



## Review Article

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



### GRAHANI ROGA MANAGEMENT BY AYURVEDA AND LIFESTYLE MODIFICATION: A REVIEW

Kirandeep Kaur \*

Assistant Professor, Lal Bahadur Shastri Mahila Ayurvedic College and Hospital, Department of Kayachikitsa, Sadhaura Road P.O. Marwa Kalan, Bilaspur, Dist. Yamuna Nagar, Haryana, India

Received on: 18/3/24 Accepted on: 25/4/24

**\*Corresponding author**

E-mail: drkirandeepkaur04@gmail.com

DOI: 10.7897/2277-4343.15395

#### ABSTRACT

According to Ayurveda Grahani is mentioned in Asta Maharoga. It is acute diseases of Annavaha Srotas and is consistently increasing day by day. Grahani Dosh implies the malfunctioning of Agni i.e enzymes responsible for digestion and metabolism. Impairment of Agni is major cause of Grahani Dosh. It has four types Vataj, Pittaja, kaphaj and tridosha. Grahani roga includes Agnimandya, Ajira etc are considered in chronic stage because of the reversal of functioning of Grahani. Currently due to economic development with westernization and urbanization, there is massive change in diet and lifestyle pattern compared to our ancestors. It leads to many lifestyle disorders like Diabetes Mellitus, Hypertension, and obesity. The Grahani Roga occurs due to vitiation of Agni which can be correlated to irritable bowel syndrome to some extent. This article summarizes the ayurvedic perspective of Grahani Roga and its management by the treatment of Grahani in Ayurveda by use of herbs, yoga and lifestyle modification and pranayama practices like bhujangasana, sarvanagasana, pashchimottanasa etc.

**Keywords:** Ayurveda, Agni, Grahani, IBS, Yoga, Lifestyle, Pranayama, Diet.

#### INTRODUCTION

The main aim of Ayurveda is swasthasya swasthya nakshanam aturasya vikara prashamanmcha we have to consider both the preventive and curative aspects of diseases. The basic approach in Ayurveda is to maintain the state of equilibrium of physio biochemical factors- Dhatus, Dosha, Mala and Agni and a state of wellbeing of mental and spiritual forces. Drugs having kshaya ras, ushan veerya, madhura vipaka and rukha gun helps to pacifies Vata and Pitta Dosha therefore potentiates Agni which improves the process of digestion. Grahani Roga is one among them the digestive power is supposed to be at fault because its power to restrain the downward movement of undigested food and retain food till is fully digested. Drugs which give the bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of Grahani Dosh<sup>1-2</sup>.

Balanced diet and regular exercises are very important to lead good digestive health. But in this era faulty dietary habits i.e. bad lifestyle, junk food, and stress leads to malfunctioning of absorption and digestion which cause digestive disorders. When Agni is not properly functioning, the food will not be digested properly, and this undigested food gets fermentation and acts like poison in the body it's called Ama. Agnimandhya is important factors in the pathogenesis of diseases i.e. Grahani Dosh<sup>3-4</sup>.

The Grahani implies for both to the name of disease and organ that is involved in pathogenesis. According to Acharya Charaka, Grahani is the seat (Adhithana) of Agni and is located above nabhi (umbilical region). It is supported and nourished by the strength of Agni<sup>5</sup>.

Anatomical concept of Grahani:

- According to Sushruta, Grahani is situated in between Amashya and Pakvashya.
- According to Charaka, Grahani is situated above nabhi.

Classification of Grahani Roga on the basis of etiology, dominance of Dosha and other specific variety of Grahani Roga into 3 groups.

On the basis of Etiology Grahani can be divided into two types –

1. Independent i.e. Swatantra/ Grahani Roga – it develops without Atisar.
2. Dependent i.e. Partantra Grahani Roga – it develops after Atisar.

On the basis of particular dosha involvement Charaka, Sushruta and Vagbhata have described four varieties of Grahani Roga as

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja

The symptoms of Grahani Dosh as mentioned in Ayurveda are similar to the disease known as IBS (irritable bowel syndrome). It is the most common functional Gastrointestinal (GI) Disorder with worldwide prevalence rates ranging generally in the area of 10-15 %. Functional disorders are conditions where there is an absence of structural or biochemical abnormalities on common diagnostic tests, which could explain symptoms.

IBS is a major women's health issue. Data reveals an increased risk of unnecessary surgery for extra abdominal and abdominal surgery in IBS patients<sup>5-6</sup>.

