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Nidanapanchaka of Grahani Roga along with Lifestyle modification

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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. *Grahani Roga* is one of the leading disorders of *Annavaha Srotas*. The main site of *Agni* is *Grahani* i.e., "Sasthi Pittadhara Kala" i.e., the part of the intestine between *Amashaya* and *Pakwashaya*. *Grahani* springs from *Dhatu* "Graha" which suggests "to catch", "to hold" or "to get". Normally it retains the undigested food and releases the digested food through the sides of its lumen. Any disturbance in *Agni* leads to an improper digestion of food which moves either in *Urdhva* or *Adho Marga* and when it goes in *Adho Marga* then it leads to *Grahani Roga*. So, it should be mainly treated with *Deepana* (which enhance digestive power) and *Pachana* (digestive) drugs for *Agnivardhana*. In modern science it can be correlated with Irritable bowel syndrome (IBS) which is characterized 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.

Key words: *Nidanapanchaka, Grahani Roga, Lifestyle modification, Irritable bowel syndrome, IBS*

INTRODUCTION

In *Ayurvedic* classic, the basic approach to the concept of health is essentially psychosomatic in nature which was related to the state of equilibrium of physio biochemical factors namely *Dosha, Dhatu, Mala* and *Agni* and a state of well being of mental and spiritual forces. Today is the era of science, in which everyone is busy to get luxurious lifestyle. Polluted air and water lead to many diseases of *Annavaha Srotas*. The faulty lifestyle leads to interruption of *Dinacharya* (daily

regimen) and *Rutucharya* (seasonal regimen), described in *Ayurveda* and also affect social and mental status of person. If the man avoids following the rules of taking food and continuously takes *Virudha Ahara, Jatharagni* gets vitiated and vitiated *Jatharagni* is the cause of all disease. *Ayurveda* considered that the dysfunction of *Agni* is responsible for undigested food which is responsible for various functional and structural defects in gastro intestinal tract. *Grahani Roga* is one of the major illness of Gastrointestinal tract, included in *Ashta Mahagada* by *Acharya Vagbhata*. The sign and symptom of *Grahani Roga* is similar to Irritable Bowel Syndrome (IBS) described in modern science.

IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is characterized by recurrent abdominal pain in association with abnormal defecation in the absence of a structural abnormality of the gut. About 10-15% of the population are affected at some time but only 10% of these consult their doctors because of symptoms. Young women are

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affected 2-3 times more often than men. Most patients alternate between episodes of diarrhea and constipation, but it is useful to classify patients as having predominantly constipation or predominantly diarrhea.^[18]

Etymology of Grahani

The word *Grahani* is derived from *Dhatu* "Graha" which means "to catch", "to hold" or "to get".

Grahani is the specialized part of the *Mahasrotas* (Gastro intestinal system).

Physio-Anatomical view of Grahani

Anatomically, *Grahani* is said to be situated above the *Nabhi*^[1] and between the *Amashaya* (stomach) and *Pakwashaya*^[2] (large intestine). It is the site of *Agni*. Physiologically, it holds the indigested food for the duration of its digestion before the *Kitta* or undigested food residue is propelled into the *Pakwashaya*. Thus, *Grahana*, *Dharana*, *Pachana* and *Shoshana* become the main function of *Grahani*.

Agni in Grahani Roga

The *Grahani Roga* is mainly caused by *Agnidushti*. *Mandagni* is also cause of all diseases – "Rogaha Sarve Api Mandagnou".^[3] *Jatharagni* and *Grahani* have *Ashraya-Ashrita* type of relationship. The organ *Grahani* is *Ashraya* and *Agni* is *Ashrita*. The impairment of *Grahani* will impair the functional aspect of *Agni* and vice versa.

Nidana of Grahani Roga

- *Aharaja - Abhojana* (excessive fasting), *Atibhojana* (excessive food intake), *Vishamabhojana* (improper food), *Asatmya Bhojana* (unwholesome food) etc.
- *Vyapad* of *Vamana*, *Virechana*, *Snehana*. (Adverse effect of therapeutic measures).
- *Vega Vidharana* (Suppression of natural urges).
- *Virudha* or incompatibility of *Desha*, *Kala* and *Rutu*.
- *Shoka* (Grief), *Krodha* (Anger), *Bhaya*⁴ (Fear).^[4]

Vishishta Nidana

SN	Vataja Grahani	Pittaja Grahani	Kaphaja Grahani
1.	Katu, Tikta, Kashaya Rasa	Katu, Amla Rasa Yukta Ahara	Guru, Atisnigdha, Sheeta Bhojana
2.	Atiruksha, Dooshita Bhojana	Ajeerna	Atibhojana
3.	Pramitashana	Vidahi Anna	Bhukta Matra Swapna
4.	Anashana	Kshara (alkaline food)	
5.	Veganigraha	-	-
6.	Atimaituna	-	-

