

AN AYURVEDA CONCEPT: TOWARDS THE MANAGEMENT OF THE GRAHANI

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ABSTRACT

Ayurveda offer logical approach for health care management which not only provide treatment option for various diseases but also suggests rules of healthy life style. *Kayachikitsa* is one of the important branches of Ayurveda which deals with use of general medicine. The use of internal medicine as *Chikitsa* for treating body (*Kaya*) resembles *Kaya Chikitsa*; it involve diagnosis and treatment of various common diseases; diabetes, rheumatoid arthritis, tuberculosis and skin disease. The concept of *Kayachikitsa* comprises principles of basic treatment, use of therapies and purification methods. This article presents Ayurveda perspective of *Kayachikitsa* W.S.R. to *Grahani*.

KEYWORDS: *Ayurveda, KayaChikitsa, Internal Medicine, Grahani.*

INTRODUCTION

The traditional science of medical system Ayurveda considered *tridoshic* imbalance as main cause of various disease. This imbalance of *vata-pitta-kapha* vitiates *dhatu* and *mala* also. The *kayachikitsa* branch of ayurveda possesses ability to control such type of imbalance using various herbs and natural medicine.

Kayachikitsa may help to stop disease progression at any stage. The different approaches of *Kayachikitsa* offer benefits of *shodhna* (purification) and rejuvenation along with disease management. *Kayachikitsa* treats disease using basic ayurveda principles of treatment considering etiology, pathogenesis and diagnosis of disease.^[1-3]



Figure 1: Eight Branches of Ayurveda.

The concept of Kayachikitsa mainly involves treatment of.

- Amavata and Raktavata.
- Rheumatic Diseases.
- Obesity and Diabetics.
- Acidity, Diarrhoea and Grahani.
- Skin Diseases.
- Asthma and Allergy.
- Parkinson's Disease.
- Heart Diseases.
- Renal diseases.

As per Ayurveda the progression of disease involves six stages which includes; aggravation, accumulation, overflow and relocation, build up in a new site and disease manifestation. *Kayachikitsa* offer ability to cure disease at any stage, out of the six mentioned stages of disease. The overall aim of *Kayachikitsa* resides to achieve healthy and happy life. *Kayachikitsa* along with its medicine and therapies help to maintain proper functioning of *sapta-dhatu*; plasma, blood, muscle, fat, bone, marrow and reproductive fluids and thus maintain health of an individual.^[4-5]

Management of Grahani

Grahani Dosha is one of the *Mahagadas*, it is associated with digestive problem and prevalence of *Grahani* increase in current scenario due to the bad dietary habits, irregular lifestyle, stress and environmental conditions. The *Grahani* related to *Jatharagni* (digestive fire) and supported by the strength of *Agni*. *Grahani* receives ingested food and after digestion it releases the food to next *Ashaya*. During abnormal physiological conditions due to weakness of *Agni*, *Grahani* gets vitiated and releases indigested food. This overall stimulates formation of *Ama* which leads *Grahani Dosha*. *Agnimandhya* is important causative factor of *Grahani Dosha*. Therefore Ayurveda recommended use of *Agnivardhana* drugs with *Deepana* and *Pachana* properties. The pathological consequences of *Grahani Dosha* involves; *Agni Dushti* which leads *Apachana* & *Ama Utpatti* then *Shuktapaka*, *Annavisha* or *Amavisha* causes *Grahani Dosha* which further resulted *Grahani Roga*.

Treatment

Agnimandhya is main causative factor in *Grahani Dosha* therefore use of *Agnivardhana*, *Deepana* and *Pachana* drugs are recommended for the same. *Ajirna* and *Atisara* should be considered while treating *Grahani Dosha*.

Therapies Grahani Dosha

Ayurveda recommended purgation with *Deepana* drugs if *Ama* moves downwards and remains with *Pakvashaya*. *Langhana* and *Pachana* if *Dosha* spreaded in whole body. *Laghu* and *Supachya Ahara* along with *Deepana* & *Pachana* drugs are mentioned for the management of disease.

Medicine for Grahani Dosha

- *Chitrakadi Vati*
- *Marichadi Churna*
- *Takrarishta*
- *Bhunimbadi Churna*
- *Madhukasava*
- *Kshara Ghrita*
- *Pancha Pallava, Pancha Lavana and Rasanjanadi Churna*
- *Hinguvachadi churna*,
- *Vilwadi gulika*
- *Patupancakadi gulika*
- *Mahatiktakkashay*

Recommendation for Grahani patient

Person should consume *Takra, Masur, Tuvara, Mudaga, Tila Tail, Makshika, Dadima ahara*. While *Guru Anna, Draksha, Gomutra, Dugdha, Gud* and *Viruddha Bhojana* need to be avoided.

The individual should take proper *Nidra*, involve *Chhardan* and *Langhana*, while *Ratri Jagarana, Snana, Vega, Dharana, Sveda, Dhumpna* and *Shrama* need to be avoided.^[6, 7]

DISCUSSION

Ayurveda considered *Grahani* as *Agnimandya janyavikara*, *Vata Dosha* majorly involve in this condition along with *Pitta* and *Kapha Dosha*, the *rasa* are *dusyas* and *srotas* involve are *purishavaha srotas*. The natural drugs recommended for *Grahani Dosha* having *Guna Laghu*, possesses *Deepana* properties and *Madhura Paka*, these all help to control *Pitta*; and thus reduces *Daha* in the *Kostha*, the some drugs used for *Grahani* also possesses *Vatahara* properties. The light liquid diet and consideration of rule of *dincharya* also offer relief in *Grahani Dosha*. The *shodhna* procedure on routine basis act as preventive measure and keep body detoxify which decreases susceptibility towards the *Grahani Dosha*.^[8]

CONCLUSION

The *kayachikitsa* branch of ayurveda possesses ability to control *tridoshic* imbalances using various herbs and natural medicines; it treats numerous disease and offer unique therapeutic approaches for managing gastric/bowel disorders. *Grahani Dosha* is one of them and can be cure using basic principles of *kayachikitsa*. Drugs relieve disease symptoms along with yoga and meditation. *Vatanulomana* and *Agnidipanaaharas* along with *Deepana* & *Pachana* drugs possess benefits in disease. *Vishtambhiahara* & *pittakopadravyas* need to be avoided.

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