

ETIOPATHOLOGICAL STUDY OF GRAHANI ROGA

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ABSTRACT

Grahani is the adhithana of Agni, it is called as Grahani as it holds the Ahara (food). It is situated above the umbilicus and is strengthened by the power of Agni. Normally it holds up the food till it is digested and releases after ahara pachana (digestion of food), but when the Agni bala is reduced, Grahani releases the ingested food even in apakva avastha. This condition is termed as Grahani Roga. It is the most common disorder of annavaha srotas (gastrointestinal tract). At present time the prevalence of Grahani Roga is increased due to improper dietary habits, faulty lifestyle, stress which plays a major role in occurrence of Grahani Roga.

KEYWORDS: Grahani, Grahani Roga, Agni, Ahara, Apakva avastha.**INTRODUCTION**

According to Acharya Sushruta Grahani is the sixth-kala, situated between pakvamasaya (intestines & stomach), strength of Grahani is Agni and that Agni resides in the Grahani; hence when the Agni is vitiated, Grahani also becomes vitiated.^[1]

Even after the cure of Atisara (diarrhoea) or in persons having weak Agni, if they intake astamya ahara (improper foods), then the dosa's vitiate the Agni greatly, which results in Grahani Roga.^[2]

Definition: When the Agni is weak (mandagni) it causes vidaha of anna, which goes either in urdha marg (upwards) or adha marg (downwards). When this anna moves downwards either in pakva aur apakva avastha, it is known as disorder of Grahani or Grahani Roga.^[3]

Bheda (Types): Grahani Roga is of 4 types:

1. Vataja Grahani
2. Pittaja
3. Kaphaja
4. Sannipataja^[4]

Nidana (Etiology)

Nidana can be categorized for Grahani Roga as: (1) Samanya Nidana (2) Vishishta Nidana

1. Samanya Nidana

Grahani Roga mainly occurs due to Mandagni. Hence nidana of Mandagni are also nidana for Grahani Roga. Following are the nidana's for Mandagni:

- Abhojana (fasting)
- Ajeerna (indigestion)
- Ati bhojana (over eating)
- Vishamashana (irregular eating)
- Asatmya bhojana (unsuitable food)
- Sandushta bhojana (contaminated food)^[5]

2. Vishishta Nidana: Acharya Charaka has described the vishishta nidana on the basis of types of Grahani Roga.

Vataja Grahani

- Katu Ahara (Red chilly, green chilly, black pepper, spicy foods etc.)
- Kashaya (til, kullatha, amla, madhu etc.)
- Ruksha Ahara (chana, matar, rajma, toast etc.)
- Sheetal bhojana (cold drinks, icecreams, refrigerated food items etc.)
- Pramitashana (food intake in less quantity)
- Vega-dharana (suppression of natural urges of body)
- Atyadhika maithun (excessive sexual activity)^[6]

Pittaja Grahani

- Katu Ahara (Red chilly, green chilly, black pepper, spicy foods etc.)
- Ajeerna (Indigestion)
- Vidahi anna (coffee, vinegar, chillies, spicy foods, achar etc.)
- Amla (sour items-Karaunda, orange, amla, nimbu etc.)
- Kshara (alkaline foods-papad, baking soda containing food items etc.)^[7]

Kaphaja Grahani

- Guru bhojana (foods which are hard to digest-bread, pizza, burger, maida items, fish etc.)
- Snigdha Ahara (ghrita, oily foods, chocolate, cake, pastries, fish, chicken etc.)
- Sheetal Ahara (cold drinks, icecreams, refrigerated food items etc.)
- Bhukta matra swapna (sleeping immediately after meal)^[8]

Sannipataja Grahani

When all the above mentioned nidana's are intaken together, then it results in sannipataja Grahani.^[9]

Purvarupa(Premonitory symptoms)

- Trishna(Thirst)
- Alasya(lassitude)
- Bala kshaya(weakness)
- Anna vidaha(burning sensation)
- Pakascha chirata(delayed digestion of food)
- Kayasya gauravam(heaviness in the body)^[10]

Rupa (Clinical features): 1.Samanya Rupa 2.Vishishta Rupa

1. Samanya Rupa: Acharya Sushruta has described samanya rupa of Grahani Roga which are as follows:

- Shunpadakara(swelling in legs & arms)
- Krisha(emaciated)
- Parva ruja(pain in joints)
- Laulya(greediness towards all rasa's)
- Trishna(Thirst)
- Chhardi(vomiting)
- Jvara(fever)
- Arochaka(loss of taste)
- Daha(burning sensation)
- Udgar-shukta, tikta, amla, loha, aam gandhi(vomits materials which are like vinegar, bitter & sour, smells like iron & smoke)
- Praseka(excessive salivation)
- Mukha Vairasya(bad taste in mouth)
- Tamaka(Asthma)
- Aruchi(Anorexia)^[11]

2. Vishishta Rupa: Acharya Charaka has described bhedanudar vishishta rupa, which are as follows:

Vataja Grahani

- Pachyate dukham(delayed digestion)
- Shukta paka(fermentation of food)
- Kharangta(hardness of body parts)
- Kanthasya shosha(dryness of throat & mouth)
- Kshudha nasha(absence of hunger)
- Trishna(Thirst)
- Timir(Darkness in front of eyes)
- Karna svanah(noise in ears)
- Parshva, uru, vankshan, greeva ruja(constant pain in flanks, thighs, groins & neck region)
- Visuchika(diarrhoea)

