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A Conceptual Study of Grahani Dosha with Panchbhautik Assistance**Dr.Digvijay Dadasaheb Patil**

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Abstract

The digestion is ruled by Digestive fire. Grahani is a location, where Digestive fire is situated in our body. In modern lifestyle, faulty dietary habits, sedentary life, stress and side effects of modern drugs causes impairment of Digestive fire and it leads to improper function of digestion i.e. Grahani Roga. There is about 69% of prevalence of Grahani Roga in current time. It is mentioned as one among the eight main diseases. Grahani Organ holds food until it is digested and releases in Large intestine. When this normal function is hampered, the food is not digested properly and this undigested food gets fermented and it becomes poison in the body. It's called Ama. Ama utpatti leads to Grahani Roga. An increased amount of liquid quality of Aap Mahabhuta from mouth to anus causes Grahani Roga. It should be treated to reduce these Aap Mahabhuta to normal amount and to increase Digestive fire by dravyas having Tej Mahabhuta prevalence.

Keywords: Digestive fire, Grahani, Digestion, Aap Mahabhuta, Grahani Roga.

Introduction

Ayurveda is made up of two Sanskrit words; Ayu which means life and Veda which means the knowledge of Ayu (life) is comprised of four essential parts, the combination of mind, body, senses and the soul. Each of these has been given due importance in the maintenance of health and prevention of disease. One is in perfect health when the three Dosas (Vata, Pitta and Kapha), Digestive fire (Digestion, assimilation and metabolism) all the body tissues & components (Dhatu) (the entire physical body), all the excretory functions (the physiological functions of urination and defaecation) are in perfect order with a pleasantly disposed and contented mind, senses and spirit. A balanced diet and regular exercise are the keys to good digestive health. Food is comprised of five basic elements of nature called pancamahabhutas. 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 which significantly leads to maldigestion and irritable bowel. All these disturb the normal functioning of digestion & absorption of food and causes many digestive disorders. All these disorders are broadly covered under the heading of 'Grahani Dosha' mentioned in Ayurvedic classics, which is one of the main disorders of the gastrointestinal tract.

Prevalence

The survey assessed the prevalence of 20 functional gastrointestinal syndromes based on fulfilment of multinational diagnostic criteria. 69% reported having at least any one of 20 functional gastrointestinal syndromes in research. These symptoms were leading to four major anatomical regions; oesophageal (42%), gastro duodenal (26%), bowel (44%) and anorectic (26%) with considerable overlap. Males reported greater frequencies of functional bloating; females reported greater frequencies of functional dysphagia, irritable bowel syndrome, functional constipation, functional abdominal pain and functional biliary pain. The rate of work, school absenteeism and physician visits is increased for those having functional gastrointestinal disorder.¹

Etymology & Function Of Grahani

The word Grahani is derived from dhatu 'Graha' which means to catch, to hold (shabdakalpadrum). Grahani is the part of GIT present above the Navel, in between Small intestine

& Large intestine, represents pitta dhara kala & location for digestive fire.² It does the function of receiving food digestion, differentiation and elimination with the assistance of Samana vayu, Pacaka pitta and Kledak kapha.

The Importance of Digestive Fire

The amalgam of sperm and ovum when embedded in uterus along with chetana then vayu mahabhut starts division in embryo to form dosa & Organ. Teja mahabhut helps in biotransformation or provides energy, Aap mahabhuta provides liquidity, Pruthvi mahabhut provides strength by consolidation and Akash mahabhut helps in overall embryonic growth by creating hollow structure of organ.³ The power of Digestive fire mahabhut can be identified by Digestive fire present in body. The normal functioning of Digestive fire is required for proper health. When the digestive fire is extinguished, death soon follows. If digestive fire is impaired, it leads to imbalances & diseases. In truth, developing reverence and respect for our Digestive fire and learning to care for it properly are among the most sound investments, we can make in our overall health & well being.

