

Grahani Roga: A Review Article With Special Reference To Bruhat Trayi

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ABSTRACT

Grahani roga is one among the Mahagada as stated by Acharya Sushruta. The root cause of every Vyadhi is Mandagni as said by Acharya Vagbhata "Roga Sarve Api Mandagni" in the Sampratiof Grahani Roga there is involvement of Samana Vayu, Aapana Vayu, Kledaka Kapha, Pachaka Pitta. These vitiated factors affect to the process of digestion that is Jathragni Dushti. Jathargni Dushti leads to formation Of Aama. Aama is also said as Visha or toxin for whole body and responsible for various diseases in association with Grahni. As toxic material produces different harms to body in same way Aama is also responsible for various Diseases. In-short indigestion produces Aama (Toxin). In present article tried to enlighten the process of Aama formation by Nidana Panchaka of Grahani.

Key words:- Aama, Grahi Roga, Digestion, Nidana Panchaka

I. INTRODUCTION:

The cardinal sign of Grahni Roga is Mandagani, Bhojana Aruchi, Sashoola Frequent loose or sticky or thicken motion after intake of food. Process of digestion starts from the mouth and ends at passing of stool or formation of Pakva Aahara Rasa which leads to nutrition of Dhatus. If food gets properly digestion then it converts into Pakva Aahara Rasa which is normal physiological process and do not produces any harm but if it do not properly digested by our system then it convert into Aama and this Aama causes so many Vyadhis. So we have consume those food articles which can digest easily and avoidance of such material which do not digest easily.

Now a days there are so many junk foods/fast foods available in different form which made by improper cooking methods, so that these raw /uncooked food materials goes heavy to digest. If a person repeats same uncooked or raw food material then his digestive system get habitual for

same and slowly turns into indigestion and associated symptoms of Grahani Roga.

In the starting of disease Grahani Roga, Agnidushti happens in mild form. Due to Agnidushti food ingested is not properly processed and results in Apachana and causes Aama formation. Thus, the food attains Shuktata. At this stage, Doshas i.e. Kledaka Kapha, Pachaka Pitta, and Samana Vayu situated in the organ Grahani gets vitiated. During this stage of Shuktapaka the symptoms like Vistambha, Praseka, Arti, Vidaha, Aruchi and Gaurava are produced.)^[1].

In this Shuktapaka stage Annavishais formed. Here undigested food undergoes fermentative changes. Undigested food attains such a condition in which it becomes able to produce so many ailments like poison does. Annavisha while remaining in the Grahani and spread in the whole body through Rasadi Dhatus and produces symptoms like Abdominal distension, headache, fever, yawning, sickness, fainting and giddiness, stiffness of back and lumber region, morbid thirst, vomiting, tenesmus, anorexia and indigestion of food. This is a serious condition and named as Grahani Roga.^[2].

Nidana Panchaka helps to diagnose disease, its causes and prognosis. It gives an idea about etiological factors and pathogenesis of the disease. Nidana Panchaka means five sub types i.e. Nidana, Purvvarupa, Rupa, Upshaya and Samprapti. It is one of the important way of diagnosis and also important part of the treatment in Ayurveda. Proper diagnosis is mandatory for proper treatment of the disease. Treatment can also be done in different sub types of Nidana Panchaka. We can treat the patient in Purvvarupa also. Grahani Roga is described by all the classics of Ayurveda. Acharya Sushruta explained this Roga in "Ashta Mahagada" Different

Acharya described Nidana Panchaka of Grahani in their Samhitas. We can see a minor difference in

their explanation by comparing, but most of the points are similar.

For well understanding of GrahaniRoga thorough knowledge of pathology i.e. NidanaPanchaka is must.

II. MATERIAL AND METHODS:

This is a review article i.e. based on a review of Ayurvedic texts. Main AyurvedicSamhitas used in this article are Charak Samhita, Sushrut Samhita, Ashtang Hridaya, and all relevant book which gives idea to complete this article.

1. NIDANA OF GRAHANI:

Aetiologiical Factors:

The pathogenesis of Grahani Roga turn aroundAgnidosha. The relationship between Agni and Grahani that exists both in physiological and pathological conditions is equivalent to the relationship that exists between structure and function. Any contribution of Grahani like hypo, hyper and unhealthy functions may result in ananalogoustrouble of Agni. But chieflymandagni influencesGrahaniRoga. ThusAgnidushti is the main cause ofGrahaniRoga.^{[3], [4]}.

