

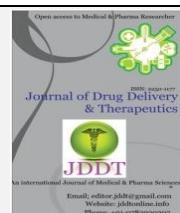


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Review Article

Management of *Grahani Roga* by Ayurveda principles and life style modification

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ABSTRACT

Grahani is an ayurveda terms related to the seat of *agni* (digestive fire), which help in the metabolism and digestion of food. The ancient text of ayurveda described that ingestion, digestion, absorption and assimilation of *Aahaar* is regulated by *Grahani*. When this *Agni* becomes; *mandagni* then improper digestion of ingested food leads pathological condition termed as *Grahani roga*. Similarly *Trividh* anomalies of the *Jatharagni* also termed as *Grahanidosha*. *Grahani* is a disease which affects large population globally especially in developing country and associated with improper food habits along with stressful lifestyle. The pathogenesis of *Grahani roga* works around *Agnidosha* which associated with impaired digestive function of digestive fire. Ayurveda described various treatment modalities for the management of *Grahani roga* such as; use of herbs & formulation, *yoga* and life style modification. Present article summarized ayurveda perspective of *Grahani roga* and its management by ayurveda principles and life style modification.

Keywords: Ayurveda, *Grahani*, *Agnidosha*, *Yoga*, Life style

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INTRODUCTION

Grahani Dosha is a common problem especially affects people living with unhygienic conditions and suffered with nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, inadequate sleep and avoidance of *Sadvritta* are the major reasons of *Grahani Dosha*. Pathologically disease initiates due to the improper digestion of food which further vitiate *Agni* and *Doshas* leading to formation of *ama* which further resulted symptoms of constipation and diarrhea¹⁻⁴. Drugs having *Kashaya Rasa*, *Ushna Veerya*, *Madhura Vipaka* & *Ruksha Guna* help to pacifies *Vata* & *Pitta Dosha* therefore potentiates *Agni* which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of *Grahani Dosha*. Ayurveda text emphasized on four types of *Grahani Dosha* as mentioned in Figure 1. This article described general consideration of *Grahani Dosha* and its management by ayurveda and conduction of disciplinary life style²⁻⁷.



Figure 1: Types of *Grahani Roga*

Etiological Factors

- ❖ *Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya Guru, Ruksa and Sandusta Bhojanat* etc.
- ❖ *Vyadhibharshanat and Vegavidharana*
- ❖ Stress, anxiety and grief
- ❖ In disciplinary life style and bad food habits
- ❖ Unhygienic environmental condition
- ❖ Nutritional insufficiency
- ❖ Contagious predominance
- ❖ Improper functioning of digestive fire
- ❖ Diseased condition which weakened *Agni*
- ❖ *Virudha-ahara*
- ❖ Avoidance of concept of *Desh* and *kala* during consumption of food stuffs
- ❖ Excessive use of antibiotics.

Symptoms

According to *Acharaya* the predominant symptoms of disease are; *Aalasya, Trishna, Aanvidaah, Chir Pakka, Balakshaya* and *Gaurvam*, etc. Other symptoms of diseases are *Aruchi, Kasa, Karnakshveda* and *Antrakunjana*. Intestinal spasms, diarrhea, constipation and abdominal pain also observed in acute condition ⁶⁻⁸.

AYURVEDA MANAGEMENT OF GRAHANI DOSHA

- The traditional text of ayurveda suggested that *Grahani Dosha* may be treated by following concept of *Langhana* and using *Deepana* and *Pachana* medicines which help to potentiate *Agni* and eliminate *ama*.
- Purgation therapy with stimulant drugs also helps to remove *Ama*
- Husk of *Ashvagol* help in evacuation of stool.
- Butter milk (*Takra*) also suggested by ancient *Acharya* for treatment of *Grahani*.

