

AN AYURVEDIC REVIEW ON GRAHANI ROGA W.S.R TO IBS

Dr. D. Shyam Sundar*

M.D. Scholar, P.G. Dept. of Kaya Chikitsa, Gopabandhu Ayurveda Mahavidyalaya and
Hospital, Puri, Odisha, India.

Article Received on
29 September 2023,

Revised on 19 Oct. 2023,
Accepted on 08 Nov. 2023

DOI: 10.20959/wjpr202320-30299

Corresponding Author*Dr. D. Shyam Sundar**

M.D. Scholar, P.G. Dept. of
Kaya Chikitsa, Gopabandhu
Ayurveda Mahavidyalaya
and Hospital, Puri, Odisha,
India.

ABSTRACT

Grahani Roga described in different text books of Ayurveda represents a group of disorders of gastrointestinal system caused by improper function of *Agni*. The ancient text of ayurveda described that ingestion, digestion, absorption and assimilation of *Aahaar* is regulated by *Grahani*. When this *Agni* becomes *mandagni* then improper digestion of food leads pathological condition termed as *Grahaniroga*. *Grahani* is a disease which affects large population globally especially in developing country and associated with improper food habits along with stressful lifestyle. *Grahani roga* is correlated with IBS(Irritable Bowel Syndrome) which is characterised by a group of symptoms that can significantly undermine the quality of life of the patient. It is a functional gastrointestinal disorder characterized by a group of

symptoms accompanied together that include abdominal pain and changes in the consistency of bowel movement. IBS in world has been estimated to be 11.2% and in India is 4.2%-7.7%. It is 3 times more common in women and people of working age.

KEYWORD- *Grahani, Agni, IBS.*

INTRODUCTION

The term 'Grahani' in the Ayurvedic context, when interpreted Automatically, is said to be situated above the Nabhi and between Amashaya and Pakwashaya; Physiologically, it holds the ingested food for the digestion, before the undigested food residue is propelled into the Pakwashaya.

Grahani and Agni are having Adhara- Adheya Sambandha. Jatharagni rules the process of didestion supported by the three doshas. Grahani is a disease due to chronic imbalance of the

three dosas which impacts the function of jatharagni. Grahani roga is included in *Ashtamahagadas (eight major disease)* which is hard to diagnose and difficult to cure. Grahani is a disease due to chronic imbalance of the three doshas which impacts the function of jatharagni.

Imbalance of Agni, Samanavata, Pachakapitta, and Kledaka Kapha are the most predominant factors involved in the pathogenesis of Grahani Roga. Once the disease manifests, secondary factors such as Apanavata and Pranavata also have significant role in the further progression of the disease. The cardinal features of Grahani explained in the classical text books of Ayurveda, have at most similarities with the clinical features of Irritable Bowel Syndrome (IBS). To make a diagnostic approach to Grahani roga with the help of generalised features, clinical features and mala pariksha to differentiate different types of Grahani Roga.

MATERIALS AND METHODS

Materials

Ayurvedic Grantha

A) 1. *Charaka Samhita*

2. *Sushruta Samhita*

3. *Ashtanga Sangraha*

4. *Ashtanga Hridaya*

B) Internet – Wikipedia

C) Modern Medical Literature

METHOD

All the references from Ayurvedic Samhita are considered and compared to evaluate and enlighten the concept with modern medical literature.

ETIOLOGY OF GRAHANI ROGA

Samanya Nidana

- 1) Abhojana, Ajirna, Atibhojana, Vishamashana
- 2) Guru, Sheeta, Atiruksha, Dushti bhojana
- 3) Virechana, Vamana, Sneha asamyak prayog
- 4) Desha, kala, Ritu vishamata
- 5) Vega dharana

Vishesha nidana.

Vataja Grahani – Katu, Tikta, Kashaya rasa, Atiruksha dushti bhojana, Pramitashana, Anshana, Veganigraha, Atimaithuna.

Pittaja Grahani – Katu, Amla rasa yukta aahara, Ajeerna, Vidahi anna, Kshara.

