



## CORRELATION OF GRAHANI VYADHI SYMPTOMS IN PATIENTS DIAGNOSED AS GASTRITIS.

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**ABSTRACT** According to Ayurveda, Jathar Agni situated at Grahani organ, is responsible for proper digestion of food. Similarly, according to modern science, stomach and small intestine are responsible for proper digestion of food. According to Ayurveda, hampering of Grahani organ results in Grahani Vyadhi which shows symptoms comprising of improper digestion. Similarly, according to modern science, Gastro enteritis shows symptoms comprising of improper digestion. Hence in this study scholar has tried to correlate chronic gastro-enteritis with Grahani Vyadhi. When gastro-enteritis becomes chronic, Oesophago Gastro Duodenoscopy (ogd scopy) is suggested to find the cause and treatment accordingly. When patients of chronic gastro enteritis undergo ogd scopy, impression of report is stated as gastritis. Hence 35 Patients which are diagnosed as gastritis from ogd scopy are included in this study. These patients were given questionnaire, which included questions related to symptoms of Grahani Vyadhi. With the help of answers given by patients, these patients are grouped according to types of Doshaja Grahani. It was found that, patients showing symptoms of Tridoshaja Grahani i.e Sannipataja Grahani were maximum. Changes seen in ogd scopy in stomach and duodenum region in patient's reports and predominance of Doshaja in Grahani Vyadhi according to symptoms of patients were correlated in this study. It was found that antrum part of stomach was affected maximally.

**KEYWORDS :** Grahani, Gastritis, Ogd scopy

### INTRODUCTION

Good Health is considered to be most important factor. According to Ayurved, good health depends upon Jathar Agni situated at Grahani organ. But when Jathar Agni Dushtakar Hetu are continuously taken, it leads to hampering of Jathar Agni. This leads to hampering of proper functioning of Grahani organ. This study focuses on Grahani Vyadhi. According to modern science, proper digestion is brought about by Stomach and Small intestine. Improper digestion is important symptom seen in Gastro-Intestinal disorders. Chronic gastro enteritis is one of the Gastro-Intestinal disorders which shows symptoms comprising of improper digestion.

Hence, considering the similarity in symptoms, scholar has tried to correlate Grahani Vyadhi and chronic gastro enteritis. When these symptoms of gastro-enteritis become chronic, Oesophago-Gastro-Duodeno scopy (ogd scopy) is suggested. When patients of chronic gastro enteritis undergo ogd scopy, impression of reports is stated in terms of gastritis. In this observational study, patients diagnosed as gastritis by ogd scopy are given questionnaire. This questionnaire includes questions related to symptoms of Grahani Vyadhi.

### Aim-

To correlate symptoms of Grahani Vyadhi in patients of gastritis.

### OBJECTIVE-

- 1) Correlation of symptoms of Grahani Vyadhi with patients of gastritis detected by Oesophago-gastro-duodeno scopy with help of questionnaire
- 2) Classification of data obtained through questionnaire according to types of Doshaja Grahani.

### METHODOLOGY-

#### A) Inclusion Criteria-

- 1) 35 individuals of 18-70 age group
- 2) Either sex
- 3) Pre-diagnosed cases of Gastro-enteritis with the help of Oesophago-gastro-duodenoscopy

B) Assessment criteria- Assessment of patients was done using following tools-

1) Questionnaire- It includes 24 questions related to symptoms of Grahani Vyadhi. With the help of answers given by patients, these patients were grouped according to types of Doshaja Grahani.

#### 2) Scales-

- a) Bristol stool scale- It was used for examination of Malapravrutti.
- b) Pain scale- It was used for examination of symptoms viz Udarshoola and Asthi Parva Ruka

### Observations-

Number of patients found as per each symptom of Grahani Vyadhi and chronic gastro-enteritis are as follows

**Table no-01**

Symptoms	Number of patients
Chhardi	22
Udarshoola	17
Loha Aama Gandhi Udgar	6
Drava Mala Pravrutti	3
Aruchi	8
Prasek	4
Tamaka	9
Shoona Pada Kara	3
Jwar	7
Trushna	3
Vidaha	11
Aasyavairasya	6
Asthi Parva Ruka	3
Aama Mala Pravrutti	24
Baddha Mala	21
Indigestion	6
Nausea	12
Anorexia	2
Bloating	11

Following symptoms are similar in Grahani Vyadhi and chronic gastro-enteritis.

1) Chhardi 2) Udarshoola 3) Dravamala Pravrutti

It was found that, vomiting (Chhardi) is seen in maximum number of patients i.e. in 22 patients.

Anorexia was seen in minimum number of patients i.e. in 2 patients.

### Bristol stool scale-

It is marked for stating Malapravrutti of 35 Patients.

