

An Observational Study of *Grahani Roga* as a Lifestyle Disease and its *Hetus* with Special Reference to Role of *Agni*

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Abstract:

Introduction- *Grahani Roga* is a disease related to the gastrointestinal tract. In the present era of fast food, irregularity in diet, sedentary lifestyle and tremendous mental stress; psychological factors like *Kama*, *Krodha*, *Shoka* etc. leads to *Agni Dusti* (*Mandagni* or *Vishmagni* or *Tikshnagni*-collectively it is called *Grahani Dosha*). **Aim-** To study the *Grahani Roga*.and its *Hetus* with special reference to *Agni Dushti*. **Objectives-** 1. To assess the role of *Agni* in *Grahani Roga*. 2. To study different *Hetus* associated with *Grahani Roga*. **Methodology-** Participants in the adolescent age group with classical sign and symptoms of *Grahani Roga* (*Amavastha*), i.e. *Muhu Baddha* and *Drava Mala Pravritti*, *Apachana*, *Udara Shoola*, etc. were randomly selected. **Observations-** Out of total study subjects, 81.66% subjects were having weak *Jaran Shakti* suggestive of *Agnimandya*. *Ati Katu Ahara* 76.66 % was the most common factor under *Aharaja Nidana* causing *Agnimandya*. In the adolescent age group, people usually do *Adhyashana*, *Vishamashana*, *Ratrijagaranam*, and *Diwasvapana*, which leads to *Tridosha Dushti* – mainly *Samana Vayu*, *Pachaka Pitta*,

and *Kledaka Kapha*, and also tension or anxiety is prevalent, leading to *Agni Dushti* and finally, *Amavastha* of *Grahani Roga*. **Conclusion-** *Mithya Aahara Vihara* is the main cause of the *Agni Dushti*, which leads to *Ama Dosha* and finally, it results in *Grahani Roga*.

Keywords: *Grahani*, *Hetu*, *Aganimandya*, *Ama Dosha*, *Amavastha*

Introduction

Adolescent period is considered as the period of rapid growth and development, as it is the crucial stage of establishing future. Gastro-intestinal disorders including *Grahani Roga* shows high prevalence in this age group; as diseases of digestive system constitute a major problem in India. Digestive system diseases commonly seen in the persons at the prime period of their life i.e. in the young; most productive age group of the life. This condition is seen more in adolescents due to faulty dietary habit and changing lifestyle. *Grahani Roga* is a disease with the *Agni Dushti* related with gastrointestinal tract. [1]

In the present era of fast & junk food, there is change in dietary pattern as well as diet timings and also life style is sedentary. In addition to change in diet and

lifestyle, one is always under tremendous mental stress or anxiety. All these causes disturbances in the digestive system, which results into many gastrointestinal tract related diseases, amongst which digestion and absorption disorders constitute an important group.

Grahani and *Agni* are interdependent. Functionally weak *Agni* i.e., *Mandagni*, causes improper digestion of ingested food, which leads to *Ama Dosha*. This *Ama Dosha* is a root cause of most of the diseases. It has pivotal importance in the pathogenesis of *Grahani Roga*. *Grahani Roga* is considered under eight major diseases. [2]

It has rightly been said by *Vagbhata* that all the ailment of body, especially diseases of alimentary tract arises due to the malfunction of *Agni*. Irritable Bowel Syndrome (IBS) is also one such disease which occurs due to the ingestion of unwholesome diet causing disturbances in *Agni*. Psychological factors like *Kama*, *Krodha*, *Shoka* etc. leads to *Agni Dusti* (*Mandagni* or *Vishmaghi* or *Tikshnagni*-collectively it is called *Grahani Dosha*) [3]

So the present study is carried out to find out some *Hetus* with reference to *Agni* and thereby *Agnimandya* causing *Grahani Roga*.

Aim- To study the *Grahani Roga*.and its *Hetus* with special reference to *Agni Dushti*.

Objectives- 1. To assess the role of *Agni* in *Grahani Roga*.

2. To study different *Hetus* associated with *Grahani Roga*.

Methodology

Study design- Descriptive Observational Study

Selection of participants: The participants in the adolescent age group between 10 to 19 years were selected. In total 60 participants were selected for the study.

Study sampling- Purposive convenient sampling

Study place- Adolescents attending our Out Patient Department.

Study tool: The patients with classical sign and symptoms of *Grahani Roga* (*Amavastha*), i.e. *Muhu Baddha* and *Drava Mala Pravritti*, *Apachana*, *Udara Shoola*, *Vishtambha*, etc. were randomly selected and interviewed irrespective of their gender, religion, education, occupation, etc by using a proforma consisting of all the relevant points from Ayurvedic and modern perspectives for proper diagnosis and assessment of the study subjects.

