

A REVIEW ON GRAHANI DOSHA WITH ITS AYURVEDIC MANAGMENT

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ABSTRACT

Ayurveda defines health as equilibrium of three *Dosha*, *Dhatu*, *Malakriya*, *Agni*, and cheerful status of *Atma*, *Indriya* and *Manasa*. In current era-faulty dietary habits sedentary life style and stress are key causative factors of several diseases and affects the functioning of digestion and absorption, which leads to many digestive disorders. *Grahani* is one of the leading disorders of *Annavaha Srotas*. *Mandagni* is the root cause of all the disease. The main site of *Agni* is *Grahani* i.e. "*sasthi pittadhara kala*" i.e. the part of intestine, between *Amashya* and *Pakawashya*. The nomenclature of *Grahani* is so called because of its power to retain (*grahanat*) the downward movement of food. Normally, it holds up the food and release it from the side after it is digested. *Mandagni* causes improper digestion of ingested food which moves either in *Urdhva* or *Adho marga* and when it goes in *Adho marga* then it leads to *Grahani Dosha*. So it should be mainly treated with *Deepan* (which enhance digestive power) and *Pachana* (digestive) durgs for *Agnivardhana*. In modern science it can be correlated with Irritable bowel syndrome (IBS).

Keywords: *Agni*, *Grahani*, *Grahani Dosha*, *Deepana*, *Pachana*.

INTRODUCTION

In *Ayurvedic* classic the basic approach to the concept of health is essentially psychosomatic in nature which was related to the state of equilibrium of physio biochemical factors namely *Dosha*, *Dhatu*, *Mala* and *Agni* and a state of well being of mental and spiritual forces. Today is the era of science, in which everyone is busy to get luxurious lifestyle, polluted air and water lead to many disease of *Annavaha srotas*. The faulty lifestyle leads to interruption of *dincharaya* (daily regimen) and *ritucharaya* (seasonal regimen), described in *ayurveda* and also effect social and mental status of per-

son. If the man avoids following the rules of taking food and continuously taking *virudha ahara*, *jathragni* gets vitiated and vitiated *jathragni* is the cause of all disease. *Ayurveda* considered that the dysfunction of *Agni* is responsible for undigested food which is responsible for various functional and structural defects in gastro intestinal tract. These disorders related to digestion and its absorption is broadly covered under the heading of "*Grahani Dosha*". The sign and symptom of *Grahani dosha* is similar to Irritable Bowel Syndrome (IBS) described in modern science.

IRRITABLE BOWEL SYNDROME: Irritable bowel syndrome (IBS) is characterised by recurrent abdominal pain is associated with abnormal defecation in the absence of a structural abnormality of the gut. Young women are affected 2-3 times more often than man. Most patients alternate between episodes of diarrhea and constipation but it is useful to classify patients as having predominantly constipation or predominantly diarrhea. IBS is associated with abnormal gastrointestinal motor function enhanced visceral perception as well as psychological and genetic factor¹⁷

ETYMOLOGY OF GRAHANI DOSHA

The word *Grahani* is derived from *Dhatu "Graha"* which means 'to catch' 'to hold' or 'to get'.

Grahani is the specialized part of the *Mahasrotas* (Gastro intestinal system).

PHYSIO ANATOMICAL VIEW OF GRAHANI

– Anatomically *Grahani* is said to be situated above the *Nabhi*¹⁹ and between the *Amashaya* (stomach) and *pakwashaya*²⁰ (large intestine). It is the site of *agni*. Physiologically it holds the indigested food for the duration of its digestion before the *kitta* or undigested food residue is propelled into the *pakwashaya*. Thus *Grahana*, *Dharana*, *Pachana* and *soshana* become the main function of *Grahani*.

