

AN APPORCH TO GRAHANI ROGA THROUGH AYURVEDA: A REVIEW ARTICLE

Dr. Sunil Kumar Sharma*¹, Dr. Jaya Saklani Kala², Dr. Deshraj Singh³, Dr. Shweta Shukla⁴, Dr. Rashmi Kathait⁵ and Dr. Rakesh Meena⁶

^{1,5}M.D. Scholar, Department of Kayachikitsa, Rishikul Campus, Uttrakhand Ayurved University, Haridwar, Uttarakhand.

²Associate Professor, Department of Kayachikitsa, Rishikul Campus, Uttrakhand Ayurved University, Haridwar, Uttarakhand.

^{3,4}Assistant Professor, Department of Kayachikitsa, Rishikul Campus, Uttrakhand Ayurved University, Haridwar, Uttarakhand

⁶M.S.Scholar, Department of Shalya Tantra, Rishikul Campus, Uttrakhand Ayurved University, Haridwar, Uttarakhand.

Article Received on
25 Jan. 2018,

Revised on 16 Feb. 2018,
Accepted on 07 March 2018,

DOI: 10.20959/wjpr20186-11385

*Corresponding Author

Dr. Sunil Kumar Sharma

M.D. Scholar, Department
of Kayachikitsa, Rishikul
Campus, Uttrakhand
Ayurved University,
Haridwar, Uttarakhand.

ABSTRACT

Grahani has been widely described in the classic Ayurvedic literature as one among the Mahagada.^[1] Grahani and Agni are having Adhara-Adheya Sambandha and described as an Agni Adhishtana. The name is given so because Grahani (retaining ability) is the function of Grahani. Normally it restrains the downwards movement of undigested food and retains till it is fully digested.^[2] After digestion it releases the food to next Ashaya i.e. Pakvashaya. The primary cause of Grahani Roga is eating habits that directly affect Jatharagni leading to a vitiation of Grahani, thus it does not digest even light food. This undigested food becomes sour in taste and it works like poison and gives rise to several diseases.^[3] Among them Grahani is the prime disease. so the aim of

treatment should be to enhance the potency of Agni by drugs with Deepana and Pachana qualities.

KEYWORDS: Grahani Roga, Agni, Deepana, Pachana.

INTRODUCTION

Ayurveda has a significant name. It is the knowledge of the science, which ensures health and longevity. In current era faulty dietary habits and sedentary life style are key causative factors for diseases. In addition to this one is always under tremendous mental stress. All these factors contribute to disturb in the function of digestion and absorption, leads to many digestive disorders. *Grahani Roga* is one of the digestive disorder affecting the digestion and metabolism, which is hard to diagnose and difficult to be cured as it involves the entire metabolic pathways. System of Ayurvedic medicine emphasizes much with the regards to the influence of diet habits in the manifestation of every disease.

ETYMOLOGY OF GRAHANI

The word *Grahani* is derived from *Dhatu* “*Graha*” which means, to catch, to hold or to get. *Grahani* which is the site of *Agni* is so called because of its power to restrain of undigested food and retains food till it is fully digested.

NORMAL PHYSIOLOGY OF GRAHANI

“*Annasyagrahanaadgrahani mata*”.^[4] Due to its function of *Annagrahana* it is known as *Grahani*, so *Grahana*, *Dharana*, *Pachana*, *Shoshana*, And *Munchana* are the functions of *Grahani*. Ayurveda defines *Grahani* as the location of *Jataragni* which is aimed for absorption of the food substances, subject them to the activity of *Jataragni* and absorbs the *Prasada Bhaga* and pushes down the *Kitta Bhaga* for expulsion (*Dharana* of *Apakwaanna* and *Visarjana* of *Pakwa anna*).

