**Grahani Roga management by Ayurveda principles and lifestyle modification**

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**Abstract**

Grahani is an ayurveda terms related to the seat of agni (digestive fire), which help in the metabolism and digestion of food. The ancient text of ayurveda described that ingestion, digestion, absorption and assimilation of Aahaar is regulated by Grahani. 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 Grahaniidosha. 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 Grahani roga works around Agni dosha 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, yoga and life style modification. Present article summarized ayurveda perspective of Grahani roga and its management by Ayurveda principles and lifestyle modification.

**Keywords:** Ayurveda; Grahani; Agnidosha; Yoga; Lifestyle; Colitis

**1. Introduction**

Grahani Dosha is a common problem specially affects people living with unhygienic conditions and suffered with nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, Inadequate sleep and avoidance of Sadvritta are the major reasons of Grahani Dosha. Pathologically disease initiates due to the improper digestion of food which further vitiate Agni and Doshas leading to formation of ama which further resulted symptoms of constipation and diarrhea(1-4).Drugs having Kashaya Rasa, Ushna Veerya, Madhura Vipaka & Ruksha Guna help to pacifies Vata & Pitta Dosha therefore potentiates Agni which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of Grahani Dosha. Ayurveda text emphasized on four types of Grahani Dosha as mentioned in Figure 1. This article described general consideration of Grahani Dosha and its management by ayurveda and conduction of disciplinary lifestyle(2-7).
2. Etiological Factors

- Abhojanat, Ajeernabhojanat, Atibhojanaat, Visamasanat, Asatmya, Guru, Ruksha, etc.
- Vyadhi karshanat and Vega vidharana
- Stress, anxiety and grief
- Indisciplinary lifestyle and bad food habits
- Unhygienic environmental condition
- Nutritional insufficiency
- Diseased condition which weakened Agni
- Virudha-ahara
- Avoidance of concept of Desha and kala during consumption of food stuffs
- Excessive use of antibiotics.

3. Symptoms

According to Acharaya the predominant symptoms of disease are; Aalasya, Trishna, Aanvidaah, ChirPakka, Balakshaya and Gaurvam, etc. Other symptoms of diseases are Aruchi, Kasa, Karnakshveda and Antrakunjana. Intestinal spasms, diarrhea, constipation and abdominal pain also observed in acute condition (6-8).

3.1. Ayurveda management of grahanidosha

- The traditional text of Ayurveda suggested that Grahani Dosha may be treated by following concept of Langhana and using Deepana and Pachana medicines which help to potentiate Agni and eliminate ama.
- Purgation therapy with stimulant drugs also helps to remove Ama
- Triphala Churna help in evacuation of stool.
- Buttermilk (Takra) also suggested by ancient Acharya for treatment of Grahani.
Table 1 Specific Ayurveda treatment for Grahani roga

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Treatment</th>
<th>Beneficial effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Niruhabasti, Virechana and Anuvasanbasti</td>
<td>Remove symptoms of Vataja grahani</td>
</tr>
<tr>
<td>2</td>
<td>Chandanadyaghritam, Tikataghrita</td>
<td>Pacifies Pittaja grahani</td>
</tr>
<tr>
<td>3</td>
<td>Pippalyadyadi choorna</td>
<td>Treat Kaphaja grahani</td>
</tr>
<tr>
<td>4</td>
<td>Nagaradi kwatha</td>
<td>Pacifies vitiated Vata thus help in Vataja grahani</td>
</tr>
<tr>
<td>5</td>
<td>Madhukasava, Duralabhasava,</td>
<td>Relieve Kaphaja grahani</td>
</tr>
<tr>
<td>6</td>
<td>Panhchmuladya Taila</td>
<td>Help to manage Vataja grahani</td>
</tr>
<tr>
<td>7</td>
<td>Haridradya Kshara, Duralabhadyakshara</td>
<td>Treat Kaphaja grahani</td>
</tr>
<tr>
<td>8</td>
<td>Abhayadikashaya</td>
<td>Suggested for Vataja grahani</td>
</tr>
</tbody>
</table>

3.2. Life style modification in grahami

Modification in lifestyle and balanced diet regime along with consideration of Pathya Apathya help to cure Grahani.

3.3. Diet modification

- Modification in diet pattern towards the healthy eating habits boosts Agni and prevents chances of Grahani.
- Virudha-ahara must be avoided; means one should consume diet as per his/her internal constitution by following concept of Desha and Kala.
- Ayurveda mentioned balanced diet under Sansarjana Krama with routine diet plan depending on the Prakriti of the individual. Thus patient of Grahani recommended to follow diet pattern of Sansarjana Krama.
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- Diet containing balanced nutritional value need to be adopted.

3.4. Dietary materials recommended for Grahani roga are as follows:

Diet which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency should be adopted such as; fibers, fruit, vegetables, grains and curd.

- Yavagu, Panchkola soup
- Takrarista, Jangalmansa
- Vegetable soups
- Light diet
- Pineapple, Papaya, Oranges and Lemon

3.5. Behavior modification

- Behavioral factors such as fear, grief, stress and sleeplessness may also lead symptoms of Grahani. Therefore one should avoid stress, fear and grief to disrupt condition of depression which may affect Agni.
- Habits of too much thinking/Chintan should be avoided which may affect process of digestion since during thinking process bold circulation remain associated with brain mainly instead of intestine.
- One should consume diet by following rules of Swasthwarita in proper manner so to achieve maximum beneficial effect of consumed food (7-9).
- One should remain positive and enthusiastic to maintain normal metabolic functioning.
- One should always think that the food which he/she going to consume will offers good effect.

3.6. Daily regimen modification/Exercise and yoga

- Day time sleeping and late night awakening should be avoided.
- One should follow daily regimen with fix timing of each and every activities including fix daily routine of
exercise, breakfast, meal and sleep.

- Regular exercise to strengthen body & Agni.
- Meditation to calm down stress.
- Yoga and Pranayama also offers beneficial effect to increase stress resistance.
- Ayurveda mentioned some defined regimen such as; Ritucharya and Dinacharya to get beneficial results of daily regimen.
- Dhyan and Shodhna procedure after some fix interval also offers beneficial effect in Grahani\textsuperscript{7-10}.

3.7. Role of Asana in Grahani

- Suryanamaskara – Improves metabolic activities
- Bhujangasana; Bhujangasana heat the body and improves digestion.
- Mayurasana; Mayurasana removes undigested material in stomach.
- Paschimottanasana; Paschimottanasana boosts gastric fire.
- Matsyendrasana; Matsyendrasana stimulates Jatharagni.
- Sarvangasana; Sarvangasana pacifies Kapha & Pitta, also relief indigestion.

4. Conclusion

Grahani is disease of Annavaha strotas related to Agni and lifestyle pattern. Ayurveda considers Grahani as Tridoshatmaka disease of digestive fire occurs due to the vitiation of Agni; Jatharagni, SamanVayu, Pachak Pitta and Kledaka Kapha. Disease characterized by abdominal pain, bloating and disturbed bowel habits. Ayurveda offers wide range of formulations and therapeutic modalities along with suggestions to modify lifestyle pattern which overall offers beneficial effects in the management of Grahani roga.

Compliance with ethical standards

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