Abstract-

According to Ayurveda Grahanī is a seat of Agni. It retains the food till the food is fully digested and then passed it into pakwashaya. Functionally weak agni i.e. Mandagni causes improper digestion of ingested food & leads to Grahanī Dosha. In Grahanī Dosha, mala is released in undigested Form. When Agnidushti occurs, its results in Avipaka, Ajirna and this further damage the Agni. Agnidushti causes Shuktapaka of Ahara, it further disturbs the Agni. The role of Pathya Ahara (diet) is very important, while treating the every disease but while treating the patient of the Grahanī Pathya Ahara play an important role because Grahanī occurs due to impaired digestive system and it occurs due to faulty eating habits.

Keywords: Agnidushti, Grahanī Dosha, Pathya Ahara
INTRODUCTION

In Ayurveda, Ayu is defined as union of body, soul, mind and senses. Each has been given due importance in the maintenance of health and in prevention and cure of diseases. A balanced diet and regular exercise are the keys to good digestive health. But in current era, faulty dietary habits, sedentary life style and stress are main causative factors for diseases. People eat a lot of junk and highly processed food with preservatives which contributes significantly to indigestion and irritable bowel. All these disturb the function of digestion and absorption, leads to many digestive disorders. Ahara has been given the prime importance since Vedic period. Acharya Kasyapa says that health is dependent on food; he also considers food as Mahabhesaja. Acharya kasyapa also says that “no medicine is equivalent to food; it is possible to make a person disease free with just proper diet”.

RELATIONSHIP BETWEEN AGNI AND GRAHANI

SAMPRATI OF GRAHANI DOSHA

Functionally weak Agni i.e. Mandagni causes improper digestion of ingested food, which moves either in Urdhva or Adha - Marga; when it goes in Adho-Marga, then it leads to Grahani Gada i.e. Grahani Dosha. Grahani and Agni have Ashraya- Ashrita type of relationship. Grahani is Ashraya and Agni is Ashrita. The impairment of Grahani will impair the functional aspect of Agni and vice versa.

ETIOLOGY OR NIDANA OF GRAHANI

Aharaja (Dietary habits)- Abhojana (fasting), Ajirna (eating during indigestion), Atibhojana (over eating), Vishamasana (irregular eating), Asatmya (unwholesome food), Guru Bhojana (heavy food), Shita Bhojana (cold food), Atiruksha Bhojana (dry and rough food), Dushta Bhojana (unctuous and polluted food)

Viharaja(way of living)- Vega vidharan, (suppression of natural urges), Desha, Kala and Ritu veshayam

Manashika- Shoka, kama, krodha, bhaya etc.

Nidana Sevana
↓
Dosha Prakopa
↓
Agni Dushti
↓
Apachana ↓
Amotpatti ↓
Shuakta-paka ↓
Amavisha ↓
Grahani Dushti ↓
Grahani Dosha ↓

Vataja Pittaja Kaphaja Sannipatja

**PURVA RUPA OF GRAHANI DOSHA**

*Trisna* (excessive thirst), *Alasya* (lethargy), *Bala Kshaya* (loss of strength), *Vidaha* (burning sensation after food), *Chirat Annapaka* (delayed digestion) and *Hayasya Gauravam* (heaviness of the body)

**RUPA OF GRAHANI DOSHA**

*Ama mala* (sticky stool), *Pakvam* (digested food), *Vibadadhga mala* (hard stool), *Atisrishta-mala* (Frequency of stool) and *Muhur Dravam* (expel liquid form of stool), *Trisna* (excessive thirst), *Aruchi* (anorexia), *Vairasya* (bad taste in the mouth), *Praseka* (excessive salivation), *Chardi* (vomiting) and *Lauha Gandhika Tiktamla Udgara* (metallic or fleshy odour and bitter and sour belching) are the symptoms presented in gastrointestinal tract, *Tamah* (feeling of darkness), *Sunapadakara* (oedema in hand and feet), *Asthiparva Ruk* (pain in bone joint), *Jvara* (fever).

