

GRAHANI ROGA AND THEIR MANAGEMENT

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Article Received on
30 Dec. 2020,

Revised on 19 Jan. 2021,
Accepted on 09 Feb. 2021

DOI: 10.20959/wjpr20213-19832

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ABSTRACT

Jatharagni is known as the King among all the forms of *agni*. The intensification and diminution of all other forms of *agni* is in fact dependent on *jatharagni*. The organ *Grahani* is the seat of *jatharagni*. It is supported and nourished by the strength of Agni. Normally it receives the ingested food, which is retained by restraining the downward movement. After digestion it releases the food through sides of lumen to next *ashaya* i.e. *Pakvashaya*. In abnormal condition due to weakness of Agni, it gets vitiated and releases food in indigested form when Agni is not proper the food will not be digested properly and this undigested food gets fermentation and act like poison in the body. It's

called Ama. Due to improper digestion of food, there is vitiation of the *Dosha* and Agni and symptoms like alternate Constipation and Diarrhoea, with associated symptoms are seen, which can be collectively called as *Grahani Roga*.

KEYWORDS: Jatharagni, Agni, ashaya, Ama, Grahani, Grahani Roga.

INTRODUCTION

Grahani Dosha is a common problem especially affects people living with unhygienic conditions and suffered with nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, inadequate sleep and avoidance of *Sadvritta* are the major reasons of *Grahani Dosha*. Pathologically disease initiates due to the improper digestion of food which further vitiate Agni and *Doshas* leading to formation of *ama* which further resulted symptoms of constipation and diarrhea.^[1-4] Even after the retiring of the *Attiras*, the person who eats inedible food, the fire of his stomach becomes even more slow. Due to the contamination of fire again, *Grahani* also gets contaminated and *Grahani Roga* is caused by contamination of *Grahani*.^[5] when a specific indulges in food without following the rules and regulation of diet

intake, then he quickly suffers from diseases caused by the vitiation of *grahani* because of his avaricious habits. Such diseases are being described henceforth.^[6] Drugs having *Kashaya Rasa*, *Ushna Veerya*, *Madhura Vipaka* & *Ruksha Guna* help to pacifies *Vata* & *Pitta Dosha* therefore potentiates *Agni* which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of *Grahani Dosha*.^[7-11]

PHYSIO ANATOMICAL VIEW OF GRAHANI – Anatomically *Grahani* is said to be situated above the *Nabhi*^[12] and between the *Amashaya* (stomach) and *pakwashaya*^[13] (large intestine). The sixth kala called *Pittadhara* which is between the side and stomach is called duodenum. It is the site of *agni*. Physiologically it holds the indigested food for the duration of its digestion before the *kitta* or undigested food residue is propelled into the *Pakwashaya*. Thus *Grahana*, *Dharana*, *Pachana* and *soshana* become the main function of *Grahani*.

- **Functions of *Grahani*:** *Grahani* is seat of *agni* and it is so called since it holds/retains the food (for proper digestion and assimilation). It holds the food just above the umbilical region and it is supported and nourished by the *agni*. *Grahani* with help of *agni* holds the undigested food and pushes forward digested food, but when *agni* becomes weak and vitiated due to *vidagdha ahara murchita dosha* (afflicted by improperly digested food) i.e *sama dosha* (*dosha* associated with *ama*) it vitiates the *grahani* and releases food in the form of *ama* i.e. undigested form extremely enraged *Vatadi dosha* separately or together corrupts the *Grahani*. Then the *grahani* leaves the food that has been eaten or left undisturbed again and again. There is pain at the time of diarrhea, there is bad odor in diarrhea, loose motions (from *vata*) or thin (from bile) diarrhea occur again and again, this disease is called *Grahani* disease.^[15]

Nidana of *Grahani* Dosha: Causes of vitiation of *agni*

Excessive starvation, humoring in food intake though there's upset stomach, overeating, irregular habit of feeding, eating distasteful food, indulging in food that is serious to digest or having excessive nutritional value, food that has cold qualities or eating chilled or frozen things, food that is dry in nature or food which brings about thinness, contaminated food, perversion of procedures like *vamana*, *virechana* and *sneha*, thinness of body due to disease, sudden migration to unsuitable place and of time and of season, suppression of natural urges are causes for vitiation of *agni*. Thus, vitiated *agni* is unable to digest even the light food.

