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ISSN: 2581-785X; <https://irjay.com/>DOI: <https://doi.org/10.47223/IRJAY.2021.41204>Clinical Evaluation of *Bilvadi Yoga* in the Management of *Grahani Roga*.Namartha Raina¹ Rajesh sharma²

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ABSTRACT:

Grahani is related to *Agni* which helps in digestion of food. The pathogenies of *Grahani Rog* works around *Agni Dosha* which is associated with the improper food habits along with stressful life style; people initially neglect these problems and don't take any medication. This is a functional disorder characterized by alteration in the bowel habits, discomfort, bloating, abdominal pain without any organic cause. These symptoms resemble with the symptoms of *Grahani Rog* described in *Ayurvedic* texts. This article is about clinical evaluation of *Bilvadi yoga* in the management of *Grahani Rog*. Patients can be diagnosed with *Grahani Rog* on the basis of: Patients with complaints of *Muhurbadh* or *Drava mala pravriti*, *Aruchi*, *Udara shool*, *Vishtamba* etc. were selected for study. Most of ingredients of this yoga have qualities like to *Agni Dirgani Ama*, *Pachana* anti spasmodic and anti diarrhoeal and anti inflammatory properties.

Keywords: *Grahni, Yoga, Ayurveda*

INTRODUCTION

Ayurveda is the symbol of golden period that has mentioned the relation between humans and nature. *Ayurveda* is the science of life, which is more connected with the maintenance and promotion of positive health as well as curing the disease. *Ayurveda* defines 'Health' as a state where all '*Doshas*', '*Dhatu*s', '*Mala*' and '*Agni*' are in equilibrium, '*Malakriya*' is in '*Sama- avastha*, *Atma*, *Indriya* and *Mana* in *Prasanna- avastha*'^[1]. Health is said to be the proper balance of *Dosha*, *Dhatu*, *Agni* and *Mala* with their right functions in the body. Today, man is subjected to all those things which are harmful to his body constitution, thereby increasing the incidence of his susceptibility to diseases. In the era of fast food, there is

change, irregularity in diet and lifestyle, one is always under tremendous mental stress. All these causes lead to nutritional deficiency diseases, depression, insomnia, poor digestion and bowel diseases that result in Digestive and Absorptive disorders, that is, Irritable Bowel Syndrome. Irritable Bowel Syndrome is a term used for variety of diseases causing discomfort in the Gastro-Intestinal tract. These symptoms resemble with the symptoms of *Grahani Rog* described in *Ayurvedic* texts.^[2]

According to *Acharya Vagbhatta*, *Atisara*, *Arsha* and *Grahani vikaras* are due to vitiated *Agni*; especially *Agnimandhya*. *Agnimandhya* is said to be the root cause of all diseases. Functionally weak *Agni* – *Mandagni* cause improper digestion that leads to all diseases^[2]. This



statement emphasizes the importance of *Agni*. *Agni* is the digestive fire present in all the living beings. The manner in which the nutrition ingested is digested, metabolized and assimilated into *Dhatus* and how sum of its constituents is broken down for being utilized for the production of energy required for vital activities depend on factors, which are grouped under the term *Agni*.^[3] As per *Acharya Charaka's* view, “Better health depends upon the increased and decreased functional capacities of *Pachaka Pitta*.” Because of this, *kayachikitsa* is also explained as ‘*Antharagni chikitsa*’. The seat of *Agni* is *Grahani*. *Acharya Sushruta* says, “the integrity of *Grahani* depends upon the *Agni* and *Agni* is located in *Grahani*. Any impairment of *Agni* involves the vitiation of *Grahani*.”^[4] The relation between *Agni* and *Grahani* is reciprocal and inter-dependent. *Grahani* is described as *Agni Adhishthana* - the seat of *Agni*^[5]. The dependent nature of the two is responsible for the proper functioning of both *Agni* and *Grahani*. Normally, *Grahani* holds up the food till it is digested and releases it from the site after digestion. But when it is deranged due to *Mandagni* release the ingested food even in unripe condition. This condition or working of *Grahani* is called *Grahani Rog*. *Grahani* is ‘*Tridoshatmaka*’ disorder of digestive system which occurs due to vitiation of *Pachaka Pitta*, *Samana Vayu* and *Kledaka Kapha*.⁵ The general symptoms of *Grahani Rog* are abdominal pain, anorexia, altered bowel habits, incomplete evacuation of stools, lethargy, dyspepsia, nausea, vomiting, etc. In modern science, it can be correlated with IRRITABLE BOWEL SYNDROME. Irritable Bowel Syndrome is viewed as nothing more than a somatic manifestation of psychological stress. The role of psychological factors in pathogenesis of Irritable Bowel Syndrome is strongly suggested in clinical association of emotional and stress disorders.^[6]

