

Management of Grahani Roga (Irritable Bowel Syndrome) by Ayurvedic principles and Lifestyle Modification

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ABSTRACT

One of the most common, yet poorly understood, disorders seen in clinical practice is irritable bowel syndrome (IBS). This illness causes long-term, sometimes severe symptoms that often do not improve with treatment, which lowers quality of life. IBS accounts for over 40% of new referrals to outpatient gastroenterology clinics. Rome IV criteria are used to make the diagnosis. It is unknown what the pathogenesis and aetiology of this disease are. The concept of Grahani is used in Ayurveda to treat it. Because of Agnidushti, the fundamental Samprapthi can be found at the Grahani and Pakwasaya levels. IBS is characterised by Vata dominance and Tridoshaja symptoms.

Therefore, the best medicines are those that have properties of Deepana, Pachana, Anulomana, or Grahi. Psychotherapy, also known as Satwavajaya Chikitsa, is helpful because psychological issues are involved. Exercises and relaxation techniques, along with dietary and lifestyle modifications, can aid in managing this chronic and relapsing condition. The ayurvedic perspective on Grahani roga and its treatment using dietary guidelines and ayurvedic principles are summarised in the current article.

Keywords- Ayurveda, Grahani, Dietary modification

I. INTRODUCTION

The phrase "irritable bowel syndrome" (IBS) is used to describe a variety of conditions that cause pain in the gastrointestinal tract and cause a considerable amount of morbidity in the general public. There are several other names for IBS, such as colitis, mucous colitis, spastic colon, and spastic bowel. It is a functional bowel illness with persistent stomach pain, discomfort, bloating,

and altered bowel patterns without any organic cause. IBS can develop as a result of a stressful life event, the onset of maturity, or an illness (post-infectious, IBS-PI) without any additional medical symptoms. Between 15 and 20 percent of Indians have IBS. More women than men are affected by it, and approximately half of the population is affected before the age of 35. IBS is mostly influenced by psychological factors, such as stress, anxiety, and other things. As Ayurveda is based entirely on a number of underlying principles, it is impossible to pinpoint a single Ayurvedic condition that is directly related to IBS. The fast-food era has brought about changes or irregularities in diet and nutrition, along with a rise in sedentary behaviour. Apart from dietary and lifestyle adjustments, psychological strain is an ongoing companion. The digestive system is severely impacted by all of this, leading to a variety of disorders, the most prevalent of which are problems with absorption and digestion. Six The root cause of Ama Dosha is a weak Agni i.e. Mandagni, which causes poor digestion of ingested food. The Ama Dosha is the root of almost all ailments. It plays a crucial role in the development of Grahani Roga. Grahani Dosha is a frequent problem that primarily affects those who live in unsanitary environments and are nutritionally deficient.⁷ The main causes of Grahani Dosha are an unhealthy lifestyle, junk food consumption, stress, insufficient sleep, and the avoidance of Sadvritta. Pathologically, sickness begins with poor food digestion, which further vitiates Agni and Doshas, resulting in the production of ama, which causes constipation and diarrhea symptoms.^{8,9} Kashaya Rasa, Ushna Veerya, Madhura Vipaka, and Ruksha Guna are drugs that serve to balance Vata and Pitta Dosha, hence potentiating Agni and improving digestion.¹⁰ Grahani Dosha symptoms are relieved by drugs

that bulk up the faeces, hydrate the body, and provide nutritional advantages.^{11,12} This article discussed the Grahani Dosha in general and how Ayurveda manages it through dietary changes.

AIMS & OBJECTIVE

1. To describe the etiology and classification of Grahani Roga (irritable bowel syndrome).
2. To discuss the management of Grahni ((irritable bowel syndrome) through Dietary modification.

II. MATERIAL & METHOD

Irritable bowel syndrome, or Grahni, was studied using modern medical textbooks and Ayurvedic texts like Laghutrye and Bahatriye. We have also consulted the easily accessible Ayurvedic Samhita commentaries to gather crucial information. Index and non-index medical publications have also been cited to gather data on pertinent subjects.

III. REVIEW OF LITERATURE.

Ayurveda review of Grahani Roga

The most prevalent gastrointestinal ailment is called "Grahani Roga". The hypofunction of Agni, or Mandagni, is the basic cause of all diseases. Due to a variety of Grahani Roga etiological factors, the Grahani is harmed by Dusti or Vitiating of Pachakagni and Samana Vayu. Acharya Charaka says that improper digestion of food results from a functionally weak Agni, or Mandagni, which moves either in Urdhva or Adhomarga. It results in Grahani Gada if it moves in Adhomarga. According to Acharya Sushruta, patients with Atisara who consume an unbalanced diet during the Agnimandya stage may develop Grahani Roga.

