ABSTRACT

In the present era the changes in diet and lifestyle are responsible for the greater prevalence of digestive and absorption disturbance. Which leads to the chronic disorders like as Grahani roga. Acharyas has described the causative factors of Grahani, but it is necessary to focus on the other factors which are directly and indirectly responsible for the vitiation of the Grahani which are scattered in Samhita Grantha and correlate them with the factors in this era. This article is the compilation of the causative factors of the Grahani Roga as described by acharyas and also an attempt to find the correlation between hetu described in text and the hetu actually happen in daily life. It is concluded that the hetu described by acharyas are exactly found in today’s era. So, the incidence of graham roga is found increasing in population day by day.

KEYWORDS: Grahani hetu, Agnimandya, Adyashana, Viruddhashana.

INTRODUCTION

Ayurveda, the most practical and eternal science of life, with its unique concepts, can give more promising solutions to these problems. According to WHO, Ayurveda is a system of natural medicine with a detailed scientific literature, a comprehensive Materia media and a whole breath of clinical procedures relevant to prevention and treatment of acute as well as chronic diseases.[5]

In the present era of fast food, there is changed or irregularity in diet and diet timings and also sedentary life style. In addition to changes in diet and lifestyle everyone is always under tremendous mental stress. All these socioeconomic and environmental factors are responsible for a much greater prevalence of digestive disorder. These factors cause disturbance to the digestion and absorption, which results into many disease, among which Bowel disorders constitute as important group.[6]

Dysfunction of Agni is responsible for undigested food i.e. Apakwa Ahara Rasa. Functionally vitiated Agni i.e. Mandagni, Vishamagni etc. causes improper digestion of ingested food, which leads to forms a vitiated material called “Ama”. It has pivotal importance in the pathogenesis of Grahani Roga. This disturbs the normal flora of GI tract and weakens the muscles and acid fluid configuration of GI tract.

In the present era the causative factors for the vitiation of the Agni increasing in number So, a detailed study of the causative factors of Grahani and its correlation is need for today.

Grahani hetu according to Samhita Grantha

According to Acharya Charaka hetu of graham roga are

- Abhojana (abstinence from food)
- Ajirna (indigestion)
- Atibhojana (over eating)
- Vishamasana (irregular diet habits)
- Asatmya bhojana (indulgence in incompatible type of food) Gru, sheet, ruksa, sandushta bhojana (Cold and stale food, Excessively dry food).
- Vireka vanama sneha vibhrama (mal-effects of virechana, vanama, snehana)
- Desha kala rutu vaishanyama
- Vega dhurana (Voluntary inhibition of natural urges)

All these factors are responsible for the dysfunction of Agni are the causative factors of Grahani roga. Acharya Charaka stated these factors responsible for the Agni dushti, are considered as the causes of Grahani dushti.[3]

While describing the treatment of agnimandya acharya stated some more causative factors of Agni dushti these are.[2]

- Roukshyat
- Atisnehat
- Udvartat
- Dosha virudhyat
According to Ashtang Hridaya
- Acharya Vagbhata stated that in chronic condition Atisara may be convert in Grahani roga. So, all the causative factors of Atisara are also responsible for Grahani roga if occurs for long time.[3]
- According to acharya Vagbhata Arsha, Atisar and Grahani are diseases having common origin i.e. Agnimandya and they act as causative factors for each other. So, the causative factors of Arsha and Atisara are also responsible for Grahani Dosha.[4]

According to Sushrut Samhita
Acharya Sushrut while describing the hetu and samprapti of Grahani, has stated that, person who has just recovered from Atisara, but still has poor digestive fire and still indulging ahihishan (unsuitable food activities), gets his dosha aggregated leading to malfunctioning of Grahani and thus vitiation of Agni. The word — ‘Api’ here denotes that if the patient not suffering from Atisara but has Mandagni.[5]

According to Madhav Nidan
The main cause of grahani roga is, the consumption of Ahitashana in mandagni condition after Atisara.[6]

OTHER GRAHANI HETU
Due to Samana Vayu prakopā[7]
following causes
- Vishamajirna
Intake of food that are unsuitable, difficult to digest, cold and unwholesome
- Sleeping and awakening at the improper time.
As a result of this, symptoms like Shoola (abdominal pain) and Gulma, Grahani and other diseases of the Pachyamashaya and Pakwashaya manifests.
- When the Samana vata gets enveloped by Apana, then grahani diseases affecting the heart and the sides of the side of the chest, and stomach pain manifests.

Improper Oleation[8]
When Snehana is not administered properly, then it causes Tandra (lassitude), Utklesha (nausea), Jwara (fever), Stambha (stiffness), Visaudnyaata (loss of consciousness), Kushthani (skin diseases), Kandu (itching), Pandu (anemia), Shopha (edema), Arsha (hemorrhoids), Aruchi (anorexia), Trishna (thirst), Jathar Dosh (abdominal disease), Grahani (improper functioning of Grahani), Steimitya (rigidity), Vak-nigratha (suppression of speech), colic and diseases caused by improper digestion and incomplete metabolism.

