

Research Article

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## An Appraisal of Therapeutic Strategy of Grahani Roga in the Light of Classical Insights

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### Abstract

#### Keywords

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Agni,  
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Digestion.

Ayurveda endeavors the rational approach for health care management which helps in treatment option for various diseases and suggests rules of healthy life style. Grahani is a complicated disorder and requires an active management otherwise this is the root of almost all metabolic disorders as cited “*Rogah Sarvepi Mandogneh*”. A lot of therapeutic options are mentioned in Ayurvedic texts but sometimes we miss the concept, which lies in between the lines. The aim of this conceptual study is to explore the therapeutic strategy in view of indications, Doshik dominance and Gamitwa of the treatment drugs mentioned in Samhitas, in the light of Classical insights.

### Introduction

Grahani is not a single disease but a syndrome, which can be correlated with diseases with impaired digestion, absorption, altered secretion, altered gut transit etc. Thus the common disorders, which come under the purview of Grahani, are maldigestion syndrome, Crohn’s disease, IBS, Lactose intolerance, gluten hypersensitivity, sprue etc. Proper intake of suitable food is responsible for sustaining the body for lifetime. This *Panchabhautika* food, which exists outside the body, shows some variance with human structure. AGNI or bodily fire (13 types) does its assimilation into the body so that it becomes similar to body structure. Derangement of Agni leads to almost

every disease in which the most common is Grahani. The pathology of Grahani results from one of the three most important reasons that include eating wholesome and unwholesome food items mixed together, eating more or less in relation to appetite and before or after the proper time of dining and eating while the previous meal is still undigested.

The in-between the lines therapeutic measures are very much helpful when one has to treat a patient. We don’t have to prescribe a lot of medicines instead just by following classical guidelines the quick and appropriate treatment with minimal quantity of drugs is possible.

## Applied Approach in Treatment of Grahani

This human body is sustained for lifetime by proper intake of suitable food. Though this food exists outside the human body, but according to *Panchabhautika* theory it is also made up of *Panchamahabhuta*. This food shows some variance with human structure. But it gets assimilated into the human body by the action of *AGNI* or digestive fire.

Agni ("Heat/fire") is one of the most essential factors responsible for the health of an individual. The main purpose of Agni is to digest and metabolize various components of the food and to help in nourishment of body tissues. In Ayurveda Agni is classified in 3 major sets. The first one, Jatharagni, which acts on the food in the gastrointestinal tract and transforms it into absorbable form.<sup>1,2</sup> The second set of Agni is known as Bhutagni, based on five elemental components of the food i.e. Earth, Water, Fire, Air, and Space. This set transform the food into the form, which can be assimilated at tissue level.<sup>3</sup> The third set is Dhatvagni, which is of seven types and acts at tissue level and helps in tissue nourishment.<sup>4</sup> This three-step digestion can be correlated with the three steps of metabolism mentioned in modern biochemistry- digestion (hydrolysis), intermediary metabolism (preparatory phase),<sup>5</sup> and the Kreb's cycle.

A series of physical and chemical transformations, which depends on the strength of Agni, results in assimilation of the food inside the body. There are four kinds of Agni, Sama (regular) - It is ideal Agni, Vishama (irregular)- sometimes digests the food very quickly and at other times very sluggishly, Tikshna (strong)- it is intense and hence, easily digests even a very heavy meal, in a very short span of time, and Manda (feeble)<sup>6</sup> - cannot digest even a small quantity of food. Improper diet and inappropriate eating habits affect Samagni. This Agni is deranged by various factors like excessive fasting, eating during indigestion (Adhyashana), over-eating or irregular eating (Vishamasana) and intake of unsuitable i.e. wholesome and unwholesome food together (Samasan), heavy, cold, too dry and contaminated food, faulty administration of emesis, purgation and unction, emaciation due to some disease, faulty adaptation to place, time and seasons and suppression of natural urges.<sup>7</sup>

Aahar (food) preserves Prana in the body, which is responsible for life. The ingested food is initially converted into Rasa Dhatu and this is circulated throughout the body with the help of Vyan Vayu. When the channels are not clear the Rasa Dhatu accumulate at sites of obstruction and if the Agni is also weak, the disease pathology starts. A weak Agni results in incomplete digestion and assimilation of food termed as Ama, this undigested product is similar to Visha (Toxin). This toxin travels in the body and gets accumulated at weak sites and results in various kinds of diseases including (the most important of which) Grahani. In this situation if somebody ingest food when the prior food is still undigested, Grahani syndrome begins and patient sometimes suffer from constipation and sometimes loose motion (stool with altered consistency). The other sign and symptoms include indigestion, blenching, Gastro-oesophageal reflux, increased flatulence, abdominal distention, dysphagia, pain in calf, groin, legs and neck, weakness, urge to eat different tastes of food, depression, intermittent dyspepsia, nausea, palpitations, non-cardiac chest pain etc.

## Treatment of Grahani

Grahani is a syndrome, for which Chakrapani has quoted "*Grahani Doshajan Gadan*". This can be categorized as first group which involve the pathologies in *Granhani* organ(intestines), which are of four types, *Vataj*, *Pittaj*, *Kaphaj* and *Sannipataj*. The second group is of derangement of the functions of Grahani like Agnimandhya, Ajeerna etc.

