INTRODUCTION:
In Ayurveda, Ayu (life) is defined as a 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 mal-digestion 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

**Etymology of Grahani:** The word Grahani is derived from Dhatu ‘Graha’ which means, to catch, to hold or to get. (Shabda-kalpdrum). 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 Yamana, 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

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<tr>
<th>Etiological Factors</th>
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**Purvarupa:** Aalasya(inaction), Balakshaya, Trishna(excessive thirst), Anna
Vidaha (burning sensation), Chirrapaka (delayed digestion), Kayagaurava

Rupa: Ati Srushta Mala Pravritti, Vibbadha Mala Pravritti (occasional hard and soft stool), Arochaka (testiness), Vairashya (altered taste in tongue), Praseka (nausea), Tamaka, Shuna Padkara, Asthiparvaruka, Chhardana (vomiting), Jwara (fever), Lohanugandhi Udgarā.

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 Ajiṣṭa and Atisara should be implemented in the management of Grahani Ashrita Dosha.

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

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.

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.

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

Pathya-Apathya:
Pathya
Ahara: Takra (buttermilk), Masur, Tuvara, Mudaga, Ti la 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.

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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