NIDANA:

The exact etiological factors, which are specified to bring about Agnidusti are ^{[5], [6]}.

I. Ahara :

1. Abhojana
2. Ajirna
3. Samashana, Vishamashana and Viruddhashana
4. Atibhojana
5. Apachandue to
 - (i) Asatmya-Bhojana
 - (ii) Atiguru-bhojana

(iii) Sheeta-Bhojana

(iv) Atiruksha-Bhojana

(v) Sandushta-Bhojana

II. Vishesha : Vyapada of

(i) Virechana

(ii) Vamana

(iii) Snehana

III. Emaciation or wasting brought about by other disease

IV. Viruddha or Unsuitability of –

(i) Desha

(ii) Kala

(iii) Ritu

V. Vega-Vidharana

VI. Mental, Psychological and Emotional instabilities like

(i) Irshya

(ii) Bhaya

(iii) Krodha

(iv) Lobha

(v) Shoka

Similarly the etiological factors responsible for production of Aamadoshamentioned by AcharyaCharaka in Vimana 2/8-9 are also responsible for causing GrahaniRoga.^[7]

PURVARUPA OF GRAHANIROGA:

The symptoms which are produced during the process of SthanaSamshrya by vitiated Doshas are called Purvarupa. These symptoms are produced before the actual manifestation of the disease.

Information relating to Purva Rupa can be obtained from the patient.

The Purva Rupa of GrahaniRoga can be tabulated as below:

^{[8], [9], [10]}

Table 1: PurvaRupas of Grahani

Sr.no.	Purva Rupa	Charak ^[8]	Sushrut ^[9]	Vagbhat ^[10]
1.	Trishna	+	+	+
2.	Alasya	+	+	-
3.	Bala kshaya	+	+	-
4.	Anna vidaha	+	-	-
5.	Chira paka	+	-	+
6.	Kaya gaurava	+	-	-
7.	Vidaha	-	+	-
8.	Sadana	-	+	+
9.	Klama	-	+	+
10.	Aruchi	-	+	+
11.	Karna kshveda	-	+	+
12.	Aantra kunjana	-	+	+
13.	Kasa	-	+	-

14.	Chhardi	-	-	+
15.	Bhrama	-	-	+
16.	Amlaka	-	-	+
17.	Praseka	-	-	+
18.	Vaktra vairasya	-	-	+

2. RUPA:

Table 2:Samanya Lakshana

Sr.no.	Rupa	Charak ^[11]	Sushrut ^[12]	Vagbhat ^[13]
1.	Ati Srushta Mala Pravritti	+	-	-
2.	Vibaddha Mala Pravritti	+	-	-
3.	Trishna	+	+	-
4.	Arochaka	+	+	-
5.	Vairasya	+	+	-
6.	Praseka	+	+	-
7.	Tamaka	+	+	-
8.	Shuna padakara	+	+	+
9.	Chardana	+	+	-
10.	Jwara	+	+	-
11.	Lohanugandhi Udgara	+	+	-
12.	Daha	-	+	-
13.	Karshya	-	+	+
14.	Loulya	-	+	-
15.	Dhumaka	-	-	+
16.	Murccha	-	-	+
17.	Shiroruka	-	-	+
18.	Vishtambha	-	-	+
19.	Muhurbaddha-Muhurdrava Mala Pravritti	-	-	+

Vishishta Lakshana

i. Vataj Grahani

Table 3: Symptoms of Vataja Grahani

Sr.no.	Rupa	Charak ^[14]	Sushruta ^[15]	Vagbhat ^[16]
1.	Jirne jiryati cha aadhmanam	+	-	+
2.	Bhukte Swasthayam	+	-	+
3.	Chirat srijet varcha	+	-	+
4.	Sadukha mala pravritti	+	-	+
5.	Chirat Drava, Shushka mala pravritti	+	-	+
6.	Aama yukta, sashabda saphena malapravritti	+	-	+
7.	Punah punaha srijet varcha	+	-	+
8.	Annam pachate dukham	+	-	-
9.	Shukta paka	+	-	-
10.	Kharangata	+	-	-
11.	Kantha Aasya Shosha	+	-	-
12.	Kshudha	+	-	+
13.	Trishna	+	-	+
14.	Timira	+	-	+
15.	Karnayo Swanaha	+	-	+

