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## Grahani dosha's critical analysis as a syndrome

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**Abstract**

Due to their hectic lifestyle and eating habits, the majority of the population frequently experiences digestive symptoms like bloating, excessive gas, indigestion, constipation, heartburn, nausea, and abdominal pain. Hence, to treat a condition from its source, the underlying pathology should be identified rather than just treating its symptoms. Ayurvedic "*Grahani dosa*" is associated with the digestive disorder. When gastrointestinal symptoms reach their chronic stage, they are known as *Grahani roga*, the advanced stage of *Grahani dosa*. According to Ayurveda, *grahani* is an organ and *grahani dosha* is a pathologically deranged state of *grahani*. For this reason, comprehending *Grahani* as an *Avayava* (organ), *Dosha* (Sprue syndrome), and *Roga* (Chronic gut disorders) accurately is imperative in order to comprehend the various stages of gastrointestinal symptoms in chronological order. This article thus attempts to understand the *Grahani dosha* as a syndrome by considering *Grahani* as *Avayava*, *Dosha*, and *Roga*.

**Keywords:** *Grahani roga*, *agni dosha*, *vishamagni*, *mandagni*

**Introduction**

Most people in today's world suffer from different gastrointestinal disorders as a result of their hectic lifestyles and eating habits. Foods containing dangerous chemicals have a negative impact on our health, particularly on the digestive system. Bloating, excessive gas, digestion, constipation, heartburn, nausea, and abdominal pain are common digestive symptoms that can range in severity from extremely mild to severe. This lower standard of living has a major financial impact on global healthcare [1]. Therefore, understanding the underlying pathology is necessary to treat it from the ground up rather than just treating the symptoms. The oldest medical system, Ayurveda, is known as "*Grahani dosha*," which is a condition associated with the gastrointestinal disorder. Ayurveda believes that undigested food causes a number of functional and physical defects in the gastrointestinal tract, all of which are related to *Agni* (Digestive fire) dysfunction [2-4]. According to all the classics, *Grahani* is an organ, *Grahani dosha* is a deranged pathology of *Grahani*, and *Grahani Roga* are different by-products of this deranged pathology [5-8]. As an organ, *Grahani* is regarded as *Agni's* location. In contrast, *Grahani dosha*, also known as sprue syndrome, suggests that *Agni* is not functioning properly, which leads to poor food absorption and indigestion. *Grahani roga* is the more severe form of *Grahani dosha*, characterised by the persistent manifestation of gastrointestinal symptoms. Therefore, to comprehend the various stages of gastrointestinal symptoms in chronological order, one must have a correct understanding of *Grahani* as an *Avayava* (Organ), as a *Dosha* (Sprue syndrome), and as a *Roga* (Chronic gut disorders). Consequently, by viewing *Grahani* as an *Avayava*, *Dosha*, and *Roga*, an attempt is made in this article to comprehend the *Grahani dosha* as a syndrome.

**As an Avayava**

*Grahani* Between *Aamashaya* (the stomach) and *Pakwashaya* (The large intestine) is where you'll find *Grahani* [9]. The root of the word "*Grahani*" is "*Ghraha*," which implies to grasp or catch. Its functions include restraining undigested food (*Apakwa Anna Dharan*) and aiding in food digestion through the use of *Visarjana* (expulsion) and *Jatharagni* (Digestive fire). Therefore, *Grahani*, along with the digestive juices from the pancreas, liver, and its own walls, can be thought of as the small intestine.

**As a Dosha**

The terms "*Grahani dosha*" and "*Agni dosha*" refer to the same thing, where *Agni* is in a dysfunctional state that causes a variety of temporary digestive disorders. The *Agni sthana*, or *Agni's* site, is thought to be *Nabhi* and *Amashaya*.

Samana Vayu travels throughout the Kosta (Gastrointestinal tract) and is located close to the Agni sthana [8-10]. Thus, the Kosta is vitiated by Grahani as a dosha. Chronic gastrointestinal disorders and various malabsorption diseases can be attributed to Grahani Roga, which is the result of Strotodusti and Khavaigunya in Grahani sthana.

