

## 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 Dosha* 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*.<sup>1</sup> 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.<sup>2</sup> 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 elimi-

nate 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.<sup>3</sup> The *Anna Visha* which is formed in the body, kills the person like poison. *Grahani Roga* can be correlated

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.<sup>4</sup> 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*.<sup>5</sup> The term *Grahani Dosha* implies all the diseases like *Ajeerna*, *Grahani Roga*, *Bhaskama* etc., which are located in the *Grahani* and caused by *Tikshnagni*, *Vishmagni* 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*.<sup>6</sup>

#### 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. *Asatmendriyārtha Samyoga* (non homologatory contact of senses with their sense objects), *Pragyaparadha* (intellectual error), and *Parinama* (consequence).<sup>7</sup> 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).<sup>8</sup> 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*.<sup>9</sup> 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.<sup>10</sup>
2. ***Aharaja Nidana*** - *Aharaja Nidana* is improper utilization of food which causes *Grahani Roga*. *Aharaja Nidana* of *Grahani Roga* are as follows:-<sup>11</sup>
  - 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. *Ajirna 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, *Vata Dosha* 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 Dravyas* 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 upto 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 Nidana***<sup>12</sup>
    - a. *Vireka, Vamana, Sneha Vibhram* (faulty administration of purgation emesis, unction etc.) - When these *Panchakarmas* are not used in proper way, *Dosha* gets vitiating 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 Vaishamyas*- 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 vitiating, 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.<sup>13</sup>

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.<sup>14</sup> *Acharya Sushruta* has also 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 unwholesome dietetic regimen, *Doshas* get aggravated and vitiate the *Agni*, also vitiate *Grahani* and then *Grahani Roga* occurs.<sup>15,16,17</sup>

5. ***Manasa Bhava***<sup>18</sup> – Food consumed by person afflicted with *Irshya* (jealousy), *Bhaya* (fear), *Krodha* (anger), *Lobha* (greediness), *Shoka* (grief), *Deenata* (helplessness) and *Dwesa* (hatredness), 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* “*Shariranam Mansen, Manasanam Shariren cha Anubandha Gyeyah*”.<sup>19</sup> That’s why these *Manasa Bhava* causes *Agnimandya* and leads to *Grahani Roga*.

#### ***Vishishta Nidana***<sup>20</sup>

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).
2. ***Pittaja Grahani*** – *Pitta* gets aggravated by intake of food which is *Katu* (pungent), *Ajeerna*

(uncooked), *Vidahi* (burning), *Amla* (acidic), *Kshara* (alkaline articles of food) .

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).
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*.<sup>21</sup> *Acharya Madhavakara* has considered two other types of *Grahani Roga* viz *Sangraha Grahani* and *Ghatiyantra Grahani*.<sup>22</sup>

## 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 Dushti* and further *Grahani Roga* occurs. In Ayurveda 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 the precautionary steps and this ultimately will be in the greater interest of the society which is also called social welfare.

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