

A REVIEW ON GRAHANI AND ITS AYURVEDIC MANAGAMENT**Vd. Tejaswini Khandare^{1*}, Vd. Rukmini Shinde² and Vd. Jagruti Kadale³**

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ABSTRACT

Grahani is an Ayurvedic term for organ which is Ashaysthana of Pitta dosha and Agni. It plays major role in digestion that is 'sar- kitta vibhajana'. when agni gets functionally weak due to any reason i.e. mandagni the food cannot be digested properly which leads to Aam dosha which further leads to Grahani Roga. Nowadays it is most common disorder due to unhealthy lifestyle like eating spicy and junk food, not maintaining meal timing properly, stress, improper sleep etc. The common symptoms of Grahani Roga are delayed digestion of food, burning, fever, heaviness in the abdomen after ingestion of food, swelling etc. In Ayurveda there are different treatment for Grahani Roga by change in lifestyle and eating habits of person. Various pathya

kalpana like Takra are mentioned As well as kalpas like Nagaradi churna and raskalpas like Grahani Roga Ras are explained to cure the disease.

INTRODUCTION

Grahani roga is most commonly seen disorder due to change in lifestyle of Person. It is disease of Annavaha strotas i.e. gastro-intestinal disorder. Unhealthy food intake like junk food, stress, inadequate sleep are some causes of Agnimandya; As grahani is adhishthan of Agni and they are interdependent this leads to Grahani roga. Initially there is improper digestion of food due to vitiation of Agni and aam which is due to Agnimandya which causes formation of Aam dosha. Aam leads to symptoms like constipation and diarrhea.^[1] Aam dosha is root cause of most of the diseases like Aamvat, jwar and Grahani is one of them. Aam dosha further leads to symptoms like diarrhea, heaviness in the abdomen after ingestion of food. Grahani Roga is one of the 'Ashtomahagad'^[2] described by Acharya Vagbhat as it is difficult to treat and require time to cure. There are Saam and Niramavastha in diseases. In

saam avastha first line of treatment is remove the Aam either by paachan or stransan and then give treatment as Niramavastha.^[1] Dravyas having Kashaya rasa, Ushna Virya and Ruksha Guna should be used as they have Grahi property and potentiates Agni.

Hetu^[3]

- *Abhojanat* (no intake of food), *Ajirnanashan* (previous food is not digested and eating more food), *Atibhojan* (overeating), *Vishamashan* (improper timing of food)
- *vaman virechan* and *sneha vibhransh*
- *Adharaniya vega Dharan*
- Inadequate sleep and stress
- Avoidance of concept of *Desha* and *kaal* during consumption of food

Pathogenesis^[4]

All these etiological factors causes vitiation of *Agni* and *Doshas*, so food is not digested properly leads to formation of *Aam dosha*. Due to this *Aam*; food becomes '*Vidagdha*' and is thrown out of the body from *Adhomarg* i.e, diarrhea, then there is heaviness in the stomach and fever due to *Aam dosha*.

Poorvarupa^[5]

Trushna, *Aalasya*, *balakshaya*, *vidaho Annasya*, *kayasya gouravam*.

Symptoms

Muhurbadham and *muhurdravam malapravrutti* is cardinal symptom of *Grahani roga*^[6], And other symptoms include *Aalasya*, *gourav* (heaviness in the body) delayed digestion of food, *Aruchi*, *balkshay*, *Antrakuana*, diarrhea etc.

Treatment

- If *Aam* is in *Pakvashaya* and is lean then firstly it should be removed with the help of *Agneedipak* and *Virechak aushadhi*.^[7]
- If *Aam* is dispersed in whole body then *Langhan* and *paachan* should be done.
- In *grahani* we should follow *Atisar* and *Virechanvath chikitsa*.^[8]
- By performing suitable *shodhan chikitsa* according to *sthan* of *dosha* or *paachan*; *Aamashay shuddhi* is done and then *Agneedipak aahar* like *Panchkola sidhha peya* should be given.

- In *vaataj Grahani* after *Aamdosha paachan*, *sidhha ghrut* with *Deepaniya churna* should be given and if required *Niruha basti* or *Virechan* should be given to remove remaining doshas.^[9]
- After that *laghu dravya sidhha peya* should be continued along with *Ghrutapaan* according to *agnibala* of patient.

Types

Types	Hetu	Symptoms	Chikitsa
1. Vaataj	Katu, tikta, kashay ras-sevan, veganigraha, pramitashan, Atimaithun	Kanthaasya shosh, kshudha, timir, parshva vankshan greeva rooja, visuchika, hrutpida, grudhhi sarva rasanam, patient feels better after ingestion of food but feels abdominal bloating during digestion ^[10] , kas and shwas Mala-watery, dry, Aamyukta, sashabda, safena, sashoola, frequent motion and take time	Panchamuladi Ghrut, Tryushanadi Ghrut, In saamavastha-kalingadi churna. Marichyadi churna
2. Pittaja	Ajeerna, vidahi, Amla, Kshar katu ras-sevan	Pooti-Amla udgar, Hrut-kantha daha, Aruchi, Trushna Mala- Aamyukta, peet, neel varna dravamala	Pitta should be removed by vaman or virechan. Chandanadi ghrut, Bhunimbadi churna
3. kaphaja	Atibhojana, Guru, Snigdha, Sheeta Atisevan, immediate sleeping after intake of food	Hrullas, Chardi, aruchi, Madhura-asyata, Kasa, Kshthivana, peenas, Mukhlepa, hrut-styanata, Udar gourav, MadhurUdgara, sadanam, Streeshu Aharshanam, pt seems not thin but suffers from weakness ^[11] , aalasya Mala- Aam –kapha yukta, Bhinna, Guru	Vaman should be given then Agnideepan done. Madhookasav, Duraalabhasav, Pindasav, Duralabhadi kshar, kshar Gutika

Some changes in Lifestyle are must in *Grahani Roga*. Which are as follows.

- Diet timing should be decided and must take meal within time.
- *Vidahi* food e.g. Junk food, Fermented food e.g. south Indian dishes, bakery products should be avoided.
- *Atiguru, Atiruksha, Atisheet, Atisnigdha* food should be avoided.
- Everyday *Ghrut* should be included in diet, in small quantity it acts as *Agnideepak*.
- If patient is not feeling hungry then *langhan* or *peyadi* from *sansarjan kram* should be followed for *Agnideepan*.
- Drinking lots of water without thirst should be avoided as it causes *Agnimandya*.
- Water should be taken in sips while having food and should not drink in large quantity immediate after having food.

Viharaja

- Daily routine should be followed According to Ayurveda i.e. *dincharya* should be followed.
- One should not be awake till late night (*Ratrou –jagaran*) and *should* not sleep in day time specially after intake of food (*Divaswap*).
- Exercise and Yoga should be performed to increase your body strength as well as *Agnibal*.

Some Diet regimens for grahani

- **Takra** is pre-eminent for Grahani patient, as takra is Grahi, Agnideepak and laghu

Takrarishta^[12]

- Panchakol sidhha Mudga Yush
- Raddish Yush with Marich churna
- Dadim or takra sidhha mansaras
- Sneha siddha Deepaniya Aushadh

CONCLUSION

Grahani is most common gastro-intestinal disease caused mainly due to unhealthy dietary habits. Agni should be protected here, as “mandagni” is responsible for the disease which is cause of *Aam*. Healthy Diet according to *Desh –kal*, *Agnibal* of patient should be taken. *Shodhan* according to *Dosha avastha* of the patient, *kaal* should be performed and *sansarjan kram* should be followed.

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