Nidana and samprapti:

The etiological factors stated to be responsible for *Grahani* can be divided into 2 groups – *Samanya* & *Vishista Hetu*^[7] According to *Acharya Sushruta*, after the subsidence of *Atisara*, the patient will have *Mandagni*. In this stage if the patient takes injudicious food and drinks the *Agni* once again gets deranged and results in *Grahani Rog*^[8]. In *Acharya Vijayarakhita* he has stated that even in the stage of *Atisara* or without *Atisara* if the man is in *Mandagni* takes *Ahitrassa* will cause *Grahani Roga*. *Acharya Vagbhatta* has also described the same^[9].

In *Bhela Samhita*, causes for *Grahani Roga* like *Bhajatam Guru*, *Rukstha*, *Adhyashana*, *Ajirnanna*, *Atisneha*, *Madya*

sevana, *Asatmaya*, *Ahrdyam*^[10].

All the *Samanya Nidanas* are classified into groups as: -

1. *Aaharaja Nidana* (Table 1)
2. *Viharaja Nidana* (Table 2)
3. *Mansika Nidana* (Table 3)

Samprapti:

Process of pathogenesis of a disease begins with vitiation of *Doshas* with consumption of *Nidanas*. *Doshas* pass through different stages i.e. *Shatkriya Kala* to ultimately produce disease. The etiological factors cause vitiation of *Doshas* which ultimately cause the disease in the body. This *Dosha-Dushya Sammurchhana* is called as “*Samprapti*” of disease.

Acharya Charaka has described - When a person with *Agnimandhya* indulges in consumption of injudicious *Ahara* & *Vihara* the *Grahani Rog* engenders.

Agni-Dushti leads to indigestion of ingested food resulting in *Apachana* & *Ama* formation. Thus, the food attains *Shuktata*. At this stage, *Doshas- Kledaka Kapha*, *Pachaka Pitta*, & *Samana Vayu* residing in the organ *Grahani* get vitiated.

The *Shukta Paka* stage leads to *Anna Visha* formation. This *Annavisha* thus produced, may remain localized i.e; in *Grahani* or it may spread in the whole body through *Rasa* & mixes with *Doshas Dhatus*.

Samprapti ghataka:

Dosha - *Kledaka Kapha*, *Pachaka Pitta*, *Samana Vayu*

Dushya - *Rasa*

Agni - *Agni mandhya*

Ama - *Amavisha*

Strotas- *Annavaha*, *Purishvaha*

Strotodushti - *Sanga*, *Vimarga-gamana*, *Atipravritti*

Udbhavsthana - *Ama-Pakvashaya*

Rogamarga - *Abhyantra*

Vyadhi-Swabhava - *Chirkari*

Adhishthana - *Grahan*

AIMS AND OBJECTIVES

1. To evaluate the clinical effects of herbo-mineral compound (*Bilvadi yog*) in management of *Grahani Rog* w.s.r to Irritable Bowel Syndrome.
2. To provide a better life to the patients of *Grahani Rog*.
3. To provide safe, less costly, without side effect treatment to the patients of *Grahani Rog*.

MATERIALS AND METHODS:

Source of data:

Patients attending O.P.D & I.P.D OF JAMMU INSTITUTE OF AYURVEDA AND RESEARCH HOSPITAL. Also, special camps were conducted for the study. Patients were randomly selected irrespective of their socio-economic, educational and religious status.

