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 Aahaaar 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 Grahani dosha.[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

- Abhojanat, Ajeernabhojanat, Attibhojananat, 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-vida, 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, Attibhojananat, Visamasanaat, 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 Swasthavritta 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.
- Mediation 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 kayachitikitsa 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 kayachitikitsa. 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]

REFERENCES


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