

**ISSN**INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

ISSN No. : 2584-2757

Volume : 02

Issue : 04



Publisher

**ROGANIDAN VIKRUTIVIGYAN PG ASSOCIATION
FOR PATHOLOGY AND RADIOGNOSIS**

Reg. No. : MAHA-703/16(NAG)

Year of Establishment – 2016

DOI : 10.5281/zenodo.16045579

Impact Factor : 1.013

INTERNATIONAL JOURNAL OF DIAGNOSTICS AND RESEARCH

Nidanpanchaka And Management Of Grahani Vyadhi Through Ayurveda - A Review

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Cite this article as: - Dr. Tejal Motghare (2025) ; Nidanpanchaka And Management Of Grahani Vyadhi Through Ayurveda - A Review; Inter.J.Dignostics and Research 2 (4) 159-165, DOI : 10.5281/zenodo.16045579

Abstract

Grahani is an important concept in *Ayurveda*, intimately Related to the function of Agni or the digestive fire, which plays a pivotal role of the food in the digestion, metabolism, absorption, and assimilation. According to classical *Ayurvedic* texts *Grahani* is regarded as the organ responsible for retain food until it is properly digested and its proper functions depends entirely on the strength of Agni. When Agni becomes weak (*Mandagni*), it generates improper digestion of food and resulting to form a pathological condition known as *Grahani Roga*. Additionally, Disturbance of *Jatharagni* (digestive fire) are collectively called as *Grahanidosha*. *Grahani Roga* is a common disorder, especially in developing countries, and its frequently associated due to unhealthy dietary patterns or stressful lifestyles. The disease is primarily originating and forms a *Agnidosha*, or creates disturbance in the digestive fire, leads to forms weakened digestive health. *Ayurveda* offers a comprehensive approach for treating *Grahani Roga*, which includes the medicinal herbs and their formulations, the practice of yoga, and essential lifestyle adjustments. This article explores the *Ayurvedic* perspective of *Grahani Roga*, its development, and effective strategies for its management through Ayurvedic principles and lifestyle modifications.

Key words: *Grahani*, *Agnidosha*, *Jatharagani*, *Grahanidosha*.

Introduction:

Ayurveda is among the oldest and most comprehensive approach to of natural healing. It is based on the principle that genuine health and well-being comes from a harmonious balance of the mind, body and spirit. This balance is maintained through proper diet and a disciplined lifestyle. However, in contemporary times, unhealthy dietary patterns and also sedentary way of living have upset this balance, leads to form disturbance of Agni (digestive fire). *Grahani* is a significant gastrointestinal condition that stems from such disturbances. It is classified as one of the *Ashta Mahagada* (eight major diseases) by the renowned *Ayurvedic* scholar *Vagbhata*.

Grahani is a common health disorder that impacts to affects portion of the worldwide population, with a greater incidence observed in developing countries. This is primarily attributed to irregular dietary habits and also high stress level in daily life. A condition closely resembles, *Grahani* in modern science is Irritable Bowel Syndrome (IBS), which is defined by recurring abdominal discomfort along with irregular bowel movements, without any detectable structural issues in the gastrointestinal system.^[1] In the Indian population, IBS shows a higher prevalence among males, with a female-to-male ratio of about 1:3, and it is most often diagnosed in aged between 20 and 40 years.^[2]

Concept of *Grahani* :

Nidana :

All causes of Agni *Dushti* may cause *Grahani Doshas* and its results in *Grahani Roga* i.e. *Samanya nidan*- *Abhojana*, *Ajeerna*, *Atibhojana*, *Vishamashana*, *Asathmya bhojana*, *Guru sheeta*, *atiruksha*, *Sandushta bhojanat*, *Vireka vama*,

Sneha vibhramat, *Vyadhikarshanat*, *Desha kala*, *Ritu vyshamyat*, *Vegadharana*, *Ahitashana*^[3]

Dietary factors :

Guru bhajanaihi, *Atisnigha bhojanai*, *Atiruksha bhojanaihi*, *Atiushna bhojanaihi*, *Atidrava bhijnaihi* etc.

Lifestyle factors: *Jalati ati ramanaihi*, *Vegavidarnaihi*, *Ritu viparyaya*.

Psychological factors:

Bhayat, *Shokat*. Toxic factors- *Vishat*, *Ati madyapan* Microbial factors- *Krumi doshataha* Environmental – *Dushta ambu*..

