

A CONCEPTUAL STUDY ON GRAHANI DOSHA WITH ITS AYURVEDIC MANAGEMENT

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ABSTRACT

In Ayurveda, Grahani Dosha is one among the Mahagadas. In modern science, Grahani Dosha included into digestive disorders. It's prevalence about 69% in current time because of faulty dietary habits, sedentary lifestyle, stress and side effects of modern drugs. This cause leads too many digestive diseases. The organ Grahani is the seat of Jatharagni (digestive fire) both are interrelated. It's supported and nourished by the strength of Agni. Normally, it receives the ingested food, which is retained by restraining the downward movement (Grahanati). After digestion it releases the food through sides of lumen to next Ashaya i.e. Pakvashaya. In abnormal conditions due to weakness of Agni, it gets vitiated and releases food in indigested form. When Agni is not proper the food will not be digested properly and this undigested food gets fermentation and acts like poison in the body. It's called Ama. Ama Utpatti leads to Grahani Dosha. Agnimandhya is important factor in the Samprapti of the disease Grahani Dosha. So it should be mainly treated for Agnivaradhana by Drugs with Deepana (which enhances digestive power) and Pachana (digestive) qualities.

KEY WORDS: Agni, Deepana, Grahani, Grahani Dosha, Pachana

INTRODUCTION:

In *Ayurveda*, *Ayu* (life) is defined as conjunction of body, soul, mind and senses. Each has been given due importance in the maintenance of health and in prevention and cure of disease. A balanced diet and regular exercise are the keys to good digestive health. But in current era, faulty dietary habits, sedentary lifestyle and stress are main

causative factors for diseases. People eat a lot of junk and highly processed food with preservatives which contributes significantly to maldigestion and irritable bowel. All these disturb in the function of digestion and absorption, leads to many digestive disorders. These disorders related to digestion and its absorption is broadly covered under the heading of '*Grahani Dosha*' mentioned

in the *Ayurvedic* classics, which is the one of the main disorder of the gastrointestinal tract.

PREVALENCE:

The survey assessed the prevalence of 20 functional gastrointestinal syndromes based on fulfillment 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 is increased for those having a functional gastrointestinal disorder.¹

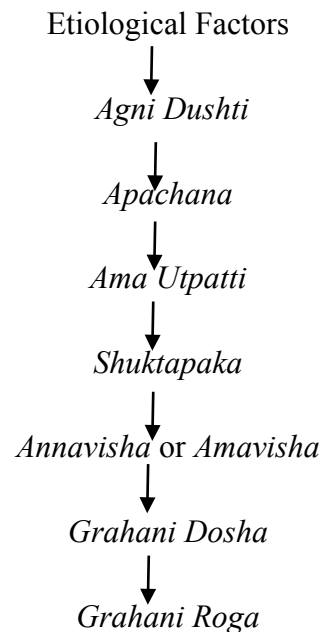
Etiymology of Grahani: The word *Grahani* is derived from *Dhatu* ‘*Graha*’ which means, to catch, to hold or to get. (*Shabdakalpadrum*). *Grahani* is the specialized part of the *Mahasrotas* (Gastrointestinal System).

Mandagni in Grahani Dosha: “*Rogasarve-pimandagnou*”² - 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.³ The prime site of *Agni* and the site of occurrence of the disease *Grahani Dosha* is organ *Grahani*.⁴ This ensues with symptomatology like *Atishrusta* and *Vibaddha Mala Pravritti, Jwar, Udgara, Arochaka* etc.⁵

Nidana of Grahani Dosha: The impairment of *Grahani* will impair the functional aspects of *Agni* and vice versa. Therefore all the etiological factors of *Agni Dushti* may cause *Grahani Dosha* and finally results in *Grahani Roga*.

- **Aharaj-** *Abhojana*(excessive fasting), *Atibhojana*(excessive food intake), *Vishama Bhojana*(improper food), *Asatmya Bhojana*(unwholesome food) etc.
- *Vyapada* of *Vamana, Virechana, Snehana* (Adverse effect of therapeutic measures)
- *Vega Vidharana* (Suppression of natural urges)
- *Viruddha* or incompatibility of, *Desha, Kala* and *Rutu*
- *Shoka*(Grief), *Krodha*(Anger), *Bhaya*(Fear)⁶

Probable Etiopathology of Grahani Dosha:⁷



Purvarupa: *Aalasya*(inaction), *Balakshaya*, *Trishna*(excessive thirst), *Anna*

Vidaha(burning sensation), *Chirapaka*(delayed digestion), *Kayagaurava*⁸

Rupa: *Ati Srushta Mala Pravritti, Vibbadha Mala Pravritti* (occasional hard and soft stool), *Arochaka*(testlessness), *Vairashya*(altered taste in tongue), *Praseka*(nausea), *Tamaka, Shunapadkara, Asthiparvaruka, Chhardana*(vomiting), *Jwara*(fever), *Lohanugandhi Udgara*.⁵

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*.⁹

Procedure: If the *Ama* moves downwards and remains adhered to the *Pakvashaya*, then patient should be given purgation with drugs having *Agni Deepana* property.¹⁰

If *Dosha* are spreaded all over the body then the *Shodhana* is contraindicated and the principle management should be *Langhana, Pachana*. Various *Deepana Pachana* drugs described in various classics should be administered along with follow of *Laghu* and *Supachya Ahara*.¹⁰

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*.¹¹

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*.¹²

Medicine used in Grahani Dosha: *Medicines having Deepana and Pachana properties like Chitrakadi Vati, Marichadi Churna, Takrarishta, Bhunimbadi Churna, Madhukasava, Kshara Ghrita*.¹³ can be used for *Grahani Dosha*. *Bhaisajya Ratnavali* has also mentioned some yoga for *Grahani Dosha Pancha Pallava, Pancha Lavana, Rasanjanadi Churna*.¹⁴

Pathya-Apathya:

Pathya

Ahara:

Takra(buttermilk), *Masur, Tuvara, Mudaga, Tila Tail, Makshika, Dadima*

Pathya Vihara: *Nidra, Chhardan, Langhana*

Apathya Ahara: *Guru*

Anna, Draksha, Gomutra, Dugdha, Gud, Gomutra, Viruddha Bhojana,

Apathya Vihara: *Aatap, Ratri*

Jagarana(nightawakening), *Snana, Vega*

Dharana, Nasta Karma, Anjana, Sveda, Dhumpana, Shrama.¹⁵

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 Dosha*. They are treated more pronounced way with considering *Ayurvedic* concept of *Agni* and administrating *Deepana* and *Pachana* drugs.

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