



## An Ayurvedic Review Of Grahani Roga

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### ABSTRACT

*Grahani roga* is one among the *Mahagada* as stated by *Aacharya Sushruta*. The root cause of every *Vyadhi* is *Mandagni* as said by *Aacharya Vagbhatta*.

Any deformity in the *Agni* or *Agni Dosha* results in diseases affected by *Grahani* which are called *Grahani dosha*, *Grahani Roga*, or *Grahani Dushti*.

“*Roga Sarve Api Mandagni*” in the *Samprapti* of *Grahani Roga* there is involvement of *Samana Vayu*, *Aapana Vayu*, *Kledaka Kapha*, *Pachaka Pitta*. These vitiated factors affect to the process of digestion that is *Jathragni Dushti*. *Jathragni Dushti* leads to formation Of *Aama*. *Aama* is also said as *Visha* or toxin for whole body and responsible for various diseases in association with *Grahani*.

**KEY WORDS** -*Aama*, *Grahani Roga*, Digestion, *Mandagni*.

### INTRODUCTION-

The root of the term "*Grahani*" is *Dhatu "Grah,"* which means to catch, hold, or obtain (*Shabda Kalpadrum*). The specialised portion of the *Mahasrotas* is called *Grahani* (Gastrointestinal system)<sup>1</sup>.

*Grahani* is considered under eight major diseases, hence it is hard to diagnose and difficult to treat. Any disease has two stages: *Amavastha* and *Niramavastha*.

The cardinal sign of *Grahani Roga* is *Mandagani*, *Bhojana Aruchi*, *Sashoola* Frequent loose or sticky or thicken motion after intake of food. Process of digestion starts from the mouth and ends at passing of stool or

formation of *Pakva Aahara Rasa* which leads to nutrition of *Dhatus*. If food gets properly digestion, then it converts into *Pakava Aahara Rasa* which is normal physiological process and do not produce any harm but if it does not properly digest by our system then it converts into *Aama* and *this Aama* causes so many *Vyadhi*.

Now a days there are so many junks foods/fast foods available in different form which made by improper cooking methods, so that these raw /uncooked food materials go heavy to digest. If a person repeats same uncooked or raw food material then his digestive system gets habitual for same and slowly turns into indigestion and associated symptoms of *Grahani Roga*.

### IMPORTANCE OF AGNI IN GRAHANI ROGA

- The *Vishamagni* (improper *Agni*) causes irregularity in digestion and therefore defective formation of *Dhatu* takes places.
- *Tikshanagni* (excessive *Agni*) when associated with little quantity of fuel (in the form of food) causes depletion of *Dhatu* (tissue elements).
- *Samagni*, If *Agni* is *Sam*, 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*.
- *Mandagni* (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.<sup>2</sup>

### NIDANA OF GRAHANI ROGA

#### *Samanya Nidana-*

- *Abhojana* (excessive fasting)
- *Ajirna*
- *Atibhojan* (excessive eating)
- *Vishama Bhojan* (inappropriate eating)
- *Asatmya Bhojan* (unwholesome eating)
- *vyapad* of *Vamana*, *Virechana*, and *Snehana* (Adverse effect of therapeutic measures).
- *Vega dharana* (suppression of natural urges).
- *Desha*, *Kala*, and *Ritu's* incompatibility, or *viruddha*.
- *Shoka* (sadness), *Krodha* (rage) and *Bhaya* (fear).

**Vishishta nidana**

S. NO	Vataj Grahani	Pittaj Grahani	Kaphaj Grahani
01	Katu, tikta, Kashaya rasa	Katu, Amla rasa yukta aahar	Guru, atisnigdha, sheeta bhojana
02	Atiruksha, dushit bhojan	Ajeerna	atibhojan
03	Pramitashan	Vidhai anna	Bhukta matra swapna
04	Anshan	Kshara(Alkaline food)	
05	Veganigraha		
06	Atimaithun		

**PURVA RUPA<sup>3</sup>**

Trishna is specific Purva Rupa of Vataj and Pittaj Grahani Roga. In the former it is due to excessive roughness and in the latter due to excessive loss of fluids. Heaviness in the body and lethargy are the specific Purva Rupa of Kaphaj Grahani Roga.

- Trishna
- Alasya
- Balakshaya
- Annavidaha
- Annasyachirpaka
- Kayasya Gauravam
- Klama