This vitiated digestive agent forms an intermediate substance called *ama*, which turns sour (*shukta*) during fermentation and finally turns in poisonous substance (*amavisha*).^[16]

- **Associated disorders of *annavisha***

The *annavisha* when associate with *pitta* causes *daha*, morbid thirst, Oral diseases, *amlapitta* (acid peptic disorders) and various other *pitta* related disorders. The same *annavisha* when gets associated with *kapha* it leads to condition like *yakshma* (phthisis), *peenas* (coryza) and *prameha* (20 types of diabetes) and various other *kaphaja* disorders, whereas several *vatika* disease are caused by association of *vata* with the *annavisha*. The *annavisha* when enters renal system, urine related disorders occur; similarly, *kukshigata roga* (ailments related to abdomen) have their origin when *sakrita* (feces) is involved. *Rasadi pradoshaja vikara* (tissue related ailments) occur when *rasadi srotas* are involved.^[17]

- **Importance of *agni in grahani dosh***

(1)The *vishamagni* (improper *agni*) causes irregularity in digestion and therefore defective formation of *dhatu* takes place, whereas, (2)*tikshanagni* (excessive *agni*) when associated with little quantity of fuel (in the form of food) causes depletion of *dhatu* (tissue elements). (3)*Samagni*, If *agni* is *sama* i.e. in balanced condition and correct diet regimen (as explained in Ca. Su. 5 and Ca.Vi.1/21) are also followed then there is proper digestion of food which helps in maintaining proper balance within the *dhatu*, (4) *Durbala* (weak) *agni* brings about partial digestion of food. These partially digested bio substances then enter in circulation, which may move either in upward or downward direction.^[18]

Premonitory symptoms of *Grahani Roga*

पूर्वरूपं तु तस्येदं तृष्णाऽऽलस्यं बलक्षयः ।

विदाहोऽत्रस्य पाकश्च चिरात् कायस्य गौरवम् ॥ (Ch.chi.15\55)

- Thirst, malaise, diminution of strength, burning sensation; delay in digestion and heaviness in body.

Causes of *vataja grahani*

Excessive indulgence in diet having *katu* (pungent), *tikta* (bitter), *kashaya* (astringent) dominant food, which is dry in nature or having absorptive or emaciated qualities; cold, chilled or frozen items, eating quantitatively less amount of food, suppression of natural urges and excessive sexual

Symptoms of *vataja grahani*

Food is not easily digested and gets fermented (leading to sourness), roughness of skin, craving for food and thirst is increased, *timira* (blurred vision), *tinnitus*, continuous pain in flanks, thighs, pelvis, neck region, *vishuchika* (piercing pain all over the body with vomiting and diarrhoea), chest

intercourse contribute to aggravation of vata dosha which encompass the agni causing suppression of agni ^[19]	pain, emaciation, weakness, distaste, cutting pain, craving for sweets, sour and saline food (madhuradi rasa), reduced mental strength, adhmana (distention of abdomen) occurs during digestion and after completion of digestion whereas the patient feels abdominal comfort just after eating the food.
Causes of pittaja grahani Katu (spicy), ajeerna (un digestible food), vidahi (food causing eructation), amla (sour), kshara (alkali) and other food items which aggravate pitta are causes for pittaja grahani. The aggravated pitta hampers the function of agni similar to condition wherein hot water extinguishes fire ^{[20][65]}	Symptoms of pittaja grahani The stools have undigested food particles having either bluish-yellowish tinge or yellow in colour and are loose/watery. The eructation has foul smell and sour taste, there is burning sensation in the cardiac region (retro-sternal) and throat, anorexia and thirst are the symptoms of pittaja grahani. ^{[21][66]}
Causes of kaphaja grahani Heavy to digest or excessively unctuous foods, frozen or chilled items or food having cold nature or food which has qualities similar to kapha, excessive intake of food and sleeping just after the meals hamper the function of agni and simultaneously vitiates kapha. ^{[22][67]}	Symptoms of kaphaja grahani Food is digested with difficulty, nausea, vomiting and anorexia, coated mouth and sweet taste, cough, increased tendency to spit, pinasa (nasal discharge), feeling of heaviness in chest, feeling as if there is no movement in abdomen, heavy abdomen, eructation with foul smelling and sweet taste; people does not feel enthusiastic and there is suppression of libido. Stools are mixed with undigested items and mucous and are heavy; weakness and laziness. ^{[23][68-70]}
Sannipataja grahani occurs by simultaneous vitiation of <i>vata</i> , <i>pitta</i> and <i>kapha</i> . In such condition's etiological factors, symptoms and signs are of all the three <i>dosha</i> appear. Hereafter treatment of <i>grahani dosha</i> is expounded.	

According Acharya Sushrut.

