

Leaky Gut and Healing Grahani Rog NAMA Seminars in Ayurveda October 25, 2021

Marriage of AY Siddhantas and Current Understanding of Gut Microbiome

Applicable Nutritional and Simple Herbal Therapies

Monitoring Progress and Compliance with BSP journal

What Will Be Covered

Understanding Grahani Rog(IBS SIBO IBD) and Leaky Gut Syndrome(LGS)

Disruption of microbiome

Nutritional Therapies

Monitoring therapy

Anatomy of GIT According to Sushrut

Amashaya stomach

Grahani duodenum or C loop

Pakvashaya small and large intestine

Stuhlantra rectosigmoid and rectum

Grahani rog anatomically involves more than duodenum but most of pakvashaya as well



Grahani Rog

AY imbalance described as an **jathar agni disturbance** that produces a specific set of symptoms revolving around intestinal function and rectal evacuation(mala) ie acid indigestion, bloating, belching, cramping, constipation, diarrhea

Today this imbalance is described as

Leaky gut syndrome(LGS)

Irritable bowel syndrome(IBS)

Small intestinal bacterial overgrowth(SIBO)

Gastroparesis

Inflammatory bowel disease(IBD)

Common Theme of Grahani Rog: Leaky Gut

Today all gut disorders are related to jathar agni disturbances and all are associated with LGS

Irritable bowel syndrome(IBS) is functional bowel dis-ease
there is no pathological/tissue diagnosis of abnormal tissue
associated with constipation(V) diarrhea(P) or mixture VP PV PK

Inflammatory bowel dis-ease(IBD) advanced P dis-ease

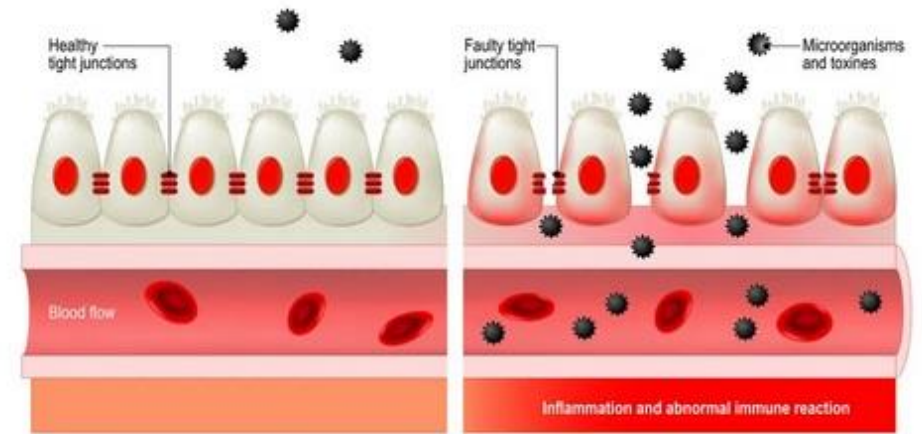
pathological diagnosis is present = regional enteritis, Crohn's disease

Difference between the 2 disorders is one of degree but BOTH are associated with LGS

Leaky Gut Syndrome(LGS)

In 2000 Fasano and team discovered zonulin...protein responsible for maintaining tight junctions between cells in the GIT

Leaky gut term coined but now has become known as increased gut permeability(IGP)