AGNI IN GRAHANI DOSHA – The *Grahani Dosha* is mainly caused by *Agni dushti*. *Mandagni* is also cause of all disease – “*Rogasarvepimandagnou*”¹⁶ *Jathragni* and *Grahani* have *Ashraya- Ashrita* type of relationship. The or-

gan *grahani* is *Ashraya* and *Agni* is *Ashrita*. The impairment of *Grahani* will impair the functional aspect of *Agni* and vice versa.

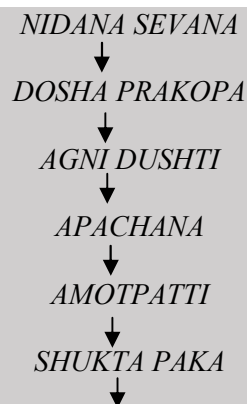
NIDANA OF GRAHANI DOSHA

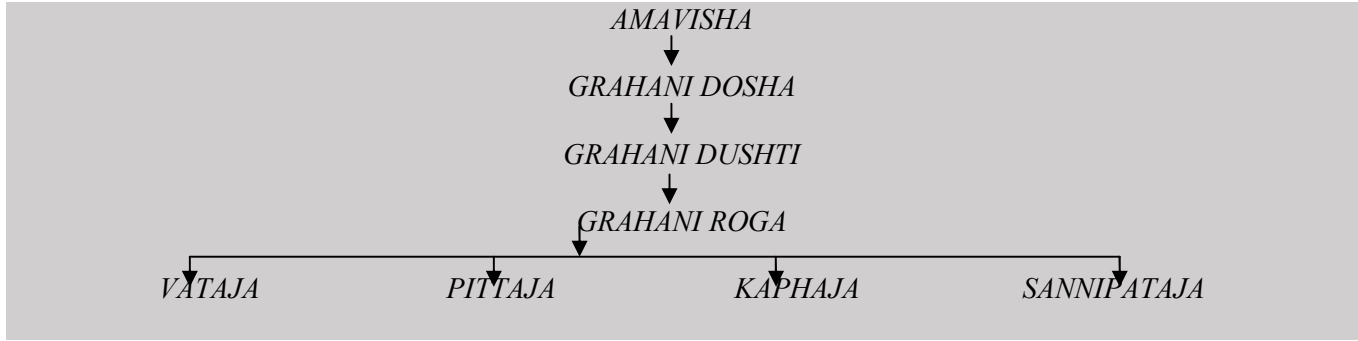
- *Aharaj* – *Abhojana* (excessive fasting), *Atibhojana* (excessive food intake), *vishama bhojana* (improper food) *Asatmya bhojana* (unwholesome food) etc.
- *Vyapada* of *vamana*, *Virechana*, *Snehana* (Adverse effect of therapeutic measures)
- *Vega vidharana* (Suppression of natural urges)
- *Viruddha* or incompatibility of *Desha*, *Kala* and *Ritu*.
- *shoka* (Grief), *Krodha* (Anger), *Bhaya*¹(fear).

PURVARUPA-*Aalasya* (inaction), *Balakshaya*, *Trishna* (excessive thirst), *Anna Vidaha* (burning sensation), *Chirapaka* (delayed digestion), *Kayagaurava*².

RUPA - *Ati Srushta mala pravritti*, *vibbadha mala pravritti* (Occasional hard and soft stool) *Arochaka*, *Vairashya* (altered in tongue), *praseka* (nausea), *Tamaka*, *Shunapadkara*, *Asthiparvaruka*, *chhardana* (vomiting), *Jwara* (fever), *Lohanugandhi Udgara*³.

SAMPRAPATI OF GRAHANI DOSHA⁴





SADHYASADHYATA OF GRAHANI DOSHA⁵

According to *Acharya Madhava* the *Asadhya Lakshanas* of *Grahani* are similar to *Asadhya Lakshanas* of *Atisara* viz. *shoola*, *pipasa* etc. He also opines that, in *Balyavastha*, *Grahani* is considered as *sadhya*, in *Yuva* and *Vridhdha Avastha* it is stated to be *Krichchha Sadhya* and *Asadhya* respectively.

