

Conceptual Study On Grahani And Its Pathya Apathya



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Abstract

In Ayurvedic Grahani dosha 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 regulated by Grahani.

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

Ayurveda described management of Grahani roga such as use of herbs and formulation. Grahani is one of the major illness of gastrointestinal

track. Included in Ashtamahagadaby 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. In Jatharagni rules process of digestion supported by the Vata, Pita, Kapha Dosha. Ayurveda emphasizes more on the normal conditions of Jatharagni, that is why it has been mentioned रोगह सर्वे ऽपि मृदा अग्नि

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, Uttartantra - Adhyay 40, Ashtang hrudaya, Nidana sthana - Adhyaya 8, Madhava Nidana Adhyay 4, Ashtang hrudaya, Chikitsa sthana - 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, Atimaithun etc.

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

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

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

Samprapti Dhataka:

Dosha- tridosha, Dushya- rasa, strotas- Annavaha, Purishvaha, Adhishtana- Pittadharaka Kala, Grahani, Shrotodushti - Atipruvruti, swabhav Darun, Agni- Mandagni, sadhyasadyatva- krucchasadya.

Types (According to Dosha):

Acharya Charaka had Describe - Vataja Grahani, Pittaja, Kaphaja Grahani, Sannipataja Grahani 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 spastic colon, mucous colitis, spastic colitis.

Its sign and symptoms are pain diarrhea, bloating sensation abdomen, constipation. Its symptoms are different for person to person depends upon severity and time duration.

Causes:

GI motility disturbance in IBS small intestine shows subtle differences in activity. Stress and sleep disturbance. Increase frequency of migrating motor complex. Sensory abnormalities (visceral hyperalgesia) - IBS patient reports 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 afferent nerves to the spinal cord, of the intrinsic nerves of the colonic wall. Unbalance of neurotransmitters may be a source of perceived excess gas, and has led to suggestions of a role of abnormal colonic bacterial flora.

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

Pathogenesis:

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

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

Psychosocial factors- the response to stress is mediated by corticotrophin releasing factor (CRF) secreted 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. Phala Varg

Pathya - Dadima, Bilva, Kalthya, jambu

Apathya- Draksh, badar, narikel

4. Mans Varg

Pathya- Shasha, titir, fish, lava

5. Shaka Varg- Pathya-changeri

Apathya- kakmachi, upodika

6. Harita Varg-

Pathya- Dhanyak, mahanimb Apathya- Shigru, Adraka

7. Madya Varg Pathya-Sura, Arnala

Apathya- dhanyamla, sauveer

8. Goras Varg

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 administering Deepana, Pachana drug.

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