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A BIRD EYE VIEW ON PATHYA-APATHYA IN GRAHANI ROGA

Pallavi S L¹, P.S Sudhakar Reddy² & Dr Gahnavi C V

¹Post Graduate Scholar, Department of PG Studies in Swasthavritta, JSS Ayurvedic Medical College and Hospital, Mysuru, Karnataka, India.

² Professor and HOD, Department of PG Studies in Swasthavritta, JSS Ayurvedic Medical College and Hospital, Mysuru, Karnataka, India.

³PG Scholar, Department of PG Studies in Swasthavritta, JSS Ayurveda Medical College, Mysuru.

ABSTRACT

Grahani roga is a disease of *Annavaha* and *purishavaha Srotasa* related to *Agni* and *Ama*. *Grahani* is alleged due to its ability to limit the descending development of undigested food and holds food till it is completely processed. strength of *Grahani* is *Agni* and that *Agni* resides in the *Grahani*. Practically feeble *Agni* for example *Mandagni*, causes ill-advised processing of ingested food, which lead to *Ama* dosha and it has critical significance in the pathogenesis of *Grahani Roga*. The *Pathya* – *Pathya* mentioned in Ayurvedic classics are utmost important in prevention as well as treating the condition of *Grahani*. In this article a systematic review regarding *pathya* – *apathya* in *grahani* has been done by referring all the authentic Ayurvedic classics.

Key words: *Pathya, Apathya, Grahani, Mandagni*

Introduction

In Ayurveda *Swastha Purusha* is called to one who has equilibrium state of *Dosha*, *Agni*, *Dhatu* and *Malas*. To serve these union of *Sharira* (body), *Mana* (mind), *Atma* (soul) and *Indriyas* (sensory organs) is very essential¹. In a sum all these helps to maintain health of the healthy individual, prevention from the diseases and cure from the diseases. In present era most the diseases *Hetus* starts with *Ahitakara Ahara*, *Ahitakara Vihara* and stress. Likewise in *Grahani* also *Ahara* plays vital role in the management. *Grahani Roga* is one of the major illness of gastrointestinal tract, included in *Astha Mahagada* (8 major diseases) by *Vagbata* and have *Aadhar-Adheya Sambandha* (mutual relationship)². The organ *Grahani* (duodenam) is the seat of *Jataragni* (digestive fire). It is the sixth *Kala*³. Situated between *Pakwashaya* and *Amashaya* (intestines & stomach). strength of *Grahani* is *Agni* and that *Agni* resides in the *Grahani*; hence when the *Agni* is vitiated, *Grahani* also becomes vitiated⁴. "Even after the cure of *Atisara* or in persons having weak *Agni*, if they take *Asathmya Ahara*, then the doshas vitiates the *Agni* greatly, which results in *Grahani Roga*. Practically *Mandagni*, causes ill-advised processing of ingested food, which lead to *Ama dosha* and it has critical significance in the pathogenesis of *Grahani Roga*⁵. The primary side effects of Malabsorption are the runs, loss of craving, anorexia, and

weakening. The standard of diet for a wide range of *Grahani* is support the *Agni* and lessen the *Ama* with the assistance of *Ahara Dravyas*, which included mostly *Kashaya*(astringent), *Madhura*(sweet) and *Katu* (pungent or acid) in *Rasa*; *Laghu* (light fir digestion), *Ruksha*(dry), *Grahee* (absorbent), *Deepana* and *Pachana* in *Guna*; *Ushna* in *Veerya* (hot in potency) and *Katu* or *Madhura* in *Vipaka*⁶. The eating routine system proposed by Ayurveda helps in feeling of *Agni* (digestive fire), which upholds the assimilation of food of proper quality, taken in required amount and in perfect opportunity for fix of *Grahani Dosha* or Malabsorption. In *Kashyapa Samhita Acharya* has given importance as "no medicine serves equal to *Ahara*, with proper *Ahara* it is possible to make the diseased person free from all rogas."⁷

Samprapti of Grahani⁸

Nidana Sevana



Leading to *Mandagni*



Amadosha



Sthana Samshraya in *Shasti Pittadara Kala*
Grahani Dushti Murur Baddam Murur Drava. There will be *Badda Mala* or *Drava Mala Pravrutti* which is either digested or undigested associated with pain and foul smell

