolled, the percentage of micro-organisms continues to increase. Intestinal lining cells have a lifespan of six to eight weeks. The microorganisms leave the dying cells and shift to newly born cells. Hence ups and downs in the function of stomach continue. Therefore, if any treatment is to be undertaken to eradicate the cause, it has to be continued, without interruption, for at least one and a half years. Due to serious side effects of conventional treatment, this was not possible. Also during this period of one and a half year, it is very important to ensure that peristaltic movement remains regular, that is, avoid occurrence of liquid or solid stools. In short, it is important to maintain conditions unfavourable to the growth of disease causing (pathogenic) microorganisms in the intestine for that period. Thereby, the number of diseased cells gradually decreases and the number of healthy cells increases and the balance of micro-organisms in the intestine is maintained. (Reference- ग्रहणी रोग विवेक (Grahani Roga Vivek), Editor Vaidya G. Ba. Kamat - 1960.)

b) Doctor H. V. Sardesai's speech highlighted the fact that walking exercise, among other benefits, helps in maintaining regular movement of the muscles in the abdominal cavity.

c) Marking nut (बिम्बा) does not cause any irritation in the stomach, and if at all, it causes any adverse effect an antidote is available. (Reference- Book घरगुती औषधे "Home Remedies" by Vaidya Appashastry Sathe).

4- Based on this information, I decided the line of action as follows-

a) Easy to digest morning breakfast - take porridge of wheat, ragi or sorghum-millet flour; no change in meals;

b) 30 to 40 minutes of walking, 12 सूर्य नमस्कार (Sun salutations) and yoga asanas;

c) Take decoction of Marking Nut (Ref. Paragraph 2 above) in the morning.

5- Within about 3 months starting the regimen, an improvement in bowel health was noticed. Inspired by that improvement, I followed the regimen persistently for one and a half years and got cured of colitis. This was then confirmed by the pathological tests. It has been almost 40 years since I went through this exercise and I still continue to enjoy benefits of good digestive system.

(Though this solution seems simple, readers are requested to avoid self-medication and consult a Doctor, before taking the medicine.)

**Compiled by** - Sudhir Gadre.

**“Disclaimer/Policy Statement-** We share information as a service to readers/ listeners/ viewers to enable them to become health literate and health conscious. Neither any direct/ indirect commercial intent is involved in publishing this blog, nor is this activity sponsored by any person, agency, institution or industry. No content on this blog/ website should be used as a substitute for direct medical advice from Doctor.”

**Copyright-** abcayurveda.com

**Key Words** - Colitis, Amoebic Dysentery, Irritable Bowel Syndrome, I B S

**Topic –** Colitis, Amoebic Dysentery, Irritable Bowel Syndrome

**Reference-:** ग्रहणी रोग विवेक, (Grahani Roga Vivek) Editor- Vaidya G.B.Kamat- 1960.

घरगुती औषधे, (Home Remedies) Author- Vaidya Appashastry Sathe.