

Ayurvedic review of Grahani W.S.R to IBS**Dr. Ruchika**

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Abstract :-

Grahani is a seat of agni (digestive fire) which helps in metabolism & digestion of food. Grahani roga's pathogenesis resolves around Agnidoshha. The ingestion, digestion, absorption, assimilation of aahar is regulated by Grahani. Functionally weak agni causes improper digestion of fod. Improper food habits & stressful lifestyle leads to Grahani disease. So for the treatment, concentration should be kept on management of agni & lifestyle modification by regular practising of yoga & also by use of herbs & formulation.

Grahani roga refers to disease located in grahni.

Grahani is pittdhara kala situated between Pakvashya & Amashya. Grahani is seat of Agni (digestive fire). Grahani roga is tridoshatmak, disorder of digestive system occurs due to vitiation of pachakagni, samanvayu & kledakakapha. It is of 4 types :- Vataj, Pittaj, Kaphaj, Sanipataj. Agni helps digestion & metabolism of food. The ingestion, digestion, absorption & assimilation of food occurs in Grahani. After digestion of food it passes into Pakwashya. Vitiation of agni causes disease. Grahani roga's pathogenesis resolves around Agnidoshha. Grahani is disease of clinic relevance in modern era because of its direct link with improper food habits and stressful lifestyle of present time. It especially affects people living with unhygienic conditions & suffered with nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, inadequate sleep are the main reasons of grahni dosha. Functionally weak agni i.e mandagni causes improper digestion of ingested food. In Grahani, digestive power is supposed to be at fault. When agni become depressed, ama dosha (undigested waste material) accumulates & it passed into stool. Now a days lifestyle also modified which includes irregular waking up time, late nights, irregular sitting & sleeping posture, excessive stressful workouts, lack of exercises aggravates the disease. Healthy food

taken in wrong way still cause digestive disease. The vitiation of agni and dosha leading to formation of ama which further resulted in symptoms of constipation & Diarrhea.

It is psychosomatic in nature. When dosha, dhatu, mala, agni & the spiritual forces (atma, indriya, mana) are in state of equipoise, then the body & mental health is good, when it becomes disturbed, then disease may occur. Also the improper digestion occurs due to increase in emotional factors eg :- kama, krodha etc. in today's lifestyle due to busy schedule there is a lot of mental stress that leads to disturbance of digestive system & results in many diseases. The disturbance in digestive process causing food to be either partially digested or overdigested leading to formation of ama (toxins) & it passed in the stool. Stress & anxiety make the mind more aware of spasm in the colon. It is triggered by immune system which is affected by stress.

Etiological factors :-

- Stress, anxiety, grief & moods disorder.
- Unhygienic enviromental condition.
- Today's lifestyle & bad food habits.
- Nutritional insufficiency.
- Viruddha aahar.
- Avoidance of concept of desh & kala during consumption of food stuffs.
- Excessive use of antibiotics.
- Diseased condition weekend agni.

- Abhojanat, ajeernabhojanat, attibhojanat, visamasanat, astamya, guru, ruksa etc leads to agni dushti.

Symptoms :-

Diarrhea, constipation, abdominal cramps/pain, acidity, bloating, balakshaya, aruchi, antrakunjana.

It is assessed by **Rome 3** criteria :-

Recurrent abdominal pain/ discomfort atleast 3 days or months associated with two or more of following.

- Improvement with defecation.
- Onset associated with change in frequency of stool.
- Onset associated with change in form of stool.

Management

1. Ayurvedic Management

- As mentioned in the ayurveda text, grahani dosha may be treated by Langhana stimulate the digestion power. Eliminate ama by deepana & pachana medicines.
- For treatment of Grahani- Takra (Butter Milk) is recommended. It stimulate the digestion power. It is grahi- absorbent, bowelbinding, useful in IBS, Diarrhea & light for digestion. It provides a stable atmosphere for the gut microbiota to grow.
- Takradhara improves the GIT disorder & relives mental stress.
- Purgation therapy (in case of constipation) helps to remove Ama.
- Husk of Isabgol helps in evacuation of stool.

2. Yoga Practice

- Bhujangasan - heat the body & improves digestion and all diseases are destroyed.
- Mayurasan - removes the undigested materials caused by Doshas. Kindles the Jathragni (gastric fire) & completely digest the overeaten food.
- Pashimottanasana - boosts the gastric fire (Jatharagni), reduces the body.
- Matsyendrasana – stimulates the Jatharagni & destroy the disease around umbilicus.
- Sarvangasana – pacifies Kapha & Pitta, also relief indigestion.
- Shatkarmas - Nauli (crown of hatha yoga practice) – stimulates the digestive metabolism.

3. Diet modification

- Avoid Abhojanat, Ajeerbhojanata, Attibhojanaat, Visamasana.
- Consumption of unhygienic food, packed & junk food, fried & spicy food.

- Virrudh-ahar should be avoided – by following concept of desha & kala.
- Meal should be consumed at regular intervals.
- Plan the diet according to Prakriti of the individual.
- Prefer the healthy eating habits that boosts agni & prevent chances of Grahani.
- Adopt the balanced diet that have proper nutritional value contains nutrients, proteins, vitamins, fibers, fruits, vegetables, grains.
- Mixing foods of opposite potencies (virya) should be avoided.

4. Behaviour Management :-

- Follow the swasthivritta rule in proper manner.
- Be happy, positive, enthusiastic.
- Too much thinking should be avoided- it may affect digestion process.
- Avoid stress, fear, grief, depression which may affect agni & cause digestive problems.

5. Daily Regimen modification :-

- Day time sleeping & late night awakening should be avoided.
- Follow Dincharya, Ritucharya to boost up the agni.
- Regular exercise to strengthen body & agni.
- One should follow daily routine with fixed time table of exercise, breakfast, meals & sleep.
- Yoga, Pranayam, Meditation – increases stress resistance & to calm the body.

Conclusion

Grahani is disease of Annavaha srotas occurs due to vitiation of digestive fire. It can be considered as a Psychosomatic disease related to stress. Because of stress, there may be depletion in gut microbiota. Disease is characterized by abdominal pain, bloating & disturbed bowel habits. The root cause of the disease lies within the digestion process. Imbalance between doshas create disease. These disease are due to modified lifestyle, busy workouts, excessive sitting, sleep disturbances etc. yoga postures targeting the lower abdomen would help in relieving the symptoms of grahani by enhancing bioenergy circulation in & around intestine. Deep breathing & meditation could be used to minimize the stress by parasympathetic response. The best way to manage these conditions by adopting normal healthy lifestyle, regular practice of yoga, pranayam & sadvritta.

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