16.	Parshava Ruja	+	+	+
17.	Uru, Vankshana, Griva Ruja	+	-	+
18.	Visuchika	+	-	+
19.	Hrida Pida	+	-	-
20.	Karshya	+	-	-
21.	Daurbalya	+	-	-
22.	Mukha Vairasya	+	-	-
23.	Hrida roga, Arsha, Pandu Shanki	+	+	+
24.	Mastishka Shoola	-	+	-
25.	Udara Shoola	-	+	-
26.	Kasa, Swasa	+	+	+

Table 4: Pittaja Grahani

Sr.no.	Rupa	Charak ^[17]	Sushrut ^[18]	Vagbhat ^[19]
1.	Ajirna	+	-	-
2.	Nil Pitabha Mala	+	-	+
3.	Puti (durgandhi), Amlodgara	+	-	+
4.	Hrida Kantha Daha/ Daha	+	+	+
5.	Aruchi	+	-	+
6.	Trishna	+	-	+
7.	Shoola	+	-	+

Table 5: Kaphaja Grahani

Sr.No.	Rupa	Charak ^[20]	Sushrut ^[21]	Vagbhat ^[22]
1.	Annam Pachate Dukham	+	-	+
2.	Bhinna,Aama yukta Mala	+	-	+
3.	Shleshma Bhuyishta Mala	+	-	+
4.	Hrillasa/ Chhardi	+	-	+
5.	Arochaka	+	-	+
6.	Asyopadeha	+	-	+
7.	Sarva Sharir Guruta	-	+	-
8.	Aasya Maadhurya	+	-	-
9.	Madhura Udgara	+	-	+
10.	Peenasa, Kasa, Sthivana	+	-	+
11.	Udara Staimitya	+	-	+
12.	Sadana	+	-	+
13.	Akrushasyapi daurbalya	+	-	+
14.	Aalasya	+	-	+

3. SAMPRAPTI OF GRAHANI ROGA

The main cause of GrahaniRoga is Agnidushti .Due to Nidana sevan primarily Jatharagni is vitiated. Ingested food is not properly digested due to Agnidushti and results in Apachana and Aama formation, it means food attains toShuktapaka. In this stage, Doshas i.e.Samana VayuPachaka Pitta and Kledaka Kapha, situated in the organGrahani gets vitiated and mixed with Vidagadha aharai.e. Aama. This stage of Shuktapaka leads to Annavishawhich act like toxins for whole body and produce various disorders. If the proper care is not taken it may spread in the whole body through Rasa, and mixes

with Doshas, Dushya or Dhatus, this leads to GrahaniRoga.^[23]

In Circumstance of pathogenesis of GrahaniRogaAcharyaSushruta stated that: Grahani Roga occurs as a consequence of disease Atisara. A person who has been relieved of Atisara, but still having Mandagni and takes indiscreet food which leads to vitiation of Agni and damages the organ Grahani. This condition is calling GrahaniRoga^[24].

The vitiation of following basic components of body are involved in the manifestation of GrahaniRoga, -:

1. DOSHA2.DHATU3.STROTASA4.AGNI

1. DOSHAS- The three Doshas are involved in the Samprapti of GrahaniRoga -:

(i)- **SAMANAVATA**-Samana Vayu is situated around Agni, it gives strength to Agni by its Sandhukshana Karma and further disconnect the Samghata of food, due to which each and every particle of food is visible to Pachaka Pitta. This helps in the proper digestion and transformation of ingested food. Small segments of intestine contracts and pushes the food contents in forward direction. The movement of food is always in forward direction. The Sara Bhaga and Kitta Bhaga separated. Sukshma Strotas are present in the Shlehsma-Stravi Kalaa begin to absorb the nutrient fraction (Aahar Rasa Shoshana), while some amount of water and the residue of food are left over, which slowly move through Unduka Mudrika (caecum) to the Pakwashaya. This entire function is carried out by Samana Vayu. [25]

(ii)- **PACHAKAPITTA**-Pachaka Pitta (digestive enzymes) act on the food and do the function of Pachana. [26]

