



# AYURVEDIC REVIEW OF GRAHANI W.S.R TO IBS

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## ABSTRACT

Now a days with changing life style of the people irregularities in the nutrition and dietary timings gives rise to stress that affects the peace of mind. Nowadays *Grahani Roga* is common GIT disorder affecting the normal life style of approx every human being at one time. In *Ayurveda Mandagni* is considered as the root cause for manifestation of many diseases. Among them, *Grahani Roga* is one of the prime diseases of gastro-intestinal tract and seen often in day-to-day practice. *Mandagni* leads to *Ama Dosha* which may result in *Grahani Roga* over time. The sign & symptoms of *Grahani Roga* are similar to irritable bowel syndrome as described in modern medical science.

**KEYWORDS:** Agni, *Grahani Roga*, *Mandagni*, IBS

## INTRODUCTION

*Ahara* (food) is the most important factor for sustenance of life. It is described as foremost pillar among the three pillars of life (Trayopstambha).<sup>1</sup> i.e. *Ahara, Nidra, Brahmacharya*. *Hitkari/Pathya Ahara* (Wholesome food) as per *Ayurveda* is conducive for the maintenance of good health, longevity, strength, intellect, good voice and complexion. *Agni* is the invariable agent in the process of *Ahara Paka* (digestion, transformation)<sup>2</sup>. *Grahani* is an *Ayurveda* term related to the seat of *Agni* (digestive fire), which help in the metabolism and digestion of food. In *Ayurveda Mandagni* is considered as the root cause for manifestation of many diseases. Among them, *Grahani Roga* is one of the prime diseases of gastro-intestinal tract and seen often in day-to-day practice. *Mandagni* leads to *Ama Dosha* which may result in *Grahani Roga* over time. *Acharya Charaka* says that when partially digested and partially undigested bio substances moves downward in gastrointestinal tract it produces a disorder known as *Grahani Roga* due to *Durbala*(weak) *Agni*.<sup>3</sup> *Grahani* and *Agni* are interdependent, functionally weak *Agni* i.e., *Durbala Agni*, causes improper digestion of ingested food, which leads to *Ama Dosha*. This *Ama Dosha* is a root cause of most of the diseases. It has pivotal importance in the pathogenesis of *Grahani Roga*. *Grahani* is considered under than eight major diseases (*Ashtamahagada*) by *Acharya Vagbhatta*.<sup>4</sup>

## PREVALENCE:

The survey assessed the prevalence of 20 functional gastrointestinal syndromes based on fulfilment of multinational diagnostic criteria. 69% reported having at least one of 20 functional gastrointestinal syndromes in the research. The symptoms were attributed to four major anatomic regions; esophageal (42%), gastro duodenal (26%), bowel (44%), and anorectic (26%) with considerable overlap. Females reported greater frequencies of functional dysphagia, irritable bowel syndrome, functional constipation, functional abdominal pain, functional biliary pain; males reported greater frequencies of aerophagia and functional bloating. The rate of work, school absenteeism and physician visits are increased for those having a functional gastrointestinal disorder.<sup>5</sup>

## IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) has been defined as a functional disorder of gastrointestinal tract without any accompanying structural defect, in which normal activity of bowel either exaggerated or distorted in such a way that it leads to constipation and/or diarrhoea and frequently to abdominal pain or discomfort. It can also be described as a dysregulation of the brain–gut axis that interacts with visceral hypersensitivity and associated with observed digestive motor disturbances and micro inflammation of the gut, with possibly an imbalance of the intestinal bio flora. The prevalence is known to be higher in Western countries as compared to Asian countries. The prevalence of IBS within the community is between 10% and 25%. Meta-analysis shows a pooled estimate of international IBS prevalence of 11.2% (95% confidence interval [CI]: 9.8–12.8), with variation by geographic region; the lowest occurring in South Asia (7.0%) and the highest in South America (21.0%). In the United States, nearly 20% of general population is known to be affected by IBS. In Western countries, females outnumber males by the ratio of 2:1, while female-to-male ratio in USA is 3:2. It was observed that the ratio of females to males in India is reversed, i.e. 1:3 to that of the Western countries. The disorder is usually found in the age group of 15–50 years and may also occur in children and elderly. The prevalence of IBS in general population of India is 15%. Most of the patients approach the general practitioner and only 30%–50% of the workload at gastroenterology outpatient clinics.<sup>6</sup>

## ETIOLOGY OF GRAHANI ROGA

### *Samanya Nidana-*

- 1) *Abhojana, Ajirna, Atibhojan, Vishmashan*
- 2) *Guru, Sheeta, Atiruksha, Dushit Bhojan*
- 3) *Virechana, Vaman, Sneha Ka Asamyak Prayog*
- 4) *Desha, Kaal, Ritu Vishamta*
- 5) *Vega Dharana*

**Table No.3-Vishishta Nidana**

Sr No.	Vataj Grahani	Pittaj Grahani	Kaphaj Grahani
1	<i>Katu, Tikta, Kashaya Rasa</i>	<i>Katu, Amla Rasa Yukta Aahar</i>	<i>Guru, Atisnigdha, Sheeta Bhojan</i>
2	<i>Atiruksha,</i>	<i>Dushit Bhojan</i>	<i>Ajeerna Atibhojan</i>
3	<i>Pramitashan Matra Swapna</i>	<i>Vidhai Anna</i>	<i>Bhukta Matra Swapna</i>
4	<i>Anshan</i>	<i>Kshara (Alkaline food)</i>	
5	<i>Veganigraha</i>		

