

A CLINICAL STUDY ON THE EFFECT AND EFFICACY OF *PIPPALYADI* POWDER IN THE MANAGEMENT OF IRRITABLE BOWEL SYNDROME

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ABSTRACT

Irritable bowel syndrome is a functional gastrointestinal disorder characterized by abdominal pain and altered bowel habits in the absence of a specific and unique organic pathology. And it is a most common functional disorder affecting the quality of life of the patients. Present study was done to evaluate the effect and efficacy of the *pippalyadi* powder in the management of irritable bowel syndrome. 11 patients were randomly selected for the study and they were instructed to take 05g of powder with hot water after meal twice a day for 30 days. The effects of therapy were assessed by using a Performa prepared on the basis of changes in the clinical signs and symptoms of irritable bowel syndrome. And also stool sample analysis was done before and after treatment to determine the effect and efficacy of powder on presence of mucus in stool. According to results observed in present study it could be concluded that the mean values of data regarding to all parameters before treatment is different from the mean values of data regarding to all parameters after treatment. While considering the p value of before and after treatment $p < 0.05$ for all the signs and symptoms and also for the presence of mucus in the stool. Considering the overall results of present study it is evident that the *pippalyadi* powder has shown significant effect in signs and symptoms and presence of mucus in stool in irritable bowel syndrome.

Key words: Irritable bowel syndrome, *Grahani roga*, *Pippalyadi* powder