**Table no-02**

Stool form	Number of patients
Separate hard lumps	21
Cylindrical shaped but lumpy	-
Cracks on surface	-
Cracks on surface, smooth and soft	-
Soft blobs with clear cut edges	11

Fluffy pieces with ragged edges to mushy stools	3
Watery, no solid pieces, entirely liquid	-

**Pain scale-** It is used to examine pain

**Table no -03**

Pain scale for Udarshoola	Number of patients
0= Patient with no pain	18
1-3= Pain that can be ignored	6
4-7= pain that interferes with task/routine work	5
7-9= pain that interferes with concentration	1
10= unconceivable pain	5

**Table no-04**

Pain scale for Asthi Parva Ruka	Number of patients
0= Patient with no pain	32
1-3= Pain that can be ignored	0
4-7= pain that interferes with task/routine work	1
7-9= pain that interferes with concentration	2
10= unconceivable pain	0

**RESULTS**

With the help of answers given by patients, these patients are grouped according to types of Doshaja Grahani . It was found that, symptomatically, patients were showing Dosh Pradhanya of two and three Doshas. i.e Sansarga and Sannipataja Grahani.

**Table no-05**

Dosha Pradhanya in Grahani Vyadhi	Number of patients
Vata-Pitta	4
Pitta –Kapha	2
Kapha-Pitta	7
Vata-kapha	6
Kapha-Pitta –Vata	3
Vata –Pitta –Kapha	11
Pitta –Kapha –Vata	1
Vata	1

Comparison of structural changes in reports of ogd scopy and types of Doshaja Grahani is as follows-

**Table No-06**

Doshaja Grahani	Ulcerative changes seen in oesophagus	Erythematous changes seen in antrum	Erythematous changes seen in fundus	Erythematous changes seen in body	Erythematous changes seen in stomach	Erythematous changes seen in duodenum
Vata-Pittaj	1	5	-			
Vata-Kaphaj	1	5	-		1=(fundus, antrum)	
Pitta-Kaphaj					1=(body, antrum, fundus)	
Kapha-Pittaja	2	4			1=(fundus, antrum)	
Vata-Pitta Kaphaja		6			3=(body, antrum)	1
Kapha-Pitta Vataja		4				
Vataja		1				1

Doshaja Grahani	Erosional changes in oesophagus	Erosional changes in antrum	Erosional changes in fundus	Erosional changes in body	Erosional changes in stomach	Erosional changes in duodenum

Vata-kaphaja		1				
Pitta-Kaphaja					1=(antrum, fundus)	
Vata Pitta Kaphaja			1			1
Pitta Kapha Vataja (antrum, fundus)					1	

**DISCUSSION**

- 1) Mild Gastritis was seen in maximum number of 08 patients= 22.85%.
- 2) 01 patient was found each of pan gastritis, distal gastritis, fundic gastritis, mild-moderate gastritis=2.85%
- 3) When structural changes in stomach were examined, it was found that, erythematous changes seen in antral part of stomach was seen in maximum number of patients i.e in 27 patients=77.14%. Erythematous changes in antrum region- maximum number of patients of Vata Pitta Kaphaja Grahani were found i.e 6 patients.

It was found that, erosions seen in Body of stomach was found in minimum number of patient i.e 01 patient=22.85%.

- 4) When structural changes, were seen in duodenum, it was found that, normal duodenum was seen in maximum number of patients i.e 31 patients=88.57%. Obstruction and erosion in duodenum was found each in minimum number of patients i.e. 01 patient=2.85%
- 7) It is found that, patients showing symptoms of Grahani Vyadhi having Vata Pitta Kapha Dosha Pradhanya with dominance of Vata Dosha was maximum i.e 11 patients were found=31.42%
- 8) Dosha Pradhanata in Grahani Vyadhi seen in structural changes in ogd scopy is as follows-

- 1) Total number of 6 Patients were showing erythematous changes in antrum of stomach show symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 2) 1 Patient was showing erythematous changes in antrum and fundus shows symptoms each of kapha-Pittaja and Vata- Kaphaj Grahani
- 3) 1 Patient was showing erythematous changes in body of stomach shows symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 4) 1 Patient was showing erythematous changes in body, antrum, fundus show symptoms of Pitta-Kaphaja Grahani.
- 5) 1 Patient was showing erythematous changes in body, stomach show symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 6) 1 Patient was showing erosions in antrum show symptoms of Vata Kaphaja Grahani.
- 7) 1 Patient was showing erosions in antrum and fundus show symptoms of Tridoshaja Grahani with dominance of Pitta Dosha.
- 8) 1 Patient showing erosions in fundus show symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 9) 6 Patients were showing erythematous changes in stomach show symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 10) 1 Patient was showing erythematous changes in duodenum show symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 11) 1 Patient was showing erosions in duodenum show symptoms of Tridoshaja Grahani with dominance of Vata Dosha.
- 12) 1 Patient was showing obstruction in duodenum show symptoms of Vata Kaphaja Grahani.

**CONCLUSION**

- 1) Antrum part of stomach is maximally affected showing erythematous changes. Show symptoms of Tridoshaja Grahani with dominance of Vata Dosha
- 2) In this study, Vata Dushti Lakshana are seen predominantly.

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