Viruddh Anna Sewan (Unwholesome food)[9]
Intake of unwholesome food (Viruddha anna sevan) responsible for Vitiation of tridosha which causes numerous diseases like Grahani, infertility, blindness, skin diseases, abdominal enlargements, insanity, fistula and even death.

Grahani caused by stopping raktastrava[10]
When there is exudation of blood in a strong and well-nourished person, effort should not be taken to arrest the bleed in the initial stages, because this will cause Pandu (anemia), Grahani, Kushta (skin disease), Pliharog (disease of the spleen), Granthi (abdominal tumors) and Jwara (fever).

Mismanagement of Atisara[11]
In Atisara, treatments that binds the bowels should not be advocated when such therapies are administered.

When a person is affected with diarrhoea, and never adopts the required measures to get cured from the condition and those who indulge in things that cause the destruction of the digestive fire i.e.: Agni, will get affected with Grahani.

Grahani caused by controlling Amatisara[12]
Amatisara should never be controlled because retained vitiated dosha’s will later cause diseases like Pliharog (Splenic diseases), Pandu (Anaemia), Adhmana (Distention), Prameha (Diabetes), Kushta (Skin diseases), Udar (abdominal enlargement), Jwara (Fever), Shoth (Oedema), Atopia (abdominal tumours), Grahani, Arsha (Haemorrhoids), Shoola (pain), Agnimandya (digestive complaints) and catching pain in the region of the heart.

Improper sodhana karma[13]
Virechana has to be administered after the person has undergone proper Sehana, Swedana and Yamana therapies. Even if the Virechana is being administered properly, but without administering Yamana previously then the kapha that is carried downwards will cover the Grahani and cause heaviness and dysentery.

Annavaaha Strotasa dushti hetu[14]
Also, as grahani is primarily disease of the Annavaha strotas hence while discussing its hetu, it is very important to think on the causes of dushti of Annavaha strotas.

One who eats greedily leaving aside all the dietary rules (Asho ahara vidhi Vishesh Ayatana), acquires the disorder due to morbidity in Grahani.

Atyambupana[16]
- In Acharya Vruddha Vagbhata stated that, Atyambupana occurs in excessive thirst; also vitiated the kapha-pitta dosha and Agni. It enhances the Ama lakshana, Trishna, Tandra, Adhmana, Kasa, Agnisada, Hrullas, Praseka, Shwasa and Pinasa.
- In stated that excessive water intake before food also vitiated the Agni and it causes krushata because of inappropriate nutrition of dhatu.
- In Acharya Charaka stated that excessive water...
intake during meal causes vitiation of Agni by which the incomplete digestion of food occurs. Excessive liquidity of food leads to indigestion and at the same time tridosh prakopa happens.

Manasik Hetu/Psychological causes[17]

- There is no direct reference of Manasik nidan in Grahani chapter. But in Viman-sthan chapter 2, Acharya Charakachayya has stated that improper digestions occur due to increase in the emotional factors.
- Acharya Charak stated that if person suffer from the Manasik Upatap like as Chinta, Shoka, bhaya, Krodha, dukkha etc. then the food taken in proper quantity also get vitiated and indigestion occurs.
- Upatap Manas bhava leads to Agni dusti (Mandagni or Vishamagni or Tikshnagni -collectively it is called Grahani Dosha) and which leads to altered bowel habits with abdominal pain.[16]
- Acharya Sushruta stated the relation between the Pittadhara Kala and Majjadhara kala so the factors responsible for the vitiation of the manasik bhawa are responsible for the Grahani dushti.

Vishesha Hetus of Grahani Roga[18]

<table>
<thead>
<tr>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katu-bhojana</td>
<td>Katu-bhojana</td>
<td>Guru-bhojana</td>
</tr>
<tr>
<td>Tikta-bhojana</td>
<td>Vidahi-bhojana</td>
<td>Sheet-bhojana</td>
</tr>
<tr>
<td>Atriruksa-bhojana</td>
<td>Amla-bhojana</td>
<td>Ati-bhojana</td>
</tr>
<tr>
<td>Sheet-bhojana</td>
<td>Kshara-bhojana</td>
<td>Atisnigdha-bhojana</td>
</tr>
<tr>
<td>Alpa-bhojana</td>
<td>Bhuktamatrasya swapna</td>
<td></td>
</tr>
<tr>
<td>Abhojana</td>
<td>Adhik sanchara</td>
<td></td>
</tr>
<tr>
<td>Vega nigraha</td>
<td>Ati maithuna</td>
<td></td>
</tr>
</tbody>
</table>

Tridoshaja Grahani Hetu[19]

When the ahitakara ahara causes vitiation of tridosha then all the symptoms of the respected dosha’s will manifest.

