



A CRITICAL INTERPRETATION ON GRAHANI ROGA –AN AYURVEDIC REVIEW

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ABSTRACT

A sound body contributes to a sound mind. A healthy body is shaped by a healthy stomach. This proves the connection between the stomach and the brain. Since ancient times, Ayurveda has stressed the connection between the stomach and the brain. Reading the Manasika Vikaras that are described in our classics makes this extremely clear. Bowel disorders or Koshtajanya Vikaras might cause or precipitate Manas Roga Lakshanas. Numerous networks of neurons are present in the brain and spinal cord. Unexpectedly, the enteric nervous system refers to the second brain that the human body carries in the intestines. It is capable of operating on its own. Aahara has the power to alter the body negatively or positively, which has an impact on the psychological and somatic levels. Aahara has the power to alter the body negatively or positively, which has an impact on the psychological and somatic levels. In the ancient classics, eating or nutrition was therefore seen as being superior than medicine. In today's fast-paced world, poor diet choices and irregular eating habits stress the digestive system and lead to Dushti of Samana Vata, which aids in digestion along with Pachaka Pitta and Kledaka Kapha, which in turn affects Sadhaka Pitta.

Key words: Grahani, Manas, Koshtajanya Vikaras, Pachaka Pitta, Kledaka Kapha.

INTRODUCTION

The root of the term "Grahani" is Dhatu "Grah," which meaning to capture, retain, or get. Shadda Kalpadrum The specialised portion of the Mahasrotas is called Grahani (Gastrointestinal system).¹ Agni's seat is Grahani. It holds onto the food until it is completely digested before passing it into Pakwashaya (intestine). Food is not properly digested when Agni, or Mandagni, is weak, which results in Grahani Roga. Because of its direct connection to bad eating habits and a stressful lifestyle in the current day, grahani is a disease with significant

therapeutic importance. The construction of Grahani Roga takes into account the symptoms of Mala Pravritti, Udarda, Shoola, Kshudhalpata, Adhmana, and Hrillasa, among others. Certain Lakshanas.²

- Belching
- Eruption and salivation
- Frequently having loose stools just after eating
- Mucus- and odour-filled stool
- Indigestion
- Constant jerky movements
- Constipation
- Appetite loss
- A lack of success.
- Flatulence
- Abdominal sagging

One of the Mahagadas in Ayurveda is called Grahani Roga. There are three ways to interpret the term "Grahani," namely "Grahani Avayava," "Grahani Dosha," and "Grahani Roga." The term "Grahani Dosha" refers to any deviation from the status of Samagni, Mandagni, Teekshnagni, and Vishamagni. Jatharagni's seat is the organ Grahani. The power of Agni provides it with support and nourishment. Normally, it accepts the food that has been swallowed and is kept in place by controlling the downward movement.³ Next digestion, it discharges the food via the lumen's sidewalls to the following Ashaya, the Pakvashaya. When Agni is weak, it becomes vitiated and discharges food in an undigested state. When Agni is weak, the food will not be fully digested, and this undigested food ferments and behaves like waste.⁴

Since Ama Utpatti causes Grahani Roga, Agnivaradhana medications with Deepana and Pachana characteristics should be used as the primary form of treatment. In contemporary science, digestive illnesses include Grahani Roga. Classical Ayurvedic treatises describe the illness condition known as Grahani (Malabsorption sickness). In order to maintain homeostasis through proper nutrition, Rasa must then circulate normally throughout the Shareera and Kittavisarjana (waste removal) must be carried out after any food is consumed in order to be properly digested, absorbed, and assimilation into Saara (essence), Kitta (waste product), and Saara by Jatharagni Vyapara (tissue interaction).⁵

Grahani Dosha is the Agni Dosha that is located in Grahani itself. Grahani Dosha and Grahani Roga, respectively, might be thought of as organic disintegration caused by improper dynamics of the interior mucosa and functional disintegration caused by Agni malfunction. Grahani Roga, according to Acharya Vagbhatta, is characterised by recurrent stools of Baddha and Drava consistency.⁶

NIDANA

Abhojana, Atibhojana, Vishama Bhojana, Asatmya Bhojana, etc. are examples of extreme fasting and overeating. Vamana, Virechana, and Snehana's Vyapada (Adverse effect of therapeutic measures). Vega Vidharana (suppression of natural desires) (suppression of natural urges). Desha, Kala, and Ritu's incompatibility is known as viruddha. Shoka, Krodha, and Bhaya (grief, anger) (fear).⁷

