

A Case Study an Ayurvedic Management of Grahani

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Abstract: *Background of the study:* Grahani is an Ayurveda terms related to the seat of Agni (digestive fire), which help in the metabolism and digestion of food. Grahani springs from Dhatu "Graha" which suggests "to Catch" "to Hold" or "to Get". When this Agni becomes; Mandagni then improper digestion of ingested food leads pathological condition termed as Grahaniroga. Similarly Trividh anomalies of the Jatharagni also termed as Grahaniroga. Grahani is a disease which affects large population globally especially in developing country and associated with improper food habits along with stressful lifestyle. The pathogenesis of Grahaniroga works around Agnidosh which associated with impaired digestive function of digestive fire. Ayurveda described various treatment modalities for the management of Grahaniroga such as; use of herbs & formulation . Present article summarized Ayurveda perspective of Grahaniroga and its management by Ayurveda principles and life style modification.

Keywords: Grahani, Agni, Mandagni, Grahniroga

1. Introduction

Grahani Roga is a disease related to the gastrointestinal tract. In the present era of fast food, irregularity in diet, sedentary lifestyle and tremendous mental stress; psychological factors like Kama, Krodha, Shoka etc. leads to Agni Dusti (Mandagni or Vishmagnior Tikshnagni- collectively it is called Grahani Dosha.^[1]

Grahani and Agni are interdependent. Functionally weak Agni i.e., Mandagni, causes improper digestion of ingested food, which leads to Ama Dosha. This Ama Dosha is a root cause of most of the diseases. It has pivotal importance in the pathogenesis of Grahani Roga. Grahani Roga included in asthamahagada. by Vaghbatt.^[2]

It has rightly been said by Vaghbatt that all the ailment of body, especially diseases of alimentary tract arises due to the malfunction of Agni. Agni Dusti (Mandagni or Vishmagnior Tikshnagni- collectively it is called Grahani Dosha)^[3]

2. Case Report

Complain

A 27 year male patient came to OPD on 09/12/2022 with his complains

Sr.no	Complain	Duration
1)	Sarvang Kandu	1Yr
2)	SarvangDaha	6M
3)	RaktavarniNetra with Daha	1yr
4)	Shiroshool	1 yr
5)	UrourdarDaha	3 yr
6)	Amlodgaar	3 yr
7)	Aamlaprasek	3 yr
8)	BhojanottarMalapravratana	4-5 M
9)	BhojanottarUdarshool(after 2 hrs)	4-5 M
10)	Khandit Nidra	1 ½ yr
11)	Manasantaap	4-5 M

Past history :

N/K/C/O – DM/HTN/BA/ Epilepsy /IHD/PTB
 N/H/O - Dengue/ malaria/ typhoid/ jaundice
 S/H/O. -Nil
 N/H/O. - PR bleeding /Drug Allergy /BT
 N/H/O – Addiction
 H/O. – exposure to chemicals like Ammonium sulphate since 1 ½ yr

Family/H – Mother
 Father Nil
 self }

General Examination

GC- fair
 P -108/ M
 BP-110/80 MMHG
 SPO2-99

Systemic examination

RS- AEBE Clear
 CVS-S1S2 Normal
 CNS- conscious and oriented
 P/A – soft & nontender with mild gaseous distension

Drug history-

1) Tab Sinarest 1-1-1 } since 3-4 M
 2) Tab Monteleukast. 1-0-1 }

Investigation :

NAD

Samanyaparikshan

1) Nadi - Vaatpitta , Saam
 2) Mutra -SadaahMutrapravrutti (on and off)
 3) Mala. -Kathinsappravahanmalpravritti
 4) Jivha- Saam , Mukhapaak (on and off)
 5) Sparsha -Sparshasahatva , Ruksha Sparsh .
 6) Druk - Raktavarni
 7) Varna - Shyava varni (Mukhpradesh)