Kaphaja Grahani – Guru, Atisnigdha, Sheeta bhojan, Atibhojana, Bhukta matra swapna.

PURVARUPA

- Sadana
- Chirat Pachana
- Amlapakam
- Praseka
- Vaktravairasya
- Aruchi
- Klama
- Bhrama
- Anaha
- Chardi
- Karnakshweda
- Antrakoojana
- Trishna
- Kayasya gourvam
- Balakshaya
- Alasyam
- Annasyavidaha

Types of Grahani Roga – There are 4 types of Grahani Roga described in different ayurvedic texts i.e; Vataja, Pittaja, Kaphaja, Sannipataja.

Samanya Lakshana

- Karshya
- Dhoomaka
- Tamaka
- Jwara
- Murcha

- Siroruk
- Vishtambha
- Karapada Swayadhu

Vishesha lakshana

Vataja Grahani

- Taalu sosha, Timira, Karnaswana
- Ruk in Parshwa, Uru, Vamkshana, greeva
- Visuchika
- Sarva Raseshu Grudhi, Kshut, Trishna
- Parikartika
- *Jeerne Jeeryati cha Adhmanam, Bhukte Swasthyam Samasnute, Vatahridroga Gulma Arsha Pleea Pandutwa sankita*
- *Chirad Dukham Dravam Sushkam Tanu Amam Sabda Phenavat Puna Puna Varcha Sarvati*
- ❖ Specific character – Flatulence after and during digestion
- ❖ Generalised symptoms – Roughness in body, dryness of throat and mouth, hunger, thirst, blurred vision, tinnitus, pain in chest, thigh, pelvic, neck region, emaciation, weakness, Parikartika, cough, dyspnoea.
- ❖ Abdominal symptoms – Food digest with difficulty, suktapaka, visuchika.
- ❖ Character of stool – Passes stool with difficulty, liquid mixed with hard stool, froathy, undigested repeatedly.

Pittaja Grahani

- The colour of faeces will be Neela, Peeta etc.
- Puti amla udgara
- Hrid daha, Kantha daha
- Aruchi
- Trit
- ❖ Specific character – Foetid and sour eructation
- ❖ Character of stool – Watery, undigested, yellowish stool

Kaphaja Grahani

- Dukhena Annam Pachyate

- Chardi
 - Arochaka
 - Asyopadeha
 - Nishteeva
 - Peenasa
 - Kasa
 - Hrillasa
 - *Bhinna Ama Shleshma samsrushta guruvarcha pravartanam*
 - *Akrishasya Api Dourbalyam*
- ❖ Specific character – Heaviness and stiffness of abdomen
 - ❖ Generalised symptoms – Nausea, vomiting, anorexia, sweetness of mouth, cough, rhinitis, eructation having foul smell, lack of desire towards women (*Sadanam stree harshanam*), weakness and lassitude
 - ❖ Character of stool – Stool not well formed but broken into pieces, mixed with Ama and mucous and heavy.

Sannipataja Grahani

Mixed lakshana of Vataja, Pittaja, Kaphaja grahani

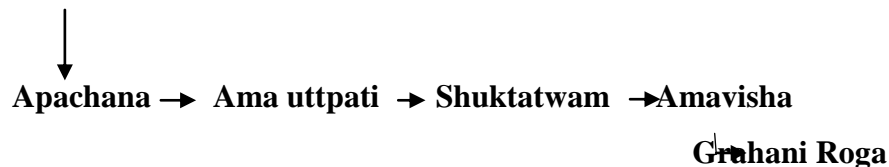
Samgraha and Ghatiyantra grahani roga described by madhav nidan

Samgraha Grahani

- ❖ **Specific character** – Disease aggravates during day time and pacifies in night time, disease repeats once in 15 days, 30 days, 10 days or once in a day.
- ❖ **Generalised symptoms** – Lassitude, debility, general malaise, low backache.
- ❖ **Character of stool** – Watery, cold, solid, sliminess, unctuous with Ama, froathy and passed with sound.

