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A Conceptual Study of *Grahani Roga* (Irritable Bowel Syndrome) and its Management Through Dietary Modification

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ABSTRACT:

Irritable bowel syndrome (IBS) is one of the most frequent yet poorly understood disorders encountered in clinical practise. The symptoms of this illness are long-term, sometimes severe, and frequently do not respond well to treatment, leading in a lower quality of life. More than 40% of new referrals to gastroenterology outpatient clinics are due to IBS. The diagnosis is made using the Rome IV criteria. The aetiology and pathophysiology of this disease are unknown. It can be managed in Ayurveda using the notion of *Grahani*. The basic *Samprapthi* is found at the *Grahani* and *Pakwasaya* levels, as a result of *Agnidushti*. IBS has *Tridoshaja* symptoms with *Vata* predominance. As a result, medicines that contain *Deepana*, *Pachana*, *Anulomana*, or *Grahi* qualities are ideal. Because psychological issues are involved, *Satwavajaya Chikitsa* (psychotherapy) is beneficial. Because it is chronic and relapsing, dietary and lifestyle changes, as well as exercises and relaxation techniques, can help with management. The current article summarises the ayurvedic position on *Grahani roga* and how to treat it with Ayurvedic principles and a dietary pattern.

Keywords- *Ayurveda*, *Grahani*, Dietary modification

INTRODUCTION

Irritable bowel syndrome (IBS) is a broad term that refers to a number of disorders that produce pain in the gastrointestinal tract and cause significant morbidity in the general population. IBS is also known by a variety of names, including colitis, mucous colitis, spastic colon, and spastic bowel. In the absence of any organic aetiology, it is

a functional bowel illness characterized by chronic stomach pain, discomfort, bloating, and changes in bowel patterns.¹ Without any other medical symptoms, IBS can start after an illness (post-infectious, IBS-PI), a stressful life event, or the onset of maturity.² 15-20% of the Indian population suffers from IBS. It strikes women more frequently than males, and it strikes around half of the



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population before the age of 35.³ Psychological factors like as stress, anxiety, and others have a significant influence in the development of IBS.⁴ Because Ayurveda is built wholly on various underlying principles, there is no single condition in Ayurveda that can be precisely linked to IBS. There is a change or irregularity in nutrition and diet times in the fast-food age, as well as a sedentary lifestyle.⁵ In addition to food and lifestyle modifications, emotional stress is a continuous companion. All of this wreaks havoc on the digestive system, resulting in one of many disorders, the most common of which are digestion and absorption issues.⁶ Ama Dosha is caused by a functionally weak Agni, i.e. *Mandagni*, which causes poor digestion of ingested food. The Ama Dosha is the root of almost all ailments. It plays a crucial role in the development of *Grahani Roga*. *Grahani Dosha* is a frequent problem that primarily affects those who live in unsanitary environments and are nutritionally deficient.⁷ The main causes of *Grahani Dosha* are an unhealthy lifestyle, junk food consumption, stress, insufficient sleep, and the avoidance of *Sadvritta*. Pathologically, sickness begins with poor food digestion, which further vitiates Agni and Doshas, resulting in the production of ama, which causes constipation and diarrhea symptoms.^{8,9} *Kashaya Rasa*, *Ushna Veerya*, *Madhura Vipaka*, and *Ruksha Guna* are drugs that serve to balance *Vata* and *Pitta Dosha*, hence potentiating Agni and improving digestion.¹⁰ *Grahani Dosha* symptoms are relieved by drugs that bulk up the faeces, hydrate the body, and provide nutritional advantages.^{11,12} This article discussed the *Grahani Dosha* in general and how Ayurveda manages it through dietary changes.

AIMS & OBJECTIVE

1. To describe the etiology and classification of *Grahani Roga* (irritable bowel syndrome).
2. To discuss the management of *Grahni* (irritable bowel syndrome) through Dietary modification.

MATERIAL & METHOD

Information about *Grahni* (irritable bowel syndrome) was gathered from Ayurvedic texts such as Bahatriye, Laghutrye, and a modern medicine text book. The accessible Ayurvedic *Samhita* commentaries have also been referred to obtain important information. Medical publications, both index and non-index, have also been cited to collect information on relevant topics.