Swelling or edema of the hands and of the feet, emaciation, pain at the joints, greediness, thirst, vomiting, fever, aversion to food, burning sensation, eructation's of bitter, acid or fermented taste, or of those smelling of blood or smoke, water-brash, bad taste in the mouth and non-relish for food, as well an attack of *Tamaka-Shwasa* (variety of asthma) are the indications of the developed stage of the disease *Grahani*.^[24]

Vataja	Pittaja	Kaphaja ^[25]
severe aching pain at the anus, thorax (<i>Hridaya</i>), sides, abdomen and the head	burning sensation in the body	heaviness in the limbs

CHIKITSA SIDHANTA OF GRAHANI ROGA

- Vamana in *grahani dosha*; Ama and in such a condition *vamana* (emetic therapy) with lukewarm water or with decoction of *madanaphala* (*Randia spinosa*), *pippali* (*Piper longum*) and *sarshapa* (*Brassica campestris*) should be administered.^[26]

- Treatment of *leena dosha*; If the ama is in *pakvashaya* and in an *utklishta* (stuck, not ready to come out) condition then *stravana* (increasing secretion) with *deepana dravyas* should be administered whereas if ama gets absorbed along with *rasa dhatu* and if it pervades throughout the body then *langhana* and *pachana* should be advised.
- *Dashamooladya ghrita*, *Tryushanadya ghrita*. This medicated *ghrita* is indicated in *mandagni* i.e. low digestive power
- *Panchakoladi shritam* and *peya*, *Chitrakadya gutika* is useful for digestion of ama and stimulation of the agni.^[27]
- Recipes for *pachana* of ama; *Shunthi*, *ativisha* and *musta* decoction helps in *pachana* of ama.

Kalka (paste) of *shunthi*, *ativisha* and *musta* or *haritaki* or *shunthi* along with warm water also does ama *pachana*.^[28]

- *Panchamooladya ghrita* and *choorna*. The medicated ghee helps in digestion and increase strength of agni and cures colicky pain, *gulma*, *udara*, asthma and cough. It also pacifies *vata* and *kapha*.
- In ama condition, decoction of *ativisha*, *trikatu*, *lavana*, *kshara* (*yavakshara*) and *hingu* may be given or powders of above medicines with warm water may be administered^[29][105]

Niruhavasti, Virechana and Anuvasanvasti

Chandanadya ghritam, Tikataghrita Pacifies Pittajagrahani

Pippalyadya choorna Treat Kaphajagrahani

Nagaradi kwatha Pacifies vitiated Vata thus help in Vatajagrahani

Medicine for Grahani Dosha: *Chitrakadi Vati*, *Marichadi Churna*, *Takrarishta*, *Bhunimbadi Churna*, *Madhukasava*, *Kshara Ghrita*, *Pancha Pallava*, *Pancha Lavana* and *Rasanjanadi Churna*, *Hinguvachadi churna*, *Vilwadi gulika*, *Patupancakadi gulika*, *Mahatiktakkashay*

- **Importance of Butter Milk** For a patient suffering from the *Grahanidosha*, butter milk is the excellent drink because it stimulates the power of digestion, it is *Grahi* and easily digestible. Butter milk is sweet, sour, astringent in taste; light and dry in properties, hot in potency and sweet in metabolism. Because of *Madhura* (sweet) *Vipaka*, it does not cause aggravation of *Pitta*. Because of its astringent taste, hot in potency, it is useful for counteracting the aggravated *Kapha*. Because of the sweet and sour taste, it is useful for counteracting the aggravated *Vayu*. When freshly prepared it does not cause burning sensation.

- Therefore, all the recipes of butter milk described for the treatment of Jathra and Arsha should be used for the treatment of *Grahani dosha/roga*.^[30] Acharya *Vagbhata* has advised buttermilk as a drink when Ama (Undigested material/toxins) is present in *Grahani*. In *Grahani Roga*, powder of drugs of *Pachana* (digestive), *Grahi* (bowel binding) and *Dipana* (carminative/ that which improve digestive power) groups along with buttermilk or buttermilk alone is beneficial. *Takrarishta* (Fermented preparation of buttermilk) or sour Buttermilk is advised in *Grahani* caused due to aggravated *Kapha*. Though freshly prepared buttermilk is astringent in taste and good for pacifying *Kapha*, but for stimulating digestive fire, sour type of buttermilk is beneficial and hence it is recommended in *Grahani* caused due to aggravated *Kapha*.^[31] According to *Bhavaprakasha*, He who uses butter milk daily does not suffer from diseases and the diseases cured by butter milk do not reoccur, just as Amrita (divine nectar) is for the Gods, butter milk is for humans.^[32]

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