



## Conceptual Study On Grahani And Its Pathya Apathya

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### Abstract

In ayurvedic grahanidosha is one among the mahagadas. grahani roga include into digestive disorders. Grahani roga prevalence is about 72 percentage in current time because of faulty dietary habits. depression, stress and side effects of allopathy drugs this causes leads to any digestive diseases organs grahani is the seat of jatharagni. The ancient text of Ayurveda describe that indigestion (ajirna), digestion, Absorption of aahara rasas is regulate by Grahani.

The pathogenesis of Grahani roga works around Agnidosha which associated with impaired digestives function of digestive fire.

Ayurveda described management of Grahani roga such as use of herba and formulation. Grahani is one of the major illness of gastrointestinal track. Included in ashtomahagada by vaghabhat. **Keywords** - Jatharagni, Dosha, Aahara, Vagabhat, etc.

### Introduction

Grahani is the part of mahastrotasa. Acharya Sushruta described Grahani is located between Amashaya (stomach) and Pakwashaya (colon). Grahani and agni are having Adhara Adheya Sambandha Intharagni rules process of digestion supported by the Vata, Pita, Kapha Dosha. Ayurveda emphasizes more on the normal conditions of latharagni, that is why it has been mentioned रोगह सर्वेषां मिंदा अप्ति

The food undergoes metabolic transformation by Jatharagni and results in maintain of body tissue elements by their growth and repair Processes. Its only going to happen when proper healthy diet, life styles followed, but now a days fast food, junk food, improper eating is, sedentary lifestyle leads to Agni's vitiation.

### Aim:

To study review of grahani a nidanpanchaka, its management Diet plan as per Ayurveda and modern view.

### Objectives:

1. To study of review study grahani. 2. Focus on diet plan of Grahani (IBS). Material and Method:

Source of Data- Charak Samhita, chikitsa sthana adhyay 15, Sushrut Samhita, uttar tantra - adhyay 40, Ashtang hrudaya, nidana shtana - adhyaya 8, Madhava nidana adhyay 4, Ashtang hrudaya, chikitsa stana-adhyay-10

### Methods:

1. To review available literature on Grahani.

2. To compile the nidanpanchaka of grahani appearance of concept

1. This is literary research study in this article. All the references Ayurveda Samhita and respective commentaries. Regarding Review study of grahani W.s.r. to IBS. Modern view of Grahani (IBS) from modern diet plan, medicine, books.

Definition of IBS- An intestinal disorder causing pain in the stomach, diarrhea and constipation.

### Nidanpanchaka of Grahani:

Nidana of Grahani Samanya nidana- Ajirna (indigestion) Vishamashana, Asatmya Aahara - Viharasevana, Desh-kal-rutu vaishmya etc.

### Vishita Nidana:

1. Vataja Grahani Nidana Katu- tikta- Kashaya rasa sevana, Vegavarodhana, Atimaithunetc.

2. Pittaja Grahani Nidana Katu- amla- shar Sevana, Ajirana (indigestion)

3. Kaphaja Grahani Nidana - guru- snigdha- Madhura Rasadravya sevana, overeating etc.

4. Sannipatja Grahani Nidana Vata, pitta, kaphaja all Dosha Lakshana.

### Samprapti Dhataka:

Dosha- tridosha, Dushya- rasa, strotas- Annavaaha, Purishvaha, Adhishtana- Pittadharaka Kala, Grahani, shrotodushti - Atipruvruti, swabhav Darun, Agni- Mandagni, sadhyasadhyatva- krucchasadhyha.

### Types (According to Dosha):

Acharya Charaka had Describe - Vataja Grahani, Pittaja, Kaphaja Grahani, SannipatajaGrahani Gananathsen - Raj Grahani, Shataj grahani, Shayaj grahani,Nirmok grahani

**Poorvarupa:**

According to Charaka - Balakshaya, Trishna (thirst), Aalasya( tiredness).

According to Vagbhata - Amlodgar, Aruchi( tasteless), Trushna( thirsty), Klama

IBS Irritable bowel syndrome is also known as spasticcolon, mucouscolitis,spasticcolitis.

It sign and symptoms are pain diarrhea, bloating sensation abdomen, constipation. It Symptoms is different for person to person depends upon severity andtimeduration.

**Causes:**

GI motility disturbance in IBS small intestine show subtle differences in activity. stress and sleep disturbance. Increase frequency of migrating motor complex. Sensory abnormalities ( visceral hyperalgesia) - IBS patient report discomfort at lower volume of gut distension, such patients suffer from 'visceral hyper sensitivity and the cause of problem may be neural abnormality of primary afferentnerves to the spinal cord, of the intrinsic nerves of the colonic wall. Unbalance of neurotransmitters maybe a source of perceived excess gas, and has lead t suggestions of a role of abnormal colonic bacterial flora.

IBS symptoms – Cramping pain at abdomen, weight loss,bloating sensati, abnormal pain, abnormal stool frequency, Feeling of incomplete evacuation, Constipation and diarrhea.

**Pathogenesis:**

Infection caused by like campylobacter species, salmonelaa species, diarrheagenic strains of E. coli, Shigella species.

Genetics-polymorphisms of gene coding for cytokines production of interleukins 10 increased production of tumornecrosis factor -alpha

Psychosocial factors- the response to stress is medicated by corticotrophin releasing factor (CRF) secreated by the enteric neurons, enteroendocrine cells and immune cells.

Disturbance in GI motility- Corticotrophin releasing hormone

Pathya and Apathya in Grahani 1. Shookdhanya Varg Pathya -Shashtik shali, puran shali Apathya- Godhum, Yawa

2. Shamidhanya

Pathya -Masur, Mudga, Tuvara Apathya- Masha, nishapava

3. PhalaVarg  
Pathya -Dadima, Bilva, Kalthya, jambu  
Apathya-Draksh, badar, narikel

4. MansVarg  
Pathya-Shasha, titir, fish, lava

5. Shaka Varg- Pathya-changeri  
Apathya-kakmachi, upodika

6. HaritaVarg-  
Pathya-Dhanyak, mahanimb Apathya-Shigru, Adraka

7. Madya Varg Pathya-Sura, Arnala  
Apathya-dhanyamla, sauveer

8. GorasVarg  
Pathya-Dahi, ghrita, takra Apathya-Dugdha

9. Ikshu Varg Pathya-Makshika Apathya-Guda
10. Aharyoni varg Pathya-Til,tail,jeeraka Apathya-kahara Discussion –  
Grahani which is the site of Agni is so called because of its power to restrain the downward movement of undigested food and retains food till it is fully digested. Functionally weak Agni that is mandagni, causes improper digestion. Which leads to Amadosha and it has pivotal important in Pathogenesis of Grahani. Which is closely related to IBS.

#### Conclusion:

Agni is main cause of Grahani roga. Maintaining of Grahani is treatment of Grahani roga. Grahani roga is related to digestion of food and its absorption is becoming more common than the past due to our faulty food habits, which are covered under Grahani Dosha. They are treated more pronounced way with considering ayurvedic concept of Agni and administrating Deepana,Pachana drug.

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