### Grahani as Roga

Improper digestion of food results from mandagni (Hypofunction of digestive fire), which can move food either upward (Urdhva) or downward (Adhomarga); if it moves in Adhomarga, it causes Grahani Gada. Hence, the chronic gastrointestinal manifestation that leads to malabsorption is included in Grahani Roga. Grahani roga encompasses a wide range of disorders, including those pertaining to digestion and absorption.

### Poorvarupa of Grahani (Premonitory symptoms) [11]

Trishna (Thirst), Alasya (Feeling of laziness), Bala kshaya (Diminution of strength), Anna vidhaha (Burning sensation), Chirapaka (Delay in digestion), Kaya gauravata (Heaviness of body) are the premonitory signs. If a Patient of Atisara indulges in injudicious food during the stage of Agnimandya, may lead to Grahani roga [12].

### Four types of Grahani Roga [13]

- **Vataja Grahani:** Overindulgence in the bitter, pungent, astringent, and dry foods of Tiktha, Katu, Ati Rooksha, and Sheetala. Reduced food intake (Pratimashana), Vega Dharana, and intense sexual activity aggravate Vata dosha, which includes the destruction of Agni through the digestive fire. As a result, the food the patient eats is not easily broken down, which causes acidity, roughness in the body, dryness in the mouth and throat, timira, unusual noises in the ears, and frequent pain in the neck, thighs, chest, and pelvis. weakness, emaciation, insatiable taste cravings, and mental anguish. The patient frequently questions whether he has a splenic disorder, an abdominal tumour, a vatic disorder, or a heart condition. There is a mixture of hard and liquid stools.
- **Pittaja Grahani:** This condition is brought on by consuming too much Pitta Prakopa Ahara, Katu (spicy), Amla (sour), and Kshara (alkali). Just as hot water puts out fire, so too does an increased Pitta hinder Agni's ability to function. As a result, the person experiences belching, a burning feeling in the chest and throat, undigested food particles in their loose stools, extreme thirst, a sour taste, and an unpleasant odour.
- **Kaphja Grahani:** Overindulgence in heavy-digesting foods like Guru and Atisnigdha, as well as cold-weather foods like Sheeta, can cause Kapha to become vitiated and cause Agnimandya. Patients suffering from Kaphaja Grahani may experience symptoms such as nausea, vomiting, loss of taste, sweet taste in the mouth, coughing, passing of stool along with Kapha and Ama, and low energy.
- **Sannipataja Grahani:** It is the result of Tridosha Prakop, which is the simultaneous vitiation of Pitta, Vat, and Kapha. In these situations, all three doshas' etiological factors, symptoms, and signs manifest. Two additional Grahani categories—Sangraha Grahani and Ghateeyantra Grahani—are mentioned in Madhava Nidana.

### Pathogenesis of Grahani

Agni dushti, which is caused by eating unwisely, is what causes an Agnimandya sufferer to experience indigestion (Apachan) and the formation of Ama. At this point, the organs

become a haven for Kledak kapha, Saman vayu, and Pachak pitta, which vitiates Grahani. Food that has been indigested experiences fermentation-related changes that result in the formation of anna-visha, which causes just as many illnesses as poisoning. This Anna visha worsens the organ's functional state and spreads throughout the body, causing symptoms such as vishthambha (abdominal distension), headache, dizziness, fever, anorexia, back stiffness, tenesmus, yawning, malaise, and indigestion of food (also known as Grahani roga).

Grahani Dosha encompasses all gastrointestinal disorders that interfere with appropriate absorption, assimilation, and digestion. Irritable bowel syndrome (IBS), fictional dyspepsia, fictional diarrhoea, fictional constipation, and unidentified bowel disorder are among the illnesses similar to FGID [Functional GastroIntestinal disorders].

Two primary types of functional bowel disorders are Functional dyspepsia and Irritable bowel syndrome.

### 1. Irritable bowel syndrome [14]

This is a collection of made-up intestinal ailments that include symptoms of disordered defecation and abdominal pain or discomfort linked to changes in bowel habits.

