

**GRAHANI DOSHA IN CHILDREN AND ITS AYURVEDIC MANAGEMENT****Dr. Promila Mohar Singh Thakur\*<sup>1</sup> and Dr. Dattatrya B. Chavan<sup>2</sup>**<sup>1</sup>PG Scholar, Dept of Kaumarbhritya, Govt Ayurved College, Nanded, Maharashtra.<sup>2</sup>MD, Asso. Prof., Dept of Kaumarbhritya, Govt Ayurved College, Nanded, Maharashtra.**\*Corresponding Author: Dr. Promila Mohar Singh Thakur**

PG Scholar, Dept of Kaumarbhritya, Govt Ayurved College, Nanded, Maharashtra.

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**ABSTRACT**

In Ayurveda, Grahani dosha is one of the Ashtomahagada.<sup>[1]</sup> On the basis of signs and symptoms, it can be correlated to irritable bowel syndrome of modern science. Diseases of digestive system constitute a major health problem in India. Digestive diseases affect the person at the prime period of life i.e., children during the crucial stage of growth and development by hampering proper nutrition. Grahani is the seat of Agni (Digestive fire). Grahani and agni are interrelated.<sup>[2]</sup> Normally it retains the food till it is fully digested and passes it to the Pakwashya. Grahani is the disease of cinical importance in this modern era because of improper dietary habits and streeful life style. Today's life style and stress leads. To vitiation of doshas and weakness of agni, so grahani releases undigested food which is fermented. It is called Ama.<sup>[3]</sup> Ama production leads to Grahani dosha. Grahani dosha is due to functional derangement of Grahani. Grahani roga is advanced stage of it. Grahaniroga is common problem in childhood due to over eating, more ingestion of cool (ice cream), heavy, dry, fried food and changing lifestyle. Agnimandya is the main factor in the samprapti of grahani dosha. So grahani roga can be managed by Agnivardhana deepana and pachana drugs and change in life style.

**KEYWORDS:** Grahani, Agni, Grahani dosha, Grahani roga, Deepana, Pachana.**INTRODUCTION**

Ayurveda means the science of life. Ayu is defined as conjugation of body, mind and soul. Ahar, Nidra and Brahmacharya are the three pillars of life. They all contribute to good health if they are in balanced state. But in today's time there are faulty dietary habits and changing lifestyle (improper Ahar and nidra). These faulty dietary habits generally go unnoticed and hamper the growth and development of child and produce chronic illness. Grahaniroga is common problem in childhood due to over eating, more ingestion of cool (ice cream), heavy, dry, fried food and changing lifestyle. The child is with mother whole day, she thinks that her child is not eating and she forces the child eat more.

*"Kshiramadasya balsya Prayenaharsankrad,  
Bhavtyaaniyatoagni...."*<sup>[4]</sup>

Children generally have irregular Agni, it can be vitiated easily by above food habits and life style. All these disturb the function of digestion and absorption. These digestion and absorption related problems lead to malnutrition and hamper growth of child, these all are covered under grahanidosha. Grahaniroga is due to functional derangement of Grahani. Grahaniroga is advanced stage of it. Most of the digestive diseases are chronic and lead to more disability. Grahaniroga is the disease of G.I tract and is related with agnidushti. Grahaniroga is explained in Bruhatrayee as well

laghutrayee along with management. In ayurvedic text it is one of the main disorder of G.I. tract. Grahani roga is Tridoshatamka, there is vitiation of Pachakagni, Samanvayu and kledka kapha. It presents with symptoms like muhurbadhha-muhurdrava<sup>[5]</sup>, malapravriti, udarshoola, aamyukta malapravriti, arochaka etc.

In today's time due to busy schedule diet timing and sleep timing changes due to parents working in night shifts, due to increased use of electronic devices the life style is becoming more sedentary also one is always under tremendous stress. All these factors leads to vitiation of sharirik doshas like vata, pitta and kapha and mansik doshas like rajas and tamas. The vitiation of above doshas lead to agni dushti, which in turn leads to many diseases. Vata is vitiated by cold, dry and light food. Pitta is vitiated by fried food, spicy food, kapha is upset by cold, heavy and moist food such as ice cream etc.

