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ABSTRACT In Ayurveda, the term "Grahani" refers to Agni, or "digestive fire," which aids in food digestion and metabolism. The ingestion, digestion, absorption, and assimilation of Aahaar by Grahani are described in Ayurvedic literature. In most cases, it releases the digested food while holding onto the undigested material. Food is not properly digested when Agni is disturbed. Grahani, sometimes referred to as a pittadhara kala, is the primary functional component of Mahastrotas. It is among these illnesses, and the fact that Ashtamahagadas mention it highlights how serious it is. It has significant medical importance in modern times due to its direct link to improper food habits & stressful lifestyles of present era. The cardinal features of Grahani explained in the classical text books of Ayurveda, have at most similarities with the clinical features of irritable bowel syndrome (IBS). IBS is the commonest condition seen in gastroenterological practice. It is characterized by recurrent chronic abdominal pain and discomfort associated with disordered bowel habit. So, we can correlate the Grahani roga with IBS.

KEYWORDS : Grahani, Pittadharakala, Astamahagada, IBS.

INTRODUCTION

Grahani Dosha is a common problem especially affects people living with unhygienic conditions and suffered with nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, inadequate sleep and avoidance of Sadvritta are the major reasons of Grahani Dosha. Pathologically disease initiates due to the improper digestion of food which further vitiate Agni and Doshas leading to formation of ama which further resulted symptoms of constipation and diarrhea.^[1-4] Drugs having Kashaya Rasa, Ushna Veerya, Madhura Vipaka & Ruksha Guna help to pacifies Vata & Pitta Dosha therefore potentiates Agni which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of Grahani Dosha. Ayurveda text emphasized on four. This article described general consideration of Grahani Dosha and its management by Ayurveda and conduction of disciplinary life style.^[5-7]

Grahani (duodenum, first part of intestine) which is the site of Agni (digestive enzymes), is called so, because of its power to restrain the downward movement of food. It is located above the umbilical region and is supported and nourished by the support of Agni. Normally it restrains the downward movement of undigested food and after the digestion it releases the food through its lumen. In the abnormal condition when it gets vitiated because of weakness of agni, it releases the food in undigested form only.

Irritable bowel syndrome (IBS) is a group of symptoms that occur together, including repeated pain in abdomen and changes in bowel movements, bowel habit can vary between constipation and diarrhea often with disordered defecation and associated bloating.

Concept Of Agni:

- Agni is the biological fire that governs digestion, metabolism, absorption, and transformation throughout the body. Due to Agnimandya food is not properly digested, which causes an increase in Kapha.
- Due to Vidahi bhojan the Pitta dosha also increases, and due to indigestion, the nourishing fluid for the tissues is produced in a smaller quantity, which increases Vata.

As mention in charak samhita 'chintyanam ch atichintanant' is one of the reason of rasvahastrotodushti

In this way, causative factors (Hetu Sevan) leads to an impaired digestive fire (agnidushti). This impairment prevents the formation of Prakrut Aahaar ras, which ultimately results in the vitiation of the digestive channels (annavaha strotas dushti).

According To Ayurveda Nidana:

Vataj Grahani	Pittaj Grahani	Kaphaj grahani
Katu, tikta, kashay rasa	Katu, Amlarasa yukta aahaar	Guru, atisnigdha, sheet bhojan

Atiruksha, dushit bhojan	Ajeerna	Atibhojan
Pramiatashan	Vidahi anna	Bhukta matra swapna
Anashan	Kshar	
Veganighrahan, atimaitihun		

Purvaroop	Charak	Sushrut	Vagbhat
Trishna (Thirst)	+	+	+
Alasyam	+	+	-
Balakhshaya(loss of strength)	+	+	-
Annasyavidaha	+	+	-
Chirapak(a delayed digestion)	+	-	+
Kayasya gourvam(heaviness of the body)	+	-	+
Sadana(lassitude)	-	+	+
Klama (Exhaustion)	-	+	+
Aruchi (Aversion of food)	-	+	+
Kasa (cough)	-	+	-
Karnakshweda(Ringing in ear)	-	+	+
Antrakujanam(Rumbling sound in the intestine)	-	+	+
Preseka (salivation)	-	-	+
Vaktravairasaya	-	-	+
Bhrama	-	-	+
Amlapakam	-	-	+

Symptoms

	Vataj Grahani	Pittaj Grahani	Kaphaj grahani
Specific character	Flatulence after and during digestion	Foited and sour eruction	Heaviness and stiffness of abdomen
Generalise symptoms	dryness of mouth and throat, excessive hunger & thirst. Timira, tinnitus	Hunger, thirst, Hrutkanta daha –	vomiting anorexia cough, Chronic rhinitis
Abdominal symptoms	Visuchika – sever Diarrhoea		abdominal heaviness
Character of stool	Frothy, sometimes lequid sometimes hard stool.	Watery, undigested yellowish stool	stool which is split into pieces, mixed with ana and mucous

Risk Factors

Age: – IBS can affect people of all ages, but it is more likely for people in their teens through their 40s.

Family history: – The condition seems to run in families. Some studies

have shown that your genes may play a role.

