



Review Article

www.ijrap.net



ROLE OF PANCHAKARMA IN GRAHANI WITH SPECIAL REFERENCE TO IRRITABLE BOWEL SYNDROME: A REVIEW

Sahu Lalravi ^{1*}, Sinha Kaushal ¹, M Kumar Ashvini ³, BA Lohith ⁴

¹PG scholar, Department of Panchkarma, SDM College of Ayurveda And Hospital, Hassan, Karnataka, India

²Professor, Department of Panchkarma, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India

³Professor and HOD, Department of Panchkarma, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India

Received on: 23/07/17 Accepted on: 27/08/17

*Corresponding author

E-mail: rvsh312@gmail.com

DOI: 10.7897/2277-4343.085266

ABSTRACT

In Ayurveda, Grahani Dosh is one of the Mahagadas. When the vitiated Doshas get confined only to the organ Grahani, then it is called Grahani Dosh. If the vitiated Doshas travels throughout the Rasadi Dhatus i.e Sarvashariragatatva then it will be called as Grahani roga. The Grahani and Agni are having Adhar aadhy sambandha. The pathogenesis of the disease is confined to Annavaahasrotas which is clear, as Charakacharya has described Pakwashayasta and Linaawasta after describing the Grahani Dosh. Mithya Ahara Vihara is the main cause of Agni Dushti and finally for the disease manifestation. In current era, stress and faulty dietary habit like eating junk and processed food with added preservatives results in indigestion which disturbs the digestion process, leads to digestive disorders like Crohn's disease, Ulcerative colitis or altogether irritable bowel syndrome. These disorders are related to indigestion and improper absorption and can be correlated with 'Grahani Dosh' mentioned in Ayurveda classics. For planning correct Panchakarma treatment and easy understanding it can be classified on the basis of different Dosh Avastha of Grahani. The Dosh of Grahni can be divided into Utklishta Dosh Avastha and Anutklishtha Dosh Avastha. Anutklishtha Dosh Avastha can be further classified into Amashyanugata and Shariranugata Avastha. For treating those Avastha different modalities of Panchakarma treatment including Deepana, Paachana, Snehapana, Ullekhana and Basti has been mentioned in classics.

Keywords: Panchkarma in Grahani, IBS, Pichha Basti, Vamana, Virechana.

INTRODUCTION

In contemporary science the key features of Grahani can be correlated with Irritable bowel syndrome. Abdominal pain and discomfort are the key symptom of irritable bowel syndrome (IBS) and is always associated with changes in bowel habits. This changes in bowel habit of person may appear as diarrhoea or constipation.¹ Individuals with IBS may either experience diarrhoea or constipation, or both diarrhoea and constipation at same time. The pain in abdomen is often relieved by defecation. Panchakarma is a bio cleansing procedure comprising Vamana (emesis), Virechana (purgation), Asthapana Basti (decoction enema), Anuvasana Basti (oil enema) and Nasya (nasal drop). Among all five Karmas for Kapha Pradhana Vyadhi Vamana is considered best and for Pitta Pradhana condition the Dosh Nirharana is done by Virechana. Similarly, the Basti is considered best for Vata disorders and Nasya for Urdhvajatrugata (above clavicle) Diseases. Grahani has been classified into Vataja, Pittaja, Kaphaja and Sannipataja types on the basis of Dosh.² So the treatment should be planned according to Dosh predominance in Grahani.

Deepana Paachan in Grahani

The cause of origin of all diseases has been considered as Mandagni in all classical literatures. In Grahani Agni Mandya and Mithya Aahara Vihara leads to Agni Dushti. The Agni or digestive fire resides in the organ Grahani which does the Paachana of food in Annavaaha Strotas. The Malfunction of Grahani results in symptoms like Atishrusta (loose) and Vibaddha (hard) Mala Pravritti, Fever, Aversion towards food etc.³ The treatment should be always started with intention of the correction

of Agni with Deepana Pachana modality of treatment. In Ama Avastha the Deepana Pachana should be given internally in the form of Churna (herbal powder), Kashaya (decoction) or Gulika (tablet). Hinguvastaka Churna, Agnitundi Vati etc are the drug of choice.⁴ When Rogi achieves Nirama Avastha then the Panchakarma Treatment modalities should be planned according to Dosh Avastha.