- A variety of made-up gastrointestinal disorders that are characterised by bloating or a feeling of fullness in the abdomen and lack the necessary conditions for other made-up gastrointestinal disorders are included in the category of fictional abdominal bloating.
- A group of fictitious illnesses known as functional constipation manifest as irregular, challenging, or seemingly partial defecation.
- The continuous or recurrent passage of loose or watery stool without the presence of a stomachache is known as fictional diarrhoea.
- Fictional abdominal pain is characterised as a persistent, nearly constant, or recurrent aching that is localised in the abdomen but is not closely associated with gut function.
- The term "unspecified fictional bowel disorder" refers to symptoms that do not meet the requirements for previously established categories. Irritable bowel syndrome symptoms include diarrhoea, bloating, cramping beneath the belly button, nausea, and constipation.

### 2. Fictional Dyspepsia

This condition is characterised by bloating, nausea, and pain above the navel. It is also known as "nervous stomach" or "non-ulcer dyspepsia" [15].

### 3. Mabsorption Syndrome [16]

The gastrointestinal disorder known as malabsorption syndrome. it prevents the body from effectively absorbing nutrients from food. Intestinal infections, trauma, inflammation, surgery, prolonged antibiotic use, cystic fibrosis, coeliac disease, chronic pancreatitis, and Crohn's disease are among the causative factors. The syndrome's clinical manifestations include diarrhoea, steatorrhea, weakness, exhaustion, and cramping in the abdomen.

### 4. Celiac disease [17]

A persistent autoimmune disease affecting the gastrointestinal system causes an inability to tolerate gluten. Its protein typically comes from wheat and barley. Clinical symptoms include dermatitis herpetiformis, steatorrhea, anaemia, bloating, diarrhoea, heartburn, constipation, and fatigue.

## 5. Tropical sprue

<sup>[18]</sup> This disease causes abnormalities in the mucous lining of the small intestine and nutritional deficiencies by impairing the small intestine's ability to absorb nutrients. Clinical symptoms include anorexia, sore tongue, night blindness, weight loss, fatigue, diarrhoea with copious amounts of faeces, paleness, and foul-smelling stool.

## 6. Bacterial overgrowth syndrome <sup>[19]</sup>

SIBO refers to clinical indices that arise when the typical small number of microorganisms that inhabit the jejunum, proximal ileum, stomach, and duodenum significantly increase or are surpassed by other pathogens. abdominal pain, dyspepsia, diarrhoea, flatulence, and bloating are among the symptoms.

## 7. Disease of Whipple <sup>[20]</sup>

It is a rare bacterial infection that usually affects the joints and gastrointestinal tract. By impairing the body's ability to break down food and absorb nutrients like fats and carbohydrates, it hinders regular digestion and can lead to symptoms like diarrhoea, fever, arthralgia, arthritis, lymphadenopathy, and steatorrhea.

## 8. Short Bowel Syndrome <sup>[21]</sup>

Short Bowels Diarrhoea is the main symptom, which also causes dehydration, weight loss, and malnutrition. In addition, the patient reported experiencing weakness, heartburn, bloating, cramps, exhaustion, and foul-smelling stools.

## Discussion

Vocabulary Dosha Grahani, Grahaniroga. The signs and symptoms described in Vishesh grahani roga can be used to understand conditions such as simple indigestion, bloating, mechanical deformities like Hirschsprung disease, Malrotation, Jejunoileal Atresia, Short bowel syndrome, inherent diseases of the intestinal mucosa, defect in the intestinal membrane transport system, impaired GI motility, disrupted bacterial flora, and even major diseases like tumours, ulcers, and Functional Gastro-Intestinal disorders, which include IBS, fictional abdominal bloating, fictional dyspepsia, fictional diarrhoea, fictional constipation, and undefined fictional bowel disorder with a different presentation in an individual. It is possible to think of this combination of Grahani Dosha and Grahani Roga as a syndrome.

## Conclusion

Therefore, it is important to understand Grahani Dosha in relation to the different stages of diseases, which include mild, moderate, and severe forms of diseases caused by Srotodusti and Khavaigunya in Grahani Sthana, also known as the Agni Sthana. Every illness that results from abnormal digestion or assimilation. Grahani Dosha encompasses altered bowel habits and nutritional deficiencies caused by malabsorption. Thus, it can be referred to as a syndrome, which is a collection of different illnesses that makes it one of the Asta Mahagada.

## Conflict of interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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