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A review article of *Grahani Roga* and its Ayurvedic management

Neha Maurya¹, Manohar Ram², Ram Nihor Tapsi Jaiswal³, Anjana Saxena⁴

¹Post Graduate Scholar, Dept. of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

²Reader and HOD, Dept. of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

³Reader, Dept. of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

⁴Reader, Department of Stri Roga & Prasuti Tantra, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, 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. IBS, a condition influenced by sedentary lifestyle, unhealthy diet, stress, and environmental changes, disrupts the balance between normal *Vata Dosha* and *Agni*. *Agni* weakness causes food to be vitiated and released in indigested form, leading to fermentation and causing poisoning in the body. This paper discusses the pathogenesis of *Grahani Roga*, a condition linked to impaired digestive function, and presents various treatment modalities, including herbs, *Yoga*, and lifestyle modifications.

Key words: *Agni, Grahani, Irritable bowel syndrome, Yoga.*

INTRODUCTION

Grahani Dosha is a common problem especially affects people living with unhygienic conditions and suffered with nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, inadequate sleep and avoidance of *Sadvritta* are the major reasons of *Grahani Dosha*. Pathologically disease initiates due to the improper digestion of food which further vitiates *Agni* and *Doshas* leading to formation of *ama* which further resulted symptoms of constipation and diarrhea.^[1-4] Drugs having *Kashaya Rasa, Ushna*

Veerya, Madhura Vipaka & Ruksha Guna help to pacifies *Vata & Pitta Dosha* therefore potentiates *Agni* which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of *Grahani Dosha*. Ayurveda text emphasized on four. This article described general consideration of *Grahani Dosha* and its management by *Ayurveda* and conduction of disciplinary life style.^[2-7]

Etiological Factors

- *Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya Guru, Ruksa 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*

Address for correspondence:

Dr. Neha Maurya

Post Graduate Scholar, Dept. of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

E-mail: snehakushwaha30march@gmail.com

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- *Virudha-Ahara*
- Avoidance of concept of *Desha* and *Kala* during consumption of food stuffs
- Excessive use of antibiotics.

Symptoms

According to *Acharaya* the predominant symptoms of disease are; *Aalasya*, *Trishna*, *Aanvidaah*, *Chir Pakka*, *Balakshaya* 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.^[6-8]

Functions of Grahani

Grahani is seat of *Agni* and it is so called since it holds/retains the food (for proper digestion and assimilation). *Grahani*, supported by *Agni*, holds undigested food and pushes forward digested food. *Agni* weakens due to *Vidagdha Ahara*, *Murchita Dosha*, afflicted by improperly digested food. (*Dosha* associated with *Ama*) it vitiates the *Grahani* and releases food in the form of *Ama* i.e., undigested form extremely enraged *Vatadi Dosha* separately or together corrupts the *Grahani*. Then the *Grahani* leaves the food that has been eaten or left undisturbed again and again. *Grahani* disease is a chronic diarrhea characterized by pain, bad odour, loose motions, or thin (bile) discharge.^[9]

Nidana of Grahani Dosha: *Agni* vitiation can be caused by excessive starvation, humouring in food intake, and upset stomach, Overeating, irregular feeding habits, distasteful food, excessively nutritionally high-quality food, cold or dry foods, thinness, contamination, and improper procedures are common health issues, like *Vamana*, *Virechana* and *Sneha*, thinness of body due to disease, sudden migration to unsuitable place and of time and of season, suppression of natural urges are causes for vitiation of *Agni*. Thus, vitiated *Agni* is unable to digest even the light food. This vitiated digestive agent forms an intermediate substance called *Ama*, which turns sour (*Shukta*) during fermentation and finally turns in poisonous substance (*Amavisha*).^[10]

Annavisha, when associated with *Pitta*, causes *Daha*, morbid thirst, oral diseases, *Amlapitta*, acid peptic disorders, and other pitta-related conditions, while when associated with kapha, it leads to *Yakshma*, *Peenas*, and *Prameha* (20 types of diabetes) and various other *Kaphaja* disorders, whereas several *Vatika* disease are caused by association of *Vata* with the *Annavisha*. The *Annavisha* when enters renal system, urine related disorders occur; similarly, *Kukshigata Roga* (ailments related to abdomen) have their origin when *Sakrita* (faeces) is involved. *Rasadi Pradoshaja Vikara* (tissue related ailments) occur when *Rasadi Srotas* are involved.^[11]

