

**“AN AYURVEDIC PERSPECTIVE ON VATIK GRAHANI ROG W.S.R.
TO I.B.S.”**

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ABSTRACT

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❖ INTRODUCTION

Functional Gastrointestinal disorders are extremely common and are defined by the absence of structural pathology. IBS is a functional bowel disorder in which abdominal pain is associated with defecation or a change in bowel habit. Irritable bowel syndrome (IBS) is a Somatoform autonomic dysfunction. Somatoform autonomic dysfunction. Referable to bodily organs which are largely under the control of the autonomic nervous system and IBS is most common from this type of diseases.^[1]

IBS is the most common of all digestive disorder, affecting nearly everyone at one time in their life. IBS is the most common cause of gastrointestinal referral and accounts for frequent absenteeism from work and impaired quality of life. IBS is more common in young women 2-3 times more often than men. this is wide overlap with non-ulcer dyspepsia, chronic fatigue syndrome, dysmenorrhea an urinary frequency. there is also a significant history of physical or sexual abuse, in these patients.

In the ayurvedic samhitas IBS can correlate with “VATTIK GRAHANI-ROG” -

Definition of *Grahani* (organ) and *Grahani* rog (disease):-

अग्न्यधिष्ठानमन्नस्य ग्रहणाद्ग्रहणी मता

नाभेरुपर्यह्यग्निबलेनोपष्टब्धोप बृंहिता ||56||

अपक्वं धारत्यन्नं पक्वं सृजति पार्श्वतः

दुर्बलाग्निबला दुष्टा त्वाममेव विमुञ्चति||57||

Grahani (duodenum, first part of intestine), which is the site of Agni (digestive enzymes), is called so, because of its power to restrain (*Grahanat*) the downward movement of food. It is located above the umbilical region and is supported and nourished by the strength of Agni.

Normally, it restrains the downward movement of undigested food and after the digestion it releases the food through its Lumen. In the abnormal condition, when it gets vitiated because of weakness of Agni (power of digestion), it releases the food in undigested form only.

❖ AETIOLOGY

IBS is group of symptoms—including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage. These symptoms occur over a long time, often years. It has been classified into four main types depending on if diarrhea is common, constipation is common, both are common, or neither occurs very often (IBS-D, IBS-C, IBS-M, or IBS-U respectively). It is believed that most patients develop symptoms in response to psychosocial factors, altered gastrointestinal motility, altered visceral sensation or luminal factors.

Aetiology according to ayurveda

Mandagni (weak digestion strength) brings about *vidaha* (semi-digested food) which moves upwards and downwards in gastro- intestinal tract. When the digested and undigested food (*Apaka*) move downward, this condition is called *Grahani*. Here, the food remains in the state of *vidagdha* (partly undigested).

❖ DIAGNOSIS

Physical examination does not reveal any abnormalities, although abdominal bloating and variable tenderness to palpation are common. Diagnostic criteria for diagnosing IBS is at

least 3 days per month in last three months of continuous or recurrent symptoms of abdominal pain or discomfort.

- CBC
 - ESR
 - stool for occult blood series
 - stool for leukocyte, ova, parasites, bacterial pathogens
 - sigmoidoscopy
 - colonoscopy
 - barium enema examination
- RARELY- endoscopy, Abd. CT, Lactose tolerance test, serum amylase, biopsy.

all patients who give a history of rectal bleeding should undergo colonoscopy to exclude colonic cancer or IBD.

Acharya charak mentioned the *Grahani* Poorvaroopa (Premonitory signs and symptoms)

पूर्वरूपं तु तस्येदं तृष्णाऽऽलस्यं बलक्षयः
विदाहोऽन्नस्य पाकश्च चिरात् कायस्य गौरवम्॥ (ch.chi.15/55)

Premonitory signs and symptoms-

Trushna	–	excess thirst
Alasya	–	laziness
Bala kshaya	–	diminution of strength
Vidaha	–	burning sensation
Chirat anna paka	–	delay in the digestion of food and

Kaya Gauravam – heaviness of the body on the basis of these premonitory sign and symptoms, we can diagnose the “grahni-rog”.

