



### *Pathya Ahara for Grahani Dosha: A Review*

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#### Abstract-

According to *Ayurveda* *Grahani* is a seat of *Agni*. It retains the food till the food is fully digested and then passed it into *pakwashaya*. Functionally weak *agni* i.e. *Mandagni* causes improper digestion of ingested food & leads to *Grahani Dosha*. In *Grahani Dosha*, *mala* is released in undigested Form. When *Agnidushti* occurs, its results in *Avipaka*, *Ajirna* and this further damage the *Agni*. *Agnidushti* causes *Shuktapaka* of *Ahara*, it further disturbs the *Agni*. The role of *Pathya Ahara* (diet) is very important, while treating the every disease but while treating the patient of the *Grahani* *Pathya Ahara* play an important role because *Grahani* occurs due to impaired digestive system and it occurs due to faulty eating habits.

**Keywords:** *Agnidushti*, *Grahani Dosha*, *Pathya Ahara*

## INTRODUCTION

In *Ayurveda*, *Ayu* is defined as union of body, soul, mind and senses. Each has been given due importance in the maintenance of health and in prevention and cure of diseases. A balanced diet and regular exercise are the keys to good digestive health. But in current era, faulty dietary habits, sedentary life style and stress are main causative factors for diseases. People eat a lot of junk and highly processed food with preservatives which contributes significantly to indigestion and irritable bowel. All these disturb the function of digestion and absorption, leads to many digestive disorders. *Ahara* has been given the prime importance since *Vedic* period. *Acharya Kasyapa* says that health is dependent on food; he also considers food as *Mahabhesaja*<sup>i</sup>. *Acharya kasyapa* also says that “no medicine is equivalent to food; it is possible to make a person disease free with just proper diet”<sup>ii</sup>.

## RELATIONSHIP BETWEEN AGNI AND GRAHANI

### SAMPRATI OF GRAHANI DOSHA

*Nidana Sevana*



*Dosha Prakopa*



*Agni Dushti*



Functionally weak *Agni* i.e. *Mandagni* causes improper digestion of ingested food, which moves either in *Urdhva* or *Adha - Marga*; when it goes in *Adho-Marga*, then it leads to *Grahani Gada* i.e. *Grahani Dosha*. *Grahani* and *Agni* have *Ashraya- Ashrita* type of relationship. *Grahani* is *Ashraya* and *Agni* is *Ashrita*. The impairment of *Grahani* will impair the functional aspect of *Agni* and vice versa.

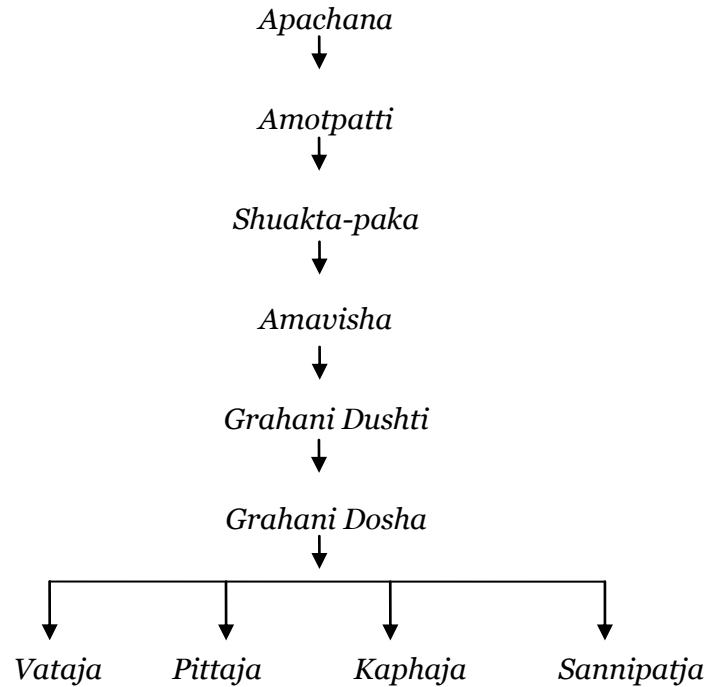
### ETIOLOGY OR NIDANA OF GRAHANI

**Aharaja (Dietary habits)-** *Abhojana* (fasting), *Ajirna* (eating during indigestion), *Atibhojana* (over eating), *Vishamasana* (irregular eating), *Asatmya Bhojanat*(unwholesome food), *Guru Bhojana* (heavy food), *Shita Bhojana* (cold food), *Atiruksha Bhojana* (dry and rough food), *Dushta Bhojana* (unctuous and polluted food)<sup>iii</sup>.

**Viharaja(way of living)-** *Vega vidharan*, (suppression of natural urges), *Desha, Kala* and *Ritu veshayam*

**Krama-vibharmata-** *Vyapada of vamana, virechana, snehana*

**Manashika-** *Shoka, kama, krodha, bhaya etc.*



### **PURVA RUPA OF GRAHANI DOSHA**

*Trisna* (excessive thirst), *Alasya* (lethargy), *Bala Kshaya* (loss of strength), *Vidaha* (burning sensation after food), *Chirat Annapaka* (delayed digestion) and *Hayasya Gauravam* (heaviness of the body)<sup>iv</sup>.

