

A REVIEW ARTICLE ON DIET IN GRAHANI ROGA

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ABSTRACT

The *Grahani* is the leading disorder of the digestive system. Due to various etiological factors of *Grahani Roga*, the *Grahani* becomes impaired as a result of *Dusti* or vitiation of *Pachakagni* and *Saman Vayu*. The *Vaisamyata* at *Saman Vayu* causes the hyper motility of gut resulting in frequent evacuation of the bowel, which one large and hard or liquid. The principle of diet for all types of *Grahani* is boost the *Agni* and reduce the *Ama* with the help of *Ahara Dravyas*, which included mainly *Kashaya*, *Madhura* and *Katu* in *Rasa*; *Laghu*, *Ruksha*, *Grahee*, *Deepana* and *Pachana* in *Guna*; *Ushna* in *Veerya* and *Katu* or *Madhura* in *Vipaka*. The diet regime suggested by *Ayurveda* helps in stimulation of *Agni*, which supports the digestion of food of appropriate quality, taken in required quantity and in right time for cure of *Grahani Roga* or Irritable Bowel Syndrome.

Keywords: *Grahani*, *Agni*, *Saman Vayu*, Diet.

INTRODUCTION

Acharya Charaka has described that the *Jatharagni* (*Annasya Pakta*) is the chief among all the categories of *Agni*, as *Bhutagni* and *Dhatvagni* are dependent upon it. Aggravation or diminution of *Jatharagni*

results in the aggravation or diminution of respective *Bhutagni* as well as *Dhatvagni*. Therefore, the condition of *Jatharagni* should be suitably and carefully maintained, because life and strength of

individual are dependent upon it. *Mandagni* (weak digestive power) is a root cause of *Amadosha* (undigested food) and it is the crucial factor for manifestation of most of the diseases.

The 28 *Ahara Dravyas* of various classes can be suggested for *Grahani* patients. Thus, we can resume the bowel habit to normal, improve the overall nutritional status of patients and can prevent or reduce the complications of IBS with the help of *Ayurvedic* principles of diet. *Chaturvidha Ahara Dravyas* of six *Rasas* *Kashaya Madhura, Amla, Lavana, Katu, Tikta,* and go to transform into three kinds of *Rasas* *Madhura, Amla and Katu* and become fit for metabolic activity (reaction) by the action of *Jatharagni*. *Grahani* (duodenum and the upper part of small intestine), which is the site of *Agni* (enzymes responsible for digestion and metabolism), is so called because of its power to restrain (the downward movement) of undigested food and retains food till it is fully digested.

The function of *Agni* in general- *Charka* says that the life span, complexion, vitality good health enthusiasm, plumpness, glow, vital essence, lusture, heat the life breaths are derived from the thermo – genetic process (life in the body). When this fire is extinguished man dies, when a man maintains *samagni*, He lives long in good health. When it is deranged, he begins to ill, therefore the thermal function said to the main stay of life.

Now-a-day's unwholesome food habits and a lot of changes in lifestyle, mental stress, anxiety, grief, lead to gastric upset (*Agnimandhya*), which is the root cause for the manifestation of various diseases like *Atisar, Pravahika, Amlapitta, Grahani*.

Aim of Diet: -

There is nothing else except diet for sustaining the life of living beings. One is capable to make man disease-free only with the congenial diet. It is also true that in both the conditions, i.e. health and disease, the wholesomeness and the unwholesomeness is a prime

factor to be thought about, as without proper diet, the use of any drug is futile.

The aim of diet in person suffering from *Grahani* can be stated as.

1. An enhancement in the *Agni* can improve the functioning of *Grahani*.
2. The reduction in *Amadosha* with the help of *Deepana* (appetizer), *Pachana* (digestant) and *Laghu* (easy to digest) *Dravyas*.
3. Correction in bowel habit in terms of volume and consistency as *Prakrit* (normal).
4. Improvement in overall nutrition.
5. Prevention or reduction in complications.

Properties of *Ahara Dravyas* (food items) for *Grahani*:-

- *Deepana* and *Pachana Dravyas*
- *Laghu* and *Grahee* (absorbent) *Dravyas*.
- Diet which mitigates *Vata* (air), *Pitta* (bile) and *Kapha* (phlegm).
- Mainly *Kashaya* (astringent), *Madhura* (sweet) and *Katu* (pungent) in taste.
- Typically, *Grahani Rog Nashaka Dravyas* (food items of choice).

Choice of *Ahara Dravyas*:-

The *Ahara Vargas* (classes), screened and selected from different *Ayurvedic* classics, were based on

- (i) Properties (ii) Tolerance (iii) Availability of *Dravyas* (iv) Capacity of digestive power and (v) Predominance of the *Doshas* of the patient.