Samprapti ghatak

Dosha: Vata and Kapha

Dushya: Rasa, Rakta, Mansa ,Asthi,

Srotas: Rasavaha, Raktavah, Asthivaha, Mansavaha, Purishavaha

Rogamarga: Madhyama

Agni: Ama, Jathargnimandya, Dhatvagnimandya

Vyaktasthana. : sarva sandhi

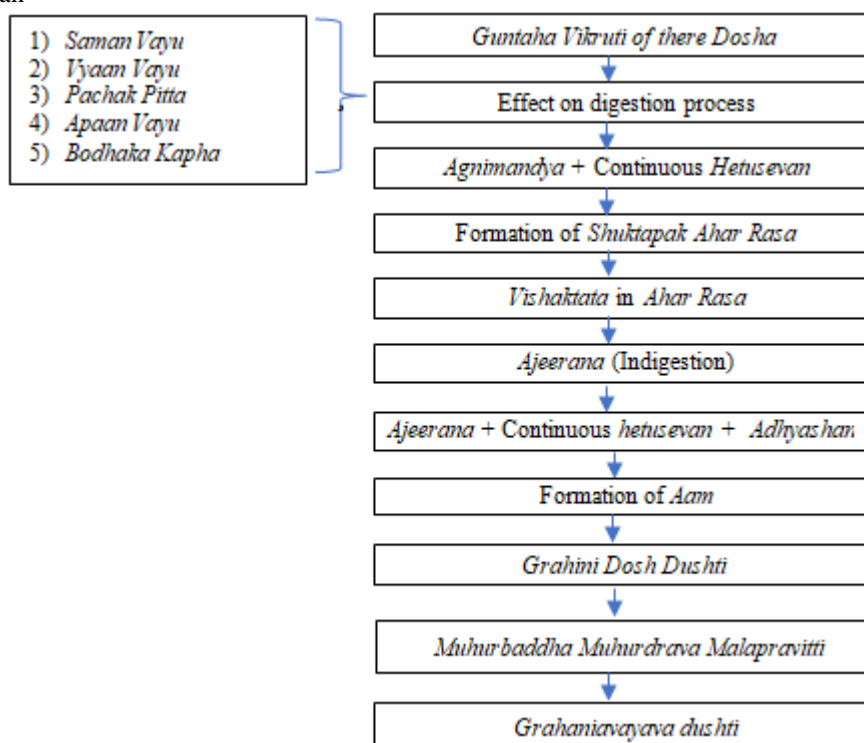
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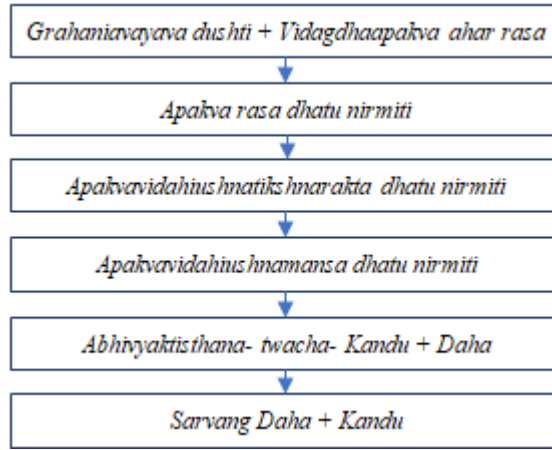
1] Hetu:

Sr no	Hetu sevan	Doshvikruti
1.	Bhuna hua Chana	1)Saman Vayu 2)Bodhak Kapha
2.	Atyambupana- 1 ½ lit	1)Pachak Pitta
3.	Hastamaithun (Masturbation – daily)	1)Apan Vayu
4.	Farsan, Phaphda, Bhujiya, Chakali, Paavbhaji	1)Pachak Pitta 2)Saman Vayu
5.	Diwaswap	1)Pitta 2) Kapha 3) Dushivisha
6.	Mirchisevan	1)Pitta 2)Vayu
7.	-virudha ahar	1)Kapha -Pitta dushti ,2)Dushivish
8.	Kordha, Atichinta	1)Vayu 2) Mana
9.	Shift duty (Akali annasevan)	1)Saman Vayu 2)Annavaaha strotas
10.	Chemical exposure (Ammonium Sulphate)	1)Garavisha (Vaayu – Pitta -Rakta dushti)

