



## Grahani Roga: A Review Article with Special Reference to IBS

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### ABSTRACT

In Ayurveda, Grahani roga, or irritable bowel syndrome, is considered a major disease (Mahagada) as noted by Acharya Sushruta. Acharya Vagbhata emphasized that the root cause of all diseases is weak digestive fire (Mandagni), stating "Roga Sarve Api Mandagni." The pathogenesis (Samprapti) of Grahani roga involves the imbalance of Samana Vayu, Aapana Vayu, Kledaka Kapha, and Pachaka Pitta. These imbalanced factors disrupt the digestive process, leading to impaired digestive fire (Jathragni Dushti). Jathragni Dushti results in the formation of Aama, a toxic substance likened to poison (Visha) for the body. Aama is responsible for various diseases, including those associated with Grahani. The presence of Aama indicates incomplete digestion and is considered a significant factor in the manifestation of numerous health issues. The article attempts to elucidate the process of Aama formation through the Nidana Panchaka of Grahani, providing a comprehensive understanding of its etiology and pathogenesis. The cardinal signs of Grahani Roga include Mandagni (weak digestive fire), Bhojana Aruchi (loss of appetite), Sashoola (pain), and frequent loose, sticky, or thickened stools after food intake. The process of digestion begins in the mouth and concludes with the passing of stool or the formation of Pakva Aahara Rasa, which nourishes the Dhatus (tissues). If food is properly digested, it converts into Pakva Aahara Rasa, a normal physiological process that does not cause harm. However, if food is not properly digested, it converts into Aama. This Aama leads to many Vyadhis (diseases). Therefore, it is crucial to consume easily digestible food and avoid materials that are difficult to digest.

### I. INTRODUCTION

Nowadays, there are numerous junk foods and fast foods available in various forms, often prepared using improper cooking methods. These raw or undercooked food materials are heavy and difficult to digest. If a person frequently consumes such uncooked or raw food, their digestive system

can become habituated to these harmful dietary practices, further impairing digestion and leading to the formation of Aama. slowly turning into indigestion and the associated symptoms of Grahani Roga.

In the early stages of Grahani Roga, Agnidushti (impairment of digestive fire) occurs mildly. Due to Agnidushti, ingested food is not properly processed, resulting in Apachana (incomplete digestion) and causing Aama formation. Consequently, the food attains Shuktata (sourness). At this stage, the Doshas (Kledaka Kapha, Pachaka Pitta, and Samana Vayu) in the Grahani (duodenum) become vitiated. During this Shuktapaka stage, symptoms like Vistambha (constipation), Praseka (salivation), Arti (pain), Vidaha (burning sensation), Aruchi (loss of taste), and Gaurava (heaviness) are produced.

In this Shuktapaka stage, Annavisha (food poison) is formed. Here, undigested food undergoes fermentative changes, becoming harmful like poison. Annavisha remains in the Grahani and spreads throughout the body via Rasadi Dhatus (tissue elements), producing symptoms such as abdominal distension, headache, fever, yawning, sickness, fainting, giddiness, stiffness of the back and lumbar region, morbid thirst, vomiting, tenesmus (straining), anorexia, and indigestion. This serious condition is known as Grahani Roga.

Nidana Panchaka is essential for diagnosing the disease, understanding its causes, and prognosis. It provides insights into the etiological factors and pathogenesis. Nidana Panchaka consists of five subtypes: Nidana (cause), Purvarupa (premonitory symptoms), Rupa (symptoms), Upshaya (therapeutic test), and Samprapti (pathogenesis). This method is crucial for diagnosis and treatment in Ayurveda. Proper diagnosis is mandatory for effective treatment, which can be done at different stages of Nidana Panchaka, including Purvarupa.

Grahani Roga is described in all Ayurvedic classics. Acharya Sushruta explained this Roga in "Ashta Mahagada."

## II. MATERIAL AND METHODS

This is a review article based on a comprehensive review of Ayurvedic texts. The primary Ayurvedic Samhitas used in this article include Charak Samhita, Sushrut Samhita, Ashtang Hridaya, and other relevant books that contribute to the completion of this article.