Purvaroopo

SN	Purvaroopo	Charaka	Sushruta	Vagbhata
1.	Trushna (thirst)	+	+	+
2.	Alasyam	+	+	-
3.	Balakshaya (loss of strength)	+	+	-
4.	Annasyavidaha	+	+	-
5.	Chirapaka (delayed digestion)	+	-	+
6.	Kayasya Gouravam (heaviness of body)	+	-	+
7.	Saada (lassitude)	-	+	+
8.	Klama (exhaustion)	-	+	+
9.	Aruchi (aversion of food)	-	+	+
10.	Kasa (cough)	-	+	-
11.	Karnakshweda (ringing in ear)	-	+	+

12.	Antrakujanam (rumbling sound in the intestine)	-	+	+
13.	Praseka (salivation)	-	-	+
14.	Vaktravairasya	-	-	+
15.	Bhrama	-	-	+
16.	Chardi	-	-	+
17.	Amlapaka	-	-	+

Roopa

- *Ati Srushta Mala Pravrutti, Vibadha Mala Pravrutti* (Occasional hard and loose stool)
- *Arochaka*
- *Asyavairasya*
- *Praseka* (nausea)
- *Tamaka*
- *Shunapada-Kara*
- *Asthiparva Ruk*
- *Chardana* (vomiting)
- *Jwara*
- *Lohanugandhi Udgara*^[5]

Vishishta Roopa

1) Vataja Grahani

- Specific character - Flatulence after and during digestion.
- Generalized symptoms - Roughness in body, dryness of throat and mouth, hunger, thirst, blurred vision, tinnitus, Pain in chest, thigh, pelvic region, 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, frothy, undigested repeatedly.

2) Pittaja Grahani

- Specific character - Fetid and sour eructation
- Generalized symptoms - Roughness in body, dryness of throat, mouth.
- Hunger, thirst, blurred vision, tinnitus, pain in chest, thigh, pelvic region, neck region, weakness, *Parikartika*, cough, dyspnoea
- Character of stool - Watery, undigested, yellowish stool.

3) Kaphaja Grahani

- Specific character - Heaviness and stiffness of abdomen
- Generalized symptoms - Nausea, vomiting, anorexia, sweetness of mouth, cough, rhinitis, eructation having foul smell, lack of desire towards women, weakness and lassitude.
- Character of stool - Stool not well formed but broken into pieces, mixed with *Ama* and mucous and heavy.

4) Sannipataja Grahani - Mixed Lakshana of Vataja, Pittaja, Kaphaja Grahani.

5) Sangrahani -

- 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.
- Abdominal symptoms - Intestinal gurgling.
- Character of stool - Watery, cold, solid, sliminess, unctuous with *Ama*, frothy and passed with sound.

6) Ghatyantra Grahani -

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

7) Raja Grahani - It is seen in people living sedentary life style.

8) *Kshataja Grahani* - It is due to injury to *Grahani* after relieving from *Atisara* and *Pravahika*.

9) *Nirmukh Grahani* - Pain present during defecation and stool mixed with intestinal mucous membrane is passed.

Samprapti^[6]

Nidana Sevana



Dosha Prakopa



Agni Dushti



Apachana



Amotpatti



Shukta Paka



Amavisha



Grahani Dosha



Grahani Dushti



Grahani Roga



Vataja, Pittaja, Kaphaja, Sannipataja

Samprapti Ghataka

Dosha - Tridosha

Dushya - Anna, Rasa

Srotas - Annavaha, Purishavaha

Adhishthan - Pittadharakala, Grahani

Srotodusti Prakara - Atipravarti

Agni - Manda

Sadhya-Asadhyata- Kruchrasadhya

Purisha Pariksha - It is the objective method which was used to detect the presence of *Ama* in stool in ancient

time. In *Saamaj Purisha* it sinks in water. If *Purisha* is free from *Aam* it floats on water.

Sadhyasadhya of Grahani Dosha^[7]

According to *Acharya Madhava*, the *Asadhya Lakshanas* of *Grahani Roga* are similar to *Asadhya Lakshanas* of *Atisara* viz. *Shoola*, *Pipasa* etc. He also opines that, in *Balyavastha*, *Grahani Roga* is considered as *Sadhya*, in *Yuva* and *Vridhha Avastha* it is stated to be *Kruchra Sadhya* and *Asadhya* respectively.

Principle of Grahani Roga Chikitsa^[8]

“*Nidanparivarjanam*”^[9] i.e. removal of cause. *Acharya Sushruta* mentioned *Nidana Parivarjana* as the first line of treatment of all diseases. *Acharya Vagbhata* suggested that all the treatment modalities of *Ajeerna* should be implemented in the management of *Grahani Ashrita Dosha*.^[10] He also opines that, *Sama* and *Nirama Avastha* should be taken into account as per *Atisara Chikitsa*. In the management of *Grahani Roga* the fact that along with *Agnimandya*, the *Pachana Shakti* of *Grahani* is deranged. Due to this the indigested food undergoes *Putikriya*, and has action similar to *Visha*, which produces symptomatology of *Ama*. For this particular stage, *Shodhana Chikitsa* is preferred.