Emotional trouble: – Some people with IBS seem to have trouble with stress, have a mental disorder or have been through a traumatic event in their lives, such as sexual abuse or domestic violence.

Regular smoking, Frequent alcohol

Types of IBS

IBS comes in multiple forms. These include IBS –C, IBS – D and IBS-A. Sometimes IBS may develop as a result of an intestinal infection or diverticulitis too.

1)IBS–C

IBS with constipation or IBS- C is one of the more common types. This form of IBS abnormal bowel movement days consist of stools that are at least 25 % hard and lumpy, but also less than 25 % loose in consistency.

With this type of IBS experience fewer bowel movements overall may some times strain to go when do have them. IBS – C can also cause abdominal pain that accompanies gas and bloating.

2)IBS–D

IBS – D also known as IBS with Diarrhea. With IBS – D more than a quarter of stools on your abnormal bowel movement days are loose, while less than a quarter are hard and lumpy.

IBS-D also feels abdominal pain along with more frequent urges to go and excessive gas is also common.

3)IBS–A

IBS with mixed bowel habits or IBS – M. IBS – M is also sometimes called IBS with alternating constipation and diarrhea (IBS – A). If having this form of IBS stools on abnormal bowel movement days will be both hard and watery. Both must occur at least 25 % of the time each.

4)PI–IBS-infectious,IBS

Post infectious IBS refers to symptoms that occur after had a GI infection. After infection may still have chronic inflammation along with issues with gut flora and intestinal permeability. Diarrhea is the most prominent sign of PI – IBS. Vomiting may also occur. Its estimated that anywhere from 5 to 32 % of people who have these types of bacterial infections will develop IBS. Around half of people may eventually recover, but it has chronic pathophysiology.

4)Post–diverticulitisIBS

In diverticulitis cases having the risk of developing IBS. The condition itself causes nausea, abdominal pain, fever and along with constipation. Post diverticulitis IBS is just one possible complication following diverticulitis. While similar in symptoms to PI – IBS, this type of IBS occurs after diverticulitis has been treated.

According to modern science Anxiety, depression, and somatization also involve in pathogenesis of IBS as it can be induce long lasting visceral hypersensitivity, and in Ayurveda Bhaya, shoka are the cause of atisar.

In modern science post gastroentris also cause of IBS and in ayurveda 'Atisare nivrutte api' mentioned in grahani sandarbha.

Complications of IBS

Skin disease, Anemia (low iron levels), Oedema (fluid retention)
Anorectal disease (haemorrhoids, fissure or fistula in anus)
Abdominal pain, Abdominal tumour.

DISCUSSION

Importance of Agni in Grahani Dosh

- The Vishamagni (improper Agni) causes irregularity in digestion and therefore defective formation of Dhatu takes places.
- Tikshanagni (excessive Agni) when associated with little quantity of fuel (in the form of food) causes depletion of Dhatu (tissue elements).
- Samagni, If Agni is Sama., in balanced condition and correct diet regimen (as explained in Ca.Su.5 and Ca.Vi.1/21) are also followed then there is proper digestion of food which helps in maintaining proper balance within the Dhatu.
- Durbala (weak) Agni brings about partial digestion of food. These partially digested bio substances then enter in circulation, which

may move either in upward or downward direction.

Ayurveda management of Grahani Dosh

Grahani Dosh may be treated by following concept of

Mala Pachan- with churna like shunthi, bilva, musta

Langhana +Doshpachan- Laghvashan with yush, yavagu, Dhanyaksiddhak poden

Agnidhepan - medicines which help to potentiate Agni and eliminate ama. → Purgation therapy with stimulant drugs also helps to remove Ama → Husk of Ashvagol help in evacuation of stool. → Butter milk (Takra) also suggested by ancient Acharya for treatment of Grahani.

In the management of IBS isabgol used for evacuation of stool

Grahani balya chikitsa: takra+sharkara, and Perpati kalpana
And in modern science butter milk used for maintaining gut flora.

Life Style Modification In Grahani

Modification in life style and balanced diet regime along with consideration of Pathya Apathya help to cure Grahani.

Diet Modification

- Modification in diet pattern towards healthy eating habits boosts Agni & prevents chances of
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- Ayurveda mentioned balanced diet under Sansarjana Krama with routine diet plan depending on the Prakriti of the individual. Thus, patient of Grahani recommended to follow diet pattern of Sansarjana Krama.
- One should avoid Abhojanat, Ajeernabhojanat, Attibhojanaat, Visamasanat, Asatmya and Sandusta Bhojanat
- Preparation and consumption of unhygienic food articles. Diet containing balanced nutritional value need to be adopted.

CONCLUSION

Abdominal discomfort, bloating, and irregular bowel movements are symptoms of Grahani, a digestive fire illness that affects Annavaaha Srotas and lifestyle patterns. For treatment, Ayurveda provides a range of formulations and therapeutic approaches. Agni, Jatharagni, Saman Vayu, Pachak Pitta, and Kledaka Kapha are vitiated, which results in Tridoshatmaka illness of the digestive fire.

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