

# AYURVEDIC VIEW IN IBS (IRRITABLE BOWEL SYNDROME) GRAHANI

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## Abstract

*Grahani* is an Ayurveda terms identified with the seat of *Agni* (stomach related fire), which help in the digestion and assimilation of nourishment. The old content of Ayurveda portrayed that ingestion, processing, retention and absorption of *Aahara* is managed by *Grahani*. At the point when this *Agni* becomes; *Mandagni* then inappropriate absorption of ingested nourishment leads obsessive condition named as *Grahani Roga*. Thus *Trividha* abnormalities of the *Jatharagni* likewise named as *Grahani Dosha*. *Grahani* is an ailment which influences huge populace comprehensively particularly in creating nation and related with inappropriate nourishment propensities alongside unpleasant way of life. The pathogenesis of *Grahani Roga* works around *Agni Dosha* which related with hindered stomach related capacity of stomach related fire. Ayurveda portrayed different treatment modalities for the administration of *Grahani Roga*, for example, utilization of herbs and definition, *Yoga* and way of life change. Present article outlined Ayurveda viewpoint of *Grahani Roga* and its administration by Ayurveda standards and way of life change.[1]

**Keywords:** Ayurveda, *Grahani*, *Agnidosha*, *Yoga*, Life style

**INTRODUCTION** Ayurveda offers wide scope of definitions and remedial modalities alongside recommendations to adjust way of life design which generally offers advantageous impacts in the administration of *Grahani Roga*. *Grahani* is an ayurveda terms related to the seat of *agni* (digestive fire), which help in the metabolism and digestion of food. The ancient text of ayurveda described that ingestion, digestion, absorption and assimilation of *Aahaar* is regulated by *Grahani*. When this *Agni* becomes; *mandagni* then improper digestion of ingested food leads pathological condition termed as *Grahani roga*. Similarly *Trividh* anomalies of the *Jatharagni* also termed as *Grahanidosha*. [2] *Grahani* is a disease which affects large population globally especially in developing country and associated with improper food habits along with stressful lifestyle. The pathogenesis of *Grahani roga* works around *Agnidosha* which associated with impaired digestive function of digestive fire. Ayurveda described various treatment modalities for the management of *Grahani roga* such as; use of herbs & formulation, *yoga* and life style modification. Present article summarized ayurveda perspective of *Grahani roga* and its management by ayurveda principles and life style modification. *Grahani Dosha* is a typical issue particularly influences individuals living with unhygienic conditions and endured with wholesome insufficiency. The flawed way of life, utilization of lousy nourishment, stress, deficient rest and evasion of *Sadvritta* are the significant reasons of *Grahani Dosha*. Pathologically illness starts because of the ill-advised assimilation of nourishment which further vitiates *Agni* and *Doshas* prompting arrangement of *Ama* which further came about indications of constipation and the diarrhea. [3] Drugs having *Kashaya Rasa*, *Ushna Virya*, *Madhura Vipaka* & *Ruksha Guna* help to pacifies *Vata* & *Pitta Dosha* therefore potentiates *Agni* which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of *Grahani Dosha*. This article described general consideration of *Grahani Dosha* and its management by Ayurveda and conduction of disciplinary life style.

## ETIOLOGICAL FACTORS

- *Abhojanaat, Ajeernabhojanat, Attibhojanaat, Visamasanaat, Asatmya Guru, Ruksa and Sandusta Bhojanat* etc
- *Vyadhikarshanat* and *Vegavidharana*
- Stress, anxiety and grief
- In disciplinary life style and bad food habits
- Unhygienic environmental condition
- Nutritional insufficiency
- Contagious predominance
- Improper functioning of digestive fire
- Diseased condition which weakened *Agni*
- *Viruddha-Ahara*
- Avoidance of concept of *Desha* and *Kala* during consumption of food stuffs
- Excessive use of antibiotics. .

## SYMPTOMS

According to *Acharaya* the predominant symptoms of disease are; *Aalasya, Trishna, Anna-vidaha, Chira Pakka, Balakshaya* and *Gaurava*, etc. Other symptoms of diseases are *Aruchi, Kasa, Karnakshveda* and *Antrakunjana*. Intestinal spasms, diarrhea, constipation and abdominal pain also observed in acute condition.[5]

## AYURVEDA INTERVENTION:

- The customary content of *Ayurveda* proposed that *Grahani Dosha* might be treated by following idea of *Langhana* and utilizing *Deepana* and *Pachana Aushdha* which help to potentiate *Agni* and eliminate *Ama*.
- Purgation therapy with stimulant drugs also helps to remove *Ama*
- Husk of *Ashvagol* help in evacuation of stool.
- Butter milk (*Takra*) also suggested by ancient *Acharya* for treatment of *Grahani*.

