AN OBSERVATIONAL STUDY ON NIDANAS OF GRAHANI ROGA

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ABSTRACT

Grahani Roga is one of the most common Annavaaha Srotasa diseases. Ayurvedic Classics state that the fundamental cause of all ailments is Mandagni, which comes as a result of incorrect food regimen and everyday habit. Grahani, the section of the intestine between Amashaya and Pakwashaya, is the major location of Agni. As a result, a disruption in Agni function results in the disease known as Grahani Roga. Grahani Roga symptoms are comparable to those described in current medical science as mal-absorption syndrome, celiac disease, tropical sprue, and irritable bowel illness. Shamana and Samsodhana Chikitsa cure Grahani Roga. Deepana Pachana medicines are beneficial in increasing the power of Agni. In present observational study, 40 patient observed the role of Nidanas in the pathogenesis of Grahani Roga. And the causes of Grahani Roga are mainly Abhojana, Atibhojana, Vishmashana, Virudhasana, Atiguru, Ati ruksha bhojana, Dusta bhojana and Sedentry and stressful lifestyle. So, one need to avoid these Nidanas in order to prevent and control the disease.

Key Words: Grahani Roga, Nidanas (Ahara & vihara).

INTRODUCTION

Therefore, disturbance in function of Agni leads the disorder known as Grahani Roga. and whenever there is derangement in function of Grahani Sthana along with improper status of Agni that initiate the process of pathogenesis of Grahani Roga. one of the leading disorders of Annavaaha Srotas.it is mentioned in classics that root cause of all the disease is Mandagni.

Grahani Roga described in classical text of Ayurveda represents a group of disorders of gastrointestinal system. Malabsorption syndrome, Coeliac Sprue, Tropical Sprue, IBS, Ulcerative Colitis, Amoebiasis, Giardiasis mentioned in modern medicine may be considered under Grahani Roga.
Regarding prevalence of Grahani Roga, it is found that it affects 69% of population in India. And Amoebiasis is the third most common cause of death from the parasitic disease. It affects 480 million people world-wide, about 12% of total population. Incidence of Ulcerative colitis per lakh is found 2.2-14.3 and that of Crohn disease is 3.1-14.6. Dietetic variables, lifestyle factors, and psychological factors are the most important in determining the occurrence of Grahani Roga.

Irritable bowel syndrome (IBS) is a functional bowel disorder characterized by abdominal pain or discomfort and altered bowel habits in the absence of detectable structural abnormalities.

**ETIOLOGICAL FACTORS**

- Irregular meal times or skipping meals.
- Eating too late at night.
- Spicy food and heavy food habits like pizza, burger, Chinese food.
- Oily foods, faulty dietary habits.
- Sedentary and stressful lifestyle.
- Overeating of stale, fermented foods

In Ayurveda Acharya Charaka has mentioned common Nidanas of Grahani Roga,

*Aharaj Nidana: Abhojana, Ati bhojana, Vishmashana, Atishtabhojana, Dushta Jala and bhojana, Guru, Ati Ruksha bhojana, & Saraka substances, Viruddha Bhojana, Rasona, Patra Shaka etc.*

*Viharaj nidana: Vegavidharana, Chinta, Shoka, Bhaya, Krodha.*

**MATERIALS AND METHODS**

**Aims and Objectives**

- To evaluate the Nidanas of Grahani Roga.

**Study design:** Observational study

**Selection of patients**

40 Patients with classical features of Grahani Roga attending the OPD and IPD of kayachikitsa of Rishikul Campus hospital, UAU Haridwar were selected randomly for this clinical study, irrespective of sex, religion, occupation, etc. A detailed Proforma was prepared on the basis of the Ayurvedic texts and allied sciences. The patients fulfilling the inclusion and exclusion criteria were registered on this proforma and scoring of the different clinical features were done on the assessment criteria.

**Inclusion criteria**

- Patients between the age group of 20-60yrs will be selected.
- Patients irrespective of sex, religion, occupation and chronicity will be selected for the study.
- Patients with symptoms of *Muhurbaddham-Muhurdrava Mala Pravritti, Muhur-Muhurmalpravritti, Ama-Malaprovritti*, with or without other Lakshanas of Grahani Roga like Praseka, *Trishna, Arochaka*, will be selected for the study.
Exclusion criteria

- Patients suffering from any other systemic disorders like Hypothyroidism, Hyperthyroidism, Diabetes mellitus, Hypertension, Cardiac disease, renal dysfunction which interfere with the course of the disease and treatment will be excluded.
- Life threatening disease like abdominal Koch’s, CA colon, and partial abdominal obstruction will be excluded.
- Patients with *Upadrava* of *Grahani Roga* like *Gudabhramsha, Gudapaka, Gudashotha* will be excluded.
- Patients with features such as severe anemia, rectal bleeding, and significant weight loss will be excluded.

**OBSERVATION & RESULTS:**

In this study, 40 patients of *Grahani Roga* were observed, in which maximum number of patients belonged to the age group of 30-40 years (35%), Male (75%), Hindu (90%), Married (85%), middle class (60%), Educated up to post graduate (25%), Majority of the patients i.e., gov/private job (40%), Maximum patients addiction for tea and coffee (52.5%), Ahara pariksha showed that equal condition for veg./non veg. diet, (80%) patients have Avara abhyavarana shakti and (70%) Avara Jarana shakti, (67.5%) had Mandagni and (77.5%) had mridu koshtha (47.5%) patients were of vata kaphaj prakriti. And (72.5%) patients were of Rajas prakriti. Maximum patients (80%) were categorized in Avara Vyayama group (Exercise pattern was irregular). 35% patients were chinta and worried for minor matters, most of the patients Manshika bhawas cause Mandagni and Ajirna which were accountable for the magnification of the disease progression.

