

ROLE OF AYURVEDA PRINCIPLES & LIFESTYLE MODIFICATIONS IN THE MANAGEMENT OF GRAHANI ROGA

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Article Received on
19 Sept. 2021,
Revised on 10 October 2021,
Accepted on 31 October 2021
DOI: 10.20959/wjpr202113-22216

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ABSTRACT

The ayurvedic term grahani refers to the agni (digestive fire) area, which aids in food digestion and metabolism. According to ancient ayurvedic literature. Grahani controls Aahaar's intake, digestion, absorption, and assimilation. When Agni becomes mandagni, Grahani roga, a pathological disease, results from incorrect digestion of consumed food. The Jatharagni's Trividh anomaly is referred known as Grahanidosha. Grahani is a disease that affects a large number of people all over the world, especially in developing nations, and is associated to poor dietary habits and a stressful lifestyle. Agnidoshha which is linked to digestive fire malfunction, is fundamental to the

pathophysiology of Grahani roga. Ayurveda offers a number of treatment options for Grahani roga, including herbal formulations, yoga, and lifestyle adjustments. The current article summarises the Ayurveda viewpoint on Grahani roga and how it can be cured by the application of ayurvedic principles and lifestyle adjustments.

KEYWORDS: Ayurveda, Grahani, Agnidoshha, Yoga, Life style.

INTRODUCTION

Grahani Dosha is a widespread issue that primarily affects those who live in unsanitary environments and are nutritionally deficient. The main causes of Grahani Dosha are an unhealthy lifestyle, junk food consumption, stress, inadequate sleep, and the avoidance of Sadvritta. Pathologically, sickness begins with poor food digestion, which further vitiates Agni and Dosha, resulting in the production of ama, which causes constipation and diarrhoea symptoms.

Kashaya Rasa, Ushna Veerya, Madhura Vipaka, and Ruksha Guna are drugs that serve to balance Vata and Pitta Dosha, hence stimulating Agni and improving digestion.

Grahani Dosha symptoms are relieved by drugs that bulk up the faeces, hydrate the body, and provide nutritional advantages.

The four forms of Grahani Dosha were highlighted in Ayurveda texts.

Grahani / IBS is classified into four categories based on bowel habits:

1. Constipation predominant Grahani (Vataja)
2. Diarrhea predominant Grahani (Pittaja)
3. Dysentery predominant Grahani (Kaphaja)
4. Combination of all above symptoms (Tridoshaja)

This article discussed the general consideration of Grahani Dosha and its management by Ayurveda, as well as the implementation of a disciplined lifestyle. We can relate Grahani to IBS. IBS or irritable bowel syndrome, is a gastrointestinal functional condition.

Septic colon or uneasy stomach are other names for IBS. IBS is a group of conditions. IBS causes the sufferer a lot of pain and can make it difficult for them to go about their regular lives. As a result, the individual may experience some distress.

Etiological Factors

- Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya, Guru, Ruksha and Sandusta Bhojanat etc
- Vyadhikarshanat and Vegavidharana,
- Stress, anxiety and grief
- In disciplinary life style and bad food habits,
- Unhygienic environmental condition,
- Nutritional insufficiency,
- Contagious predominance,
- Improper functioning of digestive fire.
- Diseased condition which weakened Agni Virudha-ahara
- Avoidance of concept of Desha and kala during consumption of food stuffs
- Excessive use of antibiotics.

The exact cause of IBS is still not known, but there are many theories behind it. According to one theory the onset of IBS is a disorder of the interaction between the brain and the gastrointestinal tract. According to other theory, over sensitive nerves in the intestine, intestinal muscle disorders and inflammations of the intestinal wall are believed to all play a role.

Symptoms

According to Acharaya the predominant symptoms of disease are; Aalasya, Trishna, Aanvidaah, Chir Pakka, kshaya and Gaurvam, etc. Other symptoms of diseases are Aruchi, Kasa, Karnakshveda and Antrakunjana. Intestinal spasms, diarrhea, constipation and abdominal pain also observed in acute condition according to modern The frequent symptoms faced by a patient suffering from IBS are as follows. However, the pattern may change from one person to another person.

- Diarrhoea
- Constipation
- Sometimes diarrhea sometimes constipation
- Abdominal discomforts like abdominal pain or cramps
- Bloating or abdominal distension
- Mucus or foam in stool can be present
- Loss of appetite
- Weight loss can also occur due to IBS

Ayurveda management of Grahani Roga

Inappropriate food intake is a major etiological component that leads to the formation of

Annavisa and Agnidusti, both of which contribute to the development of Grahani Roga.