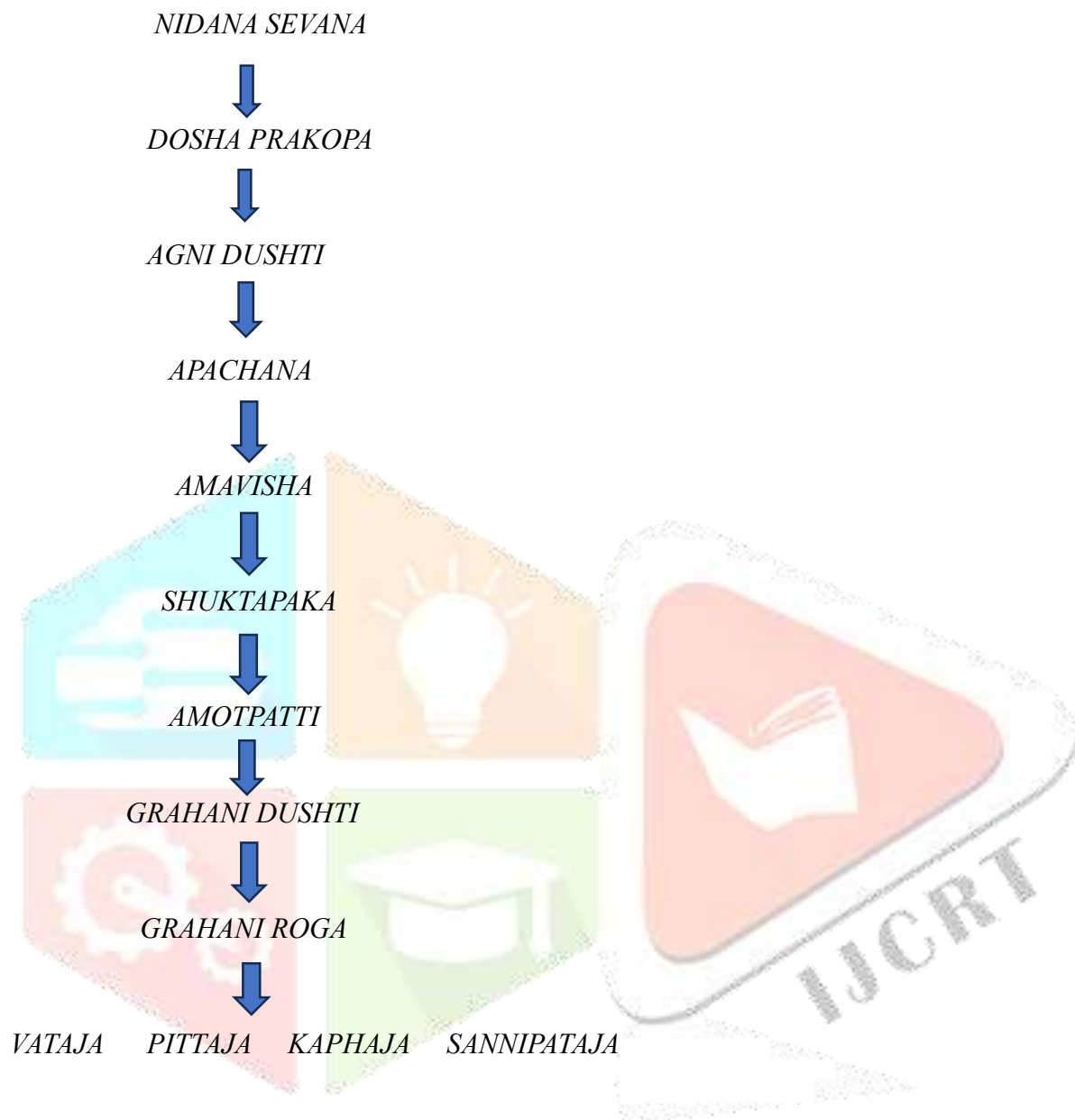
**RUPA**

Following are a few Lakshanas<sup>4</sup>

- Chronic abdominal pain
- Loss of appetite
- Failure to thrive.
- Flatulence
- Belching
- Eructation / salivation
- Nausea / vomiting
- Indigestion
- Chronic loose motion
- Constipation
- Frequency of loose stool just after meal
- Stool with mucous and foul smell

- Abdominal distension

### ***SAMPRAPATI OF GRAHANI ROGA<sup>5</sup>***



### **Management of *Grahani Roga* in *Ayurveda***

- ✚ The classical texts of *Ayurveda* indicate that *Grahani Dosha* can be addressed through the principles of *Langhana*, alongside the use of *Deepana* and *Pachana* medicines, which enhance *Agni* and facilitate the elimination of *aama*.
- ✚ Purgation therapy utilizing stimulant drugs also aids in the removal of *Aama*.
- ✚ The husk of *Ashvagol* assists in stool evacuation.
- ✚ Additionally, ancient *Acharyas* have recommended buttermilk (*Takra*) for the treatment of *Grahani*.

## Dietary Modifications

- Adjusting dietary patterns towards healthier eating habits enhances *Agni* and reduces the likelihood of *Grahani*.
- Meals should be consumed at consistent intervals.
- It is advisable to avoid junk foods, allergenic foods, and those that are hard to digest.
- *Ayurveda* prescribes a balanced diet under the *Sansarjana Krama*, with a dietary plan tailored to the individual's *Prakriti*. Therefore, patients with *Grahani* are encouraged to adhere to the dietary patterns of *Sansarjana Krama*.
- One should refrain from *Abhojanat*, *Ajeernabhojanat*, *Attibhojanaat*, *Visamasanat*, *Asatmya*, and *Sandusta Bhojanat*, among others.
- *Virudha-Ahara* should be avoided; individuals must consume food in accordance with their internal constitution, respecting the principles of *Desha* and *Kala*.

## Behavioral Modifications

Symptoms of *Grahani* can be exacerbated by behavioral factors such as fear, grief, stress, and lack of sleep, highlighting the importance of managing these aspects to prevent depression from impacting *Agni*.

To maintain normal metabolic function, it is essential to foster positivity and enthusiasm, while excessive rumination and *chintan* habits should be avoided, as brain circulation is closely linked to intestinal health.

## The Significance of Butter Milk

For individuals experiencing *Grahani Dosha*, butter milk serves as an exceptional beverage as it enhances digestive capabilities; it is *Grahi* and easily digestible. Butter milk possesses a sweet, sour, and astringent flavor; it is light and dry in nature, has a hot potency, and is sweet in its metabolic effect. Due to its *Madhura* (sweet) *Vipaka*, it does not exacerbate *Pitta*. Its astringent flavor and hot potency make it beneficial for alleviating aggravated *Kapha*. Additionally, its sweet and sour flavors help in balancing aggravated *Vayu*. When consumed fresh, it does not induce a burning sensation.

## References

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