Source of literature:

Literary aspect of study was collected from classical *Ayurvedic* and Modern texts and updated with recent medical journals.

Study Group:

Single study group of 30 patients falling under the diagnostic criteria will be selected.

Criteria for diagnosis:

Patients can be diagnosed with *Grahani Rog* on the basis of: Patients with complaints of *Muhurbadh* or *Drava mala pravriti*, *Aruchi*, *Udara shool*, *Vishtamba* etc. will be selected for study.

Criteria for selection of patients

Inclusion criteria:

1. Patients belonging to the age group of 16-45 years.
2. Uncomplicated cases of IBS (*Grahani rog*).
3. Subjects with clinical features of IBS and classical lakshanas of *Grahani rog*.
4. Chronicity- more than 6 months less 5 years.

Exclusion criteria:

1. Patients associated with systemic disorders like TB, Malignancy, metabolic disorders.
2. Subjects presenting with IBD which includes Crohn's disease and ulcerative colitis.
3. Acute conditions like Cholera and Gastroenteritis.
4. Pregnancy and lactating mothers.
5. Chronicity less than 6 months and more than 5 years..

Laboratory investigation:

Haemogram: Blood for Hb gm%, Total Leucocytes Count (TLC), Erythrocytes Sedimentation Rate (ESR), Differential Leucocytes count(DLC).

Urine: Routine and Microscopic examinations were done.

Stool: Routine and Microscopic examination was done

Criteria for assessment

Subjective parameters

Pakva, *Apakva mala pravriti* (altered bowel habits)

Trishna(polydypsia)

Vairasya

Praseka

Chardi(vomiting)

Jwara(fever)

Udara shool (abdominal pain)

Postprandial urgency in defecation

Feeling of incomplete evacuation of stools (tenesmus)

Objective parameters

Based on various investigations like blood, urine and stool are done before and after treatment.

Laboratory investigations

Blood- Hb gm%, TLC, DLC, ESR

Urine- routine examination, microscopic examination

Stool- ova/cyst, mucus in stools,

Sigmoidoscopy/ colonoscopy (if necessary)

Intervention:

YOG - herbo-mineral compound (*Bilvadi yog*)

DOSAGE - one gram, BD

DURATION- 30 Days

ANUPAN - *Takra*(buttermilk) with cumin seeds (roasted) and salt

FOLLOW UP- 30 Days

Patients diagnosed with *Grahani Rog* and falling under the criteria were given *BILVADI YOG* (Herbo-mineral compound) for 30 days. The statistical analysis was done of these scores before starting the treatment and after completion of 30 days count.

DISCUSSION

The disease "*Grahani Rog*" is leading disorder of gastrointestinal tract. *Agnidushti* is mainly responsible for the creation and causation of *Grahani Rog*. For *Grahani Dosh*, all major classical texts have been screened and analyzed as a part of disease but no text has direct reference regarding *Grahani Dosh* as a separate disease. *Acharya*

Charaka has mentioned that the *Grahani Rog* is the consequence of *Mandagni*, *Chakrapanidatta* has commented that in *Grahani Dosha*, *Grahani* passes the food in the stage of *Ama (Apakwa)* because of weak *Agni*. It is very well known that *Grahani* is *Ashraya* and *Agni* is *Ashrita* and due to various etiological factor, the functions of *Grahani* becomes impaired. The interdependence of *Grahani* and *Agni* all the etiological factors of *Agni Dushti* can directly cause *Grahani Dosha*. Therefore, any impairment of integrity of *Grahani* may impair digestive function and state of *Agni* and vice versa. The condition of *Jatharagni* should be suitably and carefully maintained, because life and strength of individual are dependent on it. When the vitiated *Doshas* get confined only to the organ *Grahani*, then it should be called *Grahani Dosha*. When the vitiated *Doshas* travels throughout the *Rasadi Dhatus* i.e. *Sarvasharira Gatatva* then it should be called '*Grahani Rog*'. The *Grahani* and *Agni* are having *Adhara-Adheya Sambandha*.