Influence of Agni in Grahani Roga

“*Rogaha sarve api mandagnou*”.^[5] All Roga are produced due to *Mandagni*. The disease *Grahani Roga* is also mainly caused by *Agni Dushti*. The organ *Grahani* and *Agni* have Ashraya- Ashrita type of relationship. The prime site of *Agni* and the site of occurrence of the disease *Grahani Roga* is organ *Grahani* (mainly duodenum). The impairment of *Agni* (Mainly *Mandagni*) is responsible for the creation of *Grahani Roga*. This ensures with symptomatology like *Atishrusta* and *Vibaddha Mala Pravritti*, *Jwara*, *Udgara*, *Arochaka* etc.^[6]

Grahani Dosha And Grahani Roga

Acharya Charaka in the context of *Grahani Chikitsa* clarifies that *Grahani Dosha* and *Grahani Roga* are the two different entities. *Grahani* is the ashraya for *Agni*. Hence

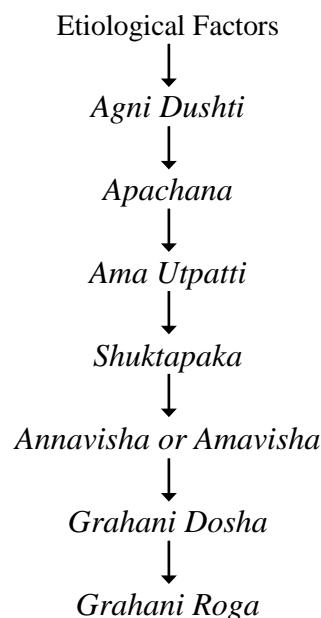
Grahanyashritaagni dosha is considered the same as Grahani Dosha.^[7] Grahani Roga are the diseases manifesting due to the functional disturbance of Grahani. In this way Acharya Charaka has considered Agni Dosha as Grahani Dosha which is precursor to Grahani Roga. The disorders related to digestion and its absorption is broadly covered under the heading of “Grahani Roga” mentioned in the Ayurvedic classics, which is one of the main disorder of the gastrointestinal tract. Irritable Bowel Syndrome and Inflammatory Bowel Disease are considered under the spectrum of Grahani Roga. IBS presenting with pain or discomfort in abdomen relieving on defaecation either manifesting as constipation or diarrhoea and IBD manifesting with Diarrhea, abdominal pain, blood mixed stools etc similar to the symptoms described in Grahani Roga.

NIDANA

The impairment of *Grahani* will impair the functional aspects of *Agni* and vice versa. Therefore all the etiological factors of *Agni Dushti* may cause *Grahani Dosha* and finally results in *Grahani Roga*.

- Aharaj- Abhojana(excessive fasting), Atibhojana(excessive food intake), Vishama Bhojana (improper food), Asatmya Bhojana(unwholesome food) etc.
- Vyapada of Vamana, Virechana, Snehana (Adverse effect of therapeutic measures).
- Vega Vidharana (Suppression of natural urges).
- Viruddha or incompatibility of, Desha, Kala and Rutu.
- Shoka(Grief), Krodha(Anger), Bhaya(Fear)^[8]

SAMPRAPTI



POORVA ROOPA

Trishna (Polydypsia), *Aalasya* (Lassitude), *Bala Kshaya* (Loss Of Strength), *Annavidaha* (Burning Abdomen), *Chirapaka* (Delayed Digestion), *Kaya Gourava* (Heaviness Of Body).^[9]

RUPA^[10]

Ati Srushta Mala Pravritti, Vibbadha Mala Pravritti (Occasional Hard And Soft Stool) Arochaka (Anorexia), Vairasya (Altered Taste In Tongue), *Trishna* (Polydypsia), *Tama Pravesha* (Darkness In Front Of Eye), *Shotha* (Oedema), *Asthi Ruk* (Pain In Bones), *Chardi* (Vomiting), *Jwara* (Fever), *Tiktaamla Udgara*.