Co-relation of Grahani hetu in Samhita and the hetu in today’s era

<table>
<thead>
<tr>
<th>Samhitokta hetu</th>
<th>Hetu in Present era</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abhojana</td>
<td>Dieting without proper guidance, upavasa</td>
</tr>
<tr>
<td>Ajirmanana sevana</td>
<td>Food intake in indigestion</td>
</tr>
<tr>
<td>Atibhojana</td>
<td>Diet intake in large quantity</td>
</tr>
<tr>
<td>Vishmashana</td>
<td>Due to heavy pressure of work peoples don’t take their food on proper time</td>
</tr>
<tr>
<td>Asatmya bhojana</td>
<td>Intake of excessive alcohol products, heavy food, excessive intake of bakery products, packed food, excessive spicy food with high quantity of salt and chilly (Vadapav, South Indian food, Chinese food, food with excessive intake of cheese and butter</td>
</tr>
<tr>
<td>Viruddha Ahara</td>
<td>Cold coffee, ice cream after heavy diet, koshimbeer (salad with curd), Fruit salad, custard, milkshakes, marinated sea food and non-veg products</td>
</tr>
<tr>
<td>Virechana, Vanama, Sneha vibhrama</td>
<td>Improper Shodhana karma or not following the instructions during shodhana and Sneha pana.</td>
</tr>
<tr>
<td>Desh, Rutu, Kala Asatmya Aahar and vihara</td>
<td>Ice cream in cold climate, tea in summer and hot climate, excessive exercise in summer</td>
</tr>
<tr>
<td>Vega-dharana</td>
<td>Voluntary inhibition of natural urges mostly occurs in the peoples under heavy work load and also by continue traveling,</td>
</tr>
<tr>
<td>Dusit Raka stambhana</td>
<td>In the case of bleeding piles or Raktaipitta (epistasis, hematuria, menorrhagia, metrorrhagia) now a day with the help of drugs help in blood clotting dusit raka get stopped. It also causes the agnimandya and grahani dushti.</td>
</tr>
<tr>
<td>Amatisar stambhana</td>
<td>Taken medication for stambhana in Sama awastha of stool</td>
</tr>
<tr>
<td>Not follow the rules of Ahara Vidhi Vidhan</td>
<td>Food preserved in refrigerator, packed food, marinated food, food consumption with taking and walking, bread products, food intake while watching T.V., mobiles, food consumption in stress, sadness</td>
</tr>
<tr>
<td>Annavaha Strtosa Dushti Hetu</td>
<td>Late night food consumption, consumption of dry food without oil or butter during dieting, only salad consumption</td>
</tr>
</tbody>
</table>
DISCUSSION
Vitiation of Agni is the main pathology of Grahani Roga. So, all factors affecting the power of Agni are causative factors of Agni Dushti and hetu of grahani roga.

Saman vayu, Pachak pitta, kledak kapha are the important physiological factor related with Grahani. Therefore, all vitiating causes of this factors are responsible for grahani dushti.

Grahani is important part of Annavaha strotasa, so Annavaha strotas dushti hetu are also responsible for grahani dushti.

Ahara vidhi Vishesh ayatana are the eight important rules for Ahara sevana, nowadays they are not followed by the people so, it may increase the chances of improper digestion of food, which may lead to grahani dushti.

Today people not following the rules of food consumption stated by Acharyas (Aahar Vidhi Vidhan) which may cause the Vitiation of Agni, Tridosha and Grahani and leads to many systemic disorders.

Now a days packed food is consumed in large quantity. Acharya charaka stated that each and every minute particle in the universe is made up of five fundamental elements so the food also made up of these five elements. Therefore, food partials also have its own Agni i.e. Bhutagni in it. This Agni in food particles also help in the digestion of food. But in case of packed food or food stored in refrigerator this Agni is destroyed. So, the digestion of this food gets more time than fresh food or digestion is incomplete. Therefore, due to increases in the consumption of packed food and preserved food gastrointestinal problems are increased.

Acharya Sushruta Stated the correlation between the Purishdhara and Majjadhara kala. In present era due to heavy work pressure every one is under high volume of stress. This is responsible for Majjavaha strotasa dushti and alternatively Purishvaha Strotasa dushti. Which leads to grahani roga.

All these factors are responsible for the increasing percentage of Grahani in the day to day life. During the treatment of the chronic Gastrointestinal disorders it is necessary to find the etiological factors because according to Ayurveda Nidan parimarjana is the first line of treatment for each disease.

CONCLUSION
Grahani vyadhī is caused due to vitiation of Jatharagni, Saman vayu, Pachak pitta and Kledak kapha all leading in anatomical and physiological impairment of pittradhara kala which is site of Agni. Therefore, all the factors responsible for the vitiation of these factors are concluded as causative factors for Grahani.

Contemporary life is accompanied by lot of stress. The negative effects are manifested in diseases that reflect our lifestyle and Grahani is one among it.

Due to sedentary life style peoples are more prone to Agni dushtikar hetu just like as Virudhhashana, Anashana, Akitakar ahar sevana, rakhanna, dusht rakta stambhana, vega Dhurana so the percentage of grahani vyadhī is increases in day to day life. So, it is necessary to concentrate in life style management and stress reliving factors to control the diseases like Grahani.

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