



Research Article

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REVIEW ON “IRRITABLE BOWEL SYNDROME” AND AYURVEDA CORRELATION WITH *GRAHANI ROGA*

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Abstract

Irritable Bowel Syndrome (IBS) is condition which mainly involve irritation in colon and considered as gastrointestinal disorder involving symptoms such as; abdominal pain, diarrhea, constipation, heartburn, bloating, nausea and vomiting. Irritable Bowel Syndrome can be correlated with *Grahani* as per ayurveda perspective which may occur due to the improper functioning of digestive system. *Vata* vitiation, low level of *Ojas*, stress, disturbed dietary pattern, lifestyle imbalances and deteriorated environmental conditions can cause disease pathogenesis. Ayurveda as well as modern science described various options for curing Irritable Bowel Syndrome including management through life style modification. Present article summarizes ayurveda and modern perspective on *Grahani*.

Key-Words: *Ayurveda, Irritable Bowel Syndrome, Grahani, Gastrointestinal Disorder*

INTRODUCTION

The Irritable Bowel Syndrome is pathological condition which involve disturbance of gastrointestinal system and associated with the imbalances of digestive functioning. Irritable Bowel Syndrome possesses symptomatic similarity with *Grahani Roga* as per ayurveda. The disease mainly associated with *Pitta* vitiation along with *Vata* predominance. Ayurveda described different types of *Grahani Roga* based on *Dosha* predominance; *Vataja Grahani*, *Pittaja Grahani*, *Kaphaja Grahani* and *Tridoshaja Grahani*. **Table 1** described causes, symptoms and other aspects related to the different types of *Grahani Roga* (Irritable Bowel Syndrome):

Table 1. Various aspects related to the different types of *Grahani Roga*:

S. No.	Types of Disease	Causes	Symptoms
1	<i>Vataja Grahani</i>	<ul style="list-style-type: none"> ❖ Excess use of pungent and astringent food ❖ Suppression of natural urges ❖ Fasting 	<ul style="list-style-type: none"> ❖ Dry skin, nails and mouth ❖ Abdominal distension & bloating ❖ Constipation/Diarrhea
2	<i>Pittaja Grahani</i>	<ul style="list-style-type: none"> ❖ Excess consumption of sour & salty foods ❖ Excess physical activity ❖ Improper food habits 	<ul style="list-style-type: none"> ❖ Sweating & hot feeling ❖ Heartburns, thirst & diarrhea
3	<i>Kaphaja Grahani</i>	<ul style="list-style-type: none"> ❖ Consumption of hard and fatty food ❖ Overeating ❖ Lack of physical exercise 	<ul style="list-style-type: none"> ❖ Nausea & vomiting ❖ Loss of appetite ❖ Heaviness in body & lethargy ❖ Evacuation of heavy stools with mucus
4	<i>Tridoshaja Grahani</i>	<ul style="list-style-type: none"> ❖ Awful dietary habits ❖ Suppression of natural urges ❖ Improper life style 	<ul style="list-style-type: none"> ❖ Disturbed digestive functioning ❖ Nausea & vomiting ❖ Diarrhea ❖ Heartburns & thirst

Samprapti

The vitiation of *Vata* due to the causative factor leads aggravation of *Vata* in colon and intestine where it disturbs *Agni*; resulting symptoms are distention, gas, diarrhea & constipation. When *Vata/Pitta* precipitates then *Pachaka Pitta* get accumulates and induces symptoms of indigestion. The disturbance in *Apana Vayu* leads frequent evacuation of bowel contents and abdominal pain.

Pathological components associated with *Grahani Roga* as per ayurveda depicted in **Figure 1**.



