



Role of Aam In Relation To Grahani Roga and Its Management.

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ABSTRACT

Agni is very important factor of our body for digestion and metabolism . Ayurveda states that Agni is essential for Ayu (life), complexion (varna), strength (Bala), health (Swasthya), zeal (Utsah), catabolism (Apachay), luster (Prabha), immunity (Oja), energy (Teja), and breath (Prana). When individuals are healthy, we can say that agni is in its natural state (sama), and when they are not, we can say that agni is in its deformed state (vishama) [1]. individuals can die without Jatharagni [1].

Agni is categorized into 13 types according to its function and location of action. Bhutagni-5, Dhatwagni-7, and Jatharagni-1. The word "aam" comes from the Sanskrit word "undigested food." Aam is the first cause for all diseases in Auyurveda. Apathyasevan— Vitiated dosh---Mandagni ---Aam. A condition called Grahani dosha is caused when partially digested and partially undigested food particles go down the gastrointestinal tract. The whole food item is still in the vidagdha condition at this point.[2]

Keywords: Agni, Aama, Grahani rog, Irritable Bowel syndrome.

INTRODUCTION

Our living scheduled is very busiest ,fastest but that kind of life is not worth it when it comes by ignoring our physical and mental health. In the era of fast food ,who is not following circadian cycle of nature ,Irregularity in diet timings ,also in sedentary lifestyle ,those are always is tremendous mental stress. All of these factors affects on our digestive system , which causes jatharagni mandya and leads into many diseases,amongst in which one is *Grahani* .[3]

AIM AND OBJECTIVES

To understand *Grahani roga* in detail in comparison with IBS.

To understand the samprapti and Lakshans of *Grahani roga*.

MATERIALS AND METHODS

As this is a review study, we gathered information from existing ayurveda samhitas and a few elementary textbooks to gain a full understanding of the condition *Grahani* and its treatment options.

ETYMOLOGY OF GRAHANI –

‘*Graha*’ which means ‘to catch’, ‘to hold’

Grahani is the area where the food is held and digested, *Amla avasthapak*.

Grahani refers to the digestive system. *Grahani roga*, a digestive disorder, is actually linked to the *Mandagni and Aam*.

DEFINATION OF GRAHANI –

अग्निधिष्ठानमन्नस्य ग्रहणाद्ग्रहणी मता।

नाभेरुपर्यह्यग्निबलेनोपष्टब्धोपबृंहिता ॥ ५६॥

अपक्वं धारत्यन्नं पक्वं सृजति पार्श्वतः।

दुर्बलाग्निबला दुष्टा त्वाममेव विमुञ्चति ॥ ५७॥ (Charak Chikitsasthan 15)

Grahani, a sthan of agni, gets its name from the fact that it keeps the food for perfect digestion and absorption. The Agni provides support and nourishment, and it retains the food somewhat above the umbilical region. When Agni becomes weak and vitiated due to vidagdha ahara, murchita dosha (affliction) develops. *sama dosha* (dosha with ama). *Grahani* with help of agni, holds undigested food and push forward in the form of Aam i.e. undigested food. [4]

NIDAN OF GRAHANI –

Excessive starvation, overindulging in food despite experiencing indigestion, overeating, irregular eating patterns, consuming unwholesome food, consuming food that is difficult to digest or has high nutritional value, consuming cold or frozen foods, consuming dry or emaciating foods, contaminated food, perversion of procedures like *vamana*, *virechana* and *sneha*, emaciation of body due to disease, sudden migration to unpleasant places and of extreme weather of season, Prolonged holding of natural urges are reasons for agni dushti. Therefore, even light food cannot digested by vitiated agni.

This vitiated digestive agent forms an intermediate substance called *Aam*, which turns sour (*shukta*) during fermentation and finally turns in poisonous substance (*amavisha*).[5]

SAMPRAPTI OF GRAHANI-

Nidan Sevana -----> Dosha Prakopa -----> Agni dushti -----> Apachana -----> Amlopatti -----> Shukta Paka(Sour) -----> Amavisha -----> Grahani Dushti -----> Grahani Roga-----> Vtaj ,Pittaj,Kaphaj ,Sannipataj Grahani.

Grahani Ghataka-

Dosha-Tridosha

Dushya-Anna ,Rasa

Strotas-Annavaha ,Purishvaha.

Adhistan-Pittadharakala

Agni-Manda

Sadhya-asadhyata-Krucchasadhya

LAKSHANA OF GRAHANI-

Amavisha means symptoms like increased flatulence, physical as well as mental disturbances, headache, altered sensorium, vertigo, lumbar and back stiffness, laziness, increased yawn, malaise, always thirsty, febrile illness, vomiting, tenesmus, anorexia and indigestion.[6]

CHIKITSASUTRA-

लीनं पक्काशयस्थं वाऽऽप्यामं स्त्राव्यं सदिपनैः।

शरीरानुगते सामे रसे लंघनपाचनम्॥

च. चि . 15/75

If the *Aam* is in *pakvashaya* and in *anutklishtha* (stuck, not ready to come out) condition then *stravana* (increasing secretion) with *Deepana* dravyas should be administered .And if *Aam* along with *rasa dhatu* circulate whole body, patient needed *langhana* and *pachana* Dravya treatment .[7]

IRRITABLE BOWEL SYNDROME-

IBS, which is usually characterized by abdominal pain and changed bowel habits lasting at least three months, is the most well-known functional bowel illness. There are four forms of IBS: diarrheal (IBS-D), constipation (IBS-C), and mixed bowel patterns (IBS-M), and unclassified (IBS-U).

Diagnosis:

Clinical evaluation and investigation should be directed toward prudently excluding organic processes in the involved area of gut while initiating therapeutic trials when functional symptoms are suspected.

For celiac disease , Serologic tests advised .

Patient > 50 years old with new onset bowel symptoms , Patients with alarm symptoms (GI Bleeding ,Anemia, weight loss ,early satiety) ,and patients with symptoms are not responding to empiric treatment need further work up and endoscopy.

Treatment:

Patient'S education, reassurance, and assistance with diet and lifestyle changes are critical aspects. Foods such as wheat products, onions, fruits, vegetables, sorbitol, and some dairy products may contain short-chain, poorly absorbed, highly fermentable carbohydrates such as oligosaccharides, disaccharides, monosaccharides, and polyols. Symptomatic management by Antiemetic agents ,Antispasmodic or Anticholinergic medications, Neuromodulators.[8]

DISCUSSION

Mandagni is responsible for Aam's formation. It may damage the mechanism of the gastrointestinal system. Also hampers the homeostasis of dosha,dhatu,mala.Severity of disease is understood through the theory of free radicles in the contemporary science.The relation between *Grahani* and *Agni* is reciprocal and interdependent . *Tridoshatmaka Grahani roga is condition of a digestive system because of vitiation of Tridosha i.e Vata,pitta ,kapha specifically SamaVayu, Apangavayu, Pachaka Pitta and Kledak kapha.*

CONCLUSION

If a Person taking food without understanding and un followed rules and regulations of diet intake, therefore they are immediately suffering from diseases by the *Grahani* because of uncontrolled dietary habits .One of them is *Grahani Roga* and cured by improving our dietary habits and rutu wise annapaan sevan with food time management. *Vatanulomana* and *Agnivardhak Ahar-rasa* ,*Amapachak* drugs will be helpful.

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