

REVIEW OF GRAHANI ROGA AND ITS PREVENTION IN DIFFERENT AYURVEDA CLASSICS

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ABSTRACT

Ayurveda (The science of life) is a well-known traditional Indian System of Medicine, which has been in practice from many years. In past few years lot of change in life-style, mental stress, anxiety leads to Agnimandya which is the root cause for various diseases like Grahani. The disease in which Grahani or small intestine gets vitiated and there is impairment of Agni is called as Grahani. Grahani is the important part of Mahastrotas (Gastrointestinal system). According to Acharya Sushruta 6th Pittadhara Kala situated between Amashaya (Abdomen) and Pakvashya (Intestine) is called Grahani.^[1]

KEYWORDS: Grahani, Agnimandya, Ayurveda.

INTRODUCTION

Grahani Dosha is a common problem especially affects people living with unhygienic conditions and suffered with nutritional deficiency. The sedentary lifestyle, consumption of junk and fast food, stress, inadequate sleep and avoidance of Sadvritta are the major reasons of Grahani Dosha.

सामं सान्ममजीर्णेअन्ने जीर्णे पक्व तु नैव वा ।

अकस्मादा मुहुर्बद्धमकस्माच्छित्तिल मुहुः ॥

चिरकृद्ग्रहणीदोषः संचयाच्चोपवेशयेत् ||

सार्थ वाग्भट्ट 8/17,18

According to Acharya Vagbhata If the food is not digested, food-rich stool is formed, when the stool accumulates, frequent diarrhea occurs, which is called Grahani roga and lasts for long time.^[2]

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 Grahani. When the Agni is weak (mandagni) it causes vidaha of anna, which goes either in Urdhwa marg (upwards) or Adhah marg (downwards). When this Anna moves downwards either in Pakva or Apakva avastha, it is known as disorder of Grahani or Grahani Roga. If Agni is in normal state and if the individual takes appropriate quantity of food, then there will be proper digestion of food which leads to maintenance of the equilibrium of all the tissue elements.^[3] Diminished digestive power brings about Vidaha (burning sensation) which moves upwards and downwards in gastrointestinal tract. Here the food remains in the state of Vidagdha leading to symptoms like Constipation or Diarrhoea, thirst, dysphagia, anorexia excessive salivation, vomiting, fever and eructations.^[4] Due to changing lifestyle, consumption of junk food, inappropriate diet now a days many people's are facing problem of lifestyle disorders. Changing habit pattern also causes many more diseases. In recent years digestive tract related many diseases affecting many peoples. Grahani also that type of diseases. That's why need of study is very important. Ayurveda science is very effective in prevention and management of life style disorders.

Prevention Of Grahani Roga

There are many Ayurveda Texts given the Preventive measures of the Grahani Roga. Because 'Prevention is always better than Cure. Charak samhita, Sushruta Samhita, Bhav Prakasha, Chakradatta, Ashtanga Hridaya Etc.

Charak Samhita

- If ama present in body then Musta, Nagara and ativisha is useful to control the ama Haritaki and Nagara powder along with hot water helps to pachana of Ama.^[6]
- Buttermilk (Takra) is also good digestive tonic for the people who suffering from Grahani Roga, Takra helps to digestion and its Grahi and Light to digest. Due to its Madhur vipaka

it does not aggravates pitta dosha when it freshly prepared then it not cause Acidity and Burning sensation.

- Preparation of Panchamula (Pippali pippalimula, chavya, chitrak Suntha) is also useful in Grahani roga.
- Use of Ghee is also indicated in Grahani roga. Ghee Is very effective to increase digestive fire and appetite.
- Following therapies are useful in Grahani roga-Langhana, Shamana shodhana Deepana, snehana, Swedana.

Sushruta Samhita

- Deepana, Pachana, Sangrahi Dravya should be taken with Sura, Sneha, warm water and buttermilk.

Bhavprakasha

- Takra good for Grahani roga. Ativisha Bilva Mustaka, Kutaja all powdered and mix up with Honey can Cure Grahani roga.
- Bilva, Changeri kapittha process with Yavagu is also useful in Grahani roga.

Chakradatta

- Buttermilk (Takra) Is best for those who suffering from Grahani Roga.
- Guduchi, shunthi, Ativisha, musta in equal parts with water.
- Bilva fruit paste and shunthi along with jaggery is very useful in Grahani roga.^[1]

Ashtanga Hridaya

- Takra is Laghu, Grahi And Agnivardhak that's why Takra is pathya in Grahani roga Laghu Ahar is Indicated, Amadosh nashak ahar, Abhaya kalka with lukewarm water.^[11]

MATERIALS AND METHODS

Methodology

In this study the review of the available literature in the ancient classical texts, scientific journals, research papers etc. concerned with this concept. Literary data was collected and analyzed.

DISCUSSION

To prevent the condition Grahani roga both healthy and suffering patients of Grahani everyone should follow the diet Swasthavritta, Dinacharya, Rutucharya palan as per Ayurveda literature mentioned in different samhitas. Then we can prevent as well as cure the symptoms and condition of this disease.

CONCLUSION

In this sedentary lifestyle people suffering from many lifestyle related disorders, Grahani is one of them. we can prevent and manage Grahani roga by following and accepting Ayurveda principles and live better life. Ayurveda principles of Dinacharya, Rutucharya, Sadvrutta, Swasthavritta Palana, Yogasana, Pranayama, avoiding Viruddhahara can keep Grahani Roga away or help to maintain the Grahani roga condition. The Chikitsa sutra for Grahani goes as Shuddhi (Panchakarma), Langhana, Deepana, Prayoga of churna, lavana, kshara, arishta, asava, sura, takra, sarpi according to the condition. Thus Ayurveda offers wide range of formulations and therapeutic modalities along with suggestions to modify life-style pattern which helps to cope with and minimize the symptoms of Grahani Roga.

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