VISHESHA NIDANA

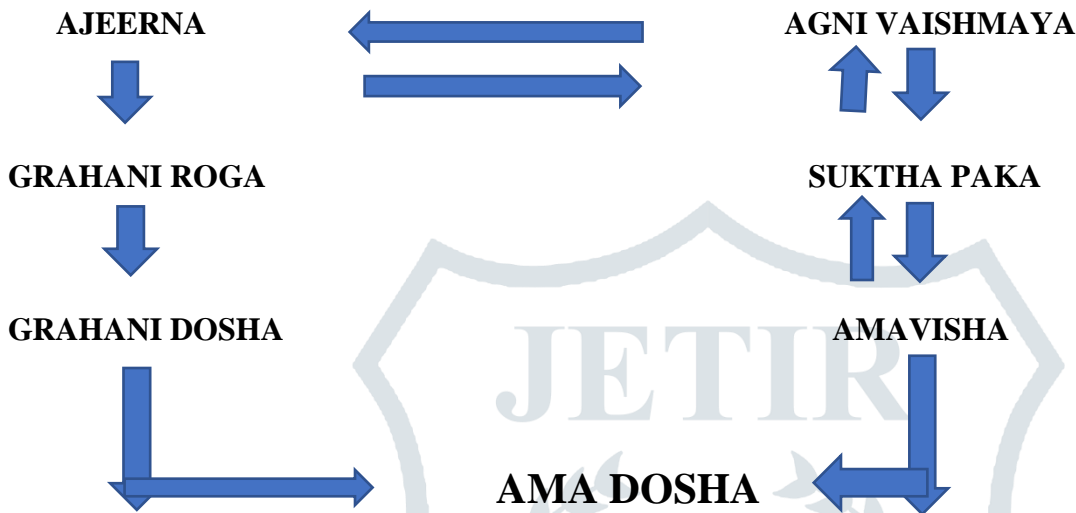
S.NO	Vataj Grahani	Pittaj Grahani	Kaphaj Grahani
01	Katu,Tikta,Kashaya rasa	Katu,Amla rasa yukta aahar	Guru,Atisnigdha,Sheeta bhojan
02	Atiruksha,dushit bhojan	Ajeerna	Atibhojan
03	Pramitashan	Vidhai anna	Bhukta matra swapna
04	Anshan	Kshara (Alkaline food)	
05	Veganigraha		
06	Atimaithun		

PURVAROOPA

S.NO	Purva rupa	Charak	Sushruta	Vagbhata
01	Trishna (Thirst)	+	+	+
02	Alasyam	+	+	-
03	Balakshaya (loss of strength)	+	+	-
04	Annasyavidaha	+	+	-
05	Chirapaka(delayed digestion)	+	-	+
06	Kayasya gourvam (heaviness of the body)	+	-	+
07	Sadana(lassitude)	-	+	+
08	Klama (Exhaustion)	-	+	+
09	Aruchi (Aversion of food)	-	+	+
10	Kasa (cough)	-	+	-
11	Karnakshweda(Ringing in ear)	-	+	+
12	Antrakujanam(Rumbling sound in the intestine)	-	+	+
13	Preseka (salivation)	-	-	+
14	Vaktravairasaya	-	-	+

15	Bhrama	-	-	+
16	Anaddhodarata	-	-	+
17	Chardi	-	-	+
18	Amlapakam	-	-	+

SAMPRAPTI



SAMPRAPTI GHATAK DOSHA-

Tridosha Dushya-Ana,

Rasa Srotas-Anavaha,

Purishavaha Adhishthan-Pitthadharakala,

Grahani Srotas dhusti

prakara- Atipravarti

Agni- Mandha

Sadhya-Asadhyata- Krachasadhya

TREATMENT & MANAGMENT

Grahani Roga should primarily be treated for Agnivardhana by Deepana and Pachana medications like Chitrakadi Vati, Marichadi Churna, Madhukaaasava, and Kshara Ghrita can be utilised for Agnivardhana. Agnimandhya is a significant aspect in the Samprapti of the illness.⁸

Treatment/Chikitsa

Simple single formula

1. Śuṅṭhī (dried ginger) powder - 2 g., taken twice daily with warm water relieves Agnimāndya.

2. Ārdraka (ginger) - 5 g., to be taken with salt or Guḍa (jaggery) twice daily before meal.
3. Harītakī powder - 3 g., to be taken twice a day before meal with salt or Guḍa (jaggery).
4. Nimbū Svarasa (lemon juice) - 7 to 14 ml., to be taken three times a day after meal.