The *Ahara Vargas* are:-

- *Shukadhanya Varga* (Cereals)
- *Shamidhanya Varga* (Pulses)
- *Shaka Varga* (Vegetables)
- *Go-ras Varga* (Milk and products)
- *Phala Varga* (Fruits)
- *Harit Varga* (class of Greens)
- *Aharyogi Varga* (Adjuvants of foods)
- *Mamsa Varga* (Meat)

Table 1: Ahara Dravyas Recommended for Grahani Patients

English Name]	Sanskrit Name	Rasa	Veerya	Vipaka	Guna
Rice	<i>Shashtika</i>	<i>Madhura</i>	<i>Sheeta</i> (cold in potency)	<i>Madhura</i>	<i>Laghu, Snigdha</i> (unctuous)
Green Gram	<i>Mudga</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i> (creates dryness), <i>Grahee</i>
Horse Gram	<i>Kullatha</i>	<i>Kashaya</i>	<i>Ushna</i> (hot in potency)	<i>Katu</i>	<i>Laghu, Sara</i> (mild laxative)
Goat Curd	<i>Chag Dadhi</i>	<i>Amla</i> (sour)	<i>Ushna</i>	<i>Amla</i>	<i>Laghu, Grahee, Deepana Butter</i>
Butter	<i>Navneeta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Grahee, Snigdha, Agnikrit</i> (stimulates Agni)
Cow Ghee	<i>Gavyaghrat</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru</i> (difficult to digest), <i>Rochana</i> (enhances taste perception),
Honey	<i>Makshika</i>	<i>Madhura Kashaya</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu, Ruksha, Grahee, Deepana</i>
Bengal Quince,	<i>Bilva</i>	<i>Katu Kashaya,</i>	<i>Tikta</i>	<i>Ushna, Katu</i>	<i>Laghu, Snigdha, Grahee, Deepana, Pachana</i>
Pomegranate,	<i>Dadima</i>	<i>Kashaya Madhura</i>	<i>Amla</i>	<i>Anushna</i>	<i>Madhura /Amla Laghu, Snigdha, Grahee</i>
Banana	<i>Kadalee</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Vishtambhee</i> (restraining)

Also, *Ayurveda* has mentioned (wholesome) diet according to the *Dosha* predominance in *Grahani* as –

- *Vataj – Peya* (thin gruel) prepared from decoction of *Panchakola*. *Yusha (soup)* of *Panchakola, Moolaka* with *Marich* (black pepper) and *Ghee*
- *Pittaj –Yusha* of *Mudga, Khada* (a sour drink), added with *Dadima and ghee. Jangal Mamsa (meat of animals of arid zone).*
- *Kaphaj – Yusha* of dried *Moolaka* or *Kullatha Yusha* of *Chitrak* (*Plumbago zeylanica*) and *Moolaka*.

According to *Sushruta* drinking of *Gomutra* (cow urine) or *Ajamutra* (goat urine) early morning.

DISCUSSION

Grahani (Irritable bowel syndrome) is *Amashaya Udbhava Vyadhi* and its *Vyakta Sthana* is *Guda*. *Grahani* is *Adhishtana* for *Agni*. It has got the name *Grahani* because of *Anna Grahana Karma*. *Grahani Roga* described in classical textbooks of *Ayurveda* represents a group of disorders of digestive system caused by impairment of *Agni*. *Grahani* is such a disorder, where in its significance is emphasized by its inclusion

among *Ashta Maha Gadas*. Various unhealthy causes' vitiation of *Pitta (Agni)* situated between *Amashaya* (stomach) and *Pakwashaya* (Intestine) is responsible for the manifestation of the symptoms. The *Vataja Grahani Lakshanas* like *Punah Punah Srujet Varchah, Ama Mala, Chirat Pachana, Visuchika, Jeeye Jeeryati Adhmanam Bhukte Swasthyamupaiti* has some similarities towards symptoms of Irritable Bowel Syndrome. Whereas almost all the *Sangraha Grahani Lakshanas* like *Antrakujana, Drava Snigdha Mala, Ama Yukta Bahu Picchila Mala, Sasabda Manda Vedana, Pakshad Masad Dasadva Nityam Va, Diva Prakopo Ratrou Shanti* have very good similarity with IBS. And it is also said that this disease is *Durvigyeya, Dushchikitsaya, Chirakalanubandhini* which is also the nature of Irritable Bowel Syndrome. But we cannot confirm that IBS is same as *Grahani Roga*. In *Ayurveda* it is said that the Psychological factors are responsible for *Manovaha Sroto Dushti*. This ultimately leads to *Manashika & Shareerika Vyadhi*. So almost all the diseases are having interlink between *Shareera* and *Manas*. As the *Ayurvedic* management is concerned, there is no need to correlate IBS to *Ayurvedic* diseases, because IBS is entirely different disease. There is only needed to

understand the condition according to the Fundamental Principles of Ayurveda & manage cases accordingly. Education of the patient is prime important thing, with normalization of the bowel with some *Shodhana* and *Shamana* therapies accordingly. The etiological factors according to Ayurveda include regarding *Ahara*, *Vihara* and *Manasika*. The recent research in modern science proved that the etiological factors according to Ayurveda, act as triggering factors in the production of IBS. In Ayurvedic pathogenesis of IBS involves *Prana*, *Samana*, *Apana Vata Dusti* along with *Pachaka Pitta* & *Kledaka Kapha Dusti*, ultimately leads to *Agnidusti*, which in turn causing *Doshprakopa*, resulting in production of symptoms of IBS.

CONCLUSION

The 28 *Ahara Dravyas* of various classes can be suggested for *Grahani* patients. And also need to be taken for prevention of *Grahani* with the planning of proper diet. It is clear that, if a person takes food without the appropriate procedure, then he quickly succumbs to diseases like Irritable Bowel Syndrome caused by the vitiation of *Grahani* because of his uncontrolled habits. We can resume the habit of bowel to normal, improve the overall nutritional status of patients and also reduce the complications of Irritable bowel symptom with the help of *Ayurvedic* principles of diet.

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