PRINCIAPLE OF GRAHANI DOSHA CHIKITSA⁶

“*Nidanparivarjanam*”¹⁸ i.e. removal of cause. *Acharya Shusrut* mentioned *nidana parivarjana* as the first line of treatment of all diseases. *Acharya Vagbhatta* suggested that all the treatment modalities of *Ajeerna* should be implemented in the management of *Grahani Ashrita dosha*¹⁵. He also opines that, *sama* and *nirama avastha* should be taken into account as per *Atisara Chikitsa*. In the management of *Grahani dosha* the fact that along with *agni mandhya*, the *pachana Shakti* of *Grahani* is deranged. Due to this the indigested diet undergoes *putikriya*, and has action similar to *visha*, which produces symptomatology of *Ama*. For this particular stage, *shodhana Chikitsa* is preferred.

CHIKITSA

- *Grahani* associated with *ama dosha* – when the patient having complaint of constipation, excessive salivation, pain in abdomen, heart burn, heaviness then he should be treated with *Vamana*. *Vamana* should be done either luke warm water, decoction of *madanphala* and powder of piper and mustard.
- *Pakawasyasth Upchara* – the patient should be treated with *virechana*. The medicine having

agni deepana properties should be added in *virechana yoga*.

- When *apkva ahara rasa* is present in all over the body the *langhana* and *pachana* medicine should be given.
- After the purification of *amashaya peya* prepared with *deepana* and *pachana dravyas* should be given to the patient.
- *Snehana*, *svedana*, and *shoshana*, *langhana*, *deepana*, *pachana* and *sangrahni* drugs should be given as per the condition of the patient.

DIETETIC REGIMEN

Oleation, sudation, purification and lightening therapies articles that are gastric stimulants, various kinds of *churnas*, salts, alkalis, honey, *arishta*, *sura*, *asava* various kinds of butter milk courses and digestive stimulant ghee should be resorted to by the patient suffering from *Grahani*⁷.

IMPORTANCE OF TAKRA IN GRAHANI DOSHA -

“*Takra* is the best diet for patients suffering from *Grahani Dosha*.” 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 Virya*, *Vikasi* and *Ruksha Gunas*, it is also useful in *kapha*; as freshly churned *Takra* is sweet, slightly sour and sufficiently thick, it will not produce *daha* in the *kostha* and it is also *Vatahara*⁸.

Charak has also suggested the use of *Takra* and *Takrarishta* in the routine treatment of *Grahani*^{9,10}.

MEDICINE USED IN GRAHANI DOSHA

Medicine having *Deepana* and *Pachana* properties liked *chitrakadi vati*, *Marichadi churna* *Takrarishta*, *Bhunimbadi Churna*, *Madhukasav*, *Ksharaghritha*¹¹, can be used for *Grahani Dosha*. *Bhaisajya Ratnavali* has also mentioned some *yoga* for *Grahani Dosha* *Panchpallava*, *Panchlavana*¹² etc.

CHITRAKADI VATI¹³

Ingredient- *chitraka*, *pippali moola*, *Yavakshara*, *Sarjikshara*, *Saurvachala lavan*, *Saindhava lavana*, *Vida lavana*, *Samudra lavana*, *Audbhida lavana*, *Shunthi*, *Maricha*, *Pippali*, *Hingu*, *Ajamoda*, *Chavya*, *Matulunga rasa*, *Dadima rasa*.

