

## A LITERARY REVIEW'S BASIC DESCRIPTION GRAHANI ACCORDING TO AYURVEDA

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## ABSTRACT

*Grahani Dosha* is one of the *Mahagadas*, according to *Ayurveda*. In contemporary science, digestive illnesses include *Grahani Dosha*. Currently, because of poor eating habits, a sedentary lifestyle, stress, and the adverse effects of modern medications, the incidence is 11.2% worldwide and 4.2–7.7% in India. The organ *Grahani* is the seat of *Jatharagni* (digestive fire), and both are interrelated. It's supported and nourished by Agni's strength due to *Agnidushti*. The *Grahani* cannot perform its functions properly, which causes *Grahani Dosha* and further leads to *Grahani Roga*. *Grahani* is a critical disease of great relevance with ulcerative colitis. They have similar causative factors and symptoms like a loose stool with blood and mucous, constipation, dry and coated tongue, and anaemic and abdominal pain.

**Keywords:** *Mahagadas*, *Grahani Dosha*, *Jatharagni*, *Agni*, *Agnidushti*, Ulcerative colitis

## INTRODUCTION

According to *Shabda Kalpadrum*, "Grahani" derives from the root *Dhatu* "Grah," meaning to grab, hold, or gain. The *Grahani* (Gastrointestinal system) is a

specialised part of the *Mahasrotas* <sup>(1)</sup>. Before transferring the food into the intestine, it retains it until it has been fully digested. A dysfunctional *agni*, or *Grahani*

*Roga*, results from improper food digestion caused by *Mandagni*. *Grahani* is a disease with significant clinical relevance due to its direct association with unhealthy eating practices and a stressful lifestyle in the present era. When constructing *Grahani Roga*, the symptoms of *Mala Pravritti*, *Uarda Shoola*, *Adhmana*, and *Hrillasa*, among others, are considered. Following are a few Lakshanas<sup>(2)</sup>:

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

One of the *Mahagadas*, according to *Ayurveda*, is *Grahani Roga*. The words "*Grahani*," *Grahani Roga*, and *Grahani Dosha* all have different meanings, *Avayava Grahani*. "*Grahani Dosha*" denotes any departure from the *Samagni* state, *Vishamagni*, *Mandagni*, and *Teekshnagni*. The organ *Grahani* serves as *Jatharagni's seat*. It benefits from Agni's potency in terms of nourishment and support. It typically takes in the food that has already been swallowed and is kept in place by regulating the downward movement. Following digestion, it discharges the food via the sidewalls of the lumen to the next *Ashaya*, called "*Pakvashaya*". Agni becomes vitiated and excretes food that has not been digested when weak. Food will not be adequately digested when Agni is weak, and this undigested food will ferment and act as a toxin in the body. Since *Ama Utpatti* causes *Grahani Roga*, it should primarily be treated with *Agnivardhana* medications with *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 physio-

logical 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*, 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<sup>(3)</sup>.

**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*, *Vibbada 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*<sup>4</sup>

## CONCLUSION

*Tridosha* imbalances can be treated using a range of herbs and natural therapies, according to *Ayurveda*. Our bad eating habits are to blame for food-related

issues. Nowadays, digestion and absorption are increasingly common compared to the past. The first of these is Grahani Roga. Curable with the use of fundamental concepts. Additionally, to Yoga, meditation, and medications all help with illness symptoms, Deepana and Pachana drugs, as well as Agnideepana & Vatanulomana Aharas.

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