Samprapti –

According to Hetusevan





Samprapti ghatak

Dosha : Vayu, Pitta, Kapha

Dushya.: Rasa, Rakta, Mansa .

Mala : Purisha , Sweda .

Srotas: Annavaha , Udakavaha, Rasavaha,Raktavaha

Mansavaha, Majjavaha ,Purishavaha ,

Manovaha.

Srotodushhti: Sanga

Vyadhi Vinishya : Kandu &Daha .

Vyadhi Prakar : Vaat-Pitta Grahani.

Rogamarga : Abhyantar

Agni. : Ama,

Upadrava : Kandu and Daha

Therapeutic Intervention is as Follows:

Sr no	Date	Symptoms	Treatment			
1.	09/12/ 2022	1) sarvang Kandu 2) SarvangDaha 3) Raktavarninetra with daha 4) Shiroshool 5) UroudarDaha 6) Amlodgaar 7) Aamlaprasek 8) BhojanottarUdarshool. 9) KhanditNidra 10) Manasantaap	1. Shunthi + Musta + AtivishaYog	3gm	Wth food BD	Koshnajala
			2. Aamlaki + Yasthtimadhu	6gm	Before food BD	Koshnajala
			3. Nagaradi Churna + MautikaKamdudha	3gm	After food BD	Koshnajala
			4. Chitrakadi Vati	2 tab	Before food BD	Koshnajala
			5. Hingwashtak Churna	3gm	With Food	Goghruta
			6. Bilwadi Yog	3gm	At morning (6.30 AM)	Koshnajala
			7. Mahamarichyadi Teil Local Application			
			8. Tab. Cetirizine	10mg	1-1-1	Koshnajala
			9. Tab. Montelukast	10mg	1-0-1	Koshnajala
			2.	26/12/2022	1) sarvangKand 2) BhojanottarUdarshoo 3) KhanditNidra 4) Manasantaap	Ct all 1-4 , 6,
5. Dushivishari Agad	3gm	Before food BD				Madha + Goghruta
7. Plan for virechan Snehapana with Panchatikta Ghruta						
8. Tab. Cetirizine	10mg	1 -0 - 1				Koshnajala
			9. Tab. Montelukast	10mg	0 - 0 - 1	Koshnajala

VIRECHAN KARMA

Snehapan :

Snehapan with Panchatikta Ghruta

Date	Quantity (ml)
27/12/2022	30
28/12/2022	60
29/12/2022	90
30/12/2022	120
31/12/2022	150
01/01/2023	150
02/01/2023	180

SnehaViram :

Date	Day	Karma
03/01/2023	1	Sarvang Snehana & Swedana
04/01/2023	2	Sarvang Snehana & Swedana

Virechana Karma :

05/01/2023 – Virechana Karma with ManibhadraLeha (100 gm)

- Vega - 16
- Anuvega - 5AavarShudhi

Sansarjan Krama :

Date	Lunch	Dinner
05/01/2023	-	Peya
06/01/2023	Peya	Peya
07/01/2023	Vilepi	Vilepi
08/01/2023	Vilepi	Akruta Yusha
09/01/2023	Akruta Yusha	Akruta Yusha
10/01/2023	Kruta Yusha	Kruta Yusha
11/01/2023	Kruta Yusha	SamanyaAahar