In the *Samprapti* of *Grahani Rog*, *Acharya Charaka* elaborated a cascade of events viz. indulgence in *Agni Vikritikara Hetus* → *Agni Dushti* → *Apachana* → *Ama Utpatti* → *Shukta Paka* → *Anna Visha or Ama Visha* → *Grahani Dosha* → *Grahani Dushti* → *Grahani Roga* Regarding the *Purvarupa* of the disease, In *Ashtanga Hridhay* the *Purvarupa* are described i.e. '*Pragrupam Tasya Sadanam*'. Clinical features of *Grahani Rog*; the pathogenesis of the disease is confined to *Annavaaha Strotas*. The symptoms, mentioned in *Charaka* which are manifested as *Vistambha*, *Aruchi*, *Gaurava*, *Praseka*, *Arti*, and *Vidaha* etc. Coming on the point, course of the disease, etiological factors lead to vitiation of *Grahaniadhista Doshas* or disturbance in the functions of *Grahani* manifested as *Grahani Dosha*.

DISCUSSION ON RESULTS

All the 30 subjects were registered for this clinical study and were categorized randomly under one single group. All the 30 patients have completed their course of treatment. The criteria for assessment have been described under different sub headings, viz.

Discussion on effect of therapy on *Ati srishtam Malapravriti*:

Highly significant improvement was seen in all the 30 patients of *Grahani rog* with regard to *Ati Srishtam Malapravriti* (altered bowel movements) with (52.69%) relief. This is achieved due to the properties of *Bilvadi yog*

used as a *Shamana Aushadhi*.

Discussion on effect of therapy on *Udarshool* :

Highly significant improvement was seen in all the 30 patients of *Grahani rog* with regard to the frequency of abdominal pain or *udarshool* with (74.11%) relief. The result indicates that the treatment selected for the clinical trial showed excellent therapeutic effect.

Discussion on effect of therapy on *Tenesmus*:

Highly significant improvement was seen in all the 30 subjects with (73.43%) relief. It is due to the synergistic effect of *Bilvadi yog* used as *Shaman Aushadhi*.

Discussion on effect of therapy on *Praseka(Nausea)*

Highly significant improvement was seen in all the 30 subjects with regard to the *Nausea* with (64.8%) relief. *Bilvadi yog* very effective on *nausea*.

Discussion on effect of therapy on *Chardi(Vomiting)*

Significant improvement was seen in all the 30 patients with (27%) relief. The treatment shows very good response in the patients heaving vomiting as a symptom.

Discussion on effect of therapy on *Post Prandial Urgency of Passing Stools* :

Highly significant improvement was seen in all the 30 patients of *Grahani rog* with regard to the post prandial urgency of passing stools with (66.80%) relief. This is achieved due to the properties of *Bilvadi yog* used as a *Shaman Aushadhi* .

Discussion on effect of therapy on *Vibandha*

Significant improvement was seen in all the 30 patients of *Grahani rog* with regard to the *Vibandha* with (57.14%) relief.

Discussion on effect of therapy on associated symptoms.

Significant improvement was seen in all the 30 patients of *Grahani rog* with relief from *Atop*, *Adhman*, *Udar Gaurvata*, *Gas* or flatulence, *Aruchi* with the trial medicine *Bilvadi yog* and *Vata-Anulomaka*, *Deepana*, *Rochana*, *Rasayana dravyas* and also it relieves stress with the effects of *Brahmi* and *Bhang* in it. Also enhances *Bala* of patient because it has *Mochrasa* in it. Apart from these medications life style modifications are necessary as junk food, spicy food can aggravate the condition.

Discussion on Overall Effect of therapy

Complete Remission of disease was seen in 04 patients i.e., 13.33% relief was seen. 15 patients have shown Marked Improvement, 50% remission of disease was there. 04 patients had Moderate Improvement ,13.33%. Mild Improvement was seen in 02 patients; about 6.66% mild improvement was seen. While there were no significant changes seen in 02 patients i.e., about 6.66%.

