A REVIEW STUDY ON ETIOLOGICAL FACTORS OF GRAHANI ROGA

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ABSTRACT
Grahani is the specific part of Mahasrotasa and it is the prime site for Agni. In natural state, it has four main functions viz. Grahana (to take food from Amashaya), Pachana (digestion), Sara-Kitta Vibhajana (separation of the nutrient fraction and food residue fraction) and Avashoshana (absorption of nutrient) and Nirharana (elimination of residue fraction towards Pakwashaya). Due to Agnidushti, Grahani is not able to perform its functions properly, which causes Grahani Dosa and further leads to Grahani Roga. Grahani Roga is the most common disorder of gastrointestinal tract. At present time, the prevalence of Grahani Roga is increased due to improper dietary habits, faulty lifestyle & stress which play a major role in causation of Grahani Roga. The present article deals with the Nidanas of Grahani Roga, so that Nidana Parivarjana can be done, which is the first and most important line of treatment for any disease.

Keywords: Grahani, Mahasrotasa, Grahani Roga, Ashta Mahagada, Nidana Parivarjana

INTRODUCTION
Grahani is the name of a specific part of Mahasrotasa. According to Acharya Susruta, Grahani is sixth Pittadhara Kala, which is situated between Amashaya and Pakwashaya.1 As per Acharya Charaka Grahani is positioned above umbilicus which gets strengthened by the power of Agni and because it holds the food, it is called Grahani. Due to presence of Pachaka Pitta, Grahani is able to complete digestion process.2 It holds the Apakwa Anna (undigested food) for digestion and after digestion eliminate the waste products, but if the Agni becomes weak then Grahani is not able to hold the Apakwa Anna (undigested food) and start to eliminate it in Ama condition, it is called Grahani Roga. The relation between Grahani and Agni is Ashraya-Ashrayi relationship, Grahani is an Ashraya (shelter) and the Agni present in the Grahani is Ashrayi, when this Agni get deranged Grahani Roga occurs, which can also be called as Grahani. According to Ashraya-Ashrayi Bhava Grahani is part of Mahasrotasa as well as disease which takes shelter in the Grahani. Acharya Vagbhata has mentioned it as one of the Ashta Mahagada, because it affects the body for a long time and is difficult to cure.3 The Anna Visha which is formed in the body, kills the person like poison. Grahani Roga can be correlated
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with Irritable Bowel Syndrome in contemporary medical science. Irritable Bowel Syndrome is a functional disorder in which abdominal pain is associated with defaecation or a change in bowel habit. At present time a large part of the population is affected by this disease. Throughout the world, about 10–15% of the population is affected at some time but only 10% of them consult their doctors because of symptoms. Most studies show a female predominance, young women are affected 2–3 times more often than men. Most of these patients are suffering from stress, depression and other mental symptoms as well. It is stated also in Ayurveda that the physical illness affects the mind and mental illness affects the body, if these persist for a long time and in Grahani Roga both physical and mental symptoms are reflected, which indicates that Grahani Roga is psychosomatic disorder.

**DEFINITION**
There are four types of Agni present in the body according to intensity such as Tikshna (intense), Manda (mild), Sama (regular) and Vishama (irregular). Among these four fold Agni, except Samagni other three are known as Grahani Dosha. The term Grahani Dosha implies all the diseases like Ajeerna, Grahani Roga, Bhasmaka etc., which are located in the Grahani and caused by Tikshnagni, Vishamagni and Mandagni. Grahani Roga is caused by Mandagni, due to Mandagni when the food is not digested completely; it either goes up or down. The condition in which the combination of digested and undigested food moves out downward is called Grahani Gada.

**NIDANA (ETIOLOGICAL FACTORS)**

**Samanya Nidana**

Nidanas are the causative factors of diseases; it gives complete knowledge about the disease like etiology, symptomatology, pathogenesis etc. For detailed study of Nidanas of Grahani Roga, the Nidanas can be categorized as mentioned below:

1. **Pragyaparadha** (Intellectual Error)
2. **Aharaja Nidana** (Dietetic Factors)
3. **Viharaja Nidana** (Behavioral Factors)
4. **Nidanarthakara Roga** (one disease is caused by other disease)
5. **Manasa Bhava** (Psychological Factors)

Nidanas of Ajirna can be considered as Nidana of Grahani Roga because both these diseases are result of Agnimandya. The above Nidanas are described in detail below.