3.	17/01/2022	1) Kandu (ear, neck, back region itching 2) SarvangDaha	Ct all 1-4			
			5.Shreefaladi Yog	3gm	6.30 AM & 6.30pm	Koshna Milk
4.	31/01/2022	1) Kandu On & off	6. Yastimadhu + Guduchi + Haridra Ghrutapan 30 ml at Morning			
			Ct all 1-5 ,6			
			7.Panchamruta parpati	3gm	Before food BD	Goghruta
5.	22/02/2022	No Kandu .	8 .Siravedha Karma Done			
			Ct all 2,4-8,			
			9..Madhukasav	20 ml	After food BD	Koshnajala

3. Discussion**Shaman Chikitsa****1) ShunthaydiChurna:**

Shunthi has properties like Katu, Katu, Ushna, Aampachak , Shoolghana, Guna. mustahas properties like Tikta, Katu, Sheeta, Sangrahi, Deepan, Pachan Guna . Ativisha has properties like Katu, Katu, Ushna, Sangrahi, Deepan, Pachan Guna.

2) Aamlakiand Yashtimdhuyog :

Amalaki has properties like Kashaya , Madhur , Sheeta , Aamlapiitahara , Anuloman of Vata Dosha with Pitta Shaman . Yashtimadhu has properties like Madhur , Madhur , Sheeta , Anuloman of Vata Dosha withPitta Shaman. Because of these properties Yog acts as a Anuloman of Vata Dosha withPitta Shaman also acts on recovering of second Avsthaak .

3) NagaradiChurna^[4]:

Nagaradi Churna contains Nagarmotha, Shunthi, Ativisha, Dhatki, Rasont, Vatsak, Inderjau, Bilva, Pathaand, Kutki. It is known as Nagaradya Churna explained by Krishnatreyena. It is to be taken along with honey and Tandulodaka (rice water, prepared cold). All these drugs have Dipana, Pachana, Samgrahi, Visaghna, Kriminut, Sandhaniya, Ama, Dosahara properties. It contain Katu Tikta rasa which increase Agni, due to Kashaya, Madhur rasa it is Grahi. Most of drug has Kapha pitta Shamak properties. It helps to increase Agani by reducing excess amount of Dravya Guna in Pitta Dosha .

4) Chitrakadyagutika^[5]:

It contains Chitrak , Pimpalimool , Vyosh ,Hingu , Ajmoda . all content has property like Katu- Katu – Ushna , Deepan , Pachan .

5) Kamdudha Vati (Mukta yukta):

Sr.no	Dravya	Rasa	Vipaka	Virya	Guna	Karya
1	Suvarna gairik	Madhura, Kashaya	Katu	Shita	Snigdha	Vishghana, Balya
2	Mukta bhasma	Madhura, Kashaya	Madhura	Shita		Dipak, Ruchikark
3	Prwalbhasma	Madhura, Kashaya, Amla,	Madhura	Shita	laghu	Dipan, Pachan, Vishanash
4	Shankhabhasma	Tikta	Madhura	Shita		Grahi, Balaya, Vrushya,
5	Mukta shukatibhasma	Katu, Madhura	Madhura	Shita		Dipak, Ruchikarak.
6	Kapardikbhasma	Katu, Tikta	Madhura	Ushana - shita		Dipan, Pachan
7	Guduchi satva	Tikta, kashaya	Madhura	Ushana	Snigdha .Guru	Dipan, pachan, pittshamak, anuloman

6) *Bilwadi Churna*:

Sr .no.	Dravya	Rasa	Vipak	Veerya	Karmukta
1.	<i>Bilva</i>	<i>Kashya</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Sangraha, Aamshoolnashaka ,Saam purishapachan</i>
2.	<i>Kutaj</i>	<i>Katu</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Deepan, Ruksha.</i>
3.	<i>Musta</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Deepan, Pachan, Sangrahi</i>
4.	<i>Chandan</i>	<i>Tikta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Pachan .</i>
5.	<i>Dhanyaka</i>	<i>Tikta</i>	<i>Katu</i>	<i>Ushana</i>	<i>Deepan, Pachan, Grahai</i>