Purvarupa:

Alashaya, *Bala kshaya*, *Anna vidaha*, *Pakascha chirata*, *Kayasya gauravam*^[4]

Rupa:

Malpravrutti along with features like *Muhu baddhan*, *Pakwaman va amam*, *Sarujam*, *Shoonaha Pada kara*, *Krushata*, *Parvaruk*, *Arochak*, *Jwar*, *Arochak*, *Trut*, *Chhardi*.^[5]

Classification:

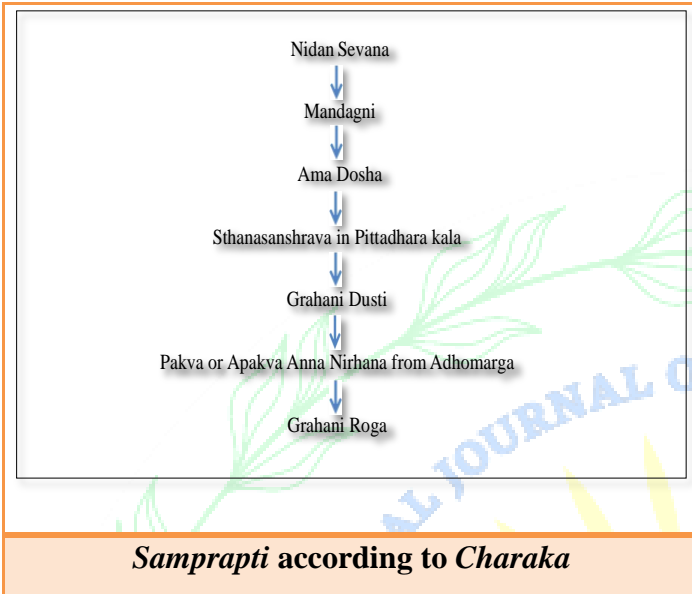
Classification of *Grahani Roga* on the based of etiology, dominance of *Dosha* and other specific types of *Grahani Roga* into 3 groups.

According to Etiology *Grahani* can be divided into two types :

1. Independent i.e. *Swatantra/ Grahani Roga* - it develops without *Atisar*.
2. Dependent i.e. *Partantra Grahani Roga* - it develops after *Atisar*.

According to *Acharya* on the basis of particular *dosha* involvement *Charaka*, *Sushruta* and *Vagbhata* have described four varieties of *Grahani Roga* as -

1. *Vataja* 2. *Pittaja* 3. *Kaphaja* 4. *Sannipataja*

Samprapti according to Charaka [6] :**Samprapti Ghataka:**

Dosha:	<i>Pitta</i>
Dushya	<i>Rasa</i>
Srotas	<i>Annavaha, and Rasavaha Srotas</i>
Srotodushti Prakara:	<i>Sanga, and Vimargagamana</i>
Agni:	<i>Jatharagnimandya, and Rasa Dhatvagnimandya</i>
Ama:	<i>Jatharagnimandyaajanya, and Rasa Dhatvagnimandyaajanya</i>
Udbhava Sthana:	<i>Amashaya</i>
Sanchara Sthana:	<i>Sarva Sharira (owing to Rasa Dhatu involvement in the progression of the disease)</i>
Vyakta Sthana:	<i>Guda</i>
Rogamarga:	<i>Abhyantara and Bahya</i>
Vyadhi Svabhava:	<i>Chirakari</i>
Sadhyasadyata:	<i>Krichrasadhyata to Asadhyata based on the duration of symptoms and Severity of the illness</i>

Management of Grahani- Treatment protocol:

The classical text of *Ayurveda* suggested that *Grahani Dosha* may be treated by following concept of *Langhana*, *Deepana*, and *Pachana* along with remedies *Shodhan*, and *Shaman Chikitsa*.

Shodhan Chikitsa :

- When *Ama* descends downward, and accumulates in the colon, the main approach is *irechana* (purgation therapy) to remove it effectively.
- In cases when *doshas* in the *ama* stage start to transforming into *rasa*, treatments like *Langhana* (lightening therapy) and *Pachana* (digestive therapy) are utilized.
- After the stomach (*Amashaya*) is cleared, a course of *Peya* (thin gruel), *Panchakola* formulations and *Deepaniya* (digestive fire-stimulating) herbs to be administered.
- After mild stimulation of *Agni* (digestive fire), treatments like *Snehana* (oleation), *Niruha Basti* (decoction enema), and *Anuvasana Basti* (oil enema) can be initiated.
- Subsequently, the patient should be given light, easily digestible meals along with medicated Ghee to nourish the body.

