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## Ayurvedic Management Of Grahani Roga A Case Study

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### Abstract

Grahani Roga is a disorder of Annavaha Srotasa caused due to Agnidushti and Dosha vitiation. It presents with altered bowel habits, abdominal discomfort, indigestion and systemic weakness, closely resembling Irritable Bowel Syndrome (IBS). The present case study highlights the effective management of a 60-year-old female patient suffering from Grahani Roga for six months using Ayurvedic oral medications, Pathya-Apathya and Panchakarma therapy. Significant improvement was observed in bowel habits, digestion, abdominal symptoms and sleep within a short duration. This case demonstrates the effectiveness of an Ayurvedic approach in the management of Grahani Roga.

Keywords: Grahani Roga, Vataja Grahani, Agnimandya, IBS, Panchakarma, Pichha Basti ,Shamana Chikitsa.

### Introduction

Ayurveda considers Agni as the fundamental factor responsible for health and disease. Grahani is described as the Site of Agni. Impairment of Agni leads to Grahani Roga. Acharya Charaka states that deranged Agni results in improper digestion and production of Ama, which further vitiates Doshas and leads to manifestation of disease .

Grahani Roga is characterized by symptoms such as Muhur Baddha–Muhur Drava Mala Pravritti, Adhmana, Udarashoola, Avipaka, Aruchi and Daurbalya. These features closely resemble Irritable Bowel Syndrome described in modern medicine. A chronic functional gastrointestinal disorder more commonly observed in elderly females. Ayurveda offers a holistic approach by correcting Agni, eliminating Ama and restoring Dosha balance.

### **Case Details**

A 60-year-old female patient was admitted to Tarachand Ramnath Ayurvedic Hospital with complaints of abdominal pain, heaviness, abdominal distension, irregular bowel habits, indigestion, burning sensation in chest and disturbed sleep since six months.

### **History of present illness**

The symptoms were gradual in onset and progressive in nature.

Patient had developed symptoms like Bhojanottar malapravrutti, Udarshool, Adhman, Urodaah, Anidra. All symptoms were gradually increased and ultimately patient appeared with Karshya (weight loss), Daurbalya & Parikartika, due to predominance of vata.

### **Past history**

No known chronic illness or co-morbidity.

### **Treatment History**

Patient had taken allopathic medicine for 3 months but had no any relief in symptoms.

### **Nidana**

Vishamashana

Anashan

Atichintan

Excess intake of Tikta and Amla Rasa

### **General Examination**

Built: Medium

Weight: 60 kg

Blood Pressure: 110/70 mmHg

Pulse: 82/min

Respiratory Rate: 20/min

Per rectal (PR) Examination:-

Fissure in ano at 6 o'clock position.

### **Laboratory investigations**

including CBC, RFT, LFT and urine routine were within normal limits.

**Ashtavidha Pariksha**

Nadi: Vata-Pitta Pradhana

Mutra: 5–6 times/day

Mala: Frequent, irregular

Jivha: Saam

Shabd : Prakrut

Sparsha: Ruksha

Drik: Shyav

Akruti: Madhyama

**Differential Diagnosis**

Vataja grahani, Pittaj grahani ,Aamajeerna

**Diagnosis**

Based on classical signs and symptoms, the patient was diagnosed as Grahani Roga (Vataja predominance).

**Samprapti Ghatak:-**

1.Dosha	Vata Pitta pradhan
2. Dushya	Rasa
3. Srotas	Annavaha, Purishvaha
4. Ama	Sama
5. Udbhavasthana	Aamashaya
6. Adhishthan	Grahani
7. Rogmarga	Abhyantar
8.Vyadhi swabhav	Chirkari

**Treatment****Shamana Chikitsa**

1. Sutshekhar Rasa – 250 mg, three times daily after food
  2. Kapardik Bhasma – 125 mg, three times daily after food
  3. Kutaj Parpati – 250 mg, three times daily after food
  4. Hingvashtak Churna – 1 g, twice daily before food
- (Anupana: Lukewarm water)
5. Abhayarishta – 20ml ,three times daily after food

**Shodhan Chikitsa (Panchakarma)**

Pichha Basti with Mochras Siddha Basti (150 ml) administered for 7 days

**Pathya**

Takra Sevana was advised regularly.

Laghu Aahar

Example – Moong kadhan , lahya, Shalishashtik ,Goat milk.

**Apathya**

Guru, Abhishyandi ,Vidahi Aahar

**Results**

Subjective Symptom Relief Assessment

Grading:

+++ = Severe,

++ = Moderate,

+ = Mild,

Nil = Absent

Symptom	Before Treatment	Day1	Day3	Day5	Day7
Udarashoola	+++	++	++	++	+
Adhmana	+++	++	++	+	+
Bhojanottar Mala Pravritti	+++	++	++	+	+
Daurbalya	+++	++	++	+	+
Urodaha	++	++	+	+	Nil
Nidranaasha	++	++	+	+	Nil

Marked improvement was observed in bowel regularity, abdominal symptoms, appetite and sleep by the end of 7 days.

**Discussion**

Grahani Roga occurs due to Agnimandya leading to Ama formation and Vata vitiation. Vata causes irregular bowel habits, while Pitta involvement results in urodaha and irritation.

Sutshekhar Rasa and Kapardik Bhasma pacify Pitta and improve digestion. Kutaj Parpati acts as a Grahi drug and regulates bowel movements. Hingvashtak Churna provides Deepana, Pachana and Vatanulomana effects. Pichha Basti is considered the best therapy for Grahani as it stabilizes Vata and strengthens intestinal function. Takra enhances Agni and maintains gut health. The combined approach resulted in significant symptomatic relief.

**Mode Of Action Of Drugs**

Sr.No.	Drug	Ras-Guna-Virya-Vipak	Karma	Dosha karma	Mode of action
1.	Sutshekhhar Rasa	Predominantly Katu–Tikta Rasa, Ushna Virya	Deepana, Pachana	Pitta-shamana	Neutralizes gastric acid, gastroprotective action, reduces mucosal irritation and acid reflux
2.	Kapardik Bhasma	Madhura Rasa, Sheeta Virya	Deepana, Pachana	Pitta-shamana	Acts as a natural antacid (calcium carbonate), buffers excess gastric acid and protects gastric mucosa
3.	Kutaj Parpati	Tikta–Kashaya Rasa, Sheeta Virya	Grahi, Stambhana, Pachana	Vata-Pitta shamaka	Anti-diarrheal, anti inflammatory and antimicrobial activity; improves intestinal mucosal integrity
4.	Hingvashtak Churna	Katu Rasa, Ushna Virya	Deepana, Pachana, Vatanulomana	Vata-Kapha shamaka	Enhances digestive enzyme secretion, improves gut motility and reduces abdominal distension
5.	Pichha Basti (Mochras Siddha Basti)	Snigdha, Grahi	Grahani balya Grahi, Deepan, Shodhan	Vata shamaka	Provides mucosal protection, reduces intestinal inflammation and regulates colonic motility
6.	Takra Sevana	Amla–Kashaya Rasa, Ushna virya	Deepana, Grahi, Amapachana	Kapha-Vata shamaka	Acts as a probiotic, restores gut microbiota, improves digestion and bowel regularity

**Conclusion**

This case study concludes that Grahani Roga can be effectively managed with Ayurvedic treatment focusing on Agni correction, Ama pachana and Dosha balance. The combined use of Shamana Chikitsa, Panchakarma and Pathya-Apathya resulted in rapid and sustained improvement. Ayurveda offers a safe and effective alternative for managing chronic gastrointestinal disorders such as IBS.

**Conflict of Interest**

None

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