Review of Literature.

Ayurveda review of *Grahani Roga*

The "*Grahani Roga*" is the most common gastrointestinal disorder. The fundamental cause of all diseases is the hypofunction of Agni, i.e. *Mandagni*. The *Grahani* becomes damaged as a result of *Dusti* or Vitiating of *Pachakagni* and *Samana Vayu* due to numerous etiological reasons of *Grahani Roga*. According to Acharya Charaka, a functionally weak Agni, or *Mandagni*, produces inappropriate digestion of ingested food, which moves either in *Urdhva* or *Adhomarga*.¹³ If it moves in *Adhomarga*, it causes *Grahani Gada*. Patients with *Atisara* who eat an unbalanced diet during the *Agnimandya* stage may develop *Grahani Roga*, according to Acharya Sushruta.¹⁴

Etiological Factors:¹⁵

1. *Abhojanat*, *Ajeernabhojanat*, *Attibhojanaat*, *Visamasanat*, *Asatmya Guru*, *Ruksa* and *Sandusta Bhojanat* etc.
2. *Vyadhikarshanat* and *Vegavidharana*
3. Stress, anxiety and grief
4. In disciplinary life style and bad food habits
5. Unhygienic environmental condition
6. Nutritional insufficiency
7. Contagious predominance
8. Improper functioning of digestive fire
9. Diseased condition which weakened Agni
10. *Virudha-ahara* (Incompatible diet)

Purvarupa-Aalasya (inaction), *Trishna* (excessive thirst), *Anna Vidaha* (burning sensation), *Chirapaka* (delayed digestion), *Kayagaurava* (heaviness in the body).¹⁶

Rupa - Ati Srushta mala pravritti, *vibbadha mala pravritti* (Occasional hard and soft stool) *Arochaka*, *Vairashya* (altered in tongue), *praseka* (nausea), *Tamaka*, *Shunapadkara*, *Asthiparvaruka*, *chhardana* (vomiting), *Jwara* (fever), *Lohanugandhi Udgara*.¹⁷

*Samprapati Of Grahani Dosha*¹⁸ (Flow Chart 1)

Contemporary View of Irritable bowel Syndrome

IBS is a debilitating and chronic functional gastrointestinal illness that affects 9% to 23% of the world's population (World Gastroenterology Organization, 2009)¹⁹ The definition of IBS has changed over the last 20 years, partly due to expert opinion and research that have revealed symptoms that distinguish those with IBS from those with organic disease, as well as factor analyses that have identified identifiable symptom clusters. IBS is most commonly associated with abdominal pain or discomfort that is eased by faeces or with a change in stool frequency

(either an increase or reduction) or a change in stool appearance at the time of beginning (to either loose or hard). The absence of red flag (alarm) symptoms such as gastrointestinal bleeding, weight loss, fever, anaemia, or an abdominal mass support IBS rather than structural disease.²⁰ Treatment aims to improve quality of life as well as relieve or significantly improve core symptoms. Patient education, as well as dietary and lifestyle changes, are part of the first treatment for mild to moderate IBS. Interaction between the clinician and the patient is critical for establishing patterns of daily bowel habits and symptom flare-ups, as well as monitoring the symptom response to therapy. Many IBS patients experience symptom flare-ups as a result of dietary changes, and keeping track of symptoms and their links to specific foods, such as a low fermentable oligo-, di-, and monosaccharides and polyols (FODMAPs) diet, can help.²¹ Legumes (beans) and cruciferous vegetables including broccoli, Brussels sprouts, cabbage, and cauliflower are gas-producing foods. Many foods that contain poorly absorbed carbohydrates, which ferment in the bowel and cause bloating and gas, are excluded from low FODMAPS diets. FODMAPS-containing foods include dairy products, a variety of fruits (including apples, cherries, mangoes, pears, and melons), and grains (including barley, rye, and wheat). IBS sufferers may benefit from short trials of gluten and lactose avoidance.²¹ Dietary fiber's roles in IBS are debatable. Ispaghula, oats, and psyllium are soluble fibres that may help with general IBS symptoms. Insoluble fibres like bran may help with constipation, but they also exacerbate other IBS symptoms like bloating. Encourage patients to drink more water while gradually increasing their dietary fiber intake to minimize bloating and gas.²³