All notable authors agree that Agnideepana is the main principle of treatment, and the classic general guideline is given in the administration of the Grahani Roga.

- Snehna is required before purifications, both internally and externally.
- Shuddhi (elimination therapy) - Panchakarma procedure as required
- Swedana (fomentation therapy) -
external planned Swedana after Snehana before purification light.
- Langhan (fasting therapy) – Fast or light diet

- Deepan (the therapy for the stimulation of the power of digestion) – likely Laghu, Ruksha, Ushna Dravyas e.g. Chitrak, Sunthi, Marich, Pippli
- Churna (powdered drugs) – Pathyadi, Bhunimbadi, Nagradi Churna, Lavan (recipes containing salt) – Increase taste, digestion and elimination of Dosa.
- Kshara (recipes containing alkalies) – The most powerful digestive formula e.g. Kshargutika
- Sura, Asava, Arishta (alcoholic preparation) – specific formula to increase the digestive secretions.
- Takraprayoga (varies recipes containing buttermilk) – The most efficient therapy to cure Grahani Roga.
- Deepan sarpies (medicated Ghee) – To maintain digestive power forever.

Life Style Modification in Grahani

Changes in Lifestyle And A Well Balanced Diet, As Well As Consideration Of Pathya Apathya, Can Assist To Heal Grahani.

Diet modification

- Modification in diet pattern towards the healthy→ eating habits boosts Agni and prevents chances of Grahani.
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- Ayurveda mentioned balanced diet under Sansarjana Krama with routine diet plan depending on the Prakriti of the individual. Thus patient of Grahani recomended to follow diet pattern of Sansarjana Krama.
- One should avoid Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya and Sandusta Bhojanat etc
- Preparation and consumption of unhygienic food.
- Diet containing balanced nutritional value need to be adopted.
- Virudha-ahara must be avoided; means one should consume diet as per his/her internal constitution by following concept of Desha and Kala.

Dietary materials recommended for Grahani roga are as follows:

- Diets which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency should be adopted such as; fibers, fruit, vegetables, grains and curd.

- Yavagu, Panchkola soup
- Takrarista, Jangalmansa
- Vegetable soups Light diet and Soup of dried radish

Behavior modification

- Behavioral factors such as fear, grief, stress and— sleeplessness may also lead symptoms of Grahani. Therefore one should avoid stress, fear and grief to disrupt condition of depression which may affect Agni.
- One should remain positive and enthusiastic to maintain normal metabolic functioning.
- Habits of too much thinking/Chintan should be avoided which may affect process of digestion since during thinking process blood circulation remain associated with brain mainly instead of intestine.
- One should always think that the food which he/she going to consume will offers good effect. Be happy and associated with mental empowerment activities.
- One should consume diet by following rules of— Swasthwarita in proper manner so to achieve maximum beneficial effect of consumed food.

Daily regimen modification/Exercise and yoga

- In disciplinary life style need to be avoided
- Day time sleeping and late night awakening 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.
- Regular exercise to strengthen body & Agni Meditation to calm down stress.
- Yoga and Pranayama also offers beneficial effect to increase stress resistance.
- Ayurveda mentioned some defined regimen such as Ritucharya and Dinacharya to get beneficial result of daily regimen
- Dhyana and Shodhana procedure after some fix interval also offers beneficial effect in Grahani.

Role of Asana in Grahani

- Bhujangasana: Bhujangasana heat the body and improves digestion.
- Mayurasana: Mayurasana removes undigested material in stomach
- Paschimottanasana: Paschimottanasana boosts gastric fire

- Matsyendrasana: Matsyendrasana stimulates jatharagni
- Sarvangasana: Sarvangasana pacifies Kapha & Pitta, also relief indigestion

CONCLUSION

Grahani is a disease of Annavaha and purishavaha Srotasa related to Agni and Ama Main causative factor for manifestation of Grahani Dosha is vitiation of Agni i.e. Mandagni, Tikashanagni and Vishamagn. Mainly Mandagni is responsible for it. The first line of treatment of Grahani Dosha is Deepana and Pachana So it can be conclude those Ahara dravyas having Deepana, Pachana properties should be given in Grahani Dosha.

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