This study shows that there is a role of aharaja *factor, viharaja* factors and *manas bhava* in the origin and progression of disease *Grahani Roga*.

**DISCUSSION**

*Samagni* has been considered an important factor for imparting strength, vigour, vitality growth and enthusiasm. On the other hand, deranged state of *Agni* leads to various disorders and even death may ensue eventually. Food is essential for life. It provides nutrition and it balances out the ongoing wear and tear phenomenon of the body, but food is able to impart its qualities only when the *Agni* is in balanced state. Indulgence in etiological factors impairs the *Agni*. *Agni* thus weakened fails to digest and metabolize even a small quantity of food, which is easily digestible otherwise and a condition of indigestion sets in. Undigested food gets fermented and become toxic to the body and hampers the physiological action of the...
Grahani which eventually leads to Grahani Roga. In our classic’s description of Ama Grahani, Sangrahani, and Ghatiyantra Indulgence in etiological factors impairs the Agni. Agni thus weakened fails to digest and metabolize even a small quantity of food, which is easily digestible otherwise and a condition of indigestion sets in. Undigested food gets fermented and become toxic to the body and hampers the physiological action of the Grahani which eventually leads to Grahani Roga. In our classic’s description of Ama Grahani, Sangrahani, and Ghatiyantra.

HETU (NIDANA)

Most of the aetiological factors of Grahani Roga are related with the diet, stress and habits. If one does not follow the Ashtavidha Ahara Vidhi Visheshayatana his Agni will be diminished due to irregularities in the digestion and finally will cause Grahani Roga.

Aharaja Bhava

All ahara hetuj shown in ancient texts are responsible for disease formation, but some of them are more prone like Abhojana, Atibhojana, Vishmashana, Ajirna, guru bhojana, Ati ruksa, Dusta bhojana respectively. When individual consumes food like milk along with fish (Viruddha ahara), Roasted food, excessive intake of alcohol, smoke, new grains and heavy pulses i.e., leads to the vitiation of tridosha, mostly all of the Nidanas were consumed by one or the other patient which led to Mandagni. Acharya Charaka has advised to take the food only after the previous meal digested. if anyone takes the food with irregular intervals without proper digestion of the previous food. It may cause aggravation of Doshas, due to this insufficient rest to the GIT, in today fast pace life, when everyone is busy in the industries, MNC’S where they have the habit of eating now and then, eat junk food, drink tea or coffee, smoking, chewing tobacco cause Agni dusti, vitiate digestive fire, ultimately produce the disease Grahani Roga.

Viharaja Bhava

Viharaja Nidanas like habit of day sleeping after food, habit of drinking aerated drinks, Duration of taking bath immediately after food. Some research showing that smoking can also cause IBS and Gastritis but there no relevant reason was given. Tea or coffee contains the caffeine stimulates the production of acid secretion which irritate the mucosal membrane of the GIT producing the disease. Taking bath immediately after food may hamper the digestion by increasing circulation towards periphery. As there is less circulation in abdominal region decreases the gastric juice secretion causing Ajirna in turn leading to Grahani Roga. Habit of sleeping after food will increases the kapha leading to formation of Ama.

Manas Bhava

The mental stress and strain lead to irregular bowel habits and weak digestion system and damaging the GIT. Psychological factors like mental stress, anxiety, depression lead to the IBS and IBD. Due to this, the motor functions of the GIT are disturbed. Patients with Avara satva can’t handle the excessive mental burden and so they become victim of depression, stress, etc. which influence the general health of the patient and directly aggravates the disease.

CONCLUSION

Kayagni is the leader of all factors concerned with digestion and metabolism in the living body. All the factors are derived from it. If Agni will destroy, the Purusha will dead. Vitiation of Agni leads to disease and Samagni state leads to health condition. The root cause of Bala, Varna etc. is due to Agni.Ama is the root cause of almost all diseases produced in the body. So, the treatment of any disease can be based on Sama and Nirama Avastha.Small intestine (along with pyloric sphincter and ileo-caecal sphincter) can be anatomically and physiologically considered as Grahani. But the duodenum, part of Grahani is found to be most functional and controlling part of Grahani. Total 40 patients included in the study and the disease is mainly seen in young age (30-50years), due to stress and wrong dietary habits. It is mostly seen in married,
service & educated peoples. And it following the dietary do’s and don’ts helps to produce soothing effect on the inner layer of the intestine. When the vitiated Doshas get confined to only the organ Grahani (i.e., functional derangement), then could be called Grahani Dosha. When the vitiated Doshas travel throughout the Rasadi Dhatu i.e., Sarvasharira Ghatatva (may be structural derangement) then it could be called as Grahani Roga. Improper dietary habits and stressful life style of modern era are the root causes for Agni Dushti and subsequently Grahani disease. During follow up of 15 days period it was found that there was relapse of few symptoms with less intensity. On the basis of all results obtained in the study it can be concluded that Nagaradya Churna with Takra works more effectively on chief symptoms of Grahani Roga than Roasted wheat flour capsule with Takra. No any hazardous effects have been reported by the patients during the study or in follow up. This is very important in acceptance of Ayurveda, worldwide.

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