According to Ayurveda Management of *Grahani Roga*²⁴

1. The first is *Dosha Shodhana*, in which vitiated *Doshas* are expelled from the body. Acharyas recommend this method because when *Doshas* are expelled from the body, the sickness is not only treated, but the chances of recurrence are also eliminated.
2. Various *Deepana- Pachana* medications are detailed in the classics for this condition, followed by a light diet regimen and eventually the patient being switched to a regular diet. The sutra used by different Acharyas to treat '*Grahani Roga*' is similar to *Ajirna* or *Atisara*. As a result, much thought must be given to the treatment of these disorders, as well as the rationale behind them. To begin with, Acharyas have said unequivocally that medications are of little help in *Awasthas* influenced by *Amadosha*, such as *Ajirna*,

because the digestive power is incapable of digesting both food and medicines.

3. Only *Apatarpana*, which comes in three varieties and should be provided by a physician after a thorough examination and investigation of the patients, can heal diseases caused by *Amadosha*.
4. The three types of *Apatarpana* are *Langhan*, *Langhan-Pachana* and *Shodhana* or *Avasechanam*. Indications of these are: *Alpa ama dosha langhanam*, *Madhya amadosha langhan pachanam*, *Prabhoota amadosha avasechanam*. In all the diseases
5. *Nidana Parivarjanam*, is given due importance along with *Laghu Aahar* i.e. easily digestible food. The treatment of *Grahani Roga* should proceed on the full recognition of *Agnidusti*. *Grahani Roga*, represents the *Dushti* and *Dosha* of *Annavaha Srotas*, with the obvious implication that, in either case, there is the manifestation of *Amadosa* and *Sama*.

Dietary modification

1. Dietary changes that promote good eating habits improve *Agni* and reduce the risk of *Grahani*.
2. Meal should be consumed at regular intervals.
3. Junk foods, allergic foods and food difficult to digest should be avoided.
4. Ayurveda recommends a balanced diet as part of *Sansarjana Krama*, as well as a regular food plan based on the *Prakriti* of the individual. As a result, *Grahani's* patient was advised to follow the *Sansarjana Krama* eating pattern.
5. *Abhojanat*, *Ajeernabhojanat*, *Attibhojanaat*, *Visamasanat*, *Asatmya*, and *Sandusta Bhojanat* should all be avoided. Preparation and consumption of unhygienic food articles.
6. *Virudha-ahara* must be avoided; means one should consume diet as per his/her internal constitution by following concept of *Desha* and *Kala*.
7. Diets which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency

*Ahara Dravyas Recommended for Grahani Patients*²⁵ (Table 1)

DISCUSSION

Grahani is an *Annavaha srotas* sickness linked to *Agni* and a particular way of life.²⁶ *Agni* and *pitta* have similar characteristics. Sushrut acharya considers *Pittadhara Kala*, which is located halfway between *Amashaya* and *Pakwashaya*, to be *Grahani*.²⁷ He termed *Grahani* the seat

of *pachaka pitta* and the site of *agni* because of its ability to retain (*grahant*) the downward passage of food. It is placed above the *nabhi* and is maintained and nourished by *agni's* strength. Because *Grahani* and *Agni* have a reciprocal and interdependent relationship, *adharadheya bhava* exists. *Grahani roga* is a *tridoshatmaka* digestive illness caused by vitiation of the *pachaka pitta*, *saman vayu*, *apana vayu*, and *kledaka kapha doshas*. The functional relationship between regular *vata* and *agni* is significantly disrupted. Ayurvedic medicine's *Grahani roga* may be linked to IBS to some extent.²⁹ *Pittadhara kala* is considered by *Sushrut acharya* to be *Grahani*, the seat of *pachaka pitta*, which accepts and retains dietary ingredients. Because vitiation in *medha* (psychological function) contributes to *Grahani roga*, it may be argued that vitiation in *medha* (psychological function) contributes to *Grahani roga*. Psychological factors may play a role in the development of IBS. Ingestible meal indigestion is the result. Ayurveda revealed a very effective drug and process that provides a lasting cure while also boosting health and avoiding dietary changes.