## III. NIDANA OF GRAHANI (AIETIOLOGICAL FACTORS)

The pathogenesis of Grahani Roga revolves around Agnidoshha. The relationship between Agni (digestive fire) and Grahani (duodenum) in both physiological and pathological conditions is analogous to the relationship between structure and function. Any dysfunction in Grahani, whether hypo, hyper, or unhealthy functions, may result in a corresponding disorder of Agni. Primarily, Mandagni (weak digestive fire) influences Grahani Roga, making Agnidushti (impairment of digestive fire) the main cause of Grahani Roga .

### #NIDANA

The specific etiological factors that contribute to Agnidushti include:

1. Abhojana (not eating)
2. Ajirna (indigestion)
3. Samashana, Vishamashana, and Viruddhashana (irregular, improper, and incompatible food intake)
4. Atibhojana (overeating)
5. Apachana due to:
  - (i) Asatmya-Bhojana (incompatible food)
  - (ii) Atiguru-bhojana (excessively heavy food)

6. Sheeta-Bhojana
7. Atiruksha-Bhojana
8. Sandushta-Bhojana
9. Vishesha : Vyapada of
  - (i) Virechana
  - (ii) Vamana
  - (iii) Snehana

- 10.. Viruddha or Unsuitability of –
  - (i) Desha
  - (ii) Kala
  - (iii) Ritu

11. Vega-Vidharana
12. Mental, Psychological and Emotional instabilities like
  - (i) Irshya
  - (ii) Bhaya

- (iii) Krodha
- (iv) Lobha
- (v) Shoka

### # PURVARUPA OF GRAHANIROGA:

The symptoms which are produced during the process of SthanaSamshrya by vitiated Doshas are called Purvarupa. These symptoms are produced before the actual manifestation of the disease. Information relating to Purva Rupa can be obtained from the patient

### # ROOPA OF GRAHAN

- Ati Srushta Mala Pravritti
- Vibaddha Mala Pravritti
- Trishna
- Arochaka
- Vairasya
- Praseka
- Tamaka
- Shuna padakara
- Chardana
- Jwara
- Lohanugandhi Udgar
- Daha
- Karshya
- Loulya
- Dhumaka

### # SAMPRAPTI OF GRAHANI ROGA

The primary cause of Grahani Roga is Agnidushti (impairment of digestive fire). Due to the consumption of Nidana (causative factors), primarily Jatharagni (digestive fire) is vitiated. This leads to improper digestion of ingested food, resulting in Apachana (incomplete digestion) and Aama formation. This means the food attains Shuktapaka (fermentation). In this stage, the Doshas (Samana Vayu, Pachaka Pitta, and Kledaka Kapha) situated in the organ Grahani (duodenum) get vitiated and mix with Vidagadha Ahara (undigested food), i.e., Aama.

This stage of Shuktapaka leads to Annavisha (food poison), which acts like toxins for the whole body and produces various disorders. If proper care is not taken, these toxins may spread throughout the body via Rasa (plasma), and mix with other Dhatus (tissue elements), exacerbating the disease and potentially leading to more severe health issues.

With Doshas, Dushya (waste products), or Dhatus (tissues), leading to Grahani Roga.

In the context of the pathogenesis of Grahani Roga, Acharya Sushruta stated that Grahani Roga occurs as a consequence of the disease Atisara (diarrhea). A person who has been relieved of Atisara but still has Mandagni (weak digestive fire) and consumes indiscreet food can lead to the vitiation of Agni, damaging the organ Grahani. This condition is referred to as Grahani Roga.

