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Role of *Manas Bhavas* in *Grahani Roga* (Irritable Bowel Syndrome)

Neha Sajwan¹, Rajesh Kumar Sharma², Dinesh Chandra Sharma³

¹Post graduate Scholar, P.G. Department of Kriya Sharir, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

²Professor and HOD, P.G. Department of Kriya Sharir, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

³Associate Professor, P.G. Department of Kriya Sharir, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

ABSTRACT

Grahani Roga is the prime disease of gastro-intestinal tract and seen often in day-today practice. In our classics *Grahani* is described as an *Agni Adhishthana*. Any disturbance in the status of *Agni* leads to *Grahani Roga*. The rapid increase in the prevalence of *Grahani* is a matter of great concern now days. It is a result of sedentary life style, bad dietary habits, stress and also due to the altered environmental conditions. Ayurveda described the individuality of *Mana* and *Shareera* and their inseparable and interdependent relation in the body. *Grahani Roga* is a predominant *Pitta-Vata Dosha* and the *Manasika Bhavas* can be easily be disturbed by *Vata* and *Pitta Dosha*. IBS can be considered as *Agnimandyajanya Vikara*. The functional dependency between normal *Vata Dosha* and *Agni* is altered in IBS. The role of *Dhatu*s and concerned *Srotas* i.e., *Purishavaha Srotas* is also considerable. *Purishavaha Srotas* does majority of function with the help of *Apana Vayu*. So, the *Dusti* lies at *Apana Vayu* & *Samana Vayu* level. The *Mansik Bhavas* which hamper *Agni* and *Rasavahasrotas*, are the main causative factor of IBS.

Key words: *Agni*, *Rasavaha Srotas*, *Grahani Roga*, *Irritable bowel syndrome*, *Manas Bhava*

INTRODUCTION

Ayurveda is a branch of medicine that primarily focuses on two areas of disease analysis, understanding, and treatment: *Manasika* and *Shaaririka*.^[1] Whatever the *Vedas'* origins, they hold a special place in human history since they shed light on Indian medical science and practises. The essential ideas of *Ayurveda*, which

holds that the *Shareera* is closely linked with *Manas* and *Atma* and whose explanations are dispersed throughout the full body of Vedic science, are actually derived from the *Vedas*. *Vedas* contain a wealth of information about illnesses, treatments, and descriptions of various bodily parts and organs; hence it is widely believed that *Vedas* are where Indian medicine got its start.

Vikarapara (intelligent) or *Vicharapara* approaches are both possible (emotional). Before is preferable than after. The *Manasika Bhavas* may also use one of these two ways. Approach will be spiritual if it is educated. It will be tangible if it is emotional. None of the *Manasika Bhavas* may be harmful if used properly. Even *Srimadbhagwadgita* provides a straightforward example of the *Mano Vikaras'* workings.^[2]

An organ called the *Grahani*, which is placed between the *Amashaya* and *Pakvashaya* and is the primary location of the digestive glands that produce the

Address for correspondence:

Dr. Neha Sajwan

Post Graduate Scholar, P.G. Department of Kriya Sharir, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

E-mail: sajwanneha23@gmail.com

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digestive juices, is where food is properly digested. It is also in charge of retaining food for a long enough period of time to allow for adequate digestion and nutrient absorption from the food that has been digested. *Grahani Dosha* is the name for *Grahani's* dysfunction. The development of *Ama*, which is the root of numerous other diseases, may be caused by this condition.^[3]

According to *Acharya Vagbhata*, the hypo functioning of "*Agni*" is the cause of all physiological diseases, especially disorders of the digestive tract.^[4] When *Agni*, or *mandagni*, is impaired, *Grahani Roga* results. Because it is one of *Ashta Maha Gada*, *Grahani Roga* has significance. *Grahani Roga* has strong Psycho-somatic base. And *Manasik Bhavas* such as *Krodha*, *Shoka*, *Bhaya*, *Kama* etc. results in *Agnidushti* causing *Grahanidosha*.^[5]

In our rapidly evolving technological era, alterations in lifestyle, eating habits, stress, tension, and the repression of cravings due to a busy schedule, among other factors, contribute to the emergence of a number of disorders. People initially ignore their difficulties and wait until their daily routine is disrupted before seeking a solution. One such intestinal functional illness is *Grahani Roga* (IBS). With its symptoms of chronic stomach pain and severe bowel dysfunction, IBS is thought to impact up to 15% of the world's population.^[6]

All that is required is that cases be handled in accordance with the fundamental *Ayurvedic* principles for understanding the condition. According to *Ayurveda*, IBS is a condition caused by a disturbance of *Vata* in *Pakvashaya*, particularly of *Apana Vayu*, which manifests as abdominal pain and irregular bowel movements. The disturbance of *Agni* is the main cause of almost all disorders. *Dosha Prakopa* is reached via *Mandagni*. The *Agni* is impacted differently by the emotions such as *Krodha*, *Bhaya*, and *Shoka*, among others. Indigestion is caused by *Mana* or *Agni Dusti*, while *Vata Prakopa* is brought on by *Shoka*, *Bhaya*, etc.