1. **Pragyaparadha** - Acharya Charaka has described that there are three causative factors of diseases viz. Asatmendriyartha Samyoga (non homologatory contact of senses with their sense objects), Pragyaparadha (intellectual error), and Parinama (consequence). In Sutra Sthana he has also mentioned those as Atiyoga (overuse), Ayoga (disuse) and Mithya Yoga (misuse) in relation to Artha (sense object), Karma (activity) and Kala (season). Among these three Ayatanas, Pragyaparadha is the prime cause of Grahani Roga. Pragyaparadha means wrong utilization of speech, body and mind. The unwholesome action performed by one whose Dhee (intellect), Dhriti (restraint) and Smriti (memory) are deranged, is known as Pragyaparadha, which vitiates all the Doshas. Due to Pragyaparadha one who eats greedily overlooking all the rules required, he soon is afflicted with the disorders of Grahani as a result thereof.

2. **Aharaja Nidana** - Aharaja Nidana is improper utilization of food which causes Grahani Roga. Aharaja Nidana of Grahani Roga are as follows:
   a. **Abhojana** - Not having food lead to aggravation of Vata Dosha which covers the Agni and causes Agnimandya. Due to Agnimandya, Ama Dosha is formed which causes Kshobha (irritation) in Grahani Kala and leads to Grahani Roga.
   b. **Ajrna Bhojana** - Improper digestion of food is called Ajirna. Mandagni is responsible for its causation. Due to Mandagni food which is eaten is not digested properly. In this stage, when more food is eaten then it gets mixed with the
undigested food which lead to formation of Ama which form Ama Visha and Grahani Roga occurs.

c. Ati Bhojana- Excessive intake of food causes Sarva Dosha Prakopa especially Kapha Dosha Prakopa, which further causes Agnimandya and leads to Grahani Roga.

d. Vishamashana- Eating more or less quantity of food, or intake of food before or after the proper time is known as Vishamashana. The food in deficient quantity is said to be causing Vata Prakopa and food in excessive quantity is said as vitiating all Dosha especially Kapha Dosha, both the conditions are responsible for Agnimandya and further leads to Grahani Roga.

The person, who takes his meal before time, suffers from Ajeerna first and after that Grahani Roga occurs because his previously eaten food was not digested. If a person takes his meal after the proper time, Ajeerna gets aggravated, which destroys Pachakagni and further leads to Grahani Roga.

e. Asatmya Bhojana- Adjustment to a particular diet or behavior due to practice is known as Satmya, it is beneficial and favorable for body. Opposite to Satmya is called Asatmya. Asatmya Ahara is contrary to Deha Dhatus, behave with Virodha to them (antagonism), causes Agnidushti and Grahani Gada occurs.

f. Guru Bhojana- Guru Dravayas have more of the properties of Prithvi and Soma, and due to their dissimilarity with Pachakagni, they are non stimulative of digestion by nature. So they cause Agnimandya if taken up to the saturation point and further lead to Grahani Roga. Kurchika, Kilata (milk products), died meat, dried vegetables, flattened rice etc. are Guru Ahara Dravyas.

g. Sheeta Bhojana- Sheeta Guna has the potency to increase both Vata and Kapha Dosha. Therefore excessive consumption of cold food or beverages leads to Vata and Kapha Prakopa and further Grahani Roga occurs.

h. Ati Ruksha Bhojana- Excessive intake of Ruksha (dry) Ahara increases Vata Dosha, which further causes Agnimandya and Grahani Roga occurs.

i. Sandushta Bhojana- The food which is antagonist in respect of Desha (place), Kala (time), Agni etc. and not wholesome for the person is called Sandushta Bhojana (contaminates food). It excites the Dosha but does not eliminate it out of the body.

3. Viharaja Nidana12

a. Vireka, Yamana, Sneha Vibhram (faulty administration of purgation emesis, unction etc.) - When these Panchakarmas are not used in proper way, Dosha gets vitiated and causes Agnimandya, then Ama Dosha forms in the body and Grahani Roga occurs.

b. Vyadhi Karshana (emaciation due to some disease) - During illness and after the recovery of the disease, patient’s body is naturally weak and has poor digestive power, in this condition if he indulges in improper intake of foods, then the Dosha gets aggravated which leads to Grahani Roga.

c. Desh, Kala and Ritu Vaishamya- Dietary habits and lifestyle should always be done according to Desha, Kala and Ritu because by following these regimens body stay always healthy otherwise disease will arise through Agni Dushti.

d. Vega Vidharana (suppression of natural urges) – After digestion the food gets broken into two parts viz. Sara or Prasada which nourishes the body and second is Kitta, which needs to be excreted in the form of Mutra (urine) and Purisha (stool). It is very important to excrete this waste product from the body, But due to Pragyaparadha when the person suppresses natural urges, his Vata Dosha gets vitiated, causes constipation and pain all over the body, then Agnidushti occurs which leads to Grahani Roga.