7) *Hingwashtak Churna*^[6]

Sr .no	Dravya	Rasa	Vipaka	Virya	Karya
1.	<i>Shunthi</i>	<i>Katu</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Deepana, Pachana , Anulomana , Agnimandya .</i>
2.	<i>Maricha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushana</i>	<i>Deepana, Pachana , Aamdoshahara,</i>
3.	<i>Pippali</i>	<i>Katu, Tikta,</i>	<i>Madhura</i>	<i>Anushana</i>	<i>Deepana, Aamdoshahara</i>
4.	<i>Ajamoda</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushana</i>	<i>Pachana , Ruchya</i>
5.	<i>SaindhavLavana</i>	<i>Lavana</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Strotogamitwa , .</i>
6.	<i>ShevetaJeeraka</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Deepana, Aamdoshahara,</i>
7.	<i>KrishanaJeeraka</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushana</i>	<i>Ruchya , Agnimandya ,Grahani ,</i>
8.	<i>ShuddhaHingu</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushana</i>	<i>RuchyaAnulomana .</i>

8) *Dushivishari Agada*^[7]

Sr .no	Dravya	Rasa	Vipaka	Virya	Guna
1.	<i>pippali</i>	<i>Katu, Tikta,</i>	<i>Madhura</i>	<i>Anushana</i>	<i>Snighdha , Laghu</i>
2.	<i>Dhyamaka</i>	<i>Katu, Tikta,</i>	<i>Katu</i>	<i>Ushana</i>	<i>Laghu ,Ruksha</i>
3.	<i>Jatamansi</i>	<i>Tikta, Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Snighdha , Laghu</i>
4.	<i>Lodhra</i>	<i>Kashaya ,Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu ,Ruksha</i>
5.	<i>Ela</i>	<i>Katu,</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu ,Ruksha</i>
6.	<i>Suvarchika</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Guru ,Snighdha</i>
7.	<i>Kutannata</i>	<i>Madhura, Kashaya, Tikta</i>	<i>Katu</i>	<i>Ushana</i>	<i>Laghu ,Ruksha</i>
8.	<i>Tagara</i>	<i>Tikta, Katu , Kashaya.</i>	<i>Katu</i>	<i>Ushana</i>	<i>Laghu ,Snighdha</i>
9.	<i>Kushta</i>	<i>Tikta, Katu</i>	<i>Katu</i>	<i>Ushana</i>	<i>Laghu ,Ruksha, Tikshana</i>
10.	<i>Yashtimadhu</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Guru ,Snighdha</i>
11.	<i>Chandana</i>	<i>Tikta ,Madhura</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Guru ,Ruksha .</i>
12.	<i>Gairika</i>	<i>Madhura ,Kashya</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Snighdha</i>

9) *Shreefaladi Yog* :

Shreefaladi Yog contains Shatavari , Yashtimadhu , Amalaki, Gokshura, Sita. It acts as Shukravradhak , Rasa and Ojakra.

10) *Panchamruta Parpati*

PanchamrutaParpati contains *Suddhaparada, Suddha Gandhaka, Lohabhasma, Abharakabhasma, Tamara Bhasma*. It is used for Deepan , Pachan .

11) *Madhukasava*^[8]

Madhukasava and is useful in *Grahani*, helps empowering of *Agni*, promotes nutrition and normalizes *Kapha* and *Pitta*. It is indicated in *Shotha, Kushta, Kilasa* and *Prameha* .

4. Conclusion

This therapeutic intervention i.e. *Shodhan and Shamanchikitsa* gives more than 85% relief of sign and symptoms of the disease followed by non-recurrence. This *Ayurvedic* management proves to be effective in managing *Grahani* with good results and considerable improvement in general well-being of the patient. and also Doses of modern medicine were tapered down slowly.

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