

CONCEPTUAL STUDY OF *BHAYA* AS AN ETIOLOGICAL FACTOR OF *VATAJA GRAHANI*

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ABSTRACT

Digestion is most important to maintain health, but in modern era, lifestyle becomes sedentary and stressful. So Person suffering with problems related of digestion. In Ayurveda mentions that's types of digestive problems as a *Ajirna & grahani*.^[1] *Grahani* have four types as a *vataja*, *pittaja*, *kaphaja* and *sannipatika*. *Bhaya* is an etiological factor of *vattaja grahani*.

KEYWORDS: *Bhaya*, *vataja grahani*.

INTRODUCTION

Indian medical science as a *Ayurveda* mentions *Grahani* as a disease of *annavah strotasa*. In condition of *grahani* a person will suffers a complains of^[2] *muhura badhha-muhura rava mala pravartuti* with associated complains of *trushna*, *arochaka*, *vairasya*, *prasheka tamakanvita*, etc.

When a person follow^[3] *Asthvidha ahara ayatana*(*Prakruti-karan-samyog-rashi-desha-kala-upyogsamstha-upayogta*), his digestion remains normal. When he broke down these rules, he will be suffered with problem related to digestion.

^[4]*Matraya api abhayvahatam pathyam cha annama na jiryati, chintashokbhayakrodhadukhashayyaprajigrai. (charak.Viman.2/9)*

Ayurveda mentions^[5] manas vegas are most imported role in healthy life. Acharya Charaka mentions manas vegas in Swasth chatuska of sutra sthana. Charaka also mentions importance in Viman sthan and he described when a person is suffering with manas vega like chanta, shoka, bhaya, krodha etc, he will not able to digest his food if he had taken pathya(healthy) and matratvat(proper quantity of food) also.

Aims and Objects

Conceptual study of *bhaya* as an etiological factor of *vataja grahani*.

MATERIALS AND METHODS

CHARAK SAMHITA referred for collection and compilation.

DISCUSSION

^[6]*Yo hi bhukte vidhi tyaktva grahanidoshajan gadan, sa laulyalabhate shigram, vakshyante atah param tu te. (charak.chikitsa.15/51)*

When a person intake a food without following rules like astavidh ahara ayatana, he will suffer with grahani dosha. According to nidana, his^[7] agni vitiated in four types like sama, vishama, tikshana and manda. In stage of manda agni when a person can't able to digest a little quantity of food also, he is suffering with a disease of grahani.

In condition of grahani roga when specific nidana like bhaya is present which is aggravated vata dosha which is lead to vataja grahani.

Acharya charaka mentions relation between manas vega and dosha in jvara chikitsa.

^[8]*Kamashokabhayat vayuhu, krodhat pittam, trayo malaha, bhutabhishangat kupyanti bhutsamanylakshanat. (charak.chikitsa.3/115)*

So when a person is in condition of bhaya & he is getting nidana of grahani, he will be suffered with vataja grahani.

Because acharya mentions nidana is develop a disease who has kha vaigunyata of strotasa. Common nidana of grahani is develop kha vaigunya in annavah and grahani & bhaya is aggravating vatta dosha and develop a types of vattaja grahani.

CONCLUSION

If a person want to leave his life healthy, he must be modified his lifestyle which was sedentary and stressful. He must follow ashtavidha ahara ayatan(eight rute to take food) which is mention in Ayurveda. With the help of this a person will able to digest his food and remains normal like a condition as vataja grahani. So bhaya is an etiological factor of vataja grahani.

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