The vitiation of the following basic components of the body is involved in the manifestation of Grahani Roga:

1. Doshas (bio-energies: Vata, Pitta, and Kapha)
2. Dushya (waste products)
3. Dhatus (tissues)

Doshas - The three Doshas involved in the Samprapti (pathogenesis) of Grahani Roga are:

(i) Samana Vata : Samana Vayu is situated around Agni (digestive fire). It strengthens Agni through its Sandhukshana Karma (stimulating action) and further disintegrates the food mass, making each particle visible to Pachaka Pitta (digestive enzyme). This facilitates proper digestion and transformation of ingested food. Small segments of the intestine contract and push the food contents forward, ensuring that the movement of food is always in the forward direction. The Sara Bhaga (nutritive part) and Kitta Bhaga (waste part) are separated. Sukshma Strotasas (fine channels) present in the Shlehsma-Stravi Kalaa (mucous layer) begin to absorb the nutrient fraction (Aahar Rasa Shoshana), while some amount of water and the residue of food are left over, which slowly move through Unduka Mudrika (caecum) to the Pakwashaya (large intestine). This entire function is carried out by Samana Vayu.

(ii) Pachaka Pitta: Pachaka Pitta refers to the digestive enzymes that act on the food, performing the function of Pachana (digestion) .

(iii) Kledaka Kapha: Kledaka Kapha helps in mixing the ingested food and facilitates Samghata Bheda Kriya (process of disintegration), providing maximum surface area for Pachaka Pitta to act on every particle of food .

Dhatus: Rasa (plasma) is the primary Dhatu (tissue) involved in the initial stages of digestion. Strotas: Annavaha Strotas (digestive system), Rasavaha Strotas (circulatory system), and Purishavaha Strotas (excretory system) are related to digestion, absorption, and excretion. In Grahani

Roga, the functions of these systems are hampered .

Agni: Jatharagni (digestive fire) is the primary Agni involved in digestion.

# Upashaya (Pathya Apathya)

In the treatment of any disease, diet is as important as medicine. Patients with Grahani Roga should follow food and drink habits that improve digestive power and regulate bowel movement. Pathya (beneficial) foods, as described by different Acharyas, include easily digestible, nutritious, and Sattvika (pure) diet. Overeating and consumption of Rajasika (passionate) or Tamasika (dull) diet should be avoided.

#### IV. PATHYA APATHYA VICHAR:

# Pathya Ahara (Beneficial Diet):

- Annavarga (Grains): Shashti Shali (rice with husk), Jirna Shali (old rice), Masoor (red lentils), Tuvani (pigeon peas), Mudga Yusha (green gram soup), Lajamanda (rice gruel), Vilepi (a type of rice preparation).

- Shakavarga (Vegetables): Changeri (a leafy vegetable), Rambha Pushpa (banana flower), Kamalakanda (sweet potato).

- Phalavarga (Fruits): Rambha (banana), Jambu (rose apple), Kapittha (wood apple), Dadima (pomegranate).

- Dugdhavarga (Dairy): Aja or Gavya Dugdha (goat or cow milk), Takra (buttermilk), Ghrita (ghee).

- Tailavarga (Oils): Tila Taila (sesame oil).

# Pathya Vihara (Beneficial Lifestyle):

- Nidra (sleep), Vishrama (rest), Activities that make the mind happy.

# Apathya Ahara (Harmful Diet):

- Atishita Jala (excessively hot water), Dushta Jala (contaminated water), Guru (heavy), Snigdha (unctuous), Drava (liquid), Atiruksha (excessively dry), & Saraka (fermented) substances, Viruddha Aahara (incompatible food combinations), Rasona (garlic), Patra Shaka (spinach, leafy vegetables) etc.

# Apathya Vihara (Harmful Lifestyle):

- Vegavidharana (suppressing natural urges), Chinta (worry), Shoka (grief), Bhaya (fear), Krodha (anger).

#### V. CONCLUSION:

- Explanation of Aama formation in Grahani Roga.
- Agni Dushti (impairment of digestive fire) is a primary factor in Grahani Roga.
- Comprehensive knowledge compiled here regarding Grahani Roga can help in easy diagnosis and early-stage treatment, preventing further complications.
- Early identification of the disease in its initial stage (Poorva Avastha) allows for management before it progresses further, following the principle "Chayet Eva Jayet" (control it before it becomes severe).
- Explanation of the Nidana Panchaka of Grahani by different Acharyas.

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