Figure 1: Pathological components associated with *Grahani Roga* as per ayurveda

Biological consequences related to the Irritable Bowel Syndrome

- Accumulation of *Ama* blocks circulation thus hamper nutritional supply
- Imbalance of nervous system due to the stress or abnormal gut activity
- Diminished immunity towards common infections since body deprived nutrient
- Disturbance of natural biological rhythm
- Gastric ulcer or Heart trouble
- Mental irritation and loss of vigor

Treatment:

General therapeutic principle involves correction of *Doshas* and removal of *Ama*. The improvement in *Agni* using herbs which potentiate digestive power is another approach to combat against *Grahani Roga*. Use of emetic can also provide relief from severe food poisoning. Similarly good conduction of rules of *Ahara-Vihara* along with life style modification recommends to cures IBD. **Table 2** depicted specific therapeutic medication for the management of particular types of *Grahani Roga*. Ayurveda classical formulations like *Chitrakadi vati*, *Shankha vati*, *Dashmuladi ghrita*, *Shita kshaya* and *Hingvashtaka chuma*, etc. can be used to cure digestive abnormalities or gastric trouble. *Deepana* & *Pachana* drugs improve digestive strength thus prevent formation of *Ama*, similarly *Anulomana* drug help to hold the stools when Diarrhoea becomes severe while mild laxative provide health benefits in case of constipation associated with bowel disturbance.

Table 2. Specific drugs for particular types of *Grahani Roga*:

S. No.	Types of <i>Grahani Roga</i>	Drug recommend
1	<i>Vata Grahani</i>	✓ Ginger, cloves & cardamom ✓ <i>Shatavari</i> and <i>Ashwagandha</i> ✓ <i>Triphala</i>
2	<i>Pitta Grahani</i>	✓ Coriander and cumin ✓ Aloe Vera juice ✓ <i>Shatavari</i> & <i>Amlaki</i>
3	<i>Kapha Grahani</i>	✓ Cardamom & cloves ✓ <i>Pippali</i> & <i>Trikatu</i> ✓ <i>Triphala</i>
4	<i>Tridoshaja Grahani</i>	✓ Ginger, Ginger & Cardamom ✓ <i>Amlaki</i> & <i>Trikatu</i> ✓ <i>Triphala</i>

Life style and dietary recommendation

- ✚ Regular sleeping and avoidance of late night awakening
- ✚ One should avoid stress and should be involved in meditation
- ✚ Conduction of *Sattvic* life is helpful.
- ✚ Light food advised and it is suggested to avoid dry and heavy food stuffs.
- ✚ Dietary fibers need to be consumed to maintain balance of bowel evacuation
- ✚ One should avoid suppression of natural urges
- ✚ Fasting or overeating both are harmful to be avoided
- ✚ Lack of physical activity not good for digestive system therefore one should avoid lethargies.
- ✚ Consideration of concept of *Ritucharya* and *Dinacharya* help to prevent life style related diseases
- ✚ Meditation & *Yoga* should be included in daily routine to empower digestive strength

Yoga for Grahani Roga

- *Makarasana* (Crocodile pose)
- *Ardhamatsyendrasana* (Half Spinal twist)
- *Savasana* (Corpse position)
- *Chakra* meditation

Panchakarma

Panchakarma modalities such as; *Virechana* & *Basti*, etc. can be advised to improve gut motility, correcting digestion, maintenance of circulation and proper bowel evacuation. *Sarvang Abhyanga*, *Sarvang Vashpa svedana* and *Takra dhara* helps to balance gastric

mortality. *Abhyanga* and *Shiro Dhara* boost internal strength thus provide relief from adverse effects of disease.

CONCLUSION

Irritable Bowel Syndrome (IBS) is condition which involve disturbance in gastrointestinal system, characterizes with symptoms of diarrhea, constipation, abdominal pain, bloating, heartburn and nausea. The disease can be correlated with *Grahani* as per ayurveda perspective. Stress, disturbed life style, awful dietary pattern and poor hygiene, etc. are some conditions which cases Irritable Bowel Syndrome. Ayurveda described various therapeutic regimens for managing such type of condition including correction of *Doshas*, removal of *Ama* and potentiating of *Agni*, etc. Good conduction of rules of *Ahara-Vihara*, life style modification, *Yoga* and meditation, etc. can also provide health benefits in IBD. Ayurveda formulations like *Chitrakadi vati*, *Shankha vati*, *Dashmuladi ghrita*, *Shita kshaya* and *Hingvashtaka chuma*, etc. can be used to cure gastric trouble. *Deepana* & *Pachana* drugs improves digestive strength therefore can be prescribed for the management of bowel disturbances.

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