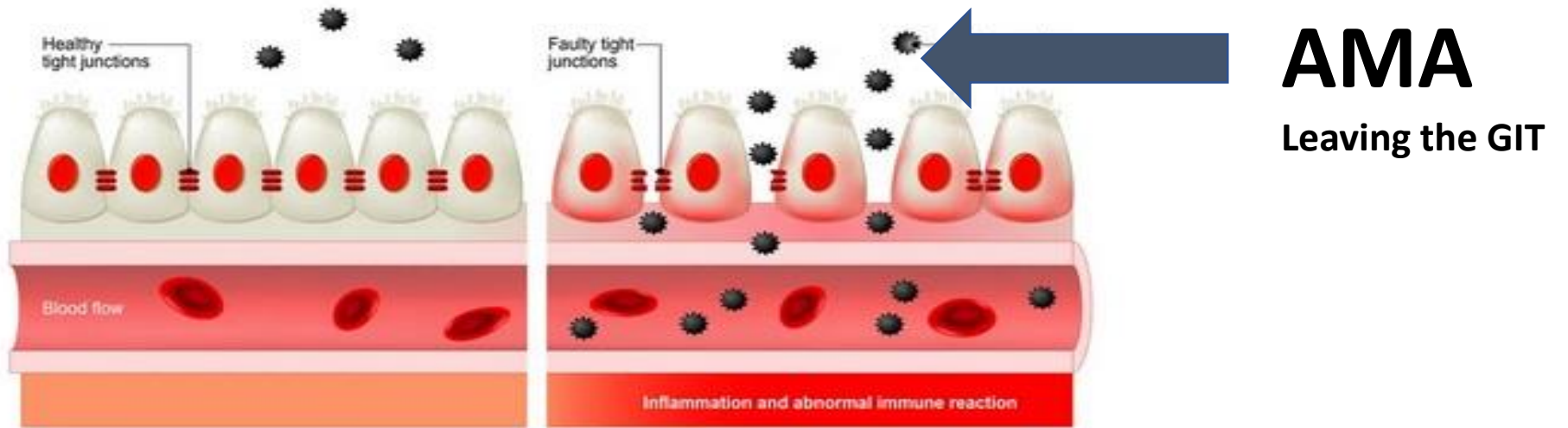


Unfortunately while it is recognized that certain medications and conditions can cause LGS/IGP there is contemporary debate whether a porous gut lining can cause disease AY sheds light on the severity of LGS

AY and Seriousness of LGS

From AY perspective LGS = prasara stage/sira granthi/dissemination

spread of toxic load(ama) from anna vaha srotas and will lead to obvious dis-ease in vyakti stage which then can advance to bheda stage



Bad news is that LGS is very common and easily instigated

Gunas and Samprapti and Sroto Dushti

Sanchya(Ati pravrutti)	Cold	Liquid Sour	Heavy Cold
Prakopa(Sanga)	Dry Light	Hot Pungent	Liquid Slow/dull
Prasara(Sira granthi)	Mobile	Sara Oily Bitter	Oily
Sthana Samshraya (Vimarga gamanam)	Subtle	Sharp	Slimy Sticky <i>Qualitative dhatu change</i>
Vyakti	Rough ----- Vruddhi Kshaya	Light ----- Vruddhi Kshaya	Soft Cloudy Quantitative dhatu change Vruddhi Kshaya
Bheda	Clear Vruddhi Kshaya	Fleshy smell Vruddhi Kshaya	Hard Dense Gross Static Vruddhi Kshaya

Leaky Gut Syndrome

Purva Rupa

Sroto Dushti

Dhatu Dushti

See handouts

Leaky Gut as Spectrum Disorder

VPK guna imbalances lead to agni disturbances that if unchecked lead to gas(V)vishama agni, excess heat/burning(P) tikshna agni, or excess fluid intake(K) manda agni with congestion

LGS and the microbiome disturbance go together It is known that mental stressors such as anxiety and fried foods and “junk food” adversely affect the microbiome



Excessive heat with increased acidity leads to progressive disease

Symptomatic leaky gut occurs when bloating and altered stool pattern begins and problems such as SIBO are diagnosed

When the doshic imbalance takes an inflammatory picture(Pitta) such as Crohn's disease(IBD)

Lipopolysaccharide Lipase(LPS)

LPS has become a marker for leaky gut and when found in the blood on testing it is indicative of LGS

Surprisingly LPS is found with simple poor dietary and lifestyle choices

The key is that transitory/brief episodes of LGS is much more common than is thought in every day activities

Gut Microbiome and LGS

All the bacteria, spores, viruses make up the complexity of microbiome

Alteration in dosha guna creates abnormal V P or K agni  **AMA**

Toxic load(collectively called ama) and bowel pH predict a unhealthy microbiome and LGS

Not surprisingly when LGS is present the microbiome becomes sick as well

Microbiome Lens

The health of anna vaha srotas can thus be seen through the lens of the microbiome

Healthy Microbiome

=

Balanced Gut Health

(otherwise vishama tikshna manda agni or combinations of the disruption)

vishama manda implies vishama appetite and manda is post eating effect

Therapies

Unstated AY Rule: Healing Takes Time

It takes time to reverse imbalances (memory of imbalances maintained)

Requires following basic lifestyle and nutritional AY guidelines

So the physiology changes as the changes in lifestyle and nutrition changes

How long does it take?