❖ CLINICAL SIGN & SYMPTOMS

Most patients alternate between episodes of diarrhoea and constipation but it is useful to classify patients as having predominantly constipation or pre dominantaly diarrhoea. the most common cause of chronic or relapsing diarrhea is IBS. “Colicky “or “cramping” pain in lower abdominal, relieved by defecation, is the most common presentation in IBS. Abdominal

bloating worsens throughout the day, the cause is not known but it is conformed that it is not due to excessive intestinal gas.

- Altered bowel habit
- colicky abdominal pain
- abdominal distension
- rectal mucus
- feeling of incomplete defecation
- associated with a change in consistency of stool.
- associated with change in frequency of stool

According to ayurveda, Signs of Mandagni and Grahani Gada

दुर्बलो विदहत्यन्नं तद्यात्यूर्ध्वमधोऽपि वा||51||

अधस्तु पक्वमामं वा प्रवृत्तं ग्रहणीगदः|

उच्यते सर्वमेवान्नं प्रायो ह्यस्य विदहयते||52||

अतिसृष्टं विबद्धं वा द्रवं तदुपदिश्यते|

तृष्णारोचकवैरस्यप्रसेकतमकान्वितः||53||

शूनपादकरः सास्थिपर्वरुक् छर्दनं ज्वरः|

लोहामगन्धिस्तिकताम्ल उद्गारश्चास्य जायते|| (CH.CHI.15/51-54).

Mandagni and grahni roga leads to below symptoms

- Constipation or diarrhea.
- Trushna – excess thirst
- Arochaka – anorexia
- Vairasya – distaste in mouth,
- Praseka – excessive salivation and
- Tamaka shvasa (asthma),
- Parvaruk – pain in small joints,

- Chardi – vomiting,
- Jwara – fever and
- Udgara – belching, eructation having metabolic smell, smell of ama (undigested food) and bitter and sour tastes.

Grahani Roga Bheda (TYPES)

वातात् पित्तात् कफाच्च स्यात्तद्रोगस्त्रिभ्य एव च।

हेतुं लिङ्गं रूपभेदाज् शृणु तस्य पृथक् पृथक्॥ (CH.CHI.15/58)

Grahaniroga is of 4 types, viz,

Vatika – caused by the aggravation of vata

Paittika – caused by the aggravation of pitta

Kaphaja – caused by the aggravation of kapha and

Sannipatika – caused by the simultaneous aggravation of all the 3 Doshas

Their etiology, signs and symptoms (linga and rupa) are explained below.

Vataja Grahani Nidana, Samprapti, lakshana

कटु तिक्त कषायातिरूक्ष शीतल भोजनैः।

प्रमितानशनात्यध्व वेग निग्रह मैथुनैः॥59॥

करोति कुपितो मन्दमग्निं सञ्छाद्य मारुतः ।

तस्यान्नं पच्यते दुःखं शुक्त पाकं खराङ्गता॥60॥

कण्ठास्य शोषः क्षुत्तृष्णा तिमिरं कर्णयोः स्वनः।

पार्श्वोरुवङ्क्षण ग्रीवारुजोऽभीक्षणं विसूचिका॥61॥

हृत्पीडा कार्श्य दौर्बल्यं वैरस्यं परिकर्तिका।

गृद्धिः सर्व रसानां च मनसः सदनं तथा॥62॥

जीर्णे जीर्यति चाध्मानं भुक्ते स्वास्थ्यमुपैति च।

स वातगुल्म हृद्रोग प्लीहा शङ्की च मानवः॥63॥

चिरादुःखं द्रवं शुष्कं तन्वामं शब्दफेनवत्।

पुनः पुनः सृजेद्वर्चः कास श्वासादितोऽनिलात् [ch.chi.15/59-64]

Causes of Vatik grehani rog

Intake of Katu – pungent, Tikta – bitter, Kashaya – astringent, Rooksha Sheetala bhojana – dry, cold foods, Pramitashana – intake of less of food, fasting, Atyadhva – walking long distance, Vega nigraha – suppression of natural urges and Ati maithuna – excessive sexual intercourse. Because of the above mentioned factors, Vata Dosha gets aggravated and covers (Sanchadya) the suppressed Agni (power of digestion). As a result of this, the food taken by the patient does not get easily digested.