CHIKITSA

Agnimandhya is important factor in the *Samprapti* of the disease *Grahani Roga*. So it should be mainly treated for *Agnivardhana* by *Deepana* and *Pachana* drugs.^[11] All the treatment modalities of *Ajirna* and *Atisara* should be implemented in the management of *Grahani Roga*.^[12] The general treatment of *Grahani Roga* is described by *Acharya Charaka* are *Snehana*, *Svedana*, *Shuddi* (purificatory measure), *Langhana*, *Dipana*, *Churna*, *Lavana*, *Kshara*, *Madhvarista*, *Sura*, *Asava*, *Takra*, *Dipana*, *Ghrita* etc, Also, treatment principle of *Grahani* is mainly based on the *Avastha* of the *Vyadhi*. In case of *Grahani* presenting with *Amalakshana* is treated with *Vamana*,^[13] whereas *Grahani* with *LeenaPakwashayasthaama* is treated with *Deepana* and *Virechana*. *Shareeranugatasaama* is treated with measures of *Langhana* and *Pachana*.^[14] Various *DeepanaPachana* drugs described in various classics should be administered along with follow of *Laghu* and *Supachya Ahara*.

The *Shodhana* modality of treatment is contraindicated in this stage. Because, the *Shodhana* done during *Samavastha* of *Vyadhi* results in incomplete removal of *Doshas* and deterioration in the particular *Ashaya* and *Dhatu* or ultimately the whole *Sharira*.

Importance of *Takra* in *Grahani Roga*

There are many different preparations mentioned towards the treatment of this disease in our classics. One among them is *Takra Prayoga*. *Takra* is given equal importance to that of *Amritha*. This leads to proper nourishment, strength, and complexion. *Takra* by means of its different *Gunas* acts as *Tridoshatmaka*. Due to its specific property it is very useful in the patients suffering from *Agni vikruti* having different kinds of *Dosha dushti* hence, *Takra* is an important component in treating the patients suffering from the diseases related with *Agni* in which *Grahani Roga* is one.

MODE OF ACTION

Properties and its Pharmacological Action

Rasa of Takra is Madhura, Amla and Kashaya Anurasa which is having Laghu, Ruksha Guna. Virya is Ushna and Mdhura Vipaka. It does Tridosahara, Agnideepana, Hrudyā, Kapaha-vata shamaka and acts as Grahi. The specialty of Takra is not limited with Grahani Roga but it has been proved a great importance in Udara and Arsha Rogas also. Grahani Roga is a condition related with a Agnivikroti. In this condition Takra is useful by means of its Deepana, Grahi Laghu properties. Takra acts as Tridoshagna by means of its different Gunas as, Due to Kashaya Anurasa, Ushna Virya&Ruksha, Vikasi Guna, it brings down aggravated Kapha. Due to its Madhura, Amla Rasa, Sandra Guna, it brings down aggravated Vata. Due to Madhura Vipaka, Pitta will not become Prakopa.^[15] Takra is Grahi Dravya which is better choice in Grahani Roga because it does the Deepana, Pachana which helps in rectifying Mandagni. Takra is Srotoshodhaka, helps in the proper absorption of Rasa.^[16] So acts as nectar. Hence the probable mode of action based on its properties & Samskara; indications of Takra in combination with different drugs Even though Takra is considered as Tridosahara it can be used along with combination of different drugs to enhance its Doshahara property. Takrarista prepared with Takra along with Yavani, Amalaki, Pathya, Maricha Each 3 pala and Saindhava, Sauvarchala, Vid, Oudbhida, Samudra lavana Each 1 pala acts as Agnideepanartha. It helps in relieving conditions of Shotha, Gulma, Prameha, Krimi, Arsha & Udara Roga.^[17] Time period of Takra consumption: Acharya Charaka also underlines the fact of time period for Takra sevana, mentioned that one should indulge in Takra sevana for 7 days, 10 days, 30 days. One should carry out the Takra sevana in increasing and decreasing order (Utkarsha and Apakarsha).^[18]

Some Medicine used in *Grahani Roga*

Medicines having Deepana and Pachana properties like Chitrakadi Vati, Marichadi Churna, Takrarishta, Panchmuladhya churna, Bhunimbadi Churna, Madhukasava, Kshara Ghrita can be used for Grahani Roga.^[19] Bhaisajya Ratnavali has also mentioned some yoga for Grahani Roga Pancha Pallava, Pancha Lavana, Rasanjanadi Churna, Pathadhya churna, Dadmastak churna, panchamrit parpati.^[20] Chakradutt has also mentioned some yoga for Grahani Roga chitrak ghrit, bilwadi ghrit,shunthi ghrit.^[21]