- Hridaya peeda(pain in cardiac region)
- Karshya(emaciated)
- Daurbalya(weakness)
- Vairasya(bad taste in mouth)
- Parikartika(cutting pain in rectum)
- Griddhi sarva rasanam(desire for all the rasa's)
- Adhman occurs during Ahara pachan & relieves after taking food(ahara)
- Vataja gulma, Hrida roga, pliha roga ashanka(difficulty in diagnosis due to resemblance with symptoms of Vataja gulma, Hrida roga, pliha roga)
- Patients passes mala (faeces) with difficulty after long time, mala is watery or dry, thin, frothy, apakva(improperly processed)accompanied with pain & noise.
- Kasa-shvasa(cough & dyspnoea)^[12]

Pittaja Grahani

- Ajeerna(undigested food)
- Patient passes apakva mala, bluish yellow(neel pitabha)or deep yellow(pitabha) in colour or watery stool.
- Amla udgar(sour eructations)
- Hridaya-kantha daha(burning sensation in cardiac & throat region)
- Aruchi(Anorexia)
- Trishna(Thirst)^[13]

Kaphaja Grahani

- Digestion occurs with difficulty.
- Hrilas(nausea)
- Chhardi(vomiting)
- Arochaka(anorexia)
- Asyopdeha madhuryama(coating of tongue & mouth, sweet taste in mouth)
- Kasa, sthivan, peenas(cough, spitting & running nose)
- Heaviness in heart
- Madhura udgar(sweet eructations)
- Mala is broken, mixed with aam, shleshma and is heavy
- Daurbalya(weakness)
- Alasya^[14]

Sannipataja Grahani: When all the symptoms of above three types-vataja, pittaja & kaphaja Grahani are found together, then it is said to be a condition of Sannipataja Grahani.^[15]

Besides, the above 4 types of Grahani Roga, there are two more types of Grahani Roga described in "Madhava Nidana" which are as follows-

- a)Sangraha Grahani
- b)Ghatyantra Grahani

a) Sangraha Grahani

- Antra kujan(gurguling sound in intestine)

- Alasya(malaise)
- Daurbalya(weakness)
- Drava, sheeta, ghana, snigddha, sakati vedana shakrita (passes mala with pain in kati region which is watery, cold, solid & fatty in nature)
- Passes mala which is pichchila & aam yukta
- Appears once in interval of 15, 30 or 10 days or even daily.
- Diva prakopa, ratri shanty (pronounced during day & subsiding by night)
- Sangraha Grahani occurs due to aam & vata and it is difficult to cure(krichcha sadhya)^[16]

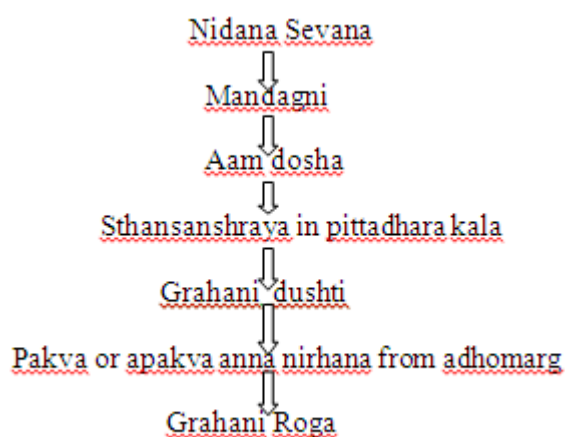
b) Ghatyantra Grahani

- Svapatah parshyo shoolam(pain in flanks when lying)
- Galajjal ghati dhvani(noise in the abdomen resembling the sound of a water clock)^[17]

Samprapti (Pathogenesis)

Various nidana sevana weakens the Agni. This weak Agni is unable to digest even the laghu anna (light food), this apakva ahara (undigested food) gets acidified & toxic (shukta & visharupa). when it moves in adhah marg(downwards) either in pakva or apakva avastha, it is said as Grahani Roga.^[18]

Samprapti Chakra



Sadhyasadhyata: In Madhva Nidana sadhyasadhyata of Grahani Roga is stated according to age groups of patients as-

- Bala (children)-Sadhya (curable)
- Yuva (middle aged)-Krichcha sadhya (difficult to cure)
- Vridha (old aged)-Asadhya (incurable)^[19]

Pathya-Apathya: Pathya & Apathya Ahara for Grahani Roga are as follows:

Pathya Ahara

Moonga, shashtika dhanya, shali dhanya, arhar dal, madhu, aja dugdha (goat milk), dahi, ghrita, navneeta, kapittha fala, bela, fruit & flower of banana, dadima lajamand, singhada, small fish, harina, lava, titir,

shashaka mansa rasa are said as pathya for Grahani Roga.^[20]

Apathya Ahara

Snigddha, guru, aamkaraka and all the nidana's above stated are apathya for Grahani Roga.^[21]

CONCLUSION

Grahani Roga manifests due to diminished function of Agni. When the Agni is in normal state, it provides Bala (strength), Arogya (health), Ayu (longevity) and Prana (vital breath). Hence Agni should be kept in balanced state by proper intake of food and drinks because these act as a fuel, if Agni is disturbed it causes many diseases because Roga Sarve Api Mandeagno, & Grahani Roga is one of them. At present time people are carelessly involving so much in faulty dietary habits and faulty lifestyle, which causes Agni Dushti and further leads to Grahani Roga. These faulty dietary habits & lifestyle are the major Nidana (etiological factors) of Grahani Roga, if these are avoided, then one can overcome this serious disease, as the Nidana Parivarjana(avoidance of the causative factor) is the primary step of management of all diseases.

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