Table no 1- *Pathya* and *Apathya* *Aharas* in *Grahani*⁹

<i>Vargas</i>	<i>Pathya</i>	<i>Apathya</i>
<i>Shookadhanya Varga</i> (cereals/corns with bristles)	<i>Shashtika Shali</i> (<i>Oryza sativa</i>), <i>Lohita Shaali</i> (Red variety of rice)	<i>Godhuma</i> (<i>Triticum aestivum</i>) <i>Yava</i> (<i>Hordeum vulgare</i>)
<i>Shamidhanya Varga</i> (pulses)	<i>Mudga</i> (<i>Phaseolus mungo</i>), <i>Masura</i> (<i>Lens culinaris</i>), <i>Kulatta</i> (<i>Dolichos biflorus</i>), <i>Tila</i> (<i>Sesam indicum</i>)	<i>Nishpava</i> (<i>Dolichos lab lab</i>), <i>Kalaaya</i> (<i>Pisum sativum</i>), <i>Masha</i> (<i>Vigna mungo</i>)
<i>Mamsa Varga</i> (group of meats)	<i>Lava</i> (common quail), <i>Shasha</i> (Rabbit), <i>Ena</i> (Black buck), <i>Tittira</i> (partridge)	<i>Shushka mamsa</i> (dry variety of meat)
<i>Shaka Varga</i> (group of vegetables)	<i>Changeri</i> (<i>oxalis corniculata</i>), <i>Varshabhu</i> (<i>Boerhavia diffusa</i>),	<i>Kakamachi</i> (<i>Solanum nigrum</i>), <i>Upodika</i> (<i>Basella alba</i>), <i>Vaastuka</i> (<i>Chenopodium murale</i>), <i>Kushmanda</i> (<i>Benincasa hispida</i>) etc
<i>Phala Varga</i> (group of fruits)	<i>Dadima</i> (<i>punica granatum</i>), <i>Bilva</i> (indian bael), <i>Kapitta</i> (<i>Feronia</i> <i>limonia</i>), <i>Nyagrodaadi Phala</i> (<i>Ficus</i> <i>benghalensis</i> etc fruits)	<i>Draksha</i> (<i>Vitis vinifera</i>), <i>Poogaphala</i> (<i>Areca catechu</i>), <i>Narikela</i> (<i>Cocos nucifera</i>)
<i>Gorasa Varga</i> (milk and milk products)	<i>Grita</i> (ghee), <i>Takra</i> (butter milk)	<i>Mastu</i> , <i>Paya</i> (Milk)
<i>Kritanna Varga</i> (food preparations)	<i>Laaja Manda</i> , <i>Vilepi</i> (thick gruel), <i>Peya</i> (Gruel), <i>Yavagu</i> (Rice gruel)	<i>Gurvannapana</i> (food and drinks which are heavy for digestion), <i>Rasala</i> (medicated curd) and All types of <i>Apoopa</i> (flour cakes)

Life style modifications in Grahani

- Modification in life style and balanced diet regime along with consideration of *Pathyapathya* help to cure *Grahani*. Modification in diet pattern towards the healthy eating habits boosts *Agni* and prevents chances of *Grahani*.
- Meal should be consumed at regular intervals¹⁰.
- Junk foods, allergic foods and food difficult to digest should be avoided¹¹.
- Ayurveda mentioned balanced diet under *Samsarjana Krama* with routine diet plan depending on the *Prakriti* of the individual. Thus patient of *Grahani* is recommended to follow diet pattern of *Samsarjana Krama*¹².
- One should avoid *Abhojana*, *Ajirana Bhojana*, *Atibhojana*, *Vishamashana*, *Asatmya* and *Sandushta Bhojana*¹³ etc.
- Avoid consumption of unhygienic food articles.
- *Virudhaahara* must be avoided; We have a reference of *Viruddhahara* acting like *Garavisha* (Slow poison) in Ayurveda¹⁴; means one should consume diet as per his/her internal constitution and on the basis of the individual's *Desha* and *Kala*.