CONCLUSION

For *Grahani* patients, the 28 *Ahara Dravyas* of various classes can be recommended. Also, with good nutrition planning, precautions must be taken to avoid *Grahani*. It is obvious that if a person consumes food without following the proper process, he will quickly succumb to ailments such as irritable bowel syndrome, which is caused by *Grahani* vitiation as a result of his uncontrolled behaviors. With the support of Ayurvedic diet principles, we can restore regular bowel habits, enhance patients' overall nutritional status, and lessen the problems of irritable bowel syndrome.

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Flow Chart 1 SAMPRAPATI OF GRAHANI DOSHA¹⁸

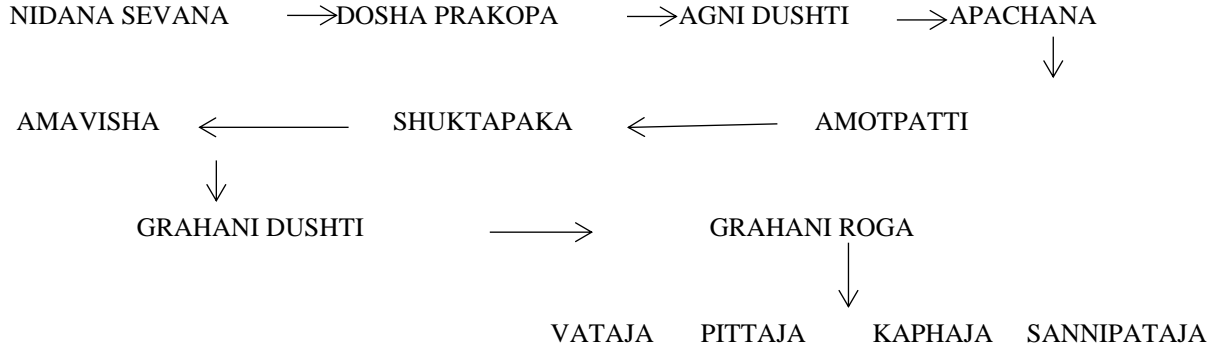


Table 1 Ahara Dravyas Recommended for Grahani Patients²⁵

English Name]	Sanskrit Name	Rasa	Veerya	Vipaka	Guna
Rice	<i>Shashtika</i>	<i>Madhura</i>	<i>Sheeta</i> (cold in potency)	<i>Madhura</i>	<i>Laghu, Snigdha</i> (unctuous)
Green Gram	<i>Mudga</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i> (creates dryness), <i>Grahee</i>
Horse Gram	<i>Kullatha</i>	<i>Kashaya</i>	<i>Ushna</i> (hot in potency)	<i>Katu</i>	<i>Laghu, Sara</i> (mild laxative)
Goat Curd	<i>Chag Dadhi</i>	<i>Amla</i> (sour)	<i>Ushna</i>	<i>Amla</i>	<i>Laghu, Grahee, Deepana Butter</i>
Butter	<i>Navneeta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Grahee, Snigdha, Agnikrit</i> (stimulates Agni)
Cow Ghee	<i>Gavyaghrit</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru</i> (difficult to digest), <i>Rochana</i> (enhances taste perception),
Honey	<i>Makshika</i>	<i>Madhura</i> <i>Kashaya</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu, Ruksha, Grahee, Deepana</i>
Bengal Quince	<i>Bilva</i>	<i>Katu</i> <i>Kashaya,</i>	<i>Tikta</i>	<i>Ushna</i> <i>Katu</i>	<i>Laghu, Snigdha, Grahee, Deepana,</i>
Pomegranate	<i>Dadima</i>	<i>Kashaya</i> <i>Madhura</i>	<i>Amla</i>	<i>Anushna</i>	<i>Madhura /Amla Laghu, Snigdha, Grahee</i>
Banana	<i>Kadalee</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Vishtambhee</i> (restraining)