**CRITERIA’S OF SELECTION OF PATHYA AHARA FOR GRAHANI DOSHA**

There is nothing other than Ahara for living beings alive. Acharya Charaka has also proclaims that the biological body is born out of the *Ahara* i.e. the diet and all the diseases too are produced due to
unwholesome diet- "Aharasambhavam vastu Rogashcaturasambhavah". Almost all Acharyas have same opinion about the management of Grahani dosha. They all says Deepan, Pachan and Langhan chikitsa is first line of treatment of Grahani Dosha. Because Agnimandhya is important factor in the Samprati of Grahani Dosha so it treated for Agnivardhana. Mainly Tikta, Katu, Kashya, Rasa , Laghu, Tikshna, Grahi Guna, Katu Vipaka , Usna Veerya drugs have been mentioned by the Acharyas.

Properties of Ahara dravyas which were selected for Grahani Dosha

AHARA DRAVYAS FOR GRAHANI DOSHA

<table>
<thead>
<tr>
<th>Grains</th>
<th>rice, wheat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulses</td>
<td>masoor, moonga, motha, arahara</td>
</tr>
<tr>
<td>Vegetables</td>
<td>kamalkanda, changeri, hara dhaniya, choulai, gajara, parvala, bathua, mooli, petha, kacha papita kakod, kakadi, karela, lauki, torai, bangan, tinda, patta gobhi, pyaja</td>
</tr>
<tr>
<td>Fruits</td>
<td>Meetha anara, kacha bilva, neembu, binjora neembu, kamarakha, imli, naspatti, kokama, kacha nariyal, aadu,</td>
</tr>
<tr>
<td>Milk and dairy products</td>
<td>Cow’s milk and ghee, butter, butter milk, shrikhanda</td>
</tr>
<tr>
<td>Salad</td>
<td>Gajar, mooli</td>
</tr>
</tbody>
</table>

- Deepana, Pachana and ruchikarka drvyas.
- Mainly, Katu, Tikta and Kashaya Rasa predominant Drvyas.
- Vata, Pitta and Kaphashamaka Drvyas
- Drvyas have tikshna property and Usana veerya
- Laghu, Snigdha and Grahai Drvyas
- Typically Grahani Dosha Nashakam Drvyas
DISCUSSION

There is nothing else except Ahara for sustaining the life of living beings. One is make man disease-free only with the congenial diet. Acharya Kashyap also considered Ahara as Mahabhesjya\textsuperscript{vii}. Acharya Lolimbaraja has given a very important concept regarding Pathya-Apathya. He says that when a person adheres to proper diet (pathya) why does he need any kind of medication? When a person does not follow a proper diet regimen what is the use of medicine\textsuperscript{viii}. So above concept shows that the Pathya Ahara is very important in to maintain health as well as treat the any kind of disease. The properties of Amla and Katu Rasa are Agnideepana, Pachan, Rochan, relives in anorexia, increases appetite, and digests food Usna and Laghu etc. Tikta Rasa is also have Deepan, Pachana, Laghu and Sheet properties. These properties are also help in reduction of Amadosha and stimulate the Jatharagni. Grahai property of Ahara Dravyas also stops the Atipravriti type of Srotodusti.

CONCLUSION

Grahani is a disease of Annavaha and purishavaha Srotasa related to Agni and Ama. Main causative factor for manifestation of Grahani Dosha is vitiation of Agni i.e. Mandagni, Tikashanagni and Vishamagn. Mainly Mandagni is responsible for it. The first line of treatment of Grahani Dosha is Deepana and Pachana. So it can be conclude those Ahara dravyas having Deepana, Pachana properties should be given in Grahani Dosha. Pathya Ahara plays an important role in the treatment of Grahani Dosha.
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