Ghatiyantra Grahani

- ❖ **Specific character** – Produces sound while passing stool like pouring water out of a pot.
- ❖ **Generalised symptoms** – Excessive sleep, pain in side of chest.
- ❖ **Character of stool** – Produces sound while passing stool like pouring water out of a pot.

Samprapti**Nidana**

When the agni is vitiated due to following etiological factors which are above described is unable to digest even the light food. The vitiated digestive agent forms an intermediate substance called ama, which turns shukta (sour) during fermentation and finally turns in Amavisha (poisonous substance) and Grahani Roga occurs.

Samprapti Ghatak

- ❖ **Dosha** – Tridosha
- ❖ **Dushya** – Anna, Rasa
- ❖ **Srotas** – Annavaha, Purishavaha
- ❖ **Adhithana** – Pittadharakala, Grahani
- ❖ **Srotas dushti Prakara** – Atipravritti
- ❖ **Agni** – Manda
- ❖ **Sadhya-Asadhya**- Kricchrasadhya

Examination of Sama & Nirama Mala

- The Ama mala sink in the water, but the Pakwa mala will float in water.
- But in conditions of Ati drava, Ati Samghata, Saitya, Kapha dushti, the mala will sink even though it is Pakwa.

IRRITABLE BOWEL SYNDROME (IBS)

It is an intestinal disorder causing pain in the stomach, diarrhoea and constipation, bloating, gas, feeling of incomplete defecation, abdominal distention. In addition to altered bowel habit, IBS patient may develop upper GIT symptoms like chest pain, heart burn, dysphagia, fatigue.

The exact causes of IBS is unknown.

- ✓ Abnormal gastrointestinal (GI) tract movements.
- ✓ A change in the nervous system communication between the GI and brain.
- ✓ Sensory and motor disorders of the colon.

- ✓ Dietary allergies or food sensitivities
- ✓ Neurotransmitter imbalance (decreased serotonin levels)
- ✓ Stress

The symptoms of IBS typically include.

- Cramping
- Feeling of incomplete evacuation
- Bloating
- Constipation
- Diarrhoea
- Abnormal stool frequency
- Weight loss
- Mucus discharge per rectum
- Abdominal pain
- Changes in bowel movements
- Fatigue and difficulty sleeping
- Anxiety and Depression

Ayurvedic management of Grahaidosha

- Grahani Dosha may be treated by following concept of Langhana and using Deepana and Pachana medicines which help to potentiate Agni and eliminate ama.
- Sadyovamana with Ushnambu/Madanaphala Kashaya/ Pippali+Sarshapa Kashaya.
- If Doshas are in Pakwashaya in Leena Avastha virechana done with Deepana Dravya yukta Virechanoushadha.
- Takra also suggested by ancient Acharya for treatment of Grahani.

Importance of Takra in Grahani.

- Deepana, Grahi, Laghava
- Madhura vipaka – Pitta shamana
- Kashaya, Ushna, Vikasi, Ruksha – Kapha hara
- Madhura, Amla, Sandra – Vata hara

Ayurvedic formulations for Grahani Roga

- Panchakola peya
- Chitrakadi gutika
- Yavanyadi churna
- Dadimashtaka churna
- Pathadi kwatha
- Pippaladya churna
- Marichadi churna
- Abhayadi churna
- Takrarishta
- Nagaradya churna
- Bhunimbadya churna
- Durlavasava
- Pindasava
- Madhookasava
- Ksharagutika
- Durlabhadya kshara
- Chandanadyaghrita

Diet modification & Daily regimen modification

- ✓ Viruddha ahara must be avoided; means one should consume diet as per his/her internal constitution by following concept of Desha and Kala.
- ✓ Meal should be consumed at regular intervals.
- ✓ Junk foods, allergic foods and food difficult to digest should be avoided.
- ✓ One should follow daily regimen with fix timing of each and every activities including fix daily routine of exercise, breakfast, meal and sleep.
- ✓ Day time sleeping and late night awakening should be avoided
- ✓ Ayurveda mentioned some defined regimen such as; *Ritucharya* and *Dinacharya* to get beneficial results of daily regimen.
- ✓ *Yoga* and *Pranayama* also beneficial effect to increase stress resistance
For example; *Paschimottanasana* boosts jatharagni, *Matsyendrasana* stimulates jatharagni, *Mayurasana* removes undigested material in stomach and *Bhujangasana* heat the body and improve digestion.