### **Mandagni in Grahani Dosha:**

“*Rogasarvepimandagnou*”<sup>7</sup> As the malfunction of Agni i.e. *Mandagni* is the root cause of the gastrointestinal tract. The disease *Grahani Dosha* is also mainly caused by *Agni Dushti*. The organ *Grahani* and *Agni* have *Ashraya Ashrita* type of relationship.<sup>8</sup> The prime site of Agni and the site of occurrence of the disease *Grahani Dosha* is organ *Grahani*.<sup>9</sup> This ensues with symptomatology like *Atishrusta* and *Vibaddha Mala Pravritti, Jwar, Udgara, Arochaka* etc.<sup>10</sup>

- *Pathya Ahara* *Takra, Masur, Tuvara, Mudhaga, Tila, Makshika Dadima.*
- *Pathya Vihara, Nidara, Chhardan, Langhan*
- *Apathya Ahara* *Dugdha,*
- *Apathya Vihara* *Aatap, Ratrijagran, Snana, Veg Dharana, Nasya Karma, Anjana, Sveda, Dhumpan.*

**Table No. 2 -Purva Rupa**

Signs and Symptoms	Charak Samhita	Sushrut Samhita	Ashtang Hrudaya
Trishna (Thirst)	+	-	+
Alasyam	+	-	+
Balakshaya (loss of strength)	+	-	+
Annasyavidaha	+	+	+
Chirapaka(delayed digestion)	+	-	+
Kayasya gourvam (heaviness of the body)	+	-	-
Sadana(lassitude)	+	+	+
Klama (Exhaustion)	+	-	-
Aruchi (Aversion of food)	+	-	-
Kasa (cough)	+	-	+
Karnakshweda(Ringing in ear)	+	-	+
Antrakujanam (Rumbling sound in the intestine)	+	-	-
Preseka (salivation)	+	-	-

**CHIKITSA:**

*Agnimandhya* is important factor in the *Samprapti* of the disease *Grahani Dosha*. So, it should be mainly treated for *Agnivardhana* by *Deepana* (carminative property) and *Pachana* (digestive property) drugs. All the treatment modalities of *Ajirna* and *Atisara* should be implemented in the management of *Grahani Ashrita Dosha*.<sup>12</sup>

Procedure: If the *Ama* moves downwards and remains adhered to the *Pakvashaya*, then patient should be given purgation with drugs having *Agni Deepana* property.<sup>13</sup> If *Dosha* are spreaded all over the body then the *Shodhana* is contraindicated and the principal management should be *Langhana*, *Pachana*. Various *Deepana Pachana* drugs described in various classics should be administered along with follow of *Laghu* and *Supachya Ahara*. Importance of *Takra* in *Grahani Dosha*: All *Ayurvedic* classics have showed importance of *Takra* as the main diet in *Grahani Dosha*. *Acharya Charaka* has also suggested the use *Takrarishta* in the routine treatment of *Grahani*.<sup>14</sup> As the *Takra* is *Laghu* in *Guna*, possesses *Deepana* properties and attains *Madhura Paka*, it does not provoke and increase *Pitta*; because of *Kashaya Rasa*, *Ushna Veerya*, *Vikasi* and *Ruksha Gunas* it is useful in *Kapha*; as freshly churned *Takra* is *Madhur*, slightly *Amla*, it will not produce *Daha* in the *Kostha* and it is also *Vatahara*.

Medicines having *Deepana* and *Pachana* proper ties like *Chitrakadi Vati*, *Marichadi Churna*, *Takrarishta*, *Bhunimbadi Churna*, *Madhukasava*, *Kshara Ghrita*. can be used for *Grahani Dosha*. *Bhaisajya Ratnavali* has also mentioned some *Yoga* for *Grahani Dosha Pancha Pallava*, *Pancha Lavana*, *Rasanjanadi Churna*.

**DISCUSSION**

"Rogasarveapimandagni" i.e Mandagni is the root cause of the gastrointestinal tract. Grahani roga is mainly caused due by Agni Dushti. The organ Grahani and Agni have Ashraya-Ashrita type of relationship. The prime site of Agni and the site of occurrence of the disease Grahani Dosh is organ Grahani. This ensues with symptomatology like Atishruta and Vibaddha Mala Pravritt, Jwar, Udgara, Arochaka Etc. Nidana which disturb the Agni are Aharaj -Abhojana (excessive fasting), Atibhojana (excessive food intake), Vishama Bhojana (improper food), Asatmya Bhojana (unwholesome food). Vyapada of Vamana, Virechana, Snehana. (Adverse effect of therapeutic measures). Vega Vidharana (suppression of natural urges). Viruddha or incompatibility of Desha, Kala, Ritu. Shoka, Krodha, Bhaya.

**CONCLUSION:**

The disorders related to digestion of food and its absorption is becoming more common than the past due to our faulty food habits, which are covered under Grahani Dosh. They are treated more pronounced way with considering Ayurvedic concept of Agni and administrating Deepana and Pachana drugs.

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**Disclosure of conflict of interest**

The authors declare that there was no conflict of interest regarding the publication of this manuscript.

**Statement of informed consent**

Written informed consent was taken from patient.

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