Mode of action of Chitrakadi Vati in Grahani Dosha

Chitrakadi vati contains drugs which have *Deepana*, *Pachana*, *Rochana*, *Vata-anulomana*, *Shoolahara*, properties which are *Ushna virya*, *Katu*, *Lavana*, *Tikta*, *Madhura*, *Amla rasa*, *laghu tikshna*, *snigdha grahi guna* prominent with *katu vipaka* and *kaphavatahara* action which improves the *jatharagni* by relieving *Ama*. Due to *Madhura rasa* and *snigdha guna*, it balances the *pitta*. *Tikta* and *Katu* rasa improves the digestion and made the first *Dhatu* in proper form, so the combination will act on the *Rasa Dhatu*. *Deepan*, *Pachana* and *Grahi* properties decrease *Srotogata Ama* and relieves *Atipravritti*. Drugs like *Marich*, *Shunthi*, *Chitraka* etc. are proved as a best *Ama pachaka*. So *Chitrakadi Vati* shows *Amahara* action which can cure *Grahani Dosha*.

BILVADI CHURNA¹⁴

Ingredient- *Bilva*, *Chitraka*, *Shunthi*, *Chavya*.

Mode of action of Bilvadi Churna in Grahani Dosha

Bilwadi churna has *Katu*, *Tikta*, *Laghu*, *Ushna*, *Sukshma guna*, *Ushna virya*, *Katu vipaka* which leads to *shoshana* of *drava* part of *pitta* and normalize the *Agneya* part of *pitta*. *Ushna virya*, *Katu rasa* *katu vipaka* which perform as *Deeana*, *Pachana*. After *Pachana* due to *Ushna virya* they absorb the

diluted portion form the *mala*. Hence it found good relief in *Grahani Dosha*.

Pathya Apathya

Pathya Ahara –*Takra* (buttermilk) *masur*, *Tuvara*, *Mudga*, *Tilatail*, *Makshika Dadim*.

Pathya Vihara: *Nidra*, *chhardan*, *Langhana*.

Apathya Ahara: *Anna*, *Draksha*, *Gomutra*, *Dugdha*, *Gud Viruddha Bhojana*.

Apathya Vihara: *Aatap*, *Ratri jagarana* (nightwakening) *Snana*, *Vega Dharana*, *Nasya karma*, *Anjana*, *Sveda Dhumpna Shrama*¹³ etc.

DISCUSSION

“*Rogasarvepimandagnau*” i.e. all the diseases are due to *mandagni*. *Agni* and *pitta* are similar in qualities. *Sushrutacharya* considers *Pittadhara Kala* as *Grahani*, which is located between *Amashaya* and *pakwashaya*. He has mentioned *Grahani* as seat of *pachaka pitta*, site of *agni* is called so, because of its power of retain (*grahant*) the downward movement of food, it is located above the *nabhi*, and is supported and nourished by the strength of *agni*. The relation between *Grahani* and *agni* is reciprocal and interdependent, thus *adharadheya bhava* is present. *Grahani roga* is *tridoshatmaka* disorder of digestive system occurs due to vitiation of *pachaka pitta*, *saman vayu*, *apanavayu*, *kledakakapha*. The functional dependency between normal *vata* and *agni* is altered to a significant level.

Grahani roga described in *ayurved* may be correlated with IBS to some extent. *Sushrutacharya* considers *pittadhara kala* as *Grahani*, as seat of *pachaka pitta* that receives and retains food substances. *Medha* is *karma* of *pitta* hence it can be deduced that vitiation in *medha* (psychological function) contributes in *Grahani roga*. Psychological factors may be important in the etiology of IBS. The outcome is the indigestion of ingested food. *Ayurveda* described very useful medicine and procedure which is permanent cure with promoting health and without any altering aliment.

CONCLUSION

It can be concluded that *Mithya Ahara Vihara* is the main cause of the *Agni Dushti*, which leads to *Ama Dosha* and finally it result into *Grahani Dosha*. The diseases are *chirakari* in nature with early *Ama lakshanas* and late *Ojokshaya*. IBS is a psychosomatic disorder so in advised regimen two types of treatment has been given to patient i.e. *dravyabhuta* and *adravyabhuta*. They are treated more pronounced way with considering Ayurvedic concept of *Agni* and administrating *Deepana* and *pachana* drugs. It improves digestion and absorption. *Pathya apathya* plays an important role in the treatment of *Grahani Dosha*.

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