**Etymology:** The word Grahani is derived from Dhatu 'Graha' which means to hold (shabdakalpadrum). Grahani is the specialized part of Mahasrotas.

*"Grahanya roga grahani roga"*<sup>[6]</sup>

Agni dushti in Grahani dosha-The Grahaniroga is mainly caused by Agni Dushti. Grahani and Agni have Ashrya – Ashrita type of relationship. As said in Ayurveda Rogasarvepimandagnou<sup>[7]</sup>

As the Mandagni is the root cause of diseases of Gastrointestinal Tract. It leads to symptoms like Atishrusta and Vibadha mala pravrti, Jwra, Udgara and Arochaka.

#### Nidana

“Atimatra ashnam Ampradosha hetunam.  
Ajeerna Adhyashanam Grahani Dushnam<sup>[8]</sup>”

Over eating is one of factors of creation of Ama. Majority of patients take biscuits, chocolates, kurkure, sweets such as ice cream, wafer, curd, tea and bakery items frequently in their whole diet. Vishamashna is an Aahraya nidana. Chinta (fear of doing home work, being away from mother) as mansika nidana. These are responsible for Agni vaishmya. Agni is moola of life – plays role in biotransformation.

#### Purvarupa

Balakshya, Trishna (excessive thirst), Aalsya (infaction), Ana vidaha (burning sensation) Chirpaka (delayed digestion), Kayagaurava (heaviness of body).<sup>[9]</sup>

**Rupa:** Muhurbaddha, muhurdrava mala pravriti is found in patient generally. Frequency of stool is 3-4 times per day. The observation shows that this is due to vitiation of Agni. It doesnot digest light food and Anna becomes Vidagdha. It moves downwards as pakva and Apakva.<sup>[10]</sup>

People with Grahani have extra sensitive nerves and muscles in bowel because of vitiated Pitta and Vata. Attack of diarrhoea may occur at interval of fortnight, a month, 10 days, even daily.

Arochaka (tastelessness), Vairsya (altered taste in tongue), Praseka (nausea), Chhardana (vomiting).<sup>[11]</sup>

#### Triggering factors

Spicy food, alcohol, stress, hormones, illness.

#### Prevention

Dietary restriction- regarding food habits and life style and to avoid the causative factors like vishmashan, sheeta jala sevan, adyashana.

#### Chikitsa

“Sarvath deepanam sarv grahaniroginam hitam”<sup>[12]</sup>

The treatment principle lies in enhance the potency of Agni, thereby reducing the formation of Ama dosha. Ayurvedic medicines are capable of regularising the Agni to normalacy by Deepana and Pachana. All the treatment modalities used in Atisara should be used in Grahani roga.<sup>[13]</sup>

Diseases can only be considered or cured when Agni is balanced without use of external, medicine. Generally agnivardhan chikitsa is done. Dose of medicine is decided on the basis of vaya and bala of the child. The Ahar should be laghu and supachya.<sup>[14]</sup>

#### Formulation used in treatment of Grahani dosha

Mainly medicines having Deepna and pachna property are used like hingvadi churna, Shatapalaghrita<sup>[15]</sup>, Aamlaki churna, Pippali churna, Panchkola churna, Kshardvya churna Mridvikarishta<sup>[16]</sup>, Chitrakadi vati, Takrarishta.

#### Pathyapathya

Ahara-Takra, Mudga, Masura, Dadima.

Vihara- Langhana, Chhardan.

Apathaya- Ahara- Guru anna, Dugdha, virudha bhojana.

Vihara- Atap sevan, Ratrijagrana.

#### CONCLUSION

Nutrition is major concern to mankind. Proper nutrition is essential for growth and development. Diseases of digestive system constitute a major health problem in India. Most of the digestive diseases are chronic and lead to more disability. Grahani dosha is the disease of G.I tract. It is the disease related with agnidushti. This disease is due to faulty dietary habits and changing lifestyle. Such disorder can be managed by considering Ayurvedic concept of Agni and administering Deepana and pachana medicines along with proper pathya apthya and change in life style. Reducing the sedentary life style and following proper Dincharya, Aahar and Vihar can be of great use in its prevention.

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