#### Nidana of Grahani Doshas

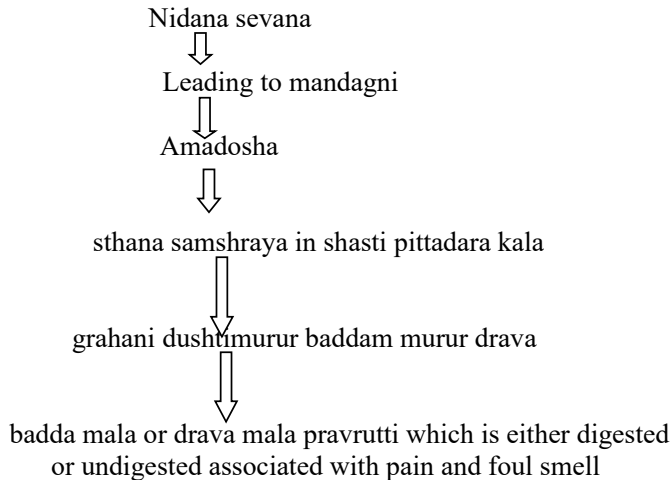
All etiological factors of Agni Dushti may cause Grahani Doshas and results in Grahani Roga i.e.

- Abhojana, Ajeerna, Atibhojana, Vishamashana, Asathmya bhojana, Guru sheeta, atiruksha, sandushta bhojanat, Vireka

vamana, sneha vibhramat, Vyadhikarshanat, Desha kala, ritu vyshamyat, Vegadharana, Ahitashana

- Vyadhi karshanat and Vega vidharana
- Stress, anxiety and grief
- Indisciplinary lifestyle and bad food habits
- Nutritional insufficiency
- Diseased condition which weakened Agni
- Virudha-ahara
- Excessive use of antibiotics

### Samprapti



### Symptoms supporting the diagnosis of IBS:

- Lower abdominal pain
  - a. Aggravated by meal
  - b. Relieved by defecation
  - c. Loose stool with onset of pain
  - d. More frequent bowel movement with onset of pain
- Visible abdominal distention
- Small stool (with constipation or diarrhea)

### Diagnosis

The physical appearance of Atisara and Grahani may look similar but in actual diagnosis there is vast difference.

Atisara	Grahani
Drava dhatus and jaleeyamsa	Semi digested food particle in the stool
Frequency and motion will be more	less
It is acute diseases	Chronic origin
-----	Constipation is present

### Line of Treatment

- If ama moves down and remain present to colon – purgation therapy
- if dosha in ama stage converted into the ras-langana, pachana.
- after the amashya is cleaned- peya, panchkola, deepaniya dravya
- Agni got slightly stimulated – oleation therapy, neru basti, anuvasan basti
- later light food and medicated ghee

Various deepana pachana drugs should be administrated along with lagu and supachya ahara- drugs like chitrakidivati, marichya aadi churna, takara arisht, bhunimbadi churna etc.

### Symptoms

According to Acharya the predominant symptoms of disease are: Aalasya, Trishna, Aanvidaah, ChirPakka, Balakshaya and Gaurvam, etc. Other symptoms of diseases are Aruchi, Kasa, Karnakshveda and Antrakunjana intestinal spasms, diarrhea, constipation and abdominal pain<sup>7</sup>.

### Importance of Takra Prayoga in Grahani

- An Ayurveda mention about Takra in the management of Grahani is deepana and is laghu to digest, thus helping to correct the Agni.
- Due to its Kashaya-ruksha guna it causes Vataprakopa but due to its madhura, amla and sandra guna it does vatashamana thus helping to manage Vataja Grahani.
- Due to its Amla rasa, it should cause Pitta Prakopa but due to its Madhura Vipaka it does Pitta shaman to help in managing Pittaja Grahani.
- Due to its Abhishyandi Guna it should cause Kapha Prakopa, but due to its Kashaya Rasa, Ushna and Vikaasi Guna helps in managing Kaphaja Grahani<sup>3</sup>.