1. Ghritpana	<i>Chitrakadi ghrita, Trayushanadi ghrita, Dashmula ghrita.</i>
2. Virechana	<i>Draksha aragvadha Kashaya, Castor oil or Tilvka ghrita .</i>
3. Anuvasan Basti	<i>Dashmula Ghrita</i>
4. Takra Basti	<i>Dhanyak, Shatpushpa, Musta, Kutaja, Shunthi, Siddha takra.</i>

Shaman Chikitsa^[7] :

To help digestion and metabolism, *Deepana* and *Pachana* herbs should be united with a light and easily digestible diet (*Laghu* and *Supachya ahara*). Effective formulations include like *Bhasma*, *Churna*, *Rasa*, *Parpati* etc.

Samanya Chikitsa:

Bhasma	<i>Shankhabhasma, Kaprdikabhasma</i>
Churna	<i>Shunthichurna, Nagarmotha churna</i>
Rasa	<i>Loknathras</i>
Parpati	<i>Rasparpati, louhabhasma, tamrabhasma, bolparpati, kuthajaparpati,</i>

Drug of choice	Takra
Main drugs	<i>Kutaja, Bilva, Musta, Ahiphena, Bhallataka, Jeeraka, Parpati</i>
Single drugs	<i>Chavya, Chitraka, Shunthi, Pipali, Pipalimula, Guduchi, Bhoonimba, Nagkeshar, Patha, Haritaki.</i>

Vishesh Chikitsa^[8] :

Gro up Of Med ici Ne	Vataj Grahani	Pittaja Grahani	Kafaj Grahani	Sannipat aj Grahani
Arist ha	<i>Takraish ta</i>	-	<i>Kutjarishta</i>	<i>Kutjarish ta</i>
Avle ha	-	-	-	<i>Bilvaleha, kutjavleha</i>
Vati	<i>Lashuna divati, Chitraka divati</i>	-	-	-
Asav	-	<i>Chandana sa v</i>	<i>Madhwasa va, mulkas awa, pindasawa, madhukas wa,</i>	-
Chu rna	<i>Piplyadi, panchmu ladi, chawkad i</i>	<i>Kiratadic hur na</i>	<i>Talisadi churna</i>	-
Ghr ut	<i>Shunthig hrut, dashmul adigh rut, Trishuny adigh rut</i>	<i>Chandadi ghr ut, Tiktaghrut</i>	-	-
Parp ati	-	<i>Louhapar pat i, Kutjaparp ti</i>	<i>Panchamru tparpati, Tamraparp ti</i>	<i>Bhalatak parp ati, Suwaran apar p-ti</i>
Rasa	-	-	<i>Kankasund aras, Grahaniika patras, Kshartram aras</i>	-

Significance of *Takra*(buttermilk) *Prayoga* in the Management of *Grahani* ^[9] :

In *Ayurvedic* practice, *Takra* (buttermilk) plays a crucial role in managing *Grahani* because of its specific properties. It has *Deepana* (digestive stimulant) qualities and is *Laghu* (light) in characteristics, which supports the proper functioning of *Agni* (digestive fire). These qualities make it beneficial in improving impaired digestion. Although, *Takra* possessing *Kashaya* (astringent) and *Ruksha* (dry) properties that could potentially aggravate *Vatadosha*, its *Madhura* (sweet), *Amla* (sour), and *Sandra* (dense) characteristics balance this impact, making it improvement in treating *Vataja Grahani*. In Similar manner despite its sour taste which could provoke *Pitta*, the *Madhura Vipaka* of *Takra* contributes to pacifying *Pitta*, thereby helping in *Pittaja Grahani*. In the case of *Kaphaja Grahani*, *Takra's* *Abhishyandi* (channel-clogging) nature might suggest it could worsen *Kapha*. However, its *Kashaya Rasa*, *Ushna* (hot potency), and *Vikasi* (spreading) properties counteract this, supporting the treatment of *Kapha*-related digestive disturbances.

Life Style Modification:

Managing, *Grahani Roga* effectively requires not only medicinal and therapeutic interventions but also appropriate changes in daily habits and routines. Lifestyle plays a critical role in maintaining the balance of *Agni* (digestive fire) and preventing further aggravation of the condition.