Along with *Apana Vata*, additional *Doshas* such as *Prana Vata*, *Samana Vata*, *Pachaka Pitta*, and *Kledaka Kapha* are also recognised to play significant roles in

the pathophysiology of IBS. Both *Ayurveda* and contemporary science acknowledge that psychological factors play a crucial part in the treatment and prevention of *Grahani Roga* (IBS).^[7]

In the manifestation of *Grahani Roga*, *Manasika Bhavas* are crucial. Impaired *Manasika Bhavas* can cause any disease and have long-lasting, adverse repercussions in addition to being confined to *Grahani Roga*. The clinical characteristics of Irritable Bowel Syndrome (IBS) as described in modern research share the most similarities with the fundamental characteristics of *Grahani* as described in the old *Ayurvedic* texts. With its symptoms of chronic stomach pain and severe bowel dysfunction.

Modern aspect of *Grahani Roga* (IBS)

Other names for IBS include spastic colitic, irritable colon, mucous colitis, and spastic colon. It is an intestinal condition that causes stomach pain, diarrhoea, constipation, bloating, and gas. Individual differences in the severity and duration of symptoms make it difficult to pinpoint the exact aetiology of IBS. According to the definition of irritable bowel syndrome (IBS), it is "a functional bowel illness in which abdominal pain is related to urination or a change in bowel habits with symptoms of disorganised defecation and distension."

The most prevalent functional gastrointestinal condition, IBS is characterised by irregular bowel movements and abdominal pain without visible anatomical abnormalities.^[8] Numerous extra-intestinal disorders, including fibromyalgia, sexual dysfunctions, urinary complaints, and specific psychiatric disorders are also linked to IBS.

IBS is a disease that manifests mostly as a result of appropriate *Agni & Dosa Dusti*, according to *Ayurveda*. In IBS, the normal *Vata Dosha* and *Agni's* functional dependence are changed. *Dhatu*s and worried *Srotas*, or *Purishavahasrotas*, play a significant part as well. *Apana Vayu* assists *Purishvahasrotas* in performing the majority of its functions, so the *Dusti* is at the level of *Apana Vayu* and *Samana Vayu*. The primary cause of IBS is *Mansik Bhavas*, which hinder *Agni* and

Rasavahasrotas, as well as *Ahara Viharas*, which result in *Vatakopas*.

Intestinal sensitivity, motility, secretion, and permeability are all significantly affected by psychological stress, and the underlying process is closely related to mucosal immune activation, changes in the central nervous system, peripheral neurons, and gastrointestinal microbiota.

The gut-brain axis and the microbiota-gut-brain axis are affected by stress-induced changes in neuro-endocrine-immune pathways, which in turn cause symptom flare-ups or exacerbation in IBS. Since IBS is a stress-sensitive disorder, managing stress and the reactions that stress causes should be the main focus of treatment.^[9]

The Rome 3 criteria are used to rate IBS. Recurrent abdominal pain or discomfort lasting at least three days or a month and being linked to two or more of the following are the requirements.^[10]

1. A alteration in defecation.
2. The onset of a change in bowel frequency.
3. The onset of the change in stool composition.

Samprapti of Grahani Roga

According to Ayurveda, *Grahani Roga* is a condition caused by a derangement of *Vata* in *Pakvashaya*, particularly of *Apana Vayu*, which manifests as symptoms of abdominal pain and irregular bowel movements. Nearly all diseases are primarily brought on by the dysfunction of *Agni*.

Dosha Prakopa is caused by *Mandagni*. the feelings of *Shoka*, *Bhaya*, and *Krodha*, among others. on the *Agni* their own consequences. *Shoka*, *Bhaya*, and *Mana's* or *Agni's Dusti* cause dyspepsia etc. cause *Vata Prakopa*. Along with *Apana Vata*, additional *Doshas* such as *Prana Vata*, *Samana Vata*, *Pachaka Pitta*, and *Kledaka Kapha* are seen to play vital roles in manifestation in the *Samprapti* of *Grahani Roga*.

Mansik Bhavas in Grahani Roga

In *Ayurveda*, diseases are divided in two types i.e., *Sharirika* (Somatic) and *Manasika* (Psychological).^[11]

After some time, any *Sharirika Roga* that a person has may transform into *Manasik Roga*, and the same *Samprapti* (pathogenesis) applies to the transformation of *Manasik roga* into *Sharirika Roga*. This demonstrates that *Ayurveda* has made the most of the significance of *Manas* in the development of diseases.