Pathya-Apathya

- Pathya Ahara: Takra (buttermilk), Masur, Tuvara, Mudaga, Tila Tail, Makshika, Dadima.
- Pathya Vihara: Nidra, Chhardan, Langhana.
- Apathya Ahara: Guru Anna, Draksha, Gomutra, Dugdha, Gud, Gomutra, Viruddha Bhojana.
- Apathya Vihara: Aatap, Ratri Jagarana (night awakening), Snana, Vega Dharana, Nasya Karma, Anjana, Sveda, Dhumpana.

CONCLUSION

The impaired *Agni* leads to structural defect & functional impairment of *Grahani* resulting in *Grahani Roga*. Unwholesome dietary pattern & stressful lifestyle are the major contributing factors to the development of *Grahani*. They are treated more pronounced way with considering Ayurvedic concept of *Agni* and administrating *Deepana* and *Pachana* drugs.

REFERENCES

1. Kaviraj Atridev Gupta, Vidyotani, Vidyalkar Bhishagratna, Edited With Vidyotani Hindi Commentary Astang Hridaya, Nidansthan. Atisar-Grahanidosh Nidan, 8/30.
2. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/57, Chaukhamba Bharti Academy, Varanasi, (India), Reprint, 2012; 462.
3. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/53, Chaukhamba Bharti Academy, Varanasi, (India), Reprint, 2012; 460.
4. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/56, Chaukhamba Bharti Academy, Varanasi, (India), Reprint, 2012; 462.
5. Kaviraj Atridev Gupta, Vidyotani, Vidyalkar Bhishagratna, Edited With Vidyotani Hindi Commentary Astang Hridaya, Nidansthan Udara Nidana Adhyaya 12/1, Chaukhamba Prakashan,, Varanasi, Reprint, 2014; 339.
6. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/53-54, Chaukhamba Bharti Academy, Varanasi, (India), Reprint, 2012; 461.
7. Yadav Ji Trikram Ji Acharya Written, Ayurveddipika Hindi Commentary, Charak Samhita Chikitsa Sthan, Grahanidosh-Chikitsa, Chapter 15/1-2, Chaukhamba Subharti

- Publication, Varanasi, Reprint, 2014; 511,512.
8. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/42-43, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 460.
 9. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/55, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 462.
 10. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/53-54, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 461.
 11. Ambikadutt Shastri, Hindi Commentary Chaukhambha Sanskrit Sansthan Varanasi, Susruta Samhita, Utter Tantra, Atisar Pratised Adhyay Chapter 40/179), 2012; 309.
 12. Bhavmisra, Bhavaprakasa, Edited By Pandit Shri Brahma Shankar Misra . Part 1, Grahani Chikitsa 4/25-26, Chaukhambha Sanskrit Sansthan Varanasi, Edition, 2005.
 13. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/74, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 464.
 14. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/75, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 464.
 15. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/117-119, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 469-470.
 16. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Arshachikitsa-Adhyaya 14/76-77, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 431.
 17. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15/120-121, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 470.
 18. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Arshachikitsa-Adhyaya 14/72-73, Chaukhambha Bharti Academy, Varanasi, (India), Reprint, 2012; 430.
 19. Pt. Kashinath Shastri & Dr. G.N. Chaturvedi, Charak Samhita, "Vidyotini" Purvardha/Part-2, Hindi Tika, Chapter Grahanichikitsa-Adhyaya 15, Chaukhambha

Bharti Academy, Varanasi, (India), Reprint, 2012; 466,468,470,471,473.

20. Ambikadutt Shastri, Hindi Commentary, Bhaishajya Ratnavali “Vidyotini” Chapter Grahanichikitsa Prakarna 8. Chaukhambha Sanskrit Sansthan Varanasi, India (Print 2004); 168,169,170,171,198.

21. Indradev Tripathi, Chakradatt, Chaukhambha Sanskrit Sansthan Varanasi, 2012; 4: 49.