

CONCEPT OF GRAHANI IN AYURVEDA**Dr. Pallavi Survase^{1*}, Dr. C. Halli², Dr. Vijay Biradar³ and Dr. Ashok Naikar⁴**¹2nd Year P. G. Scholar, ²Principal, ³Dean, ⁴Professor & HOD.

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Article Received on
28 June 2024,Revised on 18 July 2024,
Accepted on 08 August 2024

DOI: 10.20959/wjpr202416-33404

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ABSTRACT

In today's era there are faulty food habits which provides inadequate nutrition as well as disturbance of mental state due to stress, anxiety etc. All of these factors leads to dysfunctioning of Gastrointestinal tract. In Ayurveda Mandagni is considered as the root cause of manifestation of many diseases. Among them Grahani roga is one of the prime disease of Annavaha srotas. It is the disease often encountered in day to day life and is least understood. Grahani & Agni are ashraya-ashrayi bhava[interdependent]. Mandagni leads to Ama dosha leads to Grahani Gada. The signs & symptoms of this disease is similar to IBS. The prevalence rate of IBS varies from 12%- 15% in India.^[1] Womens are 3 times more effected then men.

KEYWORDS: Agni, Grahani, Annavaha srotas, Ama, IBS.**INTRODUCTION**

Grahani roga is mainly associate with Annavaha sroto dushti. The cardinal symptoms of this disease are Mandagni, Aruchi, Shool, frequent loose or constipated stool after intake of food. Due to Agni dushti there is improper digestion which causes Ama & Ama is considered to be the root cause of many vyadhis.

Now a days there are many fast foods which we consume & are heavy to digest. If a person repeats to take the fast food repeatedly, his digestive fire that is Jatharagni gets hampered and causes Grahani roga. Here pachaka Agni, Kledaka Kapha, Samana vata gets vitiated. During this stage of shuktapaka the symptoms like Vistambha, Praseka, Arati, Vidaha, Aruchi and Gaurava are produced.^[2]

Anna visha while in Grahani spreads throughout the body with Rasadi Dhatus which produces symptoms like Arati, Aruchi, Udara shoola, Chardi, Kati shoola, Jwara, etc. Nidana panchaka helps us to diagnose the disease & its prognosis – nidana, purvarupa, lakshana, upashaya, samprapti. Acharya Sushruta explained it under ‘Ashta Maha Gada’.

NIDANA

The main nidana is Agnidushti^[3,4] & it is caused by.

- Ahara
 - Abhojana
 - Ajirna
 - Samashana, Vishamashana, Viruudhashana
 - Atibhojana
 - Apachand due to- Asatmya, Atiguru, Sheeta, Atiruksha bhojana
- Vishesha : Vyapada of
 - Virechana
 - Vamana
 - Snehana
- Emaciation due to other disease
- Virrudha of
 - Desha
 - Kala
 - Ritu
- Vega Vidhaharana
- Emotional instabilities:
 - Irshya
 - Bhaya
 - Krodha
 - Lobha
 - Shoka

PURVARUPA^[5,6,7]

Mainly the prodromal symptoms are seen of Annavaha & Rasa vaha sroto dushti.

Trushna, Alasya, Balakshaya, Anna vidaha, Chirapaka, Kaya gaurava, Vidaha, Sadana, Klama, Aruchi, Antra Kujana, Kasa, Chardi, Praseka, Vaktravairasya.

LAKSHANAS^[8,9,10,11,12,13,14,15,16]

VATAJA GRAHANI

- Jirne jiryati cha aadhmaanam
- Bhukte swasthyam
- Chirat srijet varcha
- Sadukha mala pravrutti
- Chirat drava, shushka mala pravrutti
- Aama yukta Saphena Sashabda mala pravrutti
- Punah punah srijet varcha
- Annam pachyate dukha
- Shukta paka
- Kharngata
- Kantha asya shosha
- Kshuda
- Trishna
- Timira
- Visuchika
- Hridya pida
- Karshya
- Daurbalya
- Mukha Vairasya