Table 1: Specific ayurveda treatment for Grahaniroga

S. No.	Treatment	Beneficial effects
1	<i>Niruhavasti, Virechana and Anuvasanvasti</i>	Remove symptoms of <i>Vatajagrahani</i>
2	<i>Chandanadya ghritam, Tikataghrita</i>	Pacifies <i>Pittajagrahani</i>
3	<i>Pippalyadya choorna</i>	Treat <i>Kaphajagrahani</i>
4	<i>Nagaradi kwatha</i>	Pacifies vitiated <i>Vata</i> thus help in <i>Vatajagrahani</i>
5	<i>Madhukasava, Duralabhasava,</i>	Relieve <i>Kaphajagrahani</i>
6	<i>Panhchmuladya Taila</i>	Help to manage <i>Vatajagrahani</i>
7	<i>HaridradyaKshara, Duralabhadyakshara</i>	Treat <i>Kaphajagrahani</i>
8	<i>Abhayadi kashaya</i>	Suggested for <i>Vatajagrahani</i>

LIFE STYLE MODIFICATION IN GRAHANI

Modification in life style and balanced diet regime along with consideration of *Pathya Apathyta* help to cure *Grahani*.

Diet modification

- Modification in diet pattern towards the healthy eating habits boosts *Agni* and prevents chances of *Grahani*.
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- Ayurveda mentioned balanced diet under *Sansarjana Krama* with routine diet plan depending on the *Prakriti* of the individual. Thus patient of *Grahani* recommended to follow diet pattern of *Sansarjana Krama*.
- One should avoid *Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya* and *Sandusta Bhojanat* etc
- Preparation and consumption of unhygienic food articles.
- Diet containing balanced nutritional value need to be adopted.
- *Virudha-ahara* must be avoided; means one should consume diet as per his/her internal constitution by following concept of *Desh* and *Kala*.

Dietary materials recommended for *Grahani roga* are as follows:

- Diets which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency

should be adopted such as; fibers, fruit, vegetables, grains and curd.

- *Yavagu, Panchkola soup*
- *Takrarista, Jangalmansa*
- Vegetable soups
- Light diet and Soup of dried radish

Behavior modification

- Behavioral factors such as fear, grief, stress and sleeplessness may also lead symptoms of *Grahani*. Therefore one should avoid stress, fear and grief to disrupt condition of depression which may affect *Agni*.
- One should remain positive and enthusiastic to maintain normal metabolic functioning.
- Habits of too much thinking/*Chintan* should be avoided which may affect process of digestion since during thinking process bold circulation remain associated with brain mainly instead of intestine.
- One should always think that the food which he/she going to consume will offers good effect.
- Be happy and associated with mental empowerment activities.
- One should consume diet by following rules of *Swasthwarita* in proper manner so to achieve maximum beneficial effect of consumed food ⁷⁻⁹.

Daily regimen modification/Exercise and yoga

- ❖ In disciplinary life style need to be avoided.
- ❖ Day time sleeping and late night awakening should be avoided.

- ❖ One should follow daily regimen with fix timing of each and every activities including fix daily routine of exercise, breakfast, meal and sleep.
- ❖ Regular exercise to strengthen body & *Agni*.
- ❖ Meditation to calm down stress.
- ❖ *Yoga* and *Pranayama* also offers beneficial effect to increase stress resistance.
- ❖ Ayurveda mentioned some defined regimen such as; *Ritucharya* and *Dinacharya* to get beneficial results of daily regimen.
- ❖ *Dhyan* and *Shodhana* procedure after some fix interval also offers beneficial effect in *Grahani*⁷⁻¹⁰.

Role of Asana in *Grahani*

Bhujangasana: *Bhujangasana* heat the body and improves digestion.

Mayurasana: *Mayurasana* removes undigested material in stomach.

Paschimottanasana: *Paschimottanasana* boosts gastric fire.

Matsyendrasana: *Matsyendrasana* stimulates *jatharagni*.

Sarvangasana: *Sarvangasana* pacifies *Kapha* & *Pitta*, also relief indigestion.

CONCLUSION

Grahani is disease of *Annavaha srotas* related to *Agni* and life style pattern. Ayurveda considers *Grahani* as *Tridoshatmaka* disease of digestive fire occurs due to the vitiation of *Agni*; *Jatharagni*, *Saman Vayu*, *Pachak Pitta* and *Kledaka Kapha*. Disease characterized by abdominal pain, bloating and disturbed bowel habits. Ayurveda offers wide range of formulations and therapeutic modalities along with suggestions to modify life style pattern which overall offers beneficial effects in the management of *Grahani roga*.

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