Bilvadi yog is a potent herbo-mineral drug. It is worth mentioning here that this compound contains several drugs having *Tridoshashamaka*, *Deepan*, *Pachan*, *Grahi* and *Vednasthapana* properties with very special effect of *Brahmi* and *Bhang* in relieving stress and improving mood. Along with the medicine, *Pathya- Apathya* also plays the major part in the treatment of *Grahani Rog*. Since no treatment can be thought of in Ayurveda without proper observation of *Pathya-Apathya*, so in the study we were very particular about the do's and don'ts. The possible etiological factors like outside food, fast foods, fried food, frequent use of non-veg items, etc. were strictly avoided. All the possible causative factors of *Agnimandya* were effectively ruled out. It is evident from the results that life style management and avoiding the etiological factors have the major role to play in the management of *Grahani Rog*.

Probable Mode Of Action Of *Bilvadi Yog*:

In IBS mainly, there is vitiation of *Agni*, - *Mandagni* is seen. This ultimately results in *Ama* formation and may lead to diarrhoea or constipation. Unripe *Bilva* fruit, due to its *Tikta Rasa*, *Katu Vipaka*, *Ushan Virya* and *Laghu Guna* acts as *Agni Deepan* and also *Amapachaka*. *Kashaya Rasa* helps in reducing the colonic motility, and there by helps in IBS. Chemical constituents like pectin, tannic acid are good stool bulking agents and mucilage, marmalosin covers mucus membrane, prevent mucosal irritation and improve appetite and digestion. In *BILVADI YOG* in addition to *Bilva*, *Dravyas* like *Mochras*, *Shunthi*, *Bhanga*, *Dhaniya* and *Saunf* have properties like: *Kutaja*, due to its *Tikta Rasa*, *Katu Vipaka* and *Laghu Guna* acts as *Agni Deepana* and also *Amapachaka*. *Kashaya Rasa* and *Sheeta Virya* help in reducing the colonic motility, and there by helps in IBS. *CONESSINE*, an anti-dysenteric agent, is present in both stem bark and seeds of *Kutaja* (*Holarrhena Antidysenterica*). *Shunthi* is *Katu* in *Rasa*, *Laghu*, *Snigdha* in *Gunas* and *Ushna Veerya* and has *Madhura Vipaka*. *Deepana* – *Pachana*, *Rochana*, *Hridya* properties which increases metabolism, improve *Agni*, increases appetite.

Saunf is *Madhura*, *Katu*, *Tikta* in *Rasa*, *Laghu*, *Sheeta* in

Guna, *Madhura Vipaki*, *Sheeta* in *Virya* and has *Carminative*, *Emollient*, *Refrigerant*, *Digestive*, *Anti-Emetic*, *Diuretic* properties. *Bhanga* and *Brahmi* act in relieving stress and improving mood. *Brahmi* is *jwarahara*, anti-anxiety, brain-tonic, analgesic while *Bhanga* is tonic, astringent, analgesic, antibiotic, sedative and neuro-protective ability. IBS is psychosomatic disorder; these drugs help in relieving psychological stress and its somatic manifestation. *Mochras* is *Sheeta Virya*, *Laghu*, *Snigdha*, *Picchilla* in *Guna*, *Madhura*, *Kashaya* in *Rasa*, and *Madhura* in *vipaka*. While catechu tannic acid & Gallic acid in *Mochras* are digestive stimulant and have astringent property. And umbelliferone present in *Dhaniya* stimulates the secretion of gastric juices and is a carminative and spasmolytic. *Rasa Parpati* balances *Vata*, *Pitta* and *Kapha*. Also helps in proper secretion of digestive juices causing correction of digestion, enhances absorption of nutrients and minerals and therefore, provides *Bal* and reduces malnutrition.