Symptoms of Vatik grehani rog

This leads to acidity and roughness in the body, Kanta Asya Shosha – dryness of throat and mouth, Kshut, Trushna – excessive hunger & thirst, Timira – appearance of darkness in the eyes, Karnayo Swana – abnormal sound in the ears, tinnitus, Parshwa ruk – frequent pain in the sides of the chest, thighs, pelvic region and neck, pain in the cardiac region and neck, Visucika – severe diarrhoea, pain in the cardiac region, emaciation, weakness, distaste in the mouth, sawing pain in the abdomen, craving for (ingredients of food having) all tastes, mental frustration, flatulence after and burning the process of digestion and temporary feeling of relief immediately after the intake of food.

The patient suspects as if he is suffering from Vatik diseases and splenic disorder. He passes stools with difficulty. Stool is liquid mixed, hard stool, thin and associated with ama (mucous), produces gurgling sounds and forth. He voids stool frequently and gets afflicted with cough and dyspnoea. All these signs and symptoms are manifested because of the aggravated Vata Dosha. [ch.chi.15/59-64].

❖ MANAGEMENT

There is no cure in modern medical science, for IBS, their treatment is carried out to improve symptoms. the most important steps are to make a positive diagnosis and reassure the patient. According to contemporary science, the disorders like anorexia, hyperacidity, IBS etc are due to modified lifestyle, irregular food habits & improperly balanced routine, sedentary lifestyle, busy workouts, excessive sitting, standing or travelling, sleep disturbances etc. The best way to manage these conditions by adopting normal healthy lifestyle, regular practice of yoga, pranayam & sadvritta. in patients who fail to respond to reassurance, treatment is tailored to

the predominant symptoms. Elimination diets are generally unhelpful but up to 20% may benefit from a wheat-free diet, some may respond to lactose exclusion and excess intake of caffeine or artificial sweeteners such as sorbitol should be addressed. the role of probiotics has yet to be clearly established.

tricyclic antidepressant therapy improves symptoms in irritable bowel patients. patients with intractable symptoms sometimes benefit from several months of therapy with amitriptyline 10-25mg at night. sideeffects include dry mouth, and drowsiness. 5-HT₄ agonists are also useful.

but most patients have a relapsing course. exacerbations often follow stressful life events, occupational dissatisfaction and difficulties with interpersonal relationship.

In AYURVEDA, Grahani is a syndrome in which agni, the digestive power, is supposed to be at fault, when Agni becomes depressed, ama dosha (undigested waste material) accumulates & it passes in the stool. So aim of treatment should be to enhance the potency of agni, thereby reducing the formation of ama. The root cause of all diseases lies within the process of digestion. When the digestive system is working at its optimum supported by correct lifestyle & correct quality of food as per our individual prakriti the state of health is maintained but when we follow incorrect lifestyle & eating habits ultimately affects the digestive process & leading to formation of ama (toxins). Ancient acharyas understood that good digestion is key to radiant health & sought to understand the mind-body connection. Yoga poses work on soft tissues of the body. When the organs of the digestive system are compressed in poses, stale & waste-bearing fluids in those areas are freed up, the body is better able to eliminate them. When an area is opened or stretched out in a yoga pose, new life-giving nutrients are able to circulate into the cells. In this systemic way, yoga poses message the vital organs associated with the digestive system, stimulate the digestive muscles & increase the peristalsis. Conflict in the mind disturbs the vital life forces (Pancha vayu) that affects the Samana vayu (responsible for digestion) & disturbs the autonomic nervous system. When Samana vayu is disturbed, there is an imbalance in Apana vayu in case of Grahani patients. Disturbed vayu causes imbalance in autonomic nervous system & bowel contractility issues. All these disturbances thought to be onset of Grahani. Yoga postures targeting the lower abdomen would help in relieving the symptoms of Grahani by enhancing bioenergy circulation in & around the intestine. Slow & deep breathing techniques could be used to minimize

physiologic responses to stress by increasing parasympathetic response. What you eat can contribute to digestive problems so eating healthy is solution for all these problems.

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