Inclusion criteria-diagnostic criteria: All the study subjects were diagnosed by *clinical examination* based on classical signs and symptoms of *Grahani Roga* (*Amavastha*) and same are included in the study. Informed consent from participant was obtained before the start of the study.

Exclusion criteria: Participants suffering from acute or chronic diarrhea, ulcerative colitis, gastric and peptic ulcer, intestinal tuberculosis, uncontrolled Diabetes Mellitus and Hypertension were excluded.

Result and discussion

Table 1- Distribution of study subjects as per their *Dashvidh Pariksha* (n=60)

<i>Dashvidh Pariksha</i>		Frequency	Percentage
<i>Deha Prakriti</i>	<i>Vata-Pitta Pradhana</i>	33	55
<i>Manasa Prakriti</i>	<i>Raja Pradhana</i>	35	58.33
<i>Sara</i>	<i>Madhyama</i>	39	65
<i>Samhanana</i>	<i>Madhyama</i>	43	71.66
<i>Pramana</i>	<i>Madhyama</i>	44	73.33
<i>Satva</i>	<i>Madhyama</i>	41	68.33
<i>Saatmya</i>	<i>Madhyama</i>	45	75

	<i>ama</i>		
Vyayama Shakti	Madhyama	38	63.33
Abhyavaharana Shakti	Avara	47	78.33
Jarana Shakti	Avara	49	81.66

Table 1 shows distribution of study subjects as per the their *Dashvidh Pariksha*. It was found that out of total (60) participants, 49 (81.66%) subjects were having less *Jarana Shakti* suggestive of *Agni mandya*. We found that out of total study subjects studied, total 33(55 %) subjects were having *Vata-Pitta Pradhan Deha Prakriti*.

Figure 1- Distribution of study subjects as per their *Dashvidh Pariksha* (n=60)

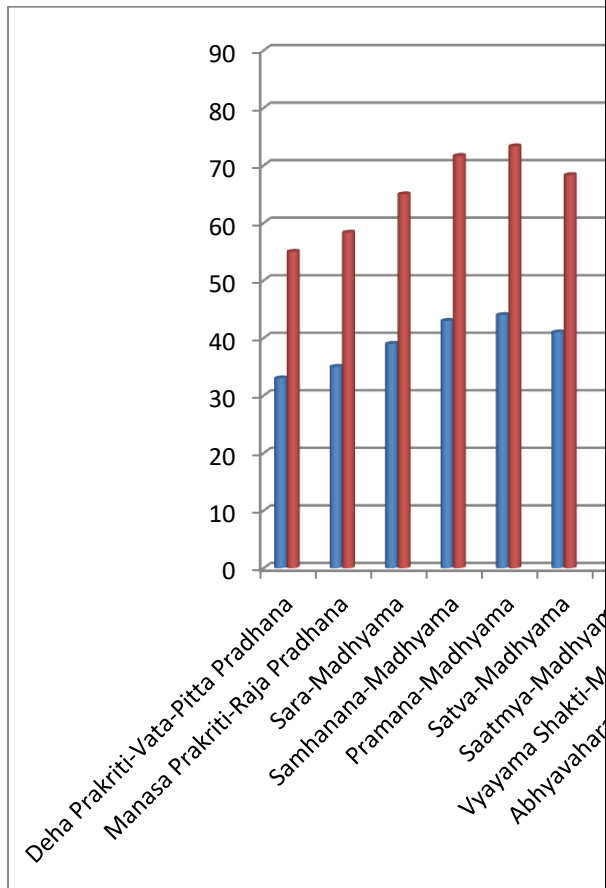


Table 2. Distribution of study subjects as per etiological factors causing *Grahani Roga* (n=60)

Etiological factors		Frequency	Percent age (%)
Ahara ja Nidana	Ati Katu Ahara	46	76.66
	Ati Snigdha Ahara	33	55
	Ati Amla Ahara	34	56.66
	Ati Guru Ahara	36	60
	Ati Sheeta Ahara	28	46.66
	Ati Ruksha Ahara	42	70
	Ati Ambupana	21	35
	Vishamashana	35	58.33
	Viharaja Nidana	31	51.66
	Vega Vidharana	29	48.33
Manasa Nidana	Ratrijagarana	47	78.33
	Ati Vyayam	24	40
	Chinta	41	68.33
	Shoka	31	51.66
	Krodha	39	65
	Bhaya	26	43.33

Table 2. showing distribution of study subjects as per the etiological factors i.e. *Aharaja*, *Viharaja* and *Manasa Nidana* causing *Grahani Roga*. It was found that *Ati Katu Ahara* 46 (76.66%) was found to be the most common and *Ati Ambupana* 21(35%) was found to be the least common *Aharaja Nidana* factor causing *Agnimandya*. In *Viharaja Nidana*, total 47(78.33%) subjects were habitual of *Ratri jagarana* and *Ativyayam* was found in least proportion 24(40%). In *Manasa Nidana*, *Chinta* was the most dominant factors found in 41(68.33%) and *Bhaya* in case of 26(43.33%).