Avasthanusar Panchkarma

Chhardana in Utklishta Avastha (ready for expulsion state) of Dosh- There are two Avastha in Grahani one is Utklishta and other Anutklishtha. Utklishta refers to Dosh which are already in Utklishta Avastha so without any Poorva Karma they can be expelled out of the body. In Utklishta Avastha the symptoms are mainly like Visthambhana, Praseka, Arati, Vidaha, Aruchi and Gourava. These Lakshana are indicative of Kapha predominance so considering the Doshas in the Amashaya, Chhardana is the choice among the Panchkarma.⁵

Here Ullekhana should be done:

1. Madanaphala (*Randia dumetorum*) Kashaya or Ushnajala,
2. Pippali (*Piper longum*) and
3. Sarshapa (*Brassica nigra*).⁶

Leenavstha or Autklishtha Avastha- Leena or Anutklishtha Avastha can be classified into two, Pakvashayanugata and Shariranugata. Leena Avastha means Doshas are in Unutklishtha Avstha and are not ready to expel out because of their adherence to the Dhatus. In Shariranugata Avastha the Doshas are spread throughout the body so the line of treatment will be Deepana Pachana. In Pakvashayanugata Avastha the Doshas are restricted

to the Pakvashaya but in Leena Avastha that means they are adhered to the Dhatus and cannot be expelled out directly.⁷

Virechana in Leena Pakvashayanugata Avastha- The treatment protocol for this Avastha is “Stravam sa Deepanam” that means Virechana should be done after Proper Deepana Paachana. It should not be understood like Deepana Paachana followed by Virechana but a complete procedure of classical Virechana should be followed.⁸ In this condition after completion of Deepana Paachana Snehapana has to be given with the Sneha like Dadimadighrita (medicated butter) which is having Deepana Paachana property and indicated in GIT disorders. Then Vishrama Kala should be followed for three days with Abhyanga and Svedana which facilitate to bring the Dosha from

Sakha to Koshta or from Leenavastha to Utklishta Avastha. Virechana should be done with:

1. Aragvadha (*Cassia fistula*) Phala Majja
2. Haritaki (*Terminalia chebula*)

Virechana and Basti Prayoga in Vataja Grahni After attainment of Nirama Avastha by Agnideepaka medicines first the Ghratapana has to be done. The Ghrita for Snehapana should have Dipaniaya dravya as content which will do both the action of Snehana and Deepana.⁹ The Snehapana with Ghrita is to be done for 2-3 days.¹⁰ After Snehana, Abhyanga (massage) and Svedana (sudation) should be done and Niruha Basti has to be administered. Here Niruha Basti should be considered as Vishishta Poorvakarma for Virechana. The Basti karma pacifies Vata because the seat of Vata is Pakvashya. After the Basti Prayoga Virechana should be administered which should be Snehaik in nature. Eranda tail with Kshara can be used for Virechana.¹¹

After these Shodhana Chikitsa there will be chance of Koshta Rukshata or Vata vitiation that may lead to Malabandhata so Anuvasana Basti should be given. Pichha Basti has shown significant result in management of ulcerative colitis where marked improvement with 73% has been seen in the Sign and symptoms of ulcerative colitis¹², Pichha Basti is also indicated in Pitta-Atisara, Jeerna-Atisar. Pichha Basti¹³

Pichha basti is the Basti which is having Picchil (slimy and sticky) property and due to this property, it acts as Grahi (bowel binding). Preparation of Pichha Basti-The leaves and tender stems of Shalmali (*Bombax ceiba*) should be wrapped with Kusha then enveloped in soil and Svedana with dried cow dung cake should be done. When the outer covering dries it is opened and leaves will be ponded in Khalva. After proper ponding bolus is prepared. 1Mushti bolus should be triturated with 1 Prastha of Shrut Sheet Dugdha. This triturated mixture should be filtered with a clean cloth. After making it Snigdha by mixing with Ghrita and Taila according to Matra, Kalka should be added and Basti has to be given. Another method of preparation is Ksheerapaka method where Badar, Eravati, Shelu, Shalmali and Dhanvankura plant's tender leaves should be cooked in milk. This Sidhha milk should be mixed with Madhu and Rakta. The Rakta or fresh blood of these animals is to be used- Varah, Mahisa, Aurabhra, Ena, Vidala or Kaukut.¹⁴

Table 1: Ingredients of Pichha Basti

Makshika (Honey)	200 ml
Saindhava (rocksalt)	15gms
Sneha (taila)	200ml
Kalka (herbal paste)	30gm
Kwath(decoction)	350ml

According to Acharya Charaka the Ksheerapaka with leaves and tender stems of Shalmali should be used instead of Kwatha. According to Acharya Shushrut Along with Ksheerapaka of Badar, Eravati, Shelu, Shalmali and Dhanvankura plant's tender leaves, Astra or fresh blood of Varah, Mahisa, Aurabhra, Ena, Vidala or Kaukut should be used.