Etiological Factors:

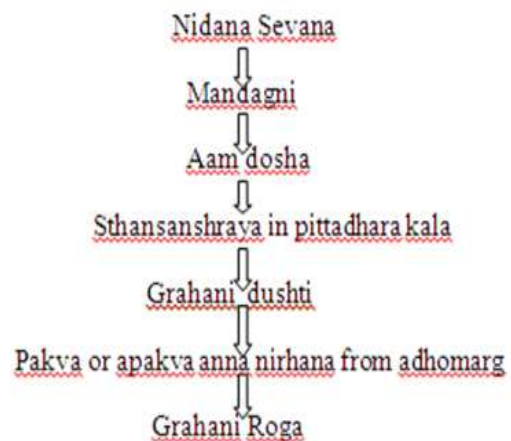
1. Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya Guru, Ruksa and Sandusta Bhojanat etc.
2. Vyadhikarshanat and Vegavidharana
3. Stress, anxiety and grief
4. In disciplinary life style and bad food habits
5. Unhygienic environmental condition
6. Nutritional insufficiency
7. Contagious predominance
8. Improper functioning of digestive fire
9. Diseased condition which weakened Agni
10. Virudha-ahara (Incompatible diet)

Purvarupa-Aalasya (inaction), Trishna (excessive thirst), Anna Vidaha (burning sensation),

Chirapaka (delayed digestion), Kayagaurava (heaviness in the body).¹⁶

Rupa - Ati Srushta mala pravritti, vibbadha mala pravritti (Occasional hard and soft stool) Arochaka, Vairashya (altered in tongue), praseka (nausea), Tamaka, Shunapadkara, Asthiparvaruka, chhardana (vomiting), Jwara (fever), Lohanugandhi Udgara.¹⁷

Samprapati Of Grahani



According to Ayurveda Management of Grahani Roga

1. The first is Dosha Shodhana, in which vitiated Doshas are expelled from the body. Acharyas recommend this method because when Doshas are expelled from the body, the sickness is not only treated, but the chances of recurrence are also eliminated.
2. Various Deepana- Pachana medications are detailed in the classics for this condition, followed by a light diet regimen and eventually the patient being switched to a regular diet. The sutra used by different Acharyas to treat 'Grahani Roga' is similar to Ajirna or Atisara. As a result, much thought must be given to the treatment of these disorders, as well as the rationale behind them. To begin with, Acharyas have said unequivocally that medications are of little help in Awasthas influenced by Amadosha, such as Ajirna, because the digestive power is incapable of digesting both food and medicines.
3. Only Apatarpana, which comes in three varieties and should be provided by a physician after a thorough examination and investigation of the patients, can heal diseases caused by Amadosha.
4. The three types of Apatarpana are Langhan, Langhan- Pachana and Shodhana or Avasechanam. Indications of these are: Alpa

ama dosha langhanam, Madhya amadosha langhan pachanam, Prabhoota amadosha avasechanam. In all the diseases

5. Nidana Parivarjanam, is given due importance along with Laghu Aahar i.e. easily digestible food. The treatment of Grahani Roga should proceed on the full recognition of Agnidusti. Grahani Roga, represents the Dushti and Dosha of Annavaha Srotas, with the obvious implication that, in either case, there is the manifestation of Amadosa and Sama.

Dietary modification

1. Dietary changes that promote good eating habits improve Agni and reduce the risk of Grahani.
2. Meal should be consumed at regular intervals.
3. Junk foods, allergic foods and food difficult to digest should be avoided.
4. Ayurveda recommends a balanced diet as part of Sansarjana Krama, as well as a regular food plan based on the Prakriti of the individual. As a result, Grahani's patient was advised to follow the Sansarjana Krama eating pattern.
5. Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya, and Sandusta Bhojanat should all be avoided. Preparation and consumption of unhygienic food articles.
6. Virudha-ahara must be avoided; means one should consume diet as per his/her internal constitution by following concept of Desha and Kala.
7. Diets which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency

Dietary materials recommended for Grahani roga are as follows:

Diets which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency should be adopted such as; fibers, fruit, vegetables, grains and curd.

- Yavagu, Panchkola soup
- Takrarista, Jangalmansa
- Vegetable soups
- Light diet and Soup of dried radish

Behavior modification

- Behavioral factors such as fear, grief, stress and sleeplessness may also lead symptoms of Grahani. Therefore one should avoid stress, fear and grief to disrupt condition of depression which may affect Agni.

- One should remain positive and enthusiastic to maintain normal metabolic functioning.
- Habits of too much thinking/Chintan should be avoided which may affect process of digestion since during thinking process blood circulation remain associated with brain mainly instead of intestine.
- One should always think that the food which he/she going to consume will offers good effect.
- Be happy and associated with mental empowerment activities.
- One should consume diet by following rules of Swasthwarita in proper manner so to achieve maximum beneficial effect of consumed food.

Daily regimen modification/Exercise and yoga

- In disciplinary life style need to be avoided.
- Day time sleeping and late night awakening should be avoided.
- One should follow daily regimen with fix timing of each and every activities including fix daily routine of exercise, breakfast, meal and sleep.
- Regular exercise to strengthen body & Agni.
- Meditation to calm down stress.
- Yoga and Pranayama also offers beneficial effect to increase stress resistance.
- Ayurveda mentioned some defined regimen such as; Ritucharya and Dinacharya to get beneficial results of daily regimen.
- Dhyana and Shodhna procedure after some fix interval also offers beneficial effect in Grahani.

Role of Asana in Grahani

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.

IV. CONCLUSION

Grahani is an Annavaha srota disease associated with Agni and lifestyle choices. According to Ayurveda, Agni—Jatharagni, Saman Vayu, Pachak Pitta, and Kledaka Kapha—gets vitiated, which results in Grahani, a Tridoshatmaka disease of the digestive fire. illness marked by bloating, irregular bowel habits, and abdominal

pain. Ayurveda provides a broad range of formulations, therapeutic modalities, and recommendations for modifying lifestyle patterns, all of which can be beneficial in managing Grahani roga.

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