As long as it takes but can tell making progress by monitoring

Nutrition: Gut Alkalinization

Central to healing the gut with LGS and clearing toxic load from gut

GCPR/Vaidya RK Mishra and SVA (see Handout)

Shifts the pH of the bowel to a more alkaline state and in so doing alkalinizes the physiology

Improves the microbiome health

See handouts

CCF tea

Toast the seeds to decrease the heat of cumin otherwise delete the cumin

Coriander will clear toxic load from the rasa rakta and dump it through the urine

Daily use

See handouts

Twice Daily Triphala

If high Vata add gandharva haritaki

Psyllium

Particularly helpful with water dominant Pitta who accumulate excess water in the gut wall

1-2T dosing

Home Virechan Therapy

Virechan or purgation gradually done on seasonal sandhis

removes anna vaha srota AMA

OR said another way

accumulated VPK guna that develops in sanchya/ati pravrutti stages

excessive accumulation of VPK guna in prakopa/sanga stages

both these stages will lead to prasara/sira granthi stage and leaky gut(LGS)

builds sama/normal agni by

removing pathologic components of microbiome allowing healthy ones to remain and be supported

eliminating excess guna as above

Virechan: Intermittent Purgation/Detoxification

Typically use Cassia fistula....castor oil too hot internally....in early pm hours

Pre-purgation internal oleation with 2T ghee day before taking the purgative

Weekly x7 Removes V(gas) P(acidity) and K(excess water)

Expectation: 3-5 stools following day

Purgation/detoxification diet....stress lekhana foods eg barley kale collard

Repetitive process over time....follow jihva and nadi

Sleep and Healthy Microbiome

From the below study and what would be anticipated from an AY view a healthy microbiome is correlated with good sleep hygiene

Sleep deprivation studies have been split whether an unhealthy microbiome are correlated

Gut microbiome diversity is associated with sleep physiology in humans

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6779243/> PLoS One Oct 2019

Nova Southeastern University

Microbiome Support: Probiotics

Aerobic

Lassi use: 3-4 to 1 ratio of homemade yogurt to water

Trenev Trio

oil based protection from gastric acidity

protren.com

Anaerobic

MegaSporeBiotic

microbiomelabs.com

Mycelial Turkey Tail(get powder)

Fungi Perfecti <https://fungi.com/>

Microbiome Support: Prebiotics

Prebiotics support growth of healthy microbiome

Tapioca

in form of pudding or tapioca flour in GCPR

can send recipe if email

Taro root

get the small taro roots not the large fibrous ones

See handouts

Microbiome: Dietary Fat and High Fiber

Increasing fiber

and lowering amount of fat in the diet

improves health of the microbiome

Daniel, N et al Dietary Fat and Low Fiber in Purified Diets Impact Differently the gut liver axis to promote obesity linked metabolic impairments J of Gastrointestinal and Liver Physiology, 2021

Role of Fiber in Gut Function

Improves samana vayu function

Supports gallbladder/rakta dhatu function

Supports thyroid/majja dhatu function

Supports agni/microbiome function

Supports apana vayu function

**Aim for 30
grams of fiber
per day**

Estrobolome: Specialized Aspect of Microbiome

This is the microbiome that is responsible for controlling estrogen metabolism during menopause

In the future we will see more of this type of scientific probing

Support for the microbiome along with sound nutrition using alkalization and increased fiber can relieve leaky gut symptoms

Books on subject:

Menopause Reset Mindy Pelz DC

Hormone Intelligence Aviva Room MD

Monitoring Progress

Understanding the AHC through 40 years

American Health Consumer(AHC) characteristics

most often want to know the “why” behind their choices of therapy

quantitatively driven with respect to how they make choices

often seeking “magic bullets” as to end their chronic disease

do not understand what is required for health

Memory of Imbalance

Years to get out of balance

Years to get in balance

Value of BSP Journaling and Reporting

Insight into patient compliance

Reliability and consistency ie if can do this chances are that patient is consistent with other tasks as well








Overview of progress or lack of progress and need for change in therapy

Consistent interaction provides a strong clinical relationship

Adds value added service to the professional service

Bristol Stool Pattern(BSP)

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

VATA

Normal or Kapha

PITTA

Sample format provided in handouts

Quantitative observations

AHC looks for changes in numbers

Providing AHC numbers to study helps

gives them confidence that what they are doing is working
seeing changes with time

Salivary pH = Venous pH

Like the BSP numbers give feedback as to therapy suggested

When recording on daily basis patients get to see shifts with alteration in nutritional format

See handouts

Summary

Understanding Grahani Rog(IBS SIBO IBD) and Leaky Gut Syndrome(LGS)

LGS as a spectrum disorder associated in all grahani rog conditions

Disruption of microbiome

Healthy balanced microbiome = balanced jathar agni and gut function

Nutritional Therapies

Alkalinization and microbiome and herbal support essential

Monitoring therapy

BSP journaling and salivary pH ensures progressive improvement