- ✓ Mediation to calm down stress.

DISCUSSION

Grahani is a disease of *Annavaha srotas* due to abnormal Agni and lifestyle. Agni and pitta have similar characteristics. Acharya Sushruta considers *Pittadhara Kala*, which is located halfway between *Amashaya* and *Pakwashaya*, to be *Grahani*. He termed *Grahani* the seat of *Pachak pitta* and the site of *agni* because of its ability to retain the downward movement of undigested food and after the digestion it releases the food through its lumen. In the abnormal condition, when it gets vitiated because of weakness of Agni it releases the food in undigested form only. *Grahani Dosha* refers to disease located in *Grahani* refers to four types of *Grahani Roga* i.e; *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja*.

Grahani roga is caused by vitiation of *Pachaka pitta*, *Samana vayu*, *Apana vayu* and *Kledaka kapha* doshas. Because vitiation in *medha* (psychological function) contributes to *Grahani roga*. Psychological factors may play a role in the development of IBS. IBS is a functional disorder of the intestine characterized by alteration of the bowel habits and abdominal pain. Changes in gut motility are observed in several studies though they poorly correlate with the symptoms. *Muhurbaddha Muhurdrava* which can be correlated with constipated and diarrhoeal types of IBS, *Puti* with foul smelling stool, *Shula* with pain in the abdomen, *Trushna* with dryness of throat and mouth; thus can be correlated. They are mainly treated by *Agnivardhaka* drugs with *Deepana* and *Pachana* properties along with *Medhya* drugs.

CONCLUSION

The disease in which *Grahani* or small intestine gets vitiated and there is impairment of *Agni* is called as *Grahani*. *Grahani* is a *Tridoshatmaka roga* of *Annavaha srotas* occurs due to vitiation of Agni; *Jatharagni*, *Samana vayu*, *Pachaka pitta* and *kledaka kapha*. Disease characterized by abdominal pain, bloating and disturbed bowel habits. Ayurveda offers wide range of formulations and therapeutic modalities along with suggestions to modify lifestyle pattern which overall offers beneficial effects in the management of *Grahani Roga*. With the support of Ayurvedic diet principles, we can restore regular bowel habits, enhance patient's overall nutritional status and lessen the problems of irritable bowel syndrome.

REFERENCES

1. Sastri kasinath, Chaturvedi Gorkhnath, Charaksamhita, Chaukhambha Bharti Academy (2020), Charak chikitsa 15th chapter.
2. Sastri Ambikadutta, Sushrutasamhita, Chaukhambha Sanskrit Sansthana (2018), Sushruta Uttratantra 40 chapter.
3. Gupta Atrideva, Ashtanga sangraha, Chaukhambha prakashan (2015), Ashtanga sangraha Nidana 8th chapter.
4. Tripathy Bramhananda, Ashtanga hridaya, Chaukhambha subharati prakashan (2014), Ashtanga hridaya nidana 8th chapter & chikitsa 10th chapter.
5. Sastri Sudarsana, Madhava Nidana, Chaukhambha prakashan (2021), Madhav nidana 4th chapter.
6. Mishra Siddhinandan, Bhaishajyaratnavali, Chaukhambha subharati prakashan (2017), Bhaishajyaratnavali Grahani Rogadhikara, 8th chapter.
7. Munjal YP API Textbook of Medicine 10th edition. Jaypee Brothers Medical Publishers (P) Ltd.
8. Mohan Harsh Text book of Pathology 7th edition, Jaypee Brothers Medical Publishers (P) Ltd.
9. Ralston Stuart H, Penmen IAN D, Davidsons principles and practice of 23rd edition, 2017.
10. Harrison, s Principles of Internal Medicine 19th edition, 2015.
11. World Gastroenterology Organization. Irritable bowel syndrome: a global perspective. World Gastroenterology Organisation Global Guideline, 2009.