Discussion

Grahani is considered as *Ama Dosha Janya Vikara*. *Pathya Ahara* when consumed it pleases mind¹⁵. When *Pathya Ahara* (wholesome food) is followed the *Rogas* can be relieved early, if *Pathya Ahara* is not given importance, then what ever medicine is administered it won't

serve the purpose. In *Grahani* following factors plays basics for the treatment:

Nidana Parivarjana (avoiding causative factors) as *Acharya Sushruta* has opinion that factors responsible for causation of the disease must be avoided to prevent further pathogenesis and it is the first line of treatment in any disease¹⁶ *Acharya Charaka* instructs to avoid the causative factor for smooth recovery of any disease¹⁷.

A diet which mitigates *Vata*, *Pitta* and *Kapha* mainly *Kashaya*(astringent), *Madhura*(sweet) and *Katu*(acid) *Rasa Dravyas*. *Laghu* (light for digestion), *Deepana* (improve *Agni*), *Pachana* (digestive)and *Grahi gunas*

❖ *Ahara dravyas* which are *Deepana* (improve *agni*), *Pachana*(digestive), *Ruchikarka*(tasty), which possesses predominantly *Katu*(pungent), *Tikta*(bitter) and *Kashaya*(astringent) *Rasas* and are *Vata*, *Pitta* and *Kaphashamaka* are used in *Grahani*.

❖ *Dravyas* have properties such as *Ushna Veerya* (hot in potency), *Laghu*(light), *Snigdha*(unctuousness) and *Grahi Gunas* (absorbing property) can be consumed in case of *Grahani* as there will be *Ajirna* and *Vidagda Ahara*.....

❖ While considering the different *Vargas* it possesses variety of characters which helps in managing *Grahani* in wide aspect are as follows:

❖ ***Shuka Dhanya***¹⁸ in which *Shashtika Shaali* (*Oryza sativa*) plays important role which

has *Kashaya* (Astringent) *Anurasa*, *Laghu* (light for digestion) and *Grahi Guna* and also serves as *Tridoshgna* (pacifies all 3 *Doshas*).

Another variety is *Lohita Shaali* which has *Grahi Guna* can be consumed in this *Varga*.

- ❖ Under **Shami Dhanya**¹⁹ *Mudga* (*Phaseolus mungo*) has *Laghu* (light for digestion) *Guna* and does the action of *Badda Vinmutra*. *Masoor* (*Lens culinaris*) which is *Madhura* in *vipaka* and possess quality of *Badda Vinmutra*; *Kulatha* (*Dolichos biflorus*) which possesses *Guna* as *Grahi* (absorbing); *Tila* (*Sesam indicum*) which acts as *Sangrahi* (bowel binding)
- ❖ In **Mamsa Varga**²⁰ one can use *Ena Mamsa* (Black buck) which has *Sangrahi Guna*; *Lava Mamsa* (common quail) which has *Sangrahi*, *Laghu Guna* and helps in *Deepana*. *Tittira Mamsa* (partridge) is having *Grahi Guna*, which can be considered as *Sarva Doshagna* and also does *Agni Vardhaka* (improves digestive power).
- ❖ **Phala Varga**²¹ also helps in great aspect where it helps in management of *Grahani* which includes *Madhura Dadima* (*Sweet punica granatum*) and *Amalaka* (*Phyllanthus emblica*) mainly serves as *Tridosha Nashaka* (pacifies all 3 *Doshas*); *Amla Dadima* (*Sour Punica granatum*) on consuming helps as *Vata Kaphahara* (allievates *Vata* and *Kapha*) *Puratana Karkandu* (*Carissa carandas*), *Kola* (*Cola acuminata*) and *Badara* (*Ziziphus mauritiana*) which has *Laghu Guna* (light for digestion) and helps in *Deepana*; *Ama*

Kapitta (*Limonia acidissima*), *Matulunga* (*Citrus medica*) mainly possess *Grahi Guna*; *Ama Tintidika* (*Rhus parviflora*) which is *Grahi Guna* and does actions such as *Deepana* and *Ruchya* (improves taste perception); *Nyagrodadhi Phala* (*Ficus benghalensis*) mainly has *Grahi Guna* and serves as *Kapha Pittahara*.

