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Role of Manas Hetu in Grahani W.S.R. To Irritable Bowel Syndrome

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Abstract:-

Grahani is the main site of Agni.¹ Impairment of Jatharagni by various causes such as overeating , unhealthy dietary habits , excessive fasting , vegvidharana produces Grahani disease.² Symptoms of Grahani like alteration in stool either in solid or liquid form , stool mixed with mucus³ , etc... are similar with Irritable Bowel Syndrome of modern science. Irritable Bowel Syndrome is the functional bowel disorder. It accounts for approximately 20% population worldwide with female preponderance.⁴ It is stimulated by altered GI motility, abnormal central processing, psychological disturbances, etc...Out of which stress is the main cause. Therapy used for I.B.S. such as stool bulking agents, antidepressants, 5HT3 antagonist, 5HT4 agonist, etc...Have various side effects like bloating, abdominal pain, blurred vision, ischemic colitis, severe cardiovascular events, etc...

Nowadays world is looking forward to Ayurved for safe treatment modalities. So it is essential to find out role of Manas Hetu in Grahani, which would be helpful for better treatment.

Keywords: - Grahani, Irritable Bowel Syndrome, Manas Hetu.

Introduction:-

Chinta, Shoka, Bhaya, Krodha, etc. these are explained to be Manas Bhava in Ayurvedic Samhita, are said to be Manas Hetu and causes disease. Charaka has mentioned that Sharirik and Manas Vyadhi are interdependent i . e. chronic Sharirik Vyadhi can disturb mental health and Manasik Vyadhi can affect Sharirik health.⁵

In Grahani Shoka , Bhaya , Krodha ,Chinta , etc....Manas Hetu causes Agnimandya and disturbs normal functioning of Grahani which manifests as altered bowel habits , abdominal pain , nausea , vomiting ,etc.. As we go through treatment used for Grahani, emphasis has been given on Agnideepak Dravya, but Agnidushti can occur due to Manas Hetu sevan also. Therefore care should be taken to treat Manas Hetu also. Symptomatically Grahani can be correlated with I.B.S.

I.B.S is the most common chronic non inflammatory condition characterized by abdominal pain, altered bowel habits and bloating, etc. . It encompasses a wide range of symptom and single cause is unlikely. It is generally believed that most patient develop symptoms in response to psychological factors like anxiety, depression, altered GI motility, altered visceral sensation. About 80% patient in general practice shows need of psychiatric referral.⁶

Grahani

Acharya Charaka has stated Grahani as site of Agni, whose main function is Annagrahan situated above umbilicus. It is nourished by strength of Agni. It holds undigested food till proper digestion and then divides (Sara) and worn out material and further helps to eliminate waste product(stool).¹

Healthy dietary habits and good mental status helps to keep Agni and Grahani in normal state , whereas Abhojan(starvation) , Ajirnat bhojan(food intake in state of indigestion) , Atibhojanat (overeating) , vishmashanat (irregular dietary habit) , diet of proper quantity but taken in stressed condition like anxiety , depression , anger , greediness , etc. causes Agnidushti⁷ and as Grahani is site of Agni , chronic Agnidushti affects functions of Grahani . So it affects digestion and produces unmetabolised food which can be termed as Ama. This Ama further interferes with proper formation of Dosha, Dhātu and Mala to manifest with several diseases.

Depending on Dosha Dushti Grahani can be divided as Vataja Grahani, Pittaja Grahani, Kaphaja Grahani, Sannipataja Grahani⁸, Sangraha Grahani and Ghatyantra Grahani. Out of these I.B.S. shows closed correlation with Sangraha Grahani , characterized by Antrakujana(Bloating) , Alasya(Lethargy) , Daurblya(Weakness) , Angasadana(Body ache) , Drava Malapravrutti (Diarrhea) , Ghan Malapravrutti(Constipation/hard stool) , Singdha Malapravrutti(Steatorrhoea) , etc.frequently occurring at interval of 10 , 15 , 30 days or daily . The symptoms occur mostly at day time. As it is chronic, it is said to be difficult for treatment .⁹

Irritable Bowel Syndrome

I.B.S. is functional bowel disorder characterized by abdominal pain or discomfort and altered bowel habits in the absence of detectable structural abnormalities. Throughout world 10 -20% of adults and adolescents have symptoms consistent with I.B.S., with female predominance. I.B.S. symptoms tend to come and go overtime and often overlap with other functional disorders such as fibromyalgia, headache, backache, genitourinary symptom. Severity of symptom varies and can significantly impair quality of life. Altered GI motility, visceral hyperalgesia, disturbance of brain gut interaction, abnormal central processing, autonomic and hormonal events, genetic and environmental factors and psychological disturbances are variably involved depending on individual.⁴

Clinical Features Of I.B.S

The most common presentation is recurrent abdominal pain usually colicky or cramping, felt in lower abdomen and relieved by defecation. Abdominal bloating worsens throughout day, altered bowel habit with alternate episodes of constipation and diarrhea. Patient with constipation tend to pass infrequent pellet stools, usually in association with abdominal pain or proctalgia and those with diarrhea have frequent defecation but produce low volume stools, passage of mucus, despite apparently severe symptoms, patients do not loose weight.¹⁰

Pathophysiology Of I.B.S.

Psychological stress and anxiety can increase the release of proinflammatory cytokine and this in turn may alter intestinal permeability. These cytokine further activates lymphocytes, mast cells which contribute to abnormal epithelial secretion and visceral hypersensitivity.¹¹

Discussion:-

Ayurveda has given prime importance to Manas Bhava for occurrence of disease. Diseases are divided into two types Sharirik and Manasik.¹² Manasik Vikara occurs due to dushti in Manasik Bhava like Kama , Krodha , Lobha , Moha , Irshya , Shoka , Chinta ,etc..¹³ These are described as Dharaniya Vega (suppressible urges) to remain healthy.¹⁴ In Ayurveda Acharya Charka has given importance to Manas Bhava in Ahara Vidhi for proper digestion e.g. taking food in relaxed environment with concentrated mind.¹⁵ Charka has also stated that healthy food taken in proper (approximate)

quantity can produce Ama by causing Agnimandya if taken in stressed conditions like Chinta, Shoka, Bhaya, etc..¹⁶

Acharya Sushruta also describes same that The food is not properly digested if taken in emotionally disturbed conditions due to jealousy , fear ,anger or greed or who is taking unlike food.¹⁷

From this, we can conclude that Manas Hetu plays vital role in keeping Agni in its normal state for proper digestion. In Grahani disease we do not get direct reference for Manas Hetu. Agnimandya is an important event in producing Grahani disease which occurs not only due to unhealthy dietic and behavioral habits but Manas Bhava Dushti also plays an important role.

Digestion is controlled by enteric nervous system. Stress activates 'flight or fight' response in C.N.S. So that C.N.S reduces contraction of digestive muscles, abnormally increase or decrease secretions needed for digestion and hampers normal digestion. Stress also can release cytokines, lymphocyte and mast cells which causes abnormal epithelial secretions and visceral hypersensitivity to hamper bowel movements. This phenomenon can be described I terms of Ayurvedic principles as –



Conclusion:-

- 1.I.B.S can be considered as Grahani
- 2.Stress plays an important role in disease production.
- 3.Ayurvedic drugs acting on Manovaha Strotasa can be used for treating the disease, as antidepressants used for I.B.S produces many side effects.

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