Simple Preparations

1. Keep 1 g. powder each of Marica (black pepper) and salt on the one half of the cut Nimbū (lemon) and heat it over cinder. Juice of such lemon is to be sucked 2 or 3 times a day with meal.
2. 1 g. powder each of fruit of Pippalī (long pepper) and salt to be taken along with Nimbū Svarasa (lemon juice) two times a day with meal.
3. Soak 25 g. of Miśreyā (fennel) fruit in 350 ml. of water for 3 hours, strain by pressing, discard the marc and to the liquid thus obtained add 25 ml. of Cūrṇodaka (lime water) and lemon juice. Divided it into 3 parts, take first part after meal and subsequently take remaining two parts after short intervals.
4. Take equal parts of fruit rind of Harītakī (chebulic myobalan), Śuṅṭhī (dried ginger) and rock salt in powder form, and one third of its weight of Guḍa (jaggery). This is to be taken in 1 to 3 g. dose with warm water once a day before first meal.

Compound Preparations

1. Lavaṇabhāskara Cūrṇa: 1 to 3 g., to be taken with warm water or Nimbū Svarasa (lemon juice) two times a day before meal.
2. Hīngvāṣṭaka Cūrṇa: 1 to 3 g., to be taken with warm water or Nimbū Svarasa (lemon juice), two times a day before or with meal.
3. Pācana Lavaṇa: 1 to 3 g., to be taken with warm water two times a day after meal.
4. Ajamodādi Cūrṇa: 1 to 3 g., to be taken with warm water, two times a day after meal.
5. Tekarājamarica Cūrṇa: 330 to 660 mg., to be taken with honey, first in the morning on empty stomach followed by 2 such doses at the interval of 8 hours.
6. Śivaksāra Pācana: 3 to 6 g., to be taken with warm water, after meal two times a day.
7. Uśīrādi Cūrṇa: 600 mg. to 2 g. to be taken with warm water three times a day before meal.
8. Citrakādi Vaṭī: 1 to 2 Vaṭī, to be taken with warm water two times a day before meal.
9. Rasonādi Vaṭī: 1 to 2 Vaṭī, to be taken with warm water two times a day before meal.
10. Śaṅkha Vaṭī : 1 to 2 Vaṭī, to be taken with warm water 3 to 4 times a day or as needed.
11. Agnituṅḍī Vaṭī: 1 to 2 Vaṭī, to be taken with warm water 2 times a day before meal.
12. Ārdrakakhaṇḍāvaleyham: 2 to 6 g., to be taken half an hour before meal with warm water two times a day.
13. Jīrakādyāriṣṭa: 14 to 28 ml., to be taken two times a day after meal by adding equal quantity of water.
14. Bilwadi Churna 2 to 4 gm taken with warm water, twice a day after meal

Arishta Kalpana

1. Takrarishtam 15 -30 ml twice a day after meal

PATHYA APATHYA

Ahara Apathya Apathya Draksha, Gomutra, Viruddha Bhojana, Gud, and Vihar Anna Just a handful of the people on the list include Aatap, Ratri Jagarana, Snana, Vega Dharana, Nasya Karma, Anjana, Svedan, and Dhumpān.⁹

DISCUSSION

The gastrointestinal tract has Mandagni, also known as "Rogasarveapimandagni," as its primary cause. Agni dushti is the primary cause of Grahani roga. Agni and the organ Grahani share an Ashraya-Ashrita-style interaction.¹⁰ Organ Grahani is the primary Agni site as well as the location of the Grahani Dosha illness. Symptomatology such as Atishruta and vibaddha mala pravritt, Jwar, Udgara, Arochaka, etc. follow this. Aharaj-Abhojana (excessive fasting), Atibhojana (excessive food intake), Vishama Bhojana (improper diet), and Asatmya Bhojana are nidana that upset the agni (unwholesome food).¹¹

- Vamana, Virechana, and Snehana's Vyapada.
- (Unfavorable outcome of treatment interventions).
- Vegetal vidharana (suppression of natural urges).
- Desha, Kala, and Ritu's incompatibility, or viruddha.
- Krodha, Haya, and Shoka.¹²

CONCLUSION

Due to our poor eating habits, which are covered by Grahani Dosha, Grahani Roga, which is associated to food digestion and absorption, is more widespread than in the past. They are treated more severely by applying the Deepana and Pachana medications and considering the Ayurvedic notion of Agni. Tridosha imbalances can be managed by Ayurveda utilising a variety of herbs and natural remedies. Due to our poor eating habits, problems relating to food digestion and absorption are now more prevalent than in the past. One of them, Grahani Roga, may be treated utilising fundamental ideas. In addition to yoga and meditation, drugs also improve sickness symptoms. Drugs Deepana & Pachana as well as Vatanulomana & Agnideepana Aharas.

CONFLICT OF INTEREST –NIL

SOURCE OF SUPPORT - NIL

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