ROLE OF AGNI IN GRAHANI ROGA

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ABSTRACT

In Ayurveda Grahani Roga is one among the Ashta Mahagadas. In modern science, Grahani included into digestive disorder and can be correlated with Irritable Bowel Syndrome (IBS). Grahani is the effect of improper diet, habit, sedentary life style and stress. The organ Grahani is the seat of Jatharagni. “Agnyadhishthanmannasyagrahanatgrahanimta”. The nomenclature of Grahani is so called because of its power to restrain (grahanat) – the downword movement of food. Normally, it holds up the food and releases it from the side after it is digested. In abnormal condition due to weakness of Agni it releases the ingested material even in undigested conditions. When Agni is not proper the food will not be digested properly and this undigeste food gets fermentation and act’s like poison in the body, It’s called “Ama”. Amauptatti leads to GrahaniRoga. It should be treated by Agnivardhana Drug with Deepana, Pachana and Langhana properties.

KEYWORDS: Grahani, Agni, IBS, Deepana, Pachana, Langhana.

INTRODUCTION

In Ayurveda Ayu is defined as conjugation of body, soul, mind and senses. Each has been given due importance in the maintenance of health and in prevention and cure of disease. Today is the era of science, in which everyone is busy to get luxurious life style. Polluted air and water lead to many disease of Annavahastrotasa. The faulty life style leads to interruption
of Dincharya (daily regimen) and Ritucharya (seasonal regimen), described in Ayurveda and also effect social and mental status of person. If the man avoid to follow the rules of taking food and continuously taking Virudhahara, Jathragni gets vitiated and vitiated Jatharagni is the cause of all disease. Inspite of Mandagni if diet is taken it will not digest properly and causes GrahaniRoga. GrahaniRoga is one of the main disorder of Annavahastrotasa. The sign and symptoms of GrahaniRoga is similar to Irritable Bowel Syndrome (IBS) described in modern science.

**Irritable Bowel Syndrome** – IBS is a gastrointestinal motility disorder characterized by abdominal pain or discomfort associated with altered defecation or a change in bowel habits, constipation and abdominal bloating. Most patients alternate between episodes of diarrhea and constipation but it is useful to classify patients as having predominantly constipation or predominantly diarrhea. IBS is associated with abnormal gastrointestinal motor function enhanced visceral perception as well as psychological and genetic factor.

**Agni in Grahani Roga**– The Grahani Roga is mainly caused by Agni dushti. Mandagni is also caused of all disease- “Rogasarpemandagnau”. Jathragni and Grahani have Ashraya-Ashrita type of relationship. Organ Grahani is Ashraya and Agni is Ashrita. The impairment of Grahani will impair the functional aspect of Agni and vice versa.

**Nidana (Etiological factor) of Grahani Roga**- All etiological factor of Agni Dushti may cause GrahaniRoga-
- Aharaj-Abhojnat (Excessive fasting)
- Ajeernati Bhojanat (Eating when digestion strength is low)
- Vishmashna (Irregular eating)
- Asatmya (Intake of unwholesome)
- Guru, Sheeta, Atiruksha, Sandushtabhojnat
- PanchakarmaVyapada – Improper administration of Vamana, Virechana and Sneha therapies
- Vyadhikarshanat
- Incompability of Desh, Kal and Ritu
- Vega vidharana (suppression of natural urges)
- Mansikkaran – Shoka (grif), Krodh (Anger), Bhaya (fear)
Pathogenesis of Grahani Roga

Cause of etiological factor
↓
Agnimandya
↓
Formation of Ama
↓
Shuktapaka
↓
Amavisha or Annavisha
↓
Grahani Dosha
↓
Grahani

Purvarupa (Prodromal symptoms)
- Trishna (Excessive Thirst)
- Alasya (inaction)
- Balakshaya, Anna vidah (Burning sensation)
- Chiratpaka (Delayed digestion)