Common line of treatment:

1. When *Ama* is accumulated in *Annawaha Srotas - Vaman* or emesis (no need of digestion)
2. When *Ama* is accumulated in *Pakwashaya-Virechan* or purgation is used to expel it out of the body.
3. When *Ama* is in *Sarvasharir* (at cellular level) then *Langhan* (lightening) and *Pachan* (digestive measures) are indicated. It will lead to *Ashaya Shuddhi* (*Vishuddham Amashayay*), then *Deepan yoga* (appetizers) like *Panchakola Peya* is indicated to ignite the bodily fire. This will lead to proper digestion of *Aam* (half-digested food). When *Ama* is fully digested (*Paripakwam Amam Gyatwa*)

then according to *Vataj*, *Pittaj* or *Kaphaj* condition, the final treatment is started.

**Vataj Grahani-** in general *Deepaniya Ghrita* are indicated

1. In conditions when there is **constipation, i.e. Mala Mootra Sanga** (retention of urine, stool and flatus), *Snehan* (interneloleation), *Swedan* (foementation) and *Niruha Basti* (medicated decoction enema) is indicated, after that *Deepaniya Ghrita* and *Shaman chikitsa* is indicated.
2. In *Rukshashaya* and *Sanga – Anuwasan* and *Niruha Basti* is indicated which pacifies *Ashayastha Vata* (localized *Vata* in pelvic and intestinal region).
3. *Dashamoola Ghrita* for *Rasayan Chikitsa*.
4. *Trayushanadi Ghrita* is also indicated but before using this we have to assess the *Agni*. This gives best results when the *Agni* is *Teekshna* or intense.
5. *Panchamooladi Ghrita – Kaphanubandhi Sama Mal, Kaphavritta Vata*
6. *Chitrakadi Vati-* used in any kind of *Samata* but it should not be used in *Sukumar* (sophisticated) patients.
7. The other drugs that can be used in this condition are *Nagarmotha, Ativisha, Shunthi, Musta, Bilwa, Haritaki* and formulations like *Pippalyadi Churna, Marichadi Churna* and *Takrarishta*. These are lightening, digestive, appetizing agents and kindle the *Agni*.

The second type is **Pittaj Grahani** – The line of treatment should be-

1. When *Pitta* is situated in its own region then emesis or purgation is administered to expel it out of the body.
2. In case of *Pitta Pradhanya* with *Niramata, Kashay, Madhur Tikta Rasa* should be used to pacify the condition. So *Deepan Ghrita* along with *Deepan Choorna* should be used eg. *Chandanadi Ghrita, Tiktak Ghrita, Maha Tiktak Ghrita, Nagaradi Choorna*

(when *Bahupitta Awastha* is there and bleeding occurs), *Bhunimbadi Choorna* (more effective in *Shakhagat Pitta*) and *Kiratadi Choorna*.

**Kaphaj Grahani:** Emesis indicated for expulsion of *Dosha*. For pacification of disease,

1. *Deepaniya Sarpi, Katu (bitter), Lavan (salt), Tikta (pungent) Rasa, Kshara, Asav* and *Arishta* are used because all these possess rough and dry quality
2. *Pindasav-* It is of rejuvenating property but should be used with *Snigdha* foods.
3. Some single herbs like *Bhallatak, palash, Pippali* (Piper longum), *Triphala, Trikatu, Vatsak, Bhunimba* can be used.
4. *Kshara* is indicated for *Kapha Lekhan*. Five types of *Kshara* are mentioned in *Kaphaj Grahani Chikitsa- Bhunimbadi Kshara*,
5. *Duralabhadi Kshara – Strengthens Grahani organ.*
6. *Haridradi Kshara, Chaturtha Kshara* and *Pancham Kshara.*
7. *Kshara Gutika* is also indicated in the treatment. It is triturated in *Vartak Swaras* (Brinjal juice). *Vartak* is quite effective in *Grahani* treatment.

In **Sannipatik Grahani** conditions, *Panchakarma* is indicated.

In **Prakriti Sam Samvaya**, the treatment should be done in accordance with *Dosha* dominance.

Some treatment is mentioned in Specific conditions as-

1. *Kapha Prakriti – Ruksha, Deepan, Tikta rasa* is used
2. *Kapha Prakriti* and *Krishna* patient- *Snigdha-Ruksha Deepan*
3. *Pitta Prakriti - Tikta, Madhur, Deepan*
4. *VataPrakriti- Lavan, Amla, Sneha Deepan*
5. *Amatisara- Deepaniya Ghrita*
6. *Malavashtambha- Ghrita* and *Lavan* mixture should be used in *Saman Kala*


7. In the condition of *Malopalepa* in anus – *Taila, Sura, Asav*
8. In *Antra Rukshata* with *Agni Mandhya-DeepaniyaGhrita* and *Taila* are indicated as they will provide
9. In *Antra Snigdhatata* with *Agni Mandhya-ChurnaAsav* and *Arishta* are indicated.

## Conclusion

The reverse pathogenesis has been mentioned step by step by Acharya Charak. The pathogenesis starts when Aam resides in Grahani (Grahanyashrit Dosha). So, the basic treatment is to treat the undigested food (Aam) in accordance with care of Agni. The physician should examine the situation of Dosha, Bala of patient and then only decide the treatment module.

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