## SALUTOGENIC APPROACH ON GRAHANI:

Modification in life style and balanced diet regime along with consideration of *Pathya- Apathya* help to cure *Grahani*. Diet modification

- Modification in diet pattern towards the healthy eating habits boosts *Agni* and prevents chances of *Grahani*.
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- *Ayurveda* referenced adjusted eating regimen under *Sansarjana Krama* with routine eating routine arrangement relying upon the *Prakriti* of the person. Along these lines patient of *Grahani* recommended to follow diet example of *Sansarjana Krama*
- One should avoid *Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya* and *Sandusta Bhojanat* etc
- Preparation and consumption of unhygienic food articles.
- Diet containing balanced nutritional value need to be adopted. [6]
- *Virudha-ahara* must be avoided; means one should consume diet as per his/her internal constitution by following concept of *Desha* and *Kala*

**Dietary Module:**

- Diets which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency should be adopted such as; fibers, fruit, vegetables, grains and curd.
- *Yavagu, Panchkola soup, Takrarista, Jangalmansa, Vegetable soups, Light diet and Soup of dried radish*

**Behavior modification**

- Social factors, for example, dread, despondency, stress and restlessness may likewise lead side effects of *Grahani*. In this manner one ought to maintain a strategic distance from pressure, dread and sorrow to disturb state of melancholy which may influence *Agni*.
- One ought to stay positive and excited to keep up ordinary metabolic working.
- Habits of an excessive amount of reasoning/*Chintana* should be kept away from which may influence procedure of absorption since during speculation process strong flow remain related with mind principally rather than intestine
- One should always think that the food which he/she going to consume will offers good effect.
- Be happy and associated with mental empowerment activities.
- One should consume diet by following rules of *Swasthavrrita* in proper manner so to achieve maximum beneficial effect of consumed food

**Daily regimen modification/Exercise and Yoga**

- In disciplinary life style need to be avoided.
- Day time sleeping and late night awakening should be avoided.
- One should follow daily regimen with fix timing of each and every activities including fix daily routine of exercise, breakfast, meal and sleep.
- Regular exercise to strengthen body & *Agni*.
- Meditation to calm down stress.
- *Yoga* and *Pranayama* also offers beneficial effect to increase stress resistance.
- *Ayurveda* mentioned some defined regimen such as; *Ritucharya* and *Dinacharya* to get beneficial results of daily regimen.
- *Dhyana* and *Shodhna* procedure after some fix interval also offers beneficial effect in *Grahani*

**ROLE OF ASANA IN GRAHANI:**

**Bhujangasana:** *Bhujangasana* heat the body and improves digestion.

**Mayurasana:** *Mayurasana* removes undigested material in stomach.

**Paschimottanasana :** *Paschimottanasana* boosts gastric fire.

**Matsyendrasana:** *Matsyendrasana* stimulates *Jatharagni*.

**Sarvangasana:** *Sarvangasana* pacifies *Kapha & Pitta*, also relief indigestion.

**CONCLUSION**

The *kayachitiktisa* branch of ayurveda possesses ability to control *tridoshic* imbalances using various herbs and natural medicines; it treats numerous disease and offer unique therapeutic approaches for managing gastric/ bowel disorders. *Grahani Dosha* is one of them and can be cure using basic principles of *kayachitiktisa*. Drugs relieve disease symptoms along with yoga and meditation.

*Vatanulomana* and *Agnidipanaaharas* along with *Deepana* & *Pachana* drugs possess benefits in disease. *Vishtambhiahara* & *pittakopadravyas* need to be avoided. *Grahani* is ailment of *Annavaha Srotas* identified with *Agni* and way of life design. *Ayurveda* considers *Grahani* as *Tridoshatmaka* disease of digestive fire occurs because of the vitiation of *Agni*; *Jatharagni*, *Saman Vayu*, *Pachaka Pitta* and *Kledaka Kapha*. Disease described by stomach torment, swelling and upset entrails propensities. *Ayurveda* offers wide scope of definitions and remedial modalities alongside recommendations to adjust way of life design which generally offers advantageous impacts in the administration of *Grahani Roga*[7]

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