

**A REVIEW OF ETIOPATHOLOGY OF GRAHANI ROGA AND THEIR MANAGMENT
ACCORDING TO AYURVED AND MODERN VIEW*****¹Dr. Pushpa Markam and ²Dr. Nikhila Ranjan Nayak**¹M.D. Scholar, Post Graduate Dept. of Roga Nidan Evum Vikriti Vigyan, Govt. Ayurveda Collage Raipur Chhattishgarh.²Professor and HOD, Post Graduate Dept. of Roga Nidan Evum Vikriti Vigyan, Govt. Ayurveda Collage Raipur Chhattishgarh.***Corresponding Author: Dr. Pushpa Markam**

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ABSTRACT

In Ayurveda Grahani roga is one among the mahagads. The word grahani can be understood in three ways i.e. Grahani avayava, Grahani dosha & Grahani roga. Any deviation from the status of samagni, mandagni, teekshnagni & vishamagni are called as Grahani dosha. The organ Grahani is the seat of jatharagni. It is supported and nourished by the strength of Agni. Normally it receives the ingested food, which is retained by restraining the downward movement. After digestion it releases the food through sides of lumen to next ashaya i.e. pakwashaya. In abnormal condition due to weakness of Agni, it gets vitiated and releases food in indigested form when Agni is not proper the food will not be digested properly and this undigested food gets fermentation and act like poison in the body. It's called Ama. Ama utpatti leads to Grahani roga so it should be mainly treated by agnivardhana drugs with deepana and pachan properties. In modern science Grahani roga include into digestive disorders. It prevalence is about 69% in current time because of faulty dietary habits, sedentary life style, stress and side effects of modern drugs This cause leads to Many digestive problem. In modern science treatment is being done according to the symptoms.

KEYWORDS: Grahani, Grahani roga, deepan and pachan, digestive disorder their management.**INTRODUCTION**

Grahani-The word Grahani is derived from dhatu "grah" which means to catch, to hold or to get. (Shabda kalpadrum).Grahani is the specialized part of the mahasrotas (Gastrointestinal system). Grahani is a seat of agni. It retains the food till the food is fully digested and then passes it into pakwashaya (intestine). Functionally weak agni i.e. mandagni cause improper digestion of ingested food & leads to Grahani roga. Grahani is a disease of great clinical relevance in modern era because of its direct link with the improper food habits and stressful lifestyle of the present time. Grahani roga include digestive disorder In the present study a concept of Grahani roga is constructed with the consideration of symptoms mala pravritti, udarda, shoola, kshudhalpata, adhmana, hrillasa etc. As chief complaints in modern medical science, no disease or condition is exactly similar to grahani roga, but symptom like

1. Chronic abdominal pain
2. Loss of appetite
3. Failure to thrive. etc.
4. Flatulence
5. Belching

6. Eructation / salivation
7. Nausea / vomiting
8. Indigestion (maldigestion)
9. Chronic loose motion
10. Constipation
11. Frequency of loose stool just after meal
12. stool with mucous and foul smell
13. Abdominal distension

Prevalence

The survey assessed the prevalence of 20 functional gastrointestinal syndromes based on fulfilment of multinational diagnostic criteria. 69% reported having at least one of 20 functional gastrointestinal syndromes in the research.

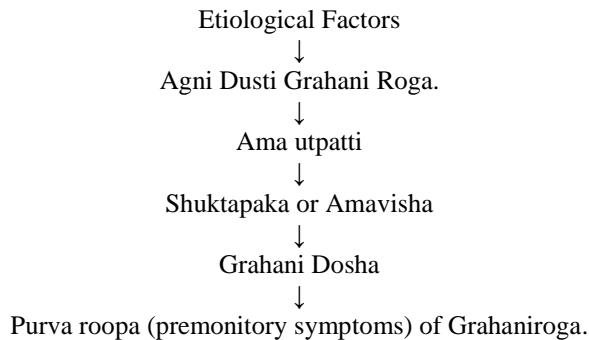
Nidana of grahani roga

The impairment of grahani will impair the functional aspect of Agni and vice versa .Therefore all the etiological factors of Agni dusti may cause Grahani dosha and finally result in Grahani Roga.

Aharaj – Abhojana (excessive fasting), Atibhojana (excessive food intake), vishama bhojana (improper food), Asatmya bhojana (unwholesome food) etc.

- Vyapada of vama, Virechana, snehana (Adverse effect of therapeutic measures).
- Vega vidharana (suppression of natural urges).
- Viruddha or incompatibility of Desha, kala and ritu. Shoka (grief), krodha (Anger), Bhaya (Fear).

Etiopathology of Grahani Roga



Ayurveda literature unanimously mentions Trushna (thirst), Alasya (lethargy), Shirogourawa (Heaviness of head), Balakshaya (loss of strength), vidaha (burning sensation) chirapaka (delayed digestion), kayagaurava.

Rupa – Ati srutha mala Pravritti, Vibbadha mala pravritti (occasional hard and soft stool), Arochaka (testlessness), vairashya (altered taste tongue), Praseka (nausea), Tamaka, shunapadkra, Asthiparvaruka, chhardana (vomiting), jwara (fever), Lohanugandhi 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. like – Chitrakadi vati, Marichadi churna, Madhukaaasava, kshara Ghrita. can be used for Grahani roga.

Pathya – Apathya

Pathya Ahara	Pathya vihara
Takra, Masur, Tuvara, Mudaga, Tila, Makshika, Dadima	Nidra, chhardan, Langhana
Apathya Ahara	Apathya vihar
Anna, Draksha, Gomutra, Dugdha, Gud, Gomutra, viruddha Bhojana	Aatap, Ratri jagarana, snana, vega dharana, Nasya karma, Anjana, sveda dhumpan.

CONCLUSION

The Ayurveda possesses ability to control tridoshic imbalances using various herbs and natural medicines. The disorders related to digestion of food and its absorption is becoming more common than the past due to our faulty food habits. Grahani roga is one of them and can be cure using basic principal. Drugs relieve disease symptoms along with yoga and meditation. Vtanulomana and agnidipanaaharas along with Deepana & Pachana drugs possess benefits in disease.

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