The origin and symptoms of many diseases, according to the classics, emphasise the significance of *Manasik Bhava* or Psychological Factors. Body and mind are interconnected. One can affect the other because one is *Adhara* and the other is *Adheya*. Therefore, it is evident that psychological factors support somatic illnesses. Even while each *Manasika Bhava* (psychological element) plays a unique part in every ailment, according to classical Ayurvedic theory, certain of them have been shown to play a significant impact in *Grahani Roga*.^[12]

Even healthy food consumed in the right quantity does not get digested by an *Agni* person, according to *Acharya Charaka*, if that person is also experiencing *Chinta*, *Krodha*, *Bhaya*, *Shoka*, and *Dukh-Shayya Prajagare*.^[13] According to *Acharya Susruta*, the disturbed functions of *Agni* are what cause the *Grahani* illness to appear. "The food is also not correctly digested if ingested by a person who is emotionally agitated due to jealousy, fear, rage, or greed, or who is distressed due to suffering from various diseases, or who has taken food not to his liking," continued *Acharya Sushrut*.^[14]

Role of Mansik Bhavas in Samprapti of Grahani Roga

In this stage, even a light food cannot be digested due to the vitiation of *Dosha* and *Agni* caused by *Manas* as *Nidana* (psychological influences), which also results in *Agnimandya* (loss of digestive fire) and *Avipaka* (indigestion). It remains unchanged and creates *Shuktatva* in *Aamashaya* (fermented), resulting in the development of *Annavisha*. *Ajirna* is produced by this *Annavisha* (indigestion).^[15] And after *Agnidushti* happens, *Avipaka* and *Ajirna* follow, severely harming the *Agni*. *Agnidushti* further upsets the *Agni* and results in *Shuktapakatwa* of *Ahara*. As a result, when *Amavisha* is formed, it disrupts the *Grahani*, which

then leads to the production of *Amadosha* and the beginning of a vicious cycle. Only a few etiological elements actually cause *Dosha*.^[16]

DISCUSSION

The mind is a key factor in all forms of intestinal bowel syndrome. Anxiety and stress heighten awareness of colon spasms in the mind. The immune system, which is impacted by stress, may cause IBS. The visceral reactions to stress include modifications in gastrointestinal (GI) motor function. ENS, ANS, and CNS are in charge of controlling the GIT's neural system. An important component of the gut brain, according to gut brain psychology, is the gut microbiota, which communicates with the brain via the microbiota-gut-brain axis. The pathophysiology of many mental and neurological diseases is influenced by the gut microbiota, which also has an impact on a variety of normal mental processes and mental phenomena.^[17] The *Manasik Bhavas* affect the *Agni* in their own unique ways. Indigestion is caused by *Dusti of Mana* or *Agni*; while *Tridosha* is involved, *Pitta* and *Kapha* are the dominant *Doshas* in this condition. *Pitta* and *Kapha* are the two predominant *Doshas* in the *Grahani Roga Samprapti*, with *Vata* being the least active.

According to the classics of Ayurveda, psychological variables in *Grahani Roga* include *Chinta*, *Kama*, *Krodha*, *Shoka*, and *Bhaya*. *Atichinta* causes vitiation of *Pitta*, *Vata*, and *Rasavahasrotodusti*, according to Ayurvedic literature. Many psychosomatic ailments are mostly caused by *Chinta* (worry) turning into stress. The Harvard Mental Health Letter discusses the connection between mental stress and gastrointestinal discomfort and how stress can both cause and exacerbate gastrointestinal symptoms. There is reciprocity here.

Fear, or *Bhaya*, promotes anxiety, stress, depression, and hopelessness. The fact that the gut's enteric nervous system and the brain communicate is widely established. Through secretions and motility, this enteric nervous system contributes significantly to the physiology of the gut.

A number of hormonal abnormalities can be blamed for the effects of *Kama* (greed). These hormones have

the direct ability to alter the GI tract's regular function. Sex hormones like testosterone and oestrogen are linked to IBS in addition to gut hormones like gastrin, motilin, cholecystokinin, and secretin.

A mood illness is *Shoka* (grief). Shah and colleagues (2014) have demonstrated a link between psychological illnesses and irritable bowel syndrome.

CONCLUSION

The abdomen is the "sounding board of the emotion," reflecting emotional disorders more than any other system. As a result, various symptoms related to digestion, or "functional abnormalities of the gastrointestinal tract," arise from mouth to anus. As a result, it may be said that *Grahani Roga* is a psychosomatic illness because stress plays a part in its pathogenesis. Because psychology is so important for preserving one's health. An individual's abnormal psychology, such as worry, anger, greed, etc., would have an impact on the physiology of digestion, upsetting homeostasis and interning *Grahani*. In modern science, patients simply receive symptomatic treatment and assurance. Since the *Rogi* is treated by *Ayurveda* as a whole, the mental state of the patient is taken into account before therapy. Therefore, pharmaceutical intervention therapy and counselling are used.

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