Table 3. Distribution of study participants according to their personal dietary history (n=60)

Personal dietary history	Frequency	Percentage
Vegetarian	35	58.33
Non Vegetarian	11	18.33
Mixed dietary pattern	14	23.33
Katu Rasa Ahara	48	80
Ushna Guna Pradhana Ahara	37	61.66

Table 3. Shows distribution of study subjects as per their personal dietary history. When asked about diet preference, 35(58.33%) said that they like to eat veg food, 11(18.33%) were liking non-veg food and 14(23.33%) were found to prefer mixed dietary pattern of meals. Out of total 60, total 48 (80%) subjects prefers *Katu Rasa Ahara Sevan* and only 37 (61.66%) were taking *Ushna Guna Pradhana Ahara*,

Table 4. Distribution of study participants as per the clinical features of Grahani Roga(n=60)

Clinical features	Frequency	Percentage
Muhu Baddha & Drava Mala Pravritti	47	78.33
Apachana	46	76.66
Udara Shoola	41	68.33
Udara Guarava	39	65
Atop	28	46.66
Vidaha	31	51.66
Vistambha	33	55
Aalasya	22	36.66
Praseka	20	33.66

Table 4. Shows distribution of study subjects as per the clinical features of *Grahani Roga*. It was found that *Muhu Buddha & Drava Mala Pravritti* 47(78.33%) is that most common symptoms. *Apachana* was found in 46 (76.66%) of study subjects. *Praseka* 20(33.66%) was the least common symptoms found to be associated with *Grahani Roga*.

Discussion

We have selected adolescents age group for the study, as in this age group people tends to do *Adhyashana*, *Vishamashana*, *Ratrijagarana*, and *Diwasvapana*, which leads to *Tridosha Dushti* – mainly *Samana Vayu*, *Pachaka Pitta*, and *Kledaka Kapha*, and also tension or anxiety is much seen in this age group, which leads to *Agni Dushti* and finally, it leads

to *Amavastha* of *Grahani Roga*. Maximum patients were doing either *Pramitashana* or *Vishamashana*, both lead to *Ama* formation; finally, it results into occurrence of disease.[4]

In the present study, majority of patients were anxious and habitual of *Ratrijagarana* and *Diwasvapana*, which leads to *Agni Dushti* and it finally results into *Amavastha* of *Grahani Roga*. Thus, *Mandagni* results into vitiation of *Dosha*, leading to *Ama* formation which play a vital role in *Samprapti* of *Grahani Roga*. [5] Acharya Charaka has rightly mentioned that *Agni* is examined by *Jarana Shakti*. [6] Maximum patients were having *Avara Jarana Shakti* and *Avara Abhyavaharana Shakti* which indicates *Jatharagnimandya* this signifies the importance of *Agni* i.e., *Mandagni*, in the pathogenesis of *Grahani Roga*.

As per the *Aharaja Nidana*, most of the subjects were taking *Ati Katu*, *Ati Ruksha*, *Ati Snigdha Ahara*, *Vishamashana* etc. This is responsible for vitiation of *Dosha*, which leads to *Agni Dushti* and formation of *Ama* that results into disease occurrence. *Ratrijagarana*, *Diwasvapana*, *Vega* *Vidharana* were observed as *Viharaja Nidana* in most of the patients; all these are responsible for improper digestion and vitiation of *Doshas* which in turn leads to *Amavastha*.

In the our study, chief complaints like, *Muhu Baddha* and *Drava Mala Pravritti*, *Apachana*, *Udara Shoola*, *Udara Gaurava*, *Atopa*, *Vidaha*, *Vistambha*. etc. were found. Faulty dietetic habits, mental disturbances, sleeping pattern, etc. are the leading etiological factors. Due to these causative factors there is vitiation of *Tridosha* and by these *Agnidushti* is vitiating the *Grahani* that finally results into the symptoms of *Grahani Roga*.

Conclusions

1. It is concluded that, *Mithya Aahara Vihara* is the main cause of the *Agni*

Dushti, which leads to *Ama Dosha* and finally it results into the *Grahani Roga*.

2. *Grahani Roga* is due to functional derangement of *Grahani*. Faulty dietary habit and changes in the life style are main etiological factors responsible for *Dosha Dushti* resulting in *Agnimandya*.

3. As *Grahani* and *Agni* are interdependent; all the etiological factors of *Agni Dushti* are the direct cause of *Grahani Roga* which is considered as one of the chronic diseases.

4. If the proper care is not taken, it will hamper adolescent growth and development. *Pathyapathya* plays an important role in the prevention of *Grahani Roga*.

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Conflicts of interest- None

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