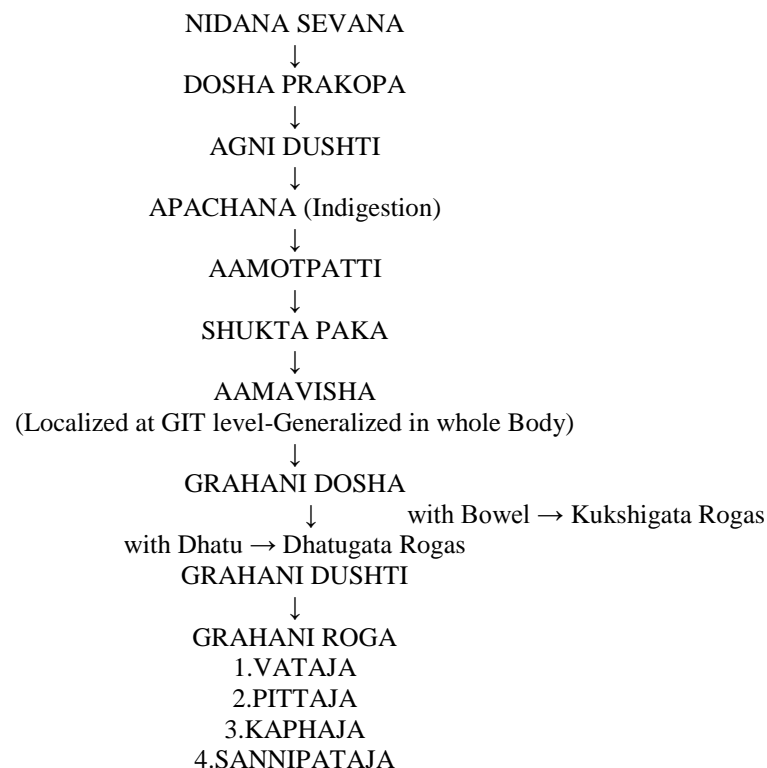
(iii)- **KLEDAKAKAPHA**-Kledaka Kapha helps in mixing the ingested food and help in Samghata Bheda Kriya, which provide maximum surface area for Pachaka Pitta to act on every particle of food. [27]

2-DHATU-Rasa

3-STROTAS-Annavaha Strotas, Rasavaha Strotas and Purishavaha Strotas are related with digestion, absorption and excretion. In 'GrahaniRoga' above mentioned functions are hampered.

4-AGNI-Jatharagni

Schematic representation of GrahaniRoga Samprapti



Samprapti Ghataka of Grahani Roga

1. NIDANA : Aharaja, Viharaja, Manasika Hetu
2. DOSHA : Kledaka Kapha, Pachaka Pitta, Samana Vayu
3. DUSHYA: Rasa (Ahara Rasa)
4. AGNI: Jatharagni-Mandya
5. AAMA: Amavisha formation at GIT level

6. STROTAS: Annavaha, Rasavaha, Purishavaha Strotas
7. TYPEOFSTROTODUSHTI: Sanga, Vimargagamana, Atipravriti
8. UDBHAVASTHANA: Amashaya
9. ROGAMARGA: Madhyama and Bahya Roga Marga

10. VYADHISWABHAVA: Chirakari
11. ADHISTHANA: Grahani

4. UPASHAYANUPASHAYA (PATHYA APATHYA)

In the treatment of any disease Diet is also important as medicine. Grahani Roga Patients should take food and drink habits which improve digestive power and regulate bowel movement. Pathya food said by different Acharyas is as follows; Easily digestible, Nutritious and Sattvika diet has always been recommended. Adhyashana (Over eating) and consumption of Rajasika -Tamasika diet should be avoided.

1. PATHYA AHARA:

Annavarga – Shashti Shali, Jirna Shali, Masoora, Tuvani, Mudga Yusha, Lajamanda, Vilepi etc.
Shakavarga – Changeri, Rambha Pushpa, Kamalakanda
Phalavarga – Rambha, Jambu, Kapittha, Dadima
Dugdhavarga – Aja or Gavya Dugdha, Takra, Ghrita
Tailavarga – Tila Taila

PATHYA VIHARA: Nidra, Vishrama, Activities making mind happy

2. APATHYA AHARA: Atishita Jala, Dushta Jala, Guru, Snigdha, Drava, Atiruksha, & Saraka substances, Viruddha Aahara, Rasona, Patra Shaka etc.

APATHYA VIHARA: Vegavidharana, Chinta, Shoka, Bhaya, Krodha, etc.

III. CONCLUSION:

- Explanation of formation of Aama in Grahani Roga.
- Every Acharya describes mainly Agani Dushti in Grahani Roga.
- Throughout knowledge compiled here regarding Grahani Roga by studying this article one can easily diagnose the Grahani Roga and starts the treatment in early stage, and encounters the further complications of disease.
- As physician identifies the disease in Poorva Avastha (in Poorva Roopa) then he may manage the disease before it turning into peak. Means Chayeta Eva Jayet.
- Explanation of Nidana Panchaka of grahani by different Acharyas

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