Pathya- Apathya:

	<i>Ahar</i>	<i>Vihar</i>
<i>Pathya</i>	<i>Shashti shali,</i> <i>Masoor, Tuvari,</i> <i>Mudga yusha,</i> <i>Changeri,</i> <i>Kamlakanda,</i> <i>Rambha pushpa ,</i> <i>Dadima, Jambu.</i>	<i>Nidra, Vishram,</i> <i>Langhan.</i>
<i>Apathya</i>	<i>Guru –Snigdh-</i> <i>Atiruksha</i> <i>Annapan</i> <i>Atisheeta Jala,</i> <i>Dushta jala,</i> <i>Rasona, Patra</i> <i>shaka, Virudhha</i> <i>bhojan.</i>	<i>Aatapsewan,</i> <i>Ratrijagarana,</i> <i>Snana, haya,</i> <i>Krodha, Chinta,</i> <i>Shoka, Veg</i> <i>dharana, Nasya</i> <i>karma, Anjana,</i> <i>Sveda, Dhumpan</i>

Regular eating patterns: Consuming meals at fixed intervals helps to maintain digestive functions, and enhances *Jatharagni*. Avoid Skipping meals or eating at irregular times should be avoided. Mindful eating: It is important to dine in a serene setting, chew food properly, and avoid distractions like talking, watching screens, or hurrying through meals. Balanced diet: It is advice to consume freshly prepared, warm, light, and easily digestible foods is recommended. Unsuitable, heavy, or stale food should be avoided.

Adequate rest and sleep: Proper sleep patterns help restore *Agni*, and support digestive health. Daytime sleeping, and staying up late at night should be avoided.

Avoid suppression of natural urges (Vega Vidharana): Timely response to urges like hunger, thirst, urination, and defecation is essential to prevent vitiation of *Vata* and maintain digestive health.

Stress management: Mental factors such as anxiety, anger etc. negatively impact Agni. Practices like meditation, *pranayama*, and relaxation exercise techniques can assist to maintain emotional balance.

Regular physical activity: mild exercises like yoga and walking can help stimulate digestion can alleviate symptoms like bloating and heaviness.

Yoga therapy:

Yoga plays a supportive yet significant role in the holistic management of *Grahani Roga*, primarily it improves digestive power, and leads to balancing the *doshas* and calming the mind. Since Agni *Dushti*, and Psychological factors like stress, anxiety and irregular routines are key contributors to the disease, yoga helps address both physical and mental imbalances.

Asanas:

- *Pavanamuktasana* (Wind-relieving pose)
- *Bhujangasana* (Cobra pose)
- *Trikonasana* (Triangle pose)
- *Paschimottanasana* (Seated forward bend)
- *Bhujangasana* (Cobra pose)
- *Vajrasana* (Thunderbolt pose, especially useful after meals)

Pranayama:

- *Anuloma-Viloma* (Alternate nostril breathing)
- *Kapalabhati* (Cleansing breath – done cautiously under guidance)
- *Bhramari* (Bee breath)
-

Discussion:

Grahani roga is mainly attributed to Agni *dushti*. The *Grahani*, and *Angi* possess an *Ashrya – Ashrita* nature connection. The main site of Agni and location of the occurrence of the *Grahani dosha* is an organ *Grahani*.

This occurs with symptoms like *Atisrushta* and *Vibadhha mala pravriti*, *Jwar*, *Udgara*, *Arpchaka* etc. and other *Nidana* which disturbs Agni. Other *Nidana* which affects Agni are – *Abhojan*, *Atibhojana*, *Vishama bhojana*, *Asatmya bhojana*, *Vaman vyapada*, *Virechana*, *Snehana*, *Vegavrodha*, *Virrudhha* or incompatible of time, place, season. The faulty lifestyle consumption of junk food stress, inadequate sleep and avoidance of *Sadvritta* are major reasons of *Grahani Vyadhi*. 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*. Husk of *Ashvagol* help in evacuation of stool. Butter milk (*Takra*) also suggested by ancient *Acharya* for treatment of *Grahani*.

Conclusion:

Grahani Roga, a disorder closely associated with improper digestion and absorption of food, is becoming more prevalent in modern times. This increase is mainly linked poor dietary practices, which are classified under the broader category of *Grahani Dosha* in *Ayurveda*. The disruption in the digestive system is primarily linked to the imbalance of Agni – the digestive fire, which is crucial to *Ayurvedic* practices of gastrointestinal health. Therapeutic approaches focus on reestablish the proper function of Agni. This is accomplished by through the administration of *Deepana* (appetizer) and *Pachana* (digestive) herbs and preparations, which assist reignite and balance the digestive fire, thereby addressing the root issue of the disorder.

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ISSN: 2584-2757

DOI : 10.5281/zenodo.16045579

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