### Yoga

The disease can only be considered as cured when the Agni is balanced without the use of any external medicine. Ayurvedic medicines are capable of regularizing the Agni to normalcy, but the yoga works as catalytic agents for stabilizing the Agni at a higher level even after the medicines are withdrawn. Asanas which can be adopted in IBS are as follows:

- Bhujangasana
- Mayurasana
- Paschimottanasana
- Ardha matsyendrasana
- Sarvangasana
- Padahasthasana
- Pavanamuktasana
- Naukasana
- Shashankasana

### Role of Asana in Grahani

- Suryanamaskara – Improves metabolic activities
- Bhujangasana: Bhujangasana heat the body and improves digestion

- Mayurasana: Mayurasana removes undigested material in stomach.
- Paschimottanasana: Paschimottanasana boosts gastric fire
- Matsyendrasana: Matsyendrasana stimulates jatharagni
- Sarvangasana: Sarvangasana pacifies Kapha & Pitta, also relief indigestion

### Pranayama

Pranayama is a series of breathing exercises that aim at bringing more oxygen to the blood and other vital organs especially the brain. It gives tremendous will power, generates courage, blemishes ignorance, and helps the knowledge to rise. Thus practicing Pranayama regularly will help to regulate the stress levels, preventing the occurrence and flare-ups of IBS. Few of them are:

- Suryabhedana
- Ujjayi
- Bhramari
- Bastrika pranayama<sup>8-11</sup>

### CONCLUSION

The disorders related to digestion of food and its absorption is more common than the past due to our bad food habits, which are covered under Grahani Dosha. They are treated more pronounced way with considering Ayurvedic concept of Agni and administrating Deepana and Pachana Dravya. The 28 Ahara Dravyas of various classes can be recommended with good nutrition planning. It is obvious that if a person consumes food without following the proper process, it will quickly succumb to ailments such as irritable bowel syndrome which is caused by Grahani. Grahani Roga is one among Maha Rogas mentioned in Ayurvedic classics. It is psychosomatic diseases and Ayurveda has given the better treatment to combat it.

### REFERENCES

1. Tripathi Brahmanand and Pandey G.S, Charaka Samhita of Agnivesa with Charaka Chandrika Hindi Commentary, 6th Ed., Varanasi: Chaukhamba Surbharati Prakashan. (Vol-1), 1999.

2. Shastri K. Ambikadatta, Sushruta Samhita of Maharsi Sushrut edited with Ayurveda Tattva Sandipika Hindi Commentary, 13thEd., Varanasi: Chaukhamba Sanskrit Bhawan. (Vol-2), 2000.
3. Vridha Jeevaka-Kashyapa Samhita (Vridha jeevaka Tantra) by-Sharma Hemaraj Pandit (Nepal Rajguru) revised by Vatsyawith Sanskrit introduction and Vidyothini Hindi Commentary, Varanasi: Chaukhamba Sanskrit Sansthan, 1994.
4. Rama Valamba Shashtri, Harita Samhita Edited with Asha Hindi Commentary, Varanasi: Prachya Prakashan, 1985.
5. Kashinath Shastri; Charaka Samhita; Chikitsa Sthanam, chapter 15, verse no 51-52; Chaukhamba Bharati Academy; Varanasi; 2011; p 461
6. Kaviraj Ambikadatta Shastri; Sushrut Samhita; Sutrasthana, chapter 15, verse no. 48; Chaukhamba Sanskrit Sansthan; Varanasi; 2011; p 64
7. Vaidya Yadavaji Trikamji. Charaka Samhita with Ayurveda Dipika Commentary of Chakrapanidatta, (Chikitsa Sthana 15, Verse 12) Varanasi; Chaukhamba Prakashan; p. 513.
8. Agnivesh's Charaka Samhita with Ayurved Dipika, commentary of Chakrapanidatta, Chikitsa sthana, Grahani chikitsa adhyaya 15, ver. no. 42- 3, edited by Dr. RK Sharma. Vd. Bhagwan Dash, Vol. IV, edition 2nd, Chaukhamba Sanskrit Series Office, Varanasi, 2000; p 517.
9. Mahan, L. and Escott-Stump, S. (2004). Krause's food, nutrition, & diet therapy. 14th ed. Philadelphia: Saunders, p.727-8. 14.
10. Govinda Das, editor, Bhaishajaya Ratnavali, grahani Chikitsa Prakarana, chapter 8, verse no. 617-25, Varanasi; Chaukhamba Sanskrit series; p. 307.
11. Patel RV, Kori VK, Patel KS. A clinical study of Devadarvyadi-Vati on Grahani Dosha in children. Journal of clinical research, 2011, Feb; 32(2): p 187-191.

### Cite this article as:

Kirandeep Kaur. Grahani roga management by Ayurveda and lifestyle modification: A Review. Int. J. Res. Ayurveda Pharm. 2024;15(3):182-184

DOI: <http://dx.doi.org/10.7897/2277-4343.15395>

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 publishing 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 the IJRAP editor or editorial board members.