

Role of Panch Mahabhuta in Grahani Vyadhi

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Abstract :

The digestion is done by digestive fire in our body. Grahani is a location, where digestive fire is situated. In today's 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 Vyadhi. There is about 69% of prevalence of Grahani Vyadhi in current situation. 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 can not be digested properly and this undigested food gets fermented and it becomes poison in the body. It is called as Ama. Formation of Ama leads to Grahani Vyadhi. Aaj increased amount of liquidity 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:

The word Ayurveda is made up of two words;

Ayu which means life and Veda which means the knowledge of Any (life) is comprised of four essential parts, the combination of mind, body, senses and the soul. Each one of these has been given due importance in the maintenance of health and prevention of disease. One is said in health state when all the three doshas (Vata, Pitta and Kapha), Digestive fire (Digestion assimilation and metabolism), all the body tissues and components (Dhatu) (the entire physical body) are in perfect order with a pleasantly disposed and contented mind, senses and spirit. A balanced diet and regular exercise are the prime keys to good digestive health. Food is comprised of five basic elements of nature called panchamahabhutas. In current era, faulty dietary habits, sedentary lifestyle and stress are main causative factors of diseases. In today's era, 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 and absorption of food and causes many digestive disorders. All these disorders are broadly covered under the heading of 'Grahani Vyadhi'

mentioned in Ayurvedic Classical literature, which is one of the main disorders of the Gastrointestinal tract.

Prevalence :

The survey assessed the prevalence of twenty functional gastrointestinal syndromes based on fulfilment of multinational diagnostic criteria. 69 % reported having at least any one of 20 functional gastrointestinal syndrome in research. These symptoms were leading to four major anatomical regions; oesophageal (42%), gastro duodenal (26%), bowel (44%) and anorectic (26%) with considerable overlap. In gender assessment, 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 gastrointestinal disorders.¹

Etymology and Function of Grahani Organ

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-dharra kala & location for digestive fire.² It does the main function of

receiving food digestion, differentiation and elimination with the assistance of Samana Vayu, Pachaka Pitta and Kledaka Kapha.

The importance of Digestive fire

The amalgam of Shukra and Aartava when embedded in garbhashaya along with chetana then vayu mahabhuta starts division in embryo to form dosha & organ. Teja mahabhuta helps in biotransformation or provide energy, Aap mahabhuta provides liquidity, Pruthvi mahabhuta provides strength by consolidation and Aakash mahabhuta helps in overall embryonic growth by creating hollow structure of organ.³ The power of teja mahabhuta can be identified by Digestive fire present in the body. The normal functioning of Digestive fire is required for proper health. When the digestive fire is extinguished, death soon follows. If the digestive fire is impaired, it leads to imbalances & disease. In true sense, 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 and well being.

Agni Mahabhuta

Agni Mahabhuta is created from Vayu mahabhuta. There is chronology in the formation of five elements in nature i.e. panchamahabhuta. According to this, first mahabhuta to be formed is Akash. From Akash, Vayu is created. Vayu will create agni. Agni will create Aap and Aap will create Pruthvi mahabhuta. Later will have components of predecessor in it, in the formation of Panchamahabhuta.

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

Causative factors of Grahani Vyadhi

The impaired function of Grahani will impair the functions of Grahani and Vice versa. Therefore all the etiological factors of Digestive fire impairment may cause Grahani dosha and finally results in Grahani Roga.

- Aharaj – excessive fasting, excessive intake of food, improper food, unwholesome food

- Viharaj – Adverse effects of therapeutic measures like vamana, Virechana, snehana etc.
- Vegavarodh (suppression of natural urges).
- Grief (shoka), anger(krodha), fear (bhaya)⁵

Grahani Samprapti

There is increased amount of liquidity quality of Aap mahabhuta due to etiological factors in the digestive tract

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

The cooling effect is 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, 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 of heaviness⁷

Rupa

Occasional hard & soft stool, excessive thirst tastelessness , altered taste in tongue , nausea, tamaka, shunapadakara, asthiparvaruka, vomiting , fever, metallic smell to Mouth⁸

Chikitsa

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

1. Laghusutashekhar – The ingredients of this drug areswarnagairik (purified red ochre) and shunthi (ginger). Shunthi has quality of absorption. With swarnagairik, it absorbs all the liquid (app mahabhuta) present in digestive tract. Shunthi is also has predominance of ushna , tikshna guna i.e.digestive fire mahabhuta prevalence. So it enhances digestive fire in the body and it’s main function of digestion (i.e. Deepana & Pachana).
2. Praval + Mandurbhasma – It strengthens the seven dhatus and to diminish effect done in intestine during Grahani Roga. It should be given after meal.⁹
3. Takrarishtha – It is having laghu guna with deepana property and attains Madhura paka , so does not increases pitta ; due to its astringent , ushna veerya, rukshaghna, it is useful in Kapha and vata also.¹⁰

Pathya – apathya

- Pathya ahara- buttermilk, masur, mudga , tiltaila, Dadima.
- Pathya Vihara – Nidra, Fasting.
- Apathya Ahara- Guru Ann, draksha , gud , Viruddhabhojana.
- Apathya ahara- Atap, night wakening, suppression of urges, Anjana, Dhumapana, Shrama¹¹

Conclusion

The disorders related to gastrointestinal tract are more common nowadays. The impaired digestive fire leads to do structural defect & functional impairment of Grahani resulting in Grahani Roga.

The disease is chronic in nature with early aamlakshanas & late Ojakshayalakshna. They are treated efficiently by considering ayurvedic concepts of Digestive fire and administering drugs having Ukshana , teekshna properties i.e. deepana and pachana drugs.

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