### **RUPA OF GRAHANI DOSHA**

*Ama mala* (sticky stool), *Pakvam* (digested food), *Vibadadha mala* (hard stool), *Atisrishta-mala* (Frequency of stool) and *Muhur Dravam* (expel liquid form of stool), *Trisna* (excessive thirst), *Aruchi* (anorexia), *Vairasya* (bad taste in the mouth), *Praseka* (excessive salivation),

*Chardi* (vomiting) and *Lauha Gandhika Tiktamla Udgara* (metallic or fleshy odour and bitter and sour belching) are the symptoms presented in gastrointestinal tract, *Tamah* (feeling of darkness), *sunapadakara* (oedema in hand and feet), *Asthiparva Ruk* (pain in bone joint), *Jvara* (fever)<sup>v</sup>.

### **CRITERIA'S OF SELECTION OF PATHYA AHARA FOR GRAHANI DOSHA**

There is nothing other than Ahara for living beings alive. Acharya Charaka has also proclaims that the biological body is born out of the Ahara i.e. the diet and all the diseases too are produced due to

unwholesome diet- “*Aharasambhavam vastu Rogashcaharasambhavah*”<sup>vi</sup>. Almost all *Acharyas* have same opinion about the management of *Grahani dosha*. They all says *Deepan, Pachan* and *Langhan chikitsa* is first line of treatment of *Grahani Dosha*. Because *Agnimandhya* is important factor in the *Samprati* of *Grahani Dosha* so it treated for *Agnivardhana*. Mainly *Tikta, Katu, Kashya, Rasa, Laghu, Tikshna, Grahi Guna, Katu Vipaka, Usna Veerya* drugs have been mentioned by the *Acharyas*.

- *Deepana, Pachana* and *ruchikarka drvyas*.
- Mainly, *Katu, Tikta* and *Kashaya Rasa* predominant *Dravyas*.
- *Vata, Pitta* and *Kaphashamaka Drvyas*
- *Drvyas* have *tikshna* property and *Usana veerya*
- *Laghu, Snigdha* and *Grahi Dravyas*
- Typically *Grahani Dosha Nashakam Drvyas*

**Properties of *Ahara dravyas* which were selected for *Grahani Dosha***

#### **AHARA DRAVYAS FOR GRAHANI DOSHA**

<b>Grains</b>	rice, wheat
<b>Pulses</b>	masoor, moonga, motha, arahara
<b>Vegitables</b>	kamalkanda, changeri, hara dhaniya, choulai, gajara, parvala, bathua, mooli, petha, kacha papita kakod, kakadi, karela, lauki, torai, bangan, tinda, patta gobhi, pyaja
<b>Fruits</b>	Meetha anara, kacha bilva, neembu, binjora neembu, kamarakha, imli, naspatti, kokama, kacha nariyal, aadu,
<b>Milk and dairy products</b>	Cow's milk and ghee, butter, butter milk, shrikhanda
<b>Salad</b>	Gajar, mooli

<b>Dry fruits</b>	talmakhana, kishmish
<b>Oils</b>	sesame oil, mustard oil, groundnut oil
<b>Spices</b>	rock salt, ginger, black paper, cumin seeds, carom seeds, garlic, fenugreek seeds, fennel seeds, asafetida
<b>Liquids</b>	lukewarm water, coconut water, butter milk, neembu pani, ama panna, imli panna, fresh fruit juices

### DISCUSSION

There is nothing else except *Ahara* for sustaining the life of living beings. One is make man disease-free only with the congenial diet. *Acharya Kashyap* also considered *Ahara* as *Mahabhesjya*<sup>vii</sup>. *Acharya Lolimbaraja* has given a very important concept regarding *Pathya-Apathya*. He says that when a person adheres to proper diet (*pathya*) why does he need any kind of medication? When a person does not follow a proper diet regimen what is the use of medicine<sup>viii</sup>. So above concept shows that the *Pathya Ahara* is very important in to maintain health as well as treat the any kind of disease. The properties of *Amla* and *Katu Rasa* are *Agnideepana*, *Pachan*, *Rochan*, relives in anorexia, increases appetite, and digests food *Usna* and *Laghu* etc. *Tikta Rasa*

is also have *Deepan*, *Pachana*, *Laghu* and *Sheet* properties. These properties are also help in reduction of *Amadosha* and stimulate the *Jatharagni*. *Grahai* property of *Ahara Dravyas* also stops the *Atipravriti* type of *Srotodusti*.

### CONCLUSION

*Grahani* 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 *Vishamagn*. Mainly *Mandagni* is responsible for it. The first line of treatment of *Grahani Dosha* is *Deepana* and *Pachana*. So it can be conclude those *Ahara dravyas* having *Deepana*, *Pachana* properties should be given in *Grahani Dosha*. *Pathya Ahara* plays an important role in the treatment of *Grahani Dosha*.

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