



A REVIEW OF GRAHANI ROGA

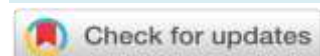
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ABSTRACT

Grahani is an organ that holds the food in GIT. The *Jatharagni* within *Grahani* is the main strength and support which also gets support and strength from *Grahani*. Any deformity in the *Agni* or *Agni Dosha* results in diseases affected by *Grahani* which are called *Grahani dosha*, *Grahani Roga*, or *Grahani Dushti*. The pathophysiology of *Grahani roga* revolves around *Agni dosha*, which is linked to digestive fire dysfunction. Both anatomical and physiological deformity can be found in *Grahani*. *Grahani* is a critical disease of great relevance with ulcerative colitis. They have almost similar causative factors and symptoms like a loose stool with blood and mucous, constipation, dry and coated tongue, and anaemic and abdominal pain.

Keywords: *Grahani Roga*, *Grahani Dosha*, *Grahani*, IBS, ulcerative colitis, sprue syndrome, *Ayurvedic* Management, *Shodhana*, *Shamana Chikista*- Herbal and Herbo-minerals drugs.

INTRODUCTION

The root of the term "*Grahani*" is *Dhatu "Grah,"* which means to catch, hold, or obtain (*Shabda Kal-*

padrum). The specialised portion of the *Mahasrotas* is called *Grahani* (Gastrointestinal system)⁽¹⁾. *Agni's*

seat is in *Grahani*. It holds onto the food until it is completely digested before passing it into *Pakwashaya* (intestine). *Agni* that lacks functionality, i.e., *Grahani Roga* is a result of faulty food digestion brought on by *Mandagni*. Because of its direct connection to bad eating habits and a stressful lifestyle in the modern era, *grahani* is a disease with significant clinical relevance. The symptoms of *Malā Pravritti*, *Udarda*, *Shoola*, *Kshudhalpata*, *Adhmana*, and *Hrillasa*, among others, are taken into account when building *Grahani Roga*. Following are a few *Lakshanas* ⁽²⁾:

1. Chronic abdominal pain
2. Loss of appetite
3. Failure to thrive.
4. Flatulence
5. Belching
6. Eructation / salivation
7. Nausea / vomiting
8. Indigestion
9. Chronic loose motion
10. Constipation
11. Frequency of loose stool just after meal
12. Stool with mucous and foul smell
13. Abdominal distension

Grahani Roga is one of the *Mahagadas* according to *Ayurveda*. There are three ways to interpret the word "*Grahani*," i.e., *Grahani Roga*, *Grahani Dosha*, and *Grahani Avayava*. The term "*Grahani Dosha*" refers to any deviation from the state of *Samagni*, *Mandagni*, *Teekshnagni*, and *Vishamagni*. *Jatharagni's* seat is the organ *Grahani*. It receives nourishment and support from *Agni's* power. Normally, it receives the food that has been swallowed and is being held in place by controlling the downward movement. Following digestion, it releases the food via the lumen's sidewalls to the following *Ashaya*, that is "*Pakwashaya*". When *Agni* is weak, it becomes vitiated and discharges food in an undigested state. When *Agni* is weak, food will not be adequately digested, and this undigested food will ferment and act as a poison in the body.

Since *Ama Utpatti* causes *Grahani Roga*, it should primarily be treated with *Agnivardhana* medications

that have *Deepana* and *Pachana* qualities. In contemporary science, digestive illnesses include *Grahani Roga*. Classical Ayurvedic treatises describe the illness condition known as *Grahani* (Malabsorption sickness). Following the physiological digestion, absorption, and assimilation of any food into *Saara* (essence) and *Kitta* (a waste product) by *Jatharagni Vyapara* (tissue interaction), *Rasa* must then circulate normally throughout *Shareera* and *Kittavisarjana* (waste removal) must be carried out regularly for *Jeeva Poshana* or maintaining homeostasis through adequate nutrition. *Agni Dosha*, which is located within *Grahani*, is regarded as *Grahani Dosha*. *Grahani Dosha* and *Grahani Roga*, respectively, might be thought of as functional disintegration caused by *Agni* dysfunction and organic disintegration caused by improper dynamics of the interior mucosa. According to *Acharya Vagbhatta*, *Grahani Roga* is characterised by frequent bowel movements with a *Baddha* and *Drava* consistency ⁽³⁾.

NIDANA: *Abhojan* (excessive fasting), *Atibhojan* (excessive eating), *Vishama Bhojan* (inappropriate eating), *Asatmya Bhojan* (unwholesome eating), etc. *vyapad* of *Vamana*, *Virechana*, and *Snehana* (Adverse effect of therapeutic measures). *Vega dharana* (suppression of natural urges). *Desha*, *Kala*, and *Ritu's* incompatibility, or *viruddha*. *Shoka* (sadness), *Krodha* (rage), and *Bhaya* (fear).

PURVA RUPA: The *Ayurvedic* literature consistently cites *Trushna* (thirst), *Alasya* (lethargy), *Shirogaurava* (heaviness), *Balakshaya* (loss of strength), *Vidaha* (burning sensation), *Chirapaka* (slow digestion), and *Kayagaurava*. *Rupa- Ati Srustha Mala Pravritti*, *Vibbadha Mala Pravritti* (occasional hard and soft stools), *Arochaka* (anorexia), *Vairashya* (altered taste), *Praseka* (nausea), *Tamaka*, *Shunapadkra*, *Asthiparvaruka*, *Chhardana* (vomiting), *Jwara* (fever), *Lohanugandhi Udgara*.

CHIKITSA: Since *Agnimandhya* plays a significant role in the *Samprapti* of the illness *Grahani Roga*, *Deepana* and *Pachana* medications like *Chitrakadi Vati*, *Marichadi Churna*, *Madhukaa asava*, and *Kshara Ghrita* should be taken to treat *Agnivardhana* ⁽⁴⁾.

CONCLUSION

Tridosha imbalances can be managed by *Ayurveda* utilising a variety of herbs and natural remedies. Due to our poor eating habits, problems relating to food digestion and absorption are now more prevalent than in the past. One of these, *Grahani Roga*, is treatable utilising fundamental ideas. In addition to yoga and meditation, drugs also improve sickness symptoms. Drugs *Deepana & Pachana* as well as *Vatanulomana & Agnideepana Aharas*.

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