Chikitsa

- *Grahani Roga* associated with *Ama Dosha* - when the patient having complaint of constipation, excessive salivation, pain in abdomen, heart burn, heaviness then he should be treated with *Vamana*. *Vamana* should be done either with lukewarm water or with decoction of *Madanaphala* and powder of piper and mustard.
- *Pakawasyasth Upachara* - the patient should be treated with *Virechana*. The medicine having *Agni Deepana* properties should be added in *Virechana Yoga*.
- When *Apakva Ahara Rasa* is present in all over the body the *Langhana* and *Pachana* medicine should be given.

- After the purification of *Amashaya*, *Peya* prepared with *Deepana* and *Pachana Dravyas* should be given to the patient.
- *Snehana*, *Svedana*, and *Shoshana*, *Langhana*, *Deepana*, *Pachana* and *Sangrahani* drugs should be given as per the condition of the patient.

Life Style Modification in *Grahani Roga*

Dietary modification

- Dietary changes that promote good eating habits improve *Agni* and reduce the risk of *Grahani roga*.
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- *Ayurveda* recommends a balanced diet as part of *Samsarjana Krama*, as well as
- a regular food plan based on the *Prakruti* of the individual.
- *Abhojanat*, *Ajeernabhojanat*, *Atibhojanaat*, *Vishamashanat*, *Asatmya*, and *Sandushta Bhojanat* should all be avoided.
- *Virudha-Ahara* must be avoided; means one should consume diet as per his/her internal constitution by following concept of *Desha* and *Kala*.
- Diets which promote digestive enzyme; restore normal flora and maintain Nutritional sufficiency should be adopted such as; fibers, fruit, vegetables, grains and curd.
- *Yavagu*, *Panchakola* soup
- *Takrarishta*, *Jangala Mamsa*
- Vegetable soups
- Light diet and Soup of dried radish

Importance of *Takra* in *Grahani Roga*

Takra is the best diet for patients suffering from *Grahani Roga*. As *Takra* is *Laghu* in *Guna*, possesses *Deepana* properties and attains *Madhura Paka*, it does not provoke and increase *Pitta*; because of *Kashaya Rasa*, *Ushna Virya*, *Vikasi* and *Ruksha Gunas*, it is also

useful in *Kapha*; as freshly churned *Takra* is sweet, slightly sour and sufficiently thick, it will not produce *Daha* in the *Kostha* and it is also *Vatahara*.^[11]

Charaka has also suggested the use of *Takra* and *Takrarishta* in the routine treatment of *Grahani Roga*.^[12,13]

Behavior modification

- Behavioral factors such as fear, grief, stress and sleeplessness may also lead to symptoms of *Grahani Roga*. 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/*Chintana* should be avoided which may affect process of digestion since, during thinking process blood circulation remains associated mainly with brain instead of intestine.
- One should always think that the food which he/she going to consume will offer good effect.
- Be happy and associated with mental empowerment activities.
- One should consume diet by following rules of *Swasthavrutta* in proper manner so as to achieve maximum beneficial effect of consumed food.^[14-16]

Daily regimen modification/Exercise and Yoga

- Indisciplinary 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 results of daily regimen.
- *Dhyan* and *Shodhana* procedure after some fix interval also offers beneficial effect in *Grahani Roga*.^[14-17]

Role of Asana in Grahani Roga

- *Bhujangasana*: *Bhujangasana* heats 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 relieves indigestion.

DISCUSSION

“*Rogasarveapimandagnau*” i.e., all the diseases are due to *Mandagni*. *Agni* and *Pitta* are similar in qualities. *Sushrutacharya* considers *Pittadhara Kala* as *Grahani*, which is located between *Amashaya* and *Pakwashaya*. He has mentioned *Grahani* as seat of *Pachaka Pitta*, site of *Agni* is called so, because of its power of retain (*Grahanat*) the downward movement of food, it is located above the *Nabhi*, and is supported and nourished by the strength of *Agni*. The relation between *Grahani* and *Agni* is reciprocal and interdependent, thus *Adharadheya Bhava* is present. *Grahani Roga* is *Tridoshatmaka* disorder of digestive system occurs due to vitiation of *Pachaka Pitta*, *Samana Vayu*, *Apanavayu*, *Kledakakapha*. The functional dependency between normal *Vata* and *Agni* is altered to a significant level. *Ayurveda* described very useful medicine and procedure which is permanent cure with promoting health and without any altering aliment.

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* and *Pachana* drugs will be helpful.

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