4. Nidanarthakara Roga – Diseases are also observed as the causative factors of other diseases, these diseases are called Nidanarthakara Roga. Initially they are manifest independently as a
disease and later on serve as etiological factors, sometimes they serve the purpose of both disease as well as etiology and sometimes of only one either disease or etiology.\textsuperscript{13}

The three diseases namely Arsha, Atisara and Grahani Dosha are generally causative factors of one another. In all these, if the intensity of the Agni (digestive fire) is diminished, the intensity of disease is increased, and if the intensity of Agni (digestive fire) is increased the force of the disease is decreased. Therefore the Agni should be well protected particularly in these three diseases.\textsuperscript{14} Acharya Sushruta also has described that Grahani Roga manifests after Atisara Nivritti, in a person whose Atisara has been cured recently has a poor digestive fire and also the person who has poor digestive fire, apart from the above mentioned person; indulge in fire and also the person who has poor digestive fire.

\textbf{CONCLUSION}

Grahani Roga manifests due to disordered function of Agni. When the Agni is in normal state, it is responsible for Bala (strength), Arogya (health), Ayu (longevity) and Prana (vitality). That’s why it should be protected by proper intake of food and drinks because these act as a fuel in the body and if a person is deprived of food and drinks, Agni become disturbed and that causes many diseases because Roga Sarve Api Mandeagno, Grahani Roga is one of those. At present time people are indulging so much in faulty dietary habits and faulty lifestyle, which causes Agni Dushhti and further Grahani Roga occurs. In Ayurvrdha all these factors are known as Nidana. Nidana is the most important factor because it is responsible for the causation of disease and avoidance of the causative factor is the primary step in the management of any diseases. Thus knowledge of Nidanas of Grahani Roga is of great importance for Nidana Parivarjana for the reason that through knowledge of Nidanas people can avoid these Nidanas of Grahani Roga by taking precautionary steps and this ultimately will be in the greater interest of the society which is also called social welfare.

\textbf{5. Manasa Bhava}\textsuperscript{18} – Food consumed by person afflicted with Irshya (jealousy), Bhaya (fear), Krodha (anger), Lobha (greediness), Shoka (grief), Deenata (helplessness) and Dwesha (haterdness), does not digest the food properly. Irshyadi are the Manas Bhava, which are responsible for Manasa Roga but when they persist for long time, they affect the body and turns into Sharirika Roga, as per Acharya Chakrapani “Shariram Mansa, Manasanam Sharirena cha Amubandha Gunayah”.\textsuperscript{19} That’s why these Manas Bhava causes Agnimandya and leads to Grahani Roga.

\textbf{Vishishta Nidana}\textsuperscript{20}

\textbf{1. Vataja Grahani} – Vata is vitiated due to intake of Katu (pungent), Tikta (bitter), Kashaya (astringent), Ati Ruksha (very dry), Sheeta (cold) articles of food, Pramitashana (little or no food), Anashana (fasting), Ati Adhwa (too much traveling on foot), Vega nigraha (suppression of urges), Ati Maithuna (excessive sexual indulgence).

\textbf{2. Pitta Grahani} – Pitta gets aggravated by intake of food which is Katu (pungent), Ajeerna (uncooked), Vidahi (burning), Amla (acidic), Kshara (alkaline articles of food).

\textbf{3. Kaphaja Grahani} – Kapha gets aggravated by intake of food which is Guru (heavy), Snigdha (very unctuous), Sheeta (cold) and other similar articles of diet, Ati Bhojana (overeating), Bhukta Matsarye cha Swapna (sleeping immediately after meals).

\textbf{4. Sannipataja Grahani} – All Nidanas of Vata, Pitta and Kapha combine together, and causes Sannipataja Grahani.

These are Samkhya Samprapti of Grahani Roga, Acharya Charaka has also described Amaja type of Grahani Roga.\textsuperscript{21} Acharya Madhavakara has considered two other types of Grahani Roga viz Sangraha Grahani and Ghatiyantra Grahani.\textsuperscript{22}
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