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Literary study of *Grahani Roga* and management

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ABSTRACT

A healthy body creates a healthy mind. A healthy gut molds a healthy body. This establishes the relation of gut with that of the brain. Ayurveda emphasized the relation with gut and brain dating back to the centuries. It is very much evident while going through *Manasika Vikaras* mentioned in our classics. *Manas Roga Lakshanas* can get manifested or precipitated by bowel pathologies or *Koshtajanya Vikaras*. Brain and spinal cord carries abundant network of neurons. Surprisingly, the human body carries a second brain in its gut and we address it as the enteric nervous system. It has the capacity to function independently. *Aahara* can manipulate the body constructively or even destructively, which later influences at the psychic and somatic level. Therefore, food or diet was considered to be superior to the medicines in the ancient classics. In the current era of fast moving life, due to injudicious and erratic diet nature and pattern which induces stress to the gut, causing *Dushti* of *Samana Vata* which plays a major role in the digestion along with *Pachaka Pitta*, *Kledaka Kapha* which ultimately effects *Sadhaka Pitta*.

Key words: *Grahani*, *Manas*, *Koshtajanya Vikaras*, *Pachaka Pitta*, *Kledaka Kapha*.

INTRODUCTION

The word *Grahani* is derived from *Dhatu* "Grah" which means to catch, to hold or to get. (*Shabda Kalpadrum*). *Grahani* is the specialized part of the *Mahasrotas*^[1] (Gastrointestinal system). *Grahani* is the seat of *Agni*. It retains the food till the food is fully digested and then passes it into *Pakwashaya* (intestine). Functionally weak *Agni* i.e., *Mandagni* causes improper digestion of ingested food & leads to *Grahani Roga*. *Grahani* is a disease of great clinical relevance in modern era because of its direct link with the improper food habits and stressful lifestyle of the present time. *Grahani Roga* is constructed with the

consideration of symptoms *Mala Pravritti*, *Udarda*, *Shoola*, *Kshudhalpata*, *Adhmana*, *Hrillasa* etc. Some *Lakshanas*^[2] are mentioned below;

1. Chronic abdominal pain
2. Loss of appetite
3. Failure to thrive
4. Flatulence
5. Belching
6. Eructation / salivation
7. Nausea / vomiting
8. Indigestion
9. Chronic loose motion
10. Constipation
11. Frequency of loose stool just after meal
12. Stool with mucous and foul smell
13. Abdominal distension

In Ayurveda, *Grahani Roga* is one among the *Mahagadas*. The word *Grahani* can be understood in

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three ways i.e., *Grahani Avayava*, *Grahani Dosha* & *Grahani Roga*. Any deviation from the status of *Samagni*, *Mandagni*, *Teekshnagni* & *Vishamagni* are called as *Grahani Dosha*. The organ *Grahani* is the seat of *Jatharagni*. It is supported and nourished by the strength of *Agni*. Normally it receives the ingested food, which is retained by restraining the downward movement. After digestion it releases the food through sides of lumen to next *Ashaya* i.e., *Pakvashaya*. In abnormal condition due to weakness of *Agni*, it gets vitiated and releases food in indigested form when *Agni* is not proper the food will not be digested properly and this undigested food gets fermentation and act like poison in the body. *Ama Utpatti* leads to *Grahani Roga* so, it should be mainly treated by *Agnivardhana* drugs with *Deepana* and *Pachan* properties. In modern science *Grahani Roga* include into digestive disorders. *Grahani* (Malabsorption syndrome) is a disease condition depicted in classical Ayurvedic treatises. Physiologically after intake of any food its digestion, absorption and assimilation into *Saara* (essence) and *Kitta* (waste product) by *Jathara Agni Vyapara* (tissue interaction) thereafter circulation of *Rasa* throughout the *Shareera* and *Kittavisarjana* (waste removal) have to be carried out normally for *Jeeva Poshana* i.e., maintaining the homeostasis by adequate nutrition. *Agni Dosha* which is situated in *Grahani* itself is considered as *Grahani Dosha*. Functional disintegration due to *Agni* dysfunction & organic disintegration due to defective dynamics of internal mucosa can be considered as *Grahani Dosha* & *Grahani Roga* respectively. *Acharya Vagbhatta*^[3] says *Grahani Roga* is characterized by frequent passing of stool having *Baddha* and *Drava* consistency.

Nidana

Abhojana (excessive fasting), *Atibhojana* (excessive food intake), *Vishama Bhojana* (improper food), *Asatmya Bhojana* (unwholesome food) etc. *Vyapada* of *Vamana*, *Virechana*, *Snehana* (adverse effect of therapeutic measures), *Vega Vidharana* (suppression of natural urges), *Viruddha* or incompatibility of *Desha*, *Kala* and *Ritu*, *Shoka* (grief), *Krodha* (anger), *Bhaya* (fear).

Purva Roopa (Premonitory Symptoms) of Grahani Roga.

Ayurveda literature unanimously mentions *Trushna* (thirst), *Alasya* (lethargy), *Shirogurawa* (Heaviness of head), *Balakshaya* (loss of strength), *Vidaha* (burning sensation) *Chirapaka* (delayed digestion), *Kayagaurava*.

Rupa

Ati Srustha Mala Pravritti, *Vibbadha Mala Pravritti* (occasional hard and soft stool), *Arochaka* (tastelessness), *Vairashya* (altered taste), *Praseka* (nausea), *Tamaka*, *Shunapadkra*, *Asthiparvaruka*, *Chhardana* (vomiting), *Jwara* (fever), *Lohanugandhi Udgara*.

Chikitsa

Agnimandhya^[4] is important factor in the *Samprapti* of the disease *Grahani Roga* so it should be mainly treated for *Agnivardhana* by *Deepana* and *Pachana* drugs like *Chitrakadi Vati*, *Marichadi Churna*, *Madhukaaasava*, *Kshara Ghrita* can be used in *Grahani Roga*.

Apathya Pathya

Takra, *Masur*, *Tuvara*, *Mudaga*, *Tila*, *Makshika*, *Dadima Nidra*, *Chhardan*, *Langhana Apathya Ahara* *Apathya Vihar Anna*, *Draksha*, *Gomutra*, *Dugdha*, *Gud*, *Gomutra*, *Viruddha Bhojana Aatap*, *Ratri Jagarana*, *Snana*, *Vega Dharana*, *Nasya Karma*, *Anjana*, *Svedan* and *Dhumpan*.

CONCLUSION

Ayurveda possesses ability to control *Tridosha* imbalances using various herbs and natural medicines. The disorders related to digestion of food and its absorption is becoming more common than the past due to our faulty food habits. *Grahani Roga* is one of them and can be cured using basic principles. Drugs relieve disease symptoms along with *Yoga* and meditation. *Vatanulomana* and *Agnideepana Aharas* along with *Deepana* & *Pachana* Drugs.

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