Rupa (Sign and Symptoms) of Grahani Roga
- Atishritamalapavritti, Vibdha mala pravritti (occasional hard and soft stool)
- Arochaka (Anorexia)
- Vairasya (Altered taste in tongue)
- Praseka (Nausea)
- Tamaka (Darkness in front of eyes)
- Shunpadakara (Swelling in hand and leg)
- Ashthiparvaruka (Pain in joints)
- Chhardana (vomiting)
- Jwar (Fever)
- Loha-amagandhitiktamlaudgar

Samprapti Ghataka of Grahani Roga can be summarized under the following headings:
- Nidana : Aharaja, Viharaja, Manasika Karana, Karma vibhrama
- Dosha : Kledaka Kapha, Pachaka Pitta, Samana, Apana, Vyana Vayu
• Dushya : Ahara Rasa, Rasa dhatu
• Agni : Jatharagnimandya
• Ama : Jatharajanya
• Srotas : Annavaha Srotas, Purishavaha Srotas,
• Rasavaha Srotas
• Srotodusti : Sanga, Vimarga-gamana, Atipravritti
• Udbhavasthana : Amashaya
• Rogamarga : Abhyantara and Bahya Roga Marga
• Vyadhiswabhava : Chirakari
• Adhisthana : Grahani

Types of GrahaniRoga – In Ayurveda four types of GrahaniRoga mentioned-
1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja

Treatment principle of Grahani Roga
• Grahani associated with AmaDosha – When the patient having complaint of constipation(vishtambh), excessive salivation, pain in abdomen, heart burn, heaviness then he should be treated with vamana. Vamana should be done either with luke warm water decoction of madanaphala powder and powder of
• If the Ama moves downwords and remain adhered to pakvashya, then patient should be given purgation with drug having Agni Deepana properties. If Dosha are spreaded all over the body patient should be given drug having Langhana and Pachana properties.
• In Astang Hridaya it is said that when dosas are situated in Grahani it is treated as Ajeerna and Amadosha is treated as Atisara(diarrhea).
• If psychic factor are involved appropriate counseling has to be done and Manaprasadakara treatment has to be given.

Action of Takra in Grahani Roga
All Ayurvedic classics have showed importance of Takra as the main diet in Grahani Roga. According to Acharyacharaka– “Takramtu Grahani Doshedeepnagrahilaghwat”.

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By Deepana, Grahi, Laghuguna Takra has beneficial effect of Grahani.

- As Takra is Madhurapaka does not provoke pitta.
- As Takra is Kshaya rasa, Ushna, Vikasi, Rukshaguna it is Kaphhara.
- As Madhura, Amla Rasa and Sandra Guna it is Vatahara.

**Medicines used in Grahani Roga**

Medicine having Deepana and Pachana properties are used to treatment of Grahaniroga. According to Ayurveda following medicines can be used-

1) **Vataja Grahani**
   - Dshmuladya Ghrit
   - Triushnadya Ghrit
   - Panchmuladya Ghrit
   - Chitrakadi Gutika
   - Marichadichurna

2) **Pittaja Grahani**
   - Chandnadya Ghrit
   - Nagaradya Churna
   - Bhunimbadya Churna
   - Kiratiktadya Churna

3) **Kaphaja Grahani**
   - Madhukasav
   - Duralabhasav
   - Mulasav
   - Pindasav
   - Madhvarist
   - Kshar Ghrit

4) **Sannipatja Grahani**
   All above medicine can use according to prominent of dosh.

**Pathya-Apathya**

Pathya Ahara–Takra, Masur, Bilva, Mudga, Kutaja, Dadim, Dhanyak.
PathyaVihara- Langhana, Vamana, Basti.
CONCLUSION

Today GrahaniRoga is one of the most common disorder due to our faulty diatry habits and sedentary life style. It disturb the proper function of Agni. In this digestion of food and absorption both are affected. They are mainly treated by Agnivardhana Drugs with Deepana and Pachana properties. Asana and prayam was also advised to improve physical and mental health.

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