



ORIGINAL RESEARCH PAPER

Pathology

STUDY OF MAANAS HETUS IN THE AETIOPATHOGENESIS OF GRAHANI.

KEY WORDS: Maanas, Hetus, Grahani.

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ABSTRACT

The prevalence of psychosomatic diseases is increasing day by day at an alarming rate. These diseases affect both the body and the mind. The altered dietary and lifestyle factors are found to be responsible for many diseases. It is also found that psychological factors also play an important role in the pathogenesis of these diseases. Stress is a much generalised term used for these factors. But, various causes like *Chinta*, *Shoka*, and *Krodha* etc. should be given independent importance as they lead to vitiation of specific doshas. Also, the diet leads to the development of thoughts and the mind as a whole. Hence, it is found that all the aforesaid causes are intermingled with each other. These causes lead to *Agnimandya*, *Ajeerna* and over a period of time the manifestation of diseases like *Grahani* occurs.

Introduction: Ayurveda focuses on both the aspects of maintaining the health of healthy individuals and also on relieving the patients who are diseased¹.

The four aspects of health according to the WHO are- physical, mental, social and spiritual². Similar to this, *Acharya Sushruta* has already mentioned the definition of a healthy individual in the *Sutrasthana* of his *samhita*³.

A disease is defined as a condition which impairs normal functioning. Diseases are seen to affect the body, the mind or both. Diseases which affect the body and the mind at the same time are termed as psychosomatic diseases. They are also said to be diseases which are physical in nature but get aggravated due to mental factors like stress and anxiety. Diseases like eczema, asthma, hypertension, irritable bowel syndrome, colitis etc. can be included in the group of psychosomatic diseases. The incidence of these diseases is increasing day by day at an alarming rate.

The altered dietary and lifestyle factors are found to be responsible for many diseases. It is also found that psychological factors also play an important role in the pathogenesis of these diseases. Stress is a much generalised term used for these factors. But, various causes like *Chinta*, *Shoka* and *Krodha* etc. should be given independent importance as they lead to vitiation of specific doshas⁴.

Also, the diet leads to the development of thoughts and the mind as a whole⁵. Healthier the diet, purer will be the mind⁶. According to an English proverb, a sound mind dwells in a sound body. Hence, it is found that all the aforesaid causes are intermingled with each other. But, how psychological causes i.e. *maanas hetus* contribute in the pathogenesis of *Grahani* (a disease of the gastrointestinal tract) was a matter of concern. And hence, the topic "**Study of maanas hetus in the aetiopathogenesis of Grahani**" was selected for the study.

Aim: Study of *maanas hetus* in the aetiopathogenesis of *Grahani*.

Objectives:

- 1) To study the aetiopathogenesis of *Grahani*.
- 2) To study the role of *maanas hetus* in the aetiopathogenesis of *Grahani*.

Materials and Methodology:

Materials:

1. 50 patients of *Grahani vyaadhi*.
2. Patient's case record format designed on the basis of clinical and classical diagnostic criteria for *Grahani vyaadhi*.

Methodology:

- a) Place of work- Sheth Tarachand Ramnath Charitable Hospital, 583/2, Rasta Peth, Pune-411011.

b) Selection of patients-

1. 50 patients of *Grahani vyaadhi*.
2. Patients were selected from OPD and IPD of S.T.R.H Pune.
3. *Grahani vyaadhi* was diagnosed with the help of *nidanpanchak* described in Ayurvedic manuscripts along with physical examination of patient.

c) Inclusion criteria-

1. Patients belonging to the age group from 18 to 70 years.
2. Patients were selected irrespective of sex, marital status, as well as economic status and /or social status.

d) Exclusion criteria-

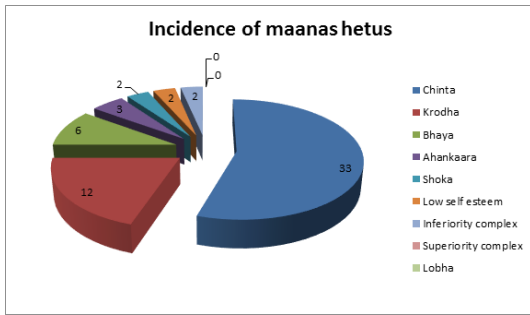
1. Patients suffering from immune deficiency disorders like HIV.
2. Patients undergoing chemotherapy.
3. Patients with known histories of Hepatitis-B, Jaundice, Intestinal Koch's, Ascites etc. were excluded from the study.

e) Plan of work-

50 patients of *Grahani vyaadhi* were studied where diagnosis of *Grahani* was done with the help of a specially designed case record format modified according to *nidanpanchak* of *Grahani* mentioned in Ayurvedic manuscripts.