CONCLUSION

Kayagni is the leader of all factors concerned with digestion and metabolism in the living body. All the factors are derived from it. If *Agni* will destroy, the *Purusha* will die. Vitiation of *Agni* leads to disease and *Samagni* state leads to health condition. The root cause of *Bala*, *Varna* etc. is due to *Agni*. *Ama* is the root cause of almost all diseases produced in the body. So, the treatment of any disease can be based on *Sama* and *Nirama Avastha*. When the vitiated *Doshas* get confined to only the organ *Grahani* (i.e. functional derangement), then could be called *Grahani Dosh*. When the vitiated *Doshas* travel throughout the *Rasadi Dhatus* i.e. *Sarvasharira Gatatva* (may be structural derangement) then it could be called as *Grahani Roga*. A single disease entity cannot be correlated with *Grahani* as per modern science, even though Irritable Bowel Syndrome is more similar. Chronic colitis, tropical sprue, IBS, etc also show similarities. Improper dietary habits and stressful life style of modern era are the root causes for *Agni Dushti* and subsequently *Grahani* disease. On the basis of all results obtained in the study it can be concluded that *Bilvadi yog* works effectively on chief symptoms and *Rasvaha*, *Annavaha* and *Purishavaha Strotas*, to the patients of *Grahani*. No any hazardous effects have been reported by the patients during the study or in follow up. This is very important in acceptance of *Ayurveda*, worldwide. As the study sample was very small, further study of larger group of patients may help to

understand detail mode and site of action of the drugs. The present study was a humble try in search of a better management of this disorder and it is fulfilled up to some extent.

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Table 1. AHARAJA NIDANA – ETIOLOGICAL FACTORS OF GRAHANI ROG

S.No.	Nidana	C. S.	Su. S.	Ma. Ni.	As. Hri.	B.S.
1.	<i>Abhojana</i>	+	-	-	-	-
2.	<i>Ajeerna</i>	+	-	-	-	-
3.	<i>Ati Bhojana</i>	+	-	-	-	-
4.	<i>Vishamaashanata</i>	+	-	-	-	-
5.	<i>Asatmya Bhojana</i>	+	-	-	-	+
6.	<i>Dushta Bhojana</i>	+	-	-	-	-
7.	<i>Ahitaashana</i>	-	+	+	+	-
8.	<i>Guru Bhojanaa</i>	+	-	-	-	+
9.	<i>Sheeta Bhojana</i>	+	-	-	-	-
10.	<i>Atiruksha Bhojana</i>	+	-	-	-	+
11.	<i>Adhyashana</i>	-	-	-	-	+
12.	<i>Ajeeran-anna</i>	-	-	-	-	+
13.	<i>Atisneha</i>	-	-	-	-	+
14.	<i>Madya Sevana</i>	-	-	-	-	+
15.	<i>Pishtanna</i>	-	-	-	-	+
16.	<i>Kshiranna</i>	-	-	-	-	+
17.	<i>Dadhi</i>	-	-	-	-	+
18.	<i>Shakana</i>	-	-	-	-	+
19.	<i>Madhura</i>	-	-	-	-	+
20.	<i>Ahridyama</i>	-	-	-	-	+

Table 2. VIHARAJA NIDANA – Etiological Factors & Grahani Rog

S.No.	Nidana	C. S.	Su. S.	Ma.Ni.	As. Hri.	B.S.
1.	<i>Vega Vidharana</i>	+	-	-	-	-
2.	<i>Desha Vaishmya</i>	+	-	-	-	-
3.	<i>Kala Vaishmya</i>	+	-	-	-	-
4.	<i>Ritu Vaishmya</i>	+	-	-	-	-
5.	<i>Diva Swapanam</i>	-	-	-	-	+
6.	<i>Ratrana Swapanam</i>	-	-	-	-	+
7.	<i>Jalaviharinam</i>	-	-	-	-	+

Table 3. MANSIKA NIDANA- Etiological Factors for *Grahani Rog*

S.No.	Nidana	C.S.	Su.S.	Ma.Ni.	As. Hri.	B.S.
1.	<i>Kama</i>	+	-	-	-	-
2.	<i>Krodha</i>	+	-	-	-	-
3.	<i>Lobha</i>	+	-	-	-	-
4.	<i>Moha</i>	+	-	-	-	-
5.	<i>Hrishoka</i>	+	-	-	-	-