Importance of Agni in Grahani Dosha

1. The *Vishamagni* (improper *Agni*) causes irregularity in digestion and therefore defective formation of *Dhatu* takes places.
2. *Tikshanagni* (excessive *Agni*) when associated with little quantity of fuel (in the form of food) causes depletion of *Dhatu* (tissue elements).
3. *Samagni*, If *Agni* is *Sama* i.e., in balanced condition and correct diet regimen (as explained in Ca.Su.5 and Ca.Vi.1/21) are also followed then there is proper digestion of food which helps in maintaining proper balance within the *Dhatu*.
4. *Durbala* (weak) *Agni* brings about partial digestion of food. These partially digested bio substances then enter in circulation, which may move either in upward or downward direction.^[12]

Modern aspect of Grahani Roga (IBS)

IBS, also known as spastic colitic, is an intestinal condition causing stomach pain, diarrhoea, constipation, bloating, and gas, with individual differences making diagnosis difficult. Irritated bowel syndrome (IBS) is a functional gastrointestinal condition characterized by abdominal pain, irregular movements, and disorganized defecation, often without visible anatomical abnormalities.^[8]

IBS is a disease linked to various extra-intestinal disorders, sexual dysfunctions, urinary complaints, and psychiatric disorders. Ayurveda explains it as a result of

altered *Agni & Dosa Dusti*, affecting *Agni's* functional dependence, *Dhatus*, and worried *Srotas*.

Rasavahasrotas, as well as *Ahara Viharas*, which result in *Vatakopa*. 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. September 2022 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 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]

- An alteration in defecation.
- The onset of a change in bowel frequency.
- The onset of the change in stool composition.

Ayurveda management of Grahani Dosh

The traditional text of *Ayurveda* suggested that *Grahani Dosh* may be treated by following concept of *Langhana* and using *Deepana* and *Pachana* medicines which help to potentiate *Agni* and eliminate *ama*. → Purgation therapy with stimulant drugs also helps to remove *Ama* → Husk of *Ashvagol* help in evacuation of stool. → Butter milk (*Takra*) also suggested by ancient *Acharya* for treatment of *Grahani*.

Life style modification in Grahani

Modification in life style and balanced diet regime along with consideration of *Pathya Apathya* help to cure *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* recommended 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 articles. 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

Behaviour modification

Grahani symptoms can be triggered by behavioural factors like fear, grief, stress, and sleeplessness, suggesting the need to manage these to prevent depression affecting *Agni*.

Maintaining normal metabolic functioning requires positivity and enthusiasm, while avoiding excessive

thinking and chintan habits can affect digestion, as brain circulation is primarily associated with the intestine.

One should consume diet by following rules of *Swasthwarita* in proper manner so to achieve maximum beneficial effect of consumed food.^[16-18]

Daily regimen modification/Exercise and Yoga

Regular exercise is essential for strengthening the body and *Agni*, and should be done at specific times throughout the day.

Mediation, *Yoga*, and *Pranayama* can help reduce stress and increase stress resistance, while Ayurveda recommends daily regimens like *Ritucharya* and *Dinacharya* for beneficial results.

The *Dhyan* and *Shodhna* procedure, after a fixed interval, also provides beneficial effects in *Grahani*.^[19]

Importance of Butter Milk

For a patient suffering from the *Grahani Dosh*, butter milk is the excellent drink because it stimulates the power of digestion, it is *Grahi* and easily digestible. Butter milk is sweet, sour, astringent in taste; light and dry in properties, hot in potency and sweet in metabolism. Because of *Madhura* (sweet) *Vipaka*, it does not cause aggravation of *Pitta*. Because of its astringent taste, hot in potency, it is useful for counteracting the aggravated *Kapha*. Because of the sweet and sour taste, it is useful for counteracting the aggravated *Vayu*. When freshly prepared it does not cause burning sensation.

CONCLUSION

Grahani is a digestive fire disease affecting *Annavaha Srotas* and life style patterns, causing abdominal pain, bloating, and disturbed bowel habits. *Ayurveda* offers various formulations and therapeutic modalities for management. *Tridoshatmaka* disease of digestive fire occurs due to the vitiation of *Agni*; *Jatharagni*, *Saman Vayu*, *Pachak 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 life style pattern which overall

offers beneficial effects in the management of *Grahani Roga*.

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