PITTAJA GRAHANI

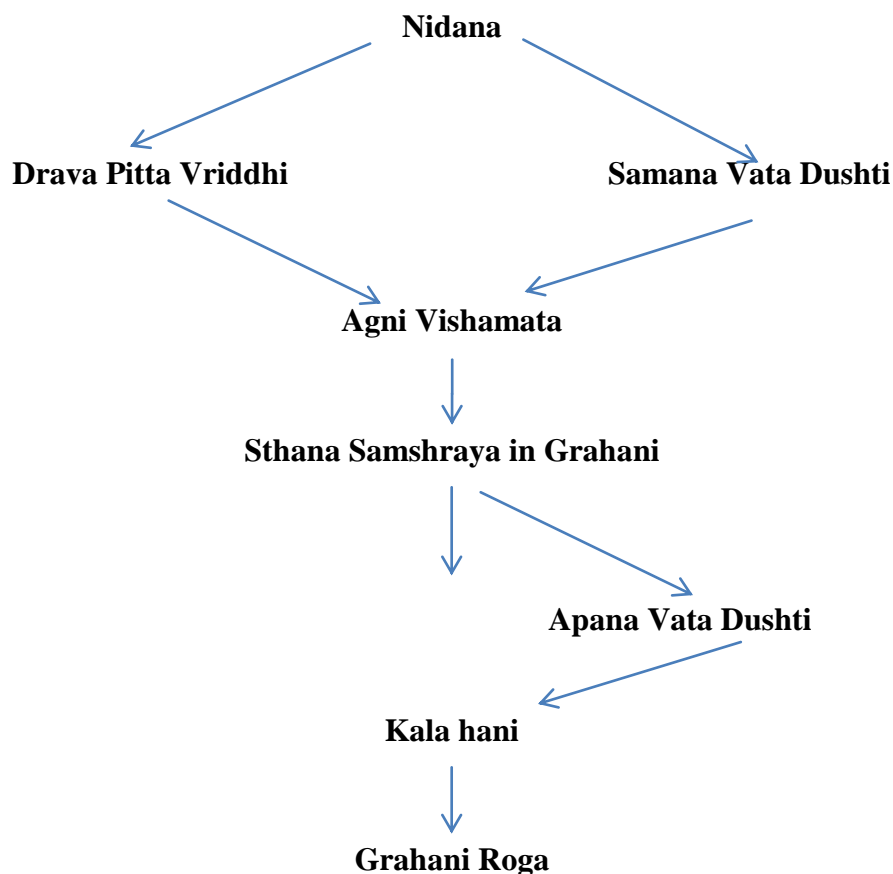
- Ajirna
- Nil pitabha mala
- Puti, Amlodara
- Hrida kantha daha
- Aruchi
- Trishna
- Shoola

KAPHAJA GRAHANI

- Annam pachyate dukham

- Bhinna amyukta mala
- Shleshma bhuyishta mala
- Chardi
- Arochaka
- Asyopadeha
- Sarva sharira guruta
- Madhura udgara
- Udara sthaimitya
- Sadana
- Peenasa
- Akrushyapi dourbalya
- Alasya

SAMPRAPTI



The basic components involved in Grahani Roga are: DOSHA, DHATU, SROTAS, AGNI.

1. DOSHAS

a. Samanavata: It is situated around agni, gives strength to Agni by its Sandhukshana karma & further disconnection the Samghata of food, due to which each & every particle of food is visible to Pachaka Pitta. This helps in proper digestion & transformation of ingested food. The food contents are pushed forward direction. The sara bhaga & kitta bhaga separated. Sukshma Srotasa present in the Shlema – Stravi Kala begin to absorb the nutrient fraction [Ahara Rasa Shoshan], while some amount of water & the residue of food are left over, which slowly move through Unduka Mudrika[caecum] to Pakwashaya. This entire function is carried out by Samana Vayu.^[17]

b. Paachaka Pitta: It acts on the food & do the function of paachana.^[18]

c. Kledaka Kapha: It helps in mixing the ingested food & help in Samghata Bheda Kriya, which provide maximum surface area for Paachaka Pitta to act on every particle of food.^[19]

2. DHATU: Rasa

3. SROTAS: Annavaha srotas, Rasvaha srotas & Purishavaha srotas related with digestion, absorption & excretion. These functions are hampered here.

4. AGNI: the functions of Jatharagni is hampered.

SAMPRAPTI GHATAKA

Dosha: vata pradhana tridosha [kledaka kapha, pachaka pitta, samana vata, apana vata, prana vat]

Dushya: Anna Rasa, Rasa Dhatu

Agni: Jatharagni

Ama: Jatharagni maandhya janya ama.

Srotas: Annavaha, Rasavaha, Purishavaha.

Adhithana: Grahani.

Udbhava sthana: Amashaya.

Vyakta sthana: Guda & sarva shareera.

Vyadhiswabhabha: Chirakari.

Roga marga: Abhyantara

UPASHAYA-ANUPASHAYA: [PATHYA-APATHYA]

In Grahani Roga Diet is considered as half of the treatment. Patient of Grahani Roga should take food & drinks which improve digestive power & regulate bowel movement.

1. Pathya Ahara

Annava- Shashtika Shali, Jirna Shali, Masoor dal, Tuvani, Mugda Yusha, Lajamanda, Vilepi etc.

Shakhavarga- Changeri, Vatsuka.

Phalavarga- Jambhu, Kapitha, Dadima, Bilva, Jatiphala

Dugdhavarga- Go dugdha, Takra, Ghrita

Tailavarga- Tila taila

Pathya Vihara: Nidra, Vishrama, Activities making mind happy.

2. Apathya Ahara & Vihara

Atishita jala, Dushta jala, Guru, Snigdha, Drava, Atiruksha ahara, Virrudhahara, Patra, Shaka etc.

Vegavidaharana, Chinta, Shoka, Bhaya, Krodha etc.

CONCLUSION

- The formation of Ama is considered as the main cause for Grahani Roga.
- Every Acharya describes mainly Agnidushti in Grahani roga.
- Grahani roga is related digestion of food & its absorption due to our faulty food habits.
- Based on signs & symptoms it is correlated to IBS, Progression of IBS have been noted from last decade. It is one of the most common condition encountered in clinical practice but is least understood.
- There is no exact cause to be considered responsible & no complete cure explained for this disease.
- Ayurveda offers wide range of therapeutic modalities along with changing the lifestyle pattern which offers beneficial effects in the management of Grahani roga.

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