Agni Mahabhut

Agni mahabhut is created from Vayu mahabhut. There is chronology of formation of the 5 elements in nature i.e. pancamahabhuta. According to this, first mahabhut to be formed is Akash. From Akash, Vayu is created. Vayu will create Agni. Agni will create Aap and Aap will create Pruthivi mahabhuta. Later will have components of predecessor in it, in the formation of pancamahabhut.

As per pancamahabhut theory, later will get vanished in predecessor. According to this, Aap & Agni have opposite qualities to each other. Aap will always try to cover and diminish Agni mahabhuta. Due to this, Aap & Pruthivi mahabhuta will try to reduce qualities of Agni mahabhuta. Akash & Vayu mahabhut are helping to enhance Agni mahabhuta.⁴

Nidana of Grahani Dosh

The impairment of Agni will impair the functions of Grahani and vice versa. Therefore all the etiological factors of digestive fire impairment may cause Grahani Dosa and finally results in Grahani Roga

- Aharaj- excessive fasting, excessive intake of food, improper food, unwholesome food.
- Viharaj- Adverse effects of therapeutic measures like vaman, virechan, snehan etc.
- Suppression of natural urges
- Grief (shoka), Anger (Krodha), Fear (Bhaya).⁵

Samprapti of Grahani

The digestive tract is formed from mouth to anus. There is increased amount of liquidity quality of Aap mahabhuta due to etiological factors



The etiopathology starts right from mouth and the power of Agni mahabhuta get decreased slowly. Due to this, cooling quality is increased & it affect taste organ i.e. Tongue. It increases cooling quality of bodhak kapha and normal function of taste is hampered & it exhibits tastelessness.



The cooling effect of increased Aap mahabhuta now enter to Small intestine (stomach). It disturbs normal functioning of Ranjak pitta and power of Agni is diminished. So food coming to Small intestine is not well digested & it become undigested food.



When this food reaches to large intestine i.e. Large intestine, there is also increased cooling effect. It fails to absorb water from undigested food due to decreased power of digestive fire in large intestine.



This undigested food comes out of anus. Depending upon amount of digestion, it may sometime in liquid form and may sometime in solid form .



Grahani Roga⁶

Purvarupa

Excessive thirst, inaction, weakness, burning sensation in stomach, delayed digestion, feeling heaviness .⁷

Rupa

Occasional hard & soft stool, excessive thirst tastelessness , altered taste in tongue , nausea, Tamaka, shunapadakara, Asthiparvaruka, vomiting, fever, metallic smell to mouth.⁸

Chikitsa

In this treatment of Grahani, we have to reduce increased amount of liquid quality of Aap mahabhuta and increase the power of Digestive fire.

- 1) Laghusutashekhar- The ingredients of this drug areswarnagairik (purified red ochre) and shunthi (ginger). Shunthi is naturally absorber. With swarnagairik, it absorbs all the liquid (Aap mahabhuta) present in digestive tract. Shunthi is also having predominance of Ushna, Teekshna qualities i.e. Digestive fire mahabhuta prevalence. So it enhances Digestive fire and its main function of digestion (i.e. Deepana&Pachana).
- 2) Praval + Mandurbhasma- To strengthen seven dhatus and to diminish effect done In intestine during Grahani roga. It should be given after meal.⁹
- 3) Takrarishta- It is laghu in guna having Deepana properties and attains madhura paka , so it does not increases pitta; due to its astringent, ushna veerya, rukshaguna, it is useful in Kapha and Vatahar also.¹⁰

Pathya- Apathya

- Pathya Ahara- buttermilk,masur, mudga, tiltaila, Dadima.
- Pathya Vihara- Nidra, fasting
- Apathya Ahara- Guru Anna, Draksha, gud, Viruddhabhojana
- Apathya vihara- Atap, night wakening , suppression of urges Anjana, Dhumapana, Shrama.¹¹

Conclusion

The disorders related to digestion are becoming more common nowadays. The impaired digestive fire leads to do structural defect & functional impairment of Grahani resulting in Grahaniroga. The disease is chronic in nature with early aamalakshanas& late ojakshayalakshanas. They are treated efficiently by considering Ayurvedic concepts of digestive fire & administering drugs having Ukshana, Teekshna properties i.e. Deepana & Pachana drugs.

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