1. Written and informed consent of the patient in both Marathi and English languages was taken for the study.
2. Patients were examined thoroughly.
3. Case record formats were filled with the help of collected information.
4. Collected data was placed appropriately in diagram.
5. From the collected data appropriate observations were evaluated to find the *maanas hetus* of *Grahani*. The *maanas hetus* found in the patients were given importance according to their chronicity and severity as well.
6. Relation of *maanas hetus* and *lakshanas* of *Grahani* was established.
7. The role of *maanas hetus* in the aetiopathogenesis of *Grahani* was established.

Results: Out of the patients registered for the study, *Chinta* is found in maximum i.e. 66% of the patients. *Krodha* is found in 24% of the patients. *Bhaya* is found in 12% of the patients and *Ahankaara* is seen in 6% of the patients. *Shoka*, low self-esteem and inferiority complex are the causes seen in 4% of the patients each. Superiority complex and *Lobha* was not found in any of the patients. The diagram below shows the incidence of *maanas hetus* in the patients studied.



Discussion: The body and the mind are interrelated to each other. *Vata dosha* from the *Tridoshas* is responsible for the physical and psychological activities. *Vata dosha* controls the mind and encourages it to do various tasks. *Vata dosha* is responsible for giving the mind proper directions in different tasks. It is the one who provokes all the sensory organs to carry out their appropriate and specific jobs⁷. The *Tridoshas* affect the *doshas* of the mind or *mana* i.e. *Raja* and *Tama*. These result in the psychological deformities like *Kaama* (lust/desire), *Krodha* (Anger), *Chinta* (Worry), *Shoka* (Sorrow), *Lobha* (Greed), *Moha* (Attachment), *Mada* (Arrogance), *Matsara* (Jealousy), *Harsha* (Happiness) and *Bhaya* (Fear) etc.⁸ which are ultimately responsible factors for *Tridosha prakopa* and *Agnidushti* or *Agnimandya*. These causes also lead to *Ajeerna*, which further manifests the production of *Aama* and vitiation of *Grahani avayava*⁹.

Moreover, psychological causes like *Ahankaara* (Ego), low self-esteem, inferiority complex, superiority complex and over-thinking were also found in some of the cases studied which are not described in the *Samhitas* as the causative factors. Overthinking i.e. *Atichintana* is also a hetu of vitiation of *Rasavaha* strotasa¹⁰ and hence, leads to *lakshanas* like *Aalasya*, *Daurbalya*, *Sharir-Gaurava*, *Angsaada*, *Aruchi*, *Hrullasa*, *Jwara* etc. These *lakshanas* are seen in both *Rasa dhatu dushti*¹¹ and *Grahani dushti*¹².

All the aforesaid psychological causes are responsible for *Vata dosha pradhana Tridosha dushti* as well as *Agnidushti*. The specific vitiation of *Tridoshas* can be elaborated as follows:

Chinta, *Bhaya*, *Shoka*, *Lobha*, and low self-esteem are responsible for *Vata pradhana Tridosha dushti* while, *Krodha* and *Ahankaara* are responsible for *Vata-Pitta pradhana Tridosha dushti*.

All the *maanas hetus* which were found in the patient as aggravating causes for the disease were only considered when they were found to be chronic and severe.

As seen earlier, physical and mental health are interrelated to each other. Mental health is an important component of total positive health. Every physical illness has an emotional component and every psychiatric illness has a physical component. *Acharyas* have also mentioned other diseases like *Jwara* and *Atisaara* which have psychological causes eg. *Bhayaja Jwara*, etc¹³.

Conclusion:

When various biological, psychological and social needs are not promptly and easily satisfied or met by any obstacle a person faces stress. Severe and prolonged stress produces adverse effects on one's physical and psychological health which may be long-lasting and irreversible if not detected early and arrested effectively¹⁴.

And hence, *maanas hetus* should be considered as associated causes in all diseases and specifically in diseases like *Grahani* as they play a significant role in the progression of the pathogenesis of the disease.

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