- ❖ **Shaaka Varga**²² includes *Varshabhu* (*Boerhavia diffusa*) serves as *Hitakara*, *Kapha Vatahara*, it also helps to treat diseases like *Gulma* (abdominal tumor), *Anaha* (constipation/suppression of urine and faeces) and *Arshas* (piles). *Taruni* (*rosa centifolia*), *Jeevanti* (*leptadenia reticulata*), *Bimbi* (*coccinia indica*) has *Sangrahi*, *Laghu Guna*; *Changeri* (*oxalis corniculata*) mainly serves as *Agnideepaka*. *Rajashaka* and *Shatishaaka* mainly has *Sangrahi*, *Laghu Guna* and does the action of *Tridoshahara*.
- ❖ **Kanda Varga**²³ which has *Mahati* (*solanum melongena*) and *Shatavari* (*asparagus racemosus*) as main *Dravyas* which serves as *Grahani Vikaaragni* and *Rasayani* (rejuvenating).
- ❖ **Kshara Varga** *dravyas* all possesses *Grahani Dosh* *Nashaka* and does *Paachana* (digestion), *Panchapallava*²⁴ helps in *Atisaara* and *Grahani*
- ❖ **Krutaanna Varga** includes drugs such as *Mudga Amalaka Yusha* (green gram indian gossberry soup) has *Guna* as *Grahi* (promotes absorption). *Nagaradaya Kwatha Siddha Yavagu* has mainly *Gunas* as *Laghu*(light); *Shuntyadi Kwatha Siddha Yavagu* (preparation of ginger) mainly helps in management of *Amayukta*

Grahani **Deepaniya Yavagu**²⁵ (Bilva, Kapitta, Changeri, Takra, Dadima, Shali) can be give as it processes Kashaya, Amla, Tikta Rasa and Laghu Ruksha Gunas acts as Deepana, Pachana, Grahi and Vatahara. **Lajamanda**²⁶ (1part Laja+14 parts water) can be given, as it processes Kashaya Rasa, Ushna Veerya and acts as Deepana, Pachana, Grahi, Vibhanda Anaha and Shoolahara. **Jeeraka Siddha Takra (Takra+Jeeraka)** as it processes Amla, Katu, Kashaya Rasa. Laghu, Ruksha Guna and Ushna Veerya acts as Deepana, Sangrahi and pacifies Vata and Kapha. **Shadyushana**²⁷ (Mudga Yusha, Mamsa Rasa, Takra, Dhanyaka, Jeeraka, Saindhava) as it processes Kashaya, Amla, Katu, Lavana Rasa Laghu, Ruksha Guna, Ushna Virya acts as Deepana and Grahi. **Shunti Musta Siddha Jala**²⁸(Shunti Churna, Musta Churna, water) as it processes Katu, Tikta, Kashaya Rasa and Shunti pacifies Vata and Kapha, Musta pacifies Pitta Kapha acts as Deepana, Pachana, Grahi

Importance of Takra (Butter mik) in Grahani²⁹

Takra is best diet in Grahani Roga as it is having both dietic and medicinal value. Due to its Deepana, Grahi and Laghu Gunas it is very useful in Grahani due to its Deepana and Grahi Guna especially in the disease Grahani frequency of the Stools are being initiated to control the excessive peristalsis. Even though Takra has Amla Rasa it will not provoke Pitta as it is having Madhura vipaka. Due to its

Kashaya, Ushna, Vikasi Gunas it control Kapha even though it is having Abhishyandadi Guna. By virtue of its Sandra, Amla, Swadu Gunas, it will not vitiate Vata even though it possess Kashaya Ruksha Gunas.

In Yoga Ratnakara so many qualities like Vishaharatwa were attributed to Takra. According to modern buttermilk is having antibacterial effect. Buttermilk is made with the help of Bacillus lacti from milk and this Bacteria will be present in Acetic Acid and they enter into the intestines along butter milk consumed and produce same acids having Anti-bacterial effect and protect the intestines from infection. By above Gunas Takra is best in Grahani Roga, as it is having both dietic and medicinal value³⁰.

Conclusion

Grahani roga 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 Vishamagni. Mainly Mandagni is responsible for it. The first line of treatment of Grahani Dosha is Deepana and Pachana. So, it can be corrected by use of Ahara dravyas having Deepana, Pachana properties. Hence Pathya – Apathya plays an important role in prevention as well treating the Grahani roga.

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