Virechana in Pittaja Grahani-In Grahani when Pitta is aggravated at its own Sthana (site) with its Utklishta Avastha then Vamana or Virechana should be planned. As Grahani is Pitta Pradhana Vyadhi so better to go with Vamana followed by Virechana. After proper Deepana and Paachana, Snehapana should be administered. The Vishrama Kala should be followed and Shodhana has to be done.¹⁵

1. Snehapana with Ghrita like Tikta Shatapala Ghrita/ Mahatiktaka ghrita.
2. Virechana with Aragvadha Phala Majja.
3. Vamana with Madana Phala Kashaya.

Vamana in Kaphaja Grahani - Kaphaja Grahani is caused by Kapha predominance condition so Yathavidhi Vamana should be done. Yathavidhi refers to correction of Agni by Deepana Paachana, Snehapana, Sarvanga Abhyanga and Baspa Sveda for Vishrama Kala followed by Vamana. After completion of Vamana there may be chances of Rukshata and Agnimandya so again Snehana Should be done by oral administration of Ghrita with Lavana, Kshara and Tikta Dravyas.¹⁶

DISCUSSION

After shodhana once Doshas are expelled out of the body Vata becomes dominant or due to the Apatarpana chikitsa it may provoke Vata. For this snehapana is advised.¹⁷ Always after Vamanadi karma to remove the Glaani caused by Samshodhana, Samshamana Sneha is to be prescribed. More over Snehana is mainly indicated in chronic conditions of Amavata but after Samshodhana also it should be given because Sneha improves the digestive activity intensely, alimentary tract becomes very clean, by this formation of Ama stops in the body which is the root cause of all the Diseases. That's why after the Shodhna karma, Shamana sneha advised to retain the Bala of the Patient.

Acharya Charaka mentions that after Samshodhana ie, after Shareera Shodana the langhana in terms of laghubhojana should be followed. And then the Deepana Upakramas with Lavana Kshara etc. should be taken and various recipes of Takra, Arishta and especially Jatharagnivardhaka Sneha should be used in Grahani Roga.

CONCLUSION

Grahani is the condition mainly occurs due to irregular food and activities which leads to Agni Mandya. Agni should be always protected by following the Astha Vidh Aahara Visheshtayana as a preventive measure. Panchakarma is the Shodhana Chikitsa which leads to the Rukshana of the body and may lead to Agnimandya. As Grahani is condition where the Nidana is Agnimandya so always after Shodhana Karma Agnidipti should be done in the form of Snehapana either as Brumhana Snehapana or Shamanga Snehapana. Aahara plays an important role for proper Agni so Pathya and Apathy should be followed by a person who is suffering from the Grahani disorder. The Amsha Amshansha Kalpana of Dosha plays a very important role in treatment so while planning treatment Agni, Dosha, Desha, Vaya, Kala, Vyadhibala and Roga Bala should be assessed properly then Panchakarma procedures like Snehana, Swedana, Virechana, Vamana, Niruha Basti, Anuvasana Basti should be planned which results in better management of the symptoms.

REFERENCES

1. Irritable bowel syndrome[Internet]. En.Wikipedia.org.2017 [cited 20 July 2017]. Available from https://en.wikipedia.org/wiki/Irritable_bowel_syndrome
2. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
3. Desai A, Patel D. A conceptual study on Grahani Dosha with its Ayurvedic Management. International Ayurvedic Medical journal[Internet].2016[cited 2 July 2017];4(04):620-623. Available from http://iamj.in/posts/images/upload/620_623.pdf
4. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
5. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 410
6. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
7. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
8. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
9. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
10. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
11. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 518
12. Chiterlekha, Deshpande S, Mishra B. Efficacy of pichha basti in ulcerative colitis: an observational study [Internet]. Ijapr.in. 2017 [cited 20 July 2017]. Available from: <http://ijapr.in/index.php/ijapr/article/view/183/169>
13. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 2014; p.- 554
14. Sushruta, Sushruta Samhita, with Dalhanacharya. In: Acharya YT, edi. Nibadha Sangraha Commentary. Reprint ed. Varanasi: Chaukhambha Orientalia 2014.p.546.
15. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 521
16. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 521
17. Agnivesha; Charaka Samhita; Chakrapanidutta Teeka; Edited by Vaidya Jadavji Trikamji Acharya; Chowkhamba Sanskrit Sansthan; 2004; Varanasi, Page no. 704

Cite this article as:

Sahu Lalravi *et al.* Role of Panchakarma in Grahani with special reference to Irritable bowel syndrome: A review. Int. J. Res. Ayurveda Pharm. 2017;8(5):159-161 <http://dx.doi.org/10.7897/2277-4343.085266>

Source of support: Nil, Conflict of interest: None Declared

Disclaimer: IJRAP is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAP cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of IJRAP editor or editorial board members.