

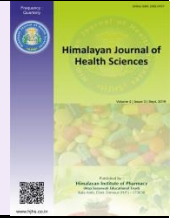


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Review Article

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Ayurveda Description of *Grahani Roga* in Children and its Management: A Literary Review

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Abstract

Grahani Roga a gastrointestinal tract disease, is influenced by various factors, such as *Aparipakvadhathu*, *Asampurnabalam* and *Shleshmadhathuprayam*, etc. *Aniyatha Agni* means variable digestive fire also play vital role in this regards. Immature tissue, incomplete strength and imbalance in bodily humors, etc. considered responsible for the disturbed functioning of digestive fire in children. Various etiological factors can impair *Agni*, particularly in children who frequently consume bakery items like biscuits, chocolates, ice-cream and junk foods, etc. *Atisara*, a condition related to gastroenteritis, may contribute to *Grahani Roga* and should be considered during the treatment plan. Abdominal pain, bloating and abdominal spasm, etc. are major features of *Grahani Roga*. Treatment includes a combination of medications, nutrition adjustments and dietary changes, etc. Herbal combinations are also beneficial due to their properties in improving digestion and removing blockages.

Keywords: *Ayurveda*, *Grahani Roga*, *Agni*, *Children*

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1. Introduction

Ayurveda, the ancient system of medicine originating in India, places significant emphasis on maintaining digestive health. In children, digestive disorders can significantly impact their overall well-being and growth. *Grahani*, a condition described in Ayurveda, pertains to the small intestine and is closely related to digestion and assimilation of nutrients. (1-4)

The concept of *Grahani* corresponds to the small intestine, where the process of digestion and nutrient absorption primarily takes place. *Grahani* is considered as the seat of *Agni* (digestive fire), responsible for breaking down food and transforming it into absorbable nutrients.

Adolescence is a crucial period of growth and development, and gastrointestinal disorders, including *Grahani Roga*. The gastrointestinal disorders are prevalent in adolescence age group due to faulty dietary habits and a sedentary lifestyle. The present era of fast and junk food, along with constant mental stress, further contributes to disturbances in the digestive system, resulting in various gastrointestinal tract-related diseases, with *Grahani Roga* being one of the primary conditions amongst them. The weakened state of *Agni*

(*Mandagni*) leads to the formation of *Ama Dosha* which is the root cause of many diseases, including *Grahani Roga* in children. (4-6)

The main causes of *Grahani Roga* in children are the vitiation of *Agni*, either directly through indulging in various etiological factors or due to pre-existing *Mandagni*, aggravated by improper dietary choices. Other causes include emaciation or wasting from other diseases, suppression of natural urges, psychological factors and improper daily or dietary routine can cause disturbances to *Agni* which further results *Grahani Roga*.

Vega Vidharana, *Ajeernaas*, *Atyambupana*, *Vishamashana*, *Swapna Viparyaya*, *Divaswapa*, *Ratri Jagarana*, *Bhaya*, *Krodha*, *Shoka* and *Dainya*, etc. are described as causes of *Grahani Roga* in various texts of Ayurveda. (5-7)

2. Causes of *Grahani Roga* in Children as per Modern View:

a) *Unhealthy Eating Habits:*

Consuming excessive amounts of processed foods, fast food, and irregular eating patterns can weaken the digestive fire.

b) **Poor Food Combinations**

Mixing incompatible foods can disrupt the digestive process, leading to *Grahani*-related issues.

c) **Overeating**

Consuming large portions of food can overwhelm the digestive system, leading to inefficient digestion.

d) **Environmental Factors**

Consuming contaminated or impure food and water can cause digestive disturbances.

3. Rupa of Grahani Roga in Children:

- ✓ *Trishna*
- ✓ *Balakshaya*
- ✓ *Annavidaha*
- ✓ *Annasyachirpaka*

✓ *Klama*

Samprapti

The fundamental pathology of *Grahani Roga* is *Agni Dushti*, with *Mandagni* being the primary culprit. *Grahani Dosha*, a disorder of *Annavaha Srotasa* mostly affects children; it is the most common pathological effect of *Agni Dushti*. *Samashana*, *Adhyashana*, *Viruddhashana*, *Vega Vidharana* and *Ratri Jagarana*, etc. are considered as causes of *Grahani Dosha*. The primary pathological associations of the *Grahani Dosha* are *Ama Utpatti*, *Annavisha* and *Apachana*, etc. *Muhurdravam Mala Pravritti*, *Alasya*, *Arochaka*, *Mukha Vairasya* and *Trishna*, etc. are the essential results of *Grahani Dosha*. This condition mostly associated with *Kledaka Kapha*, *Pitta Dushya* and *Annavaha Srotasa*, etc. (6-8)

On the basis of particular *Dosha* involvement *Charaka*, *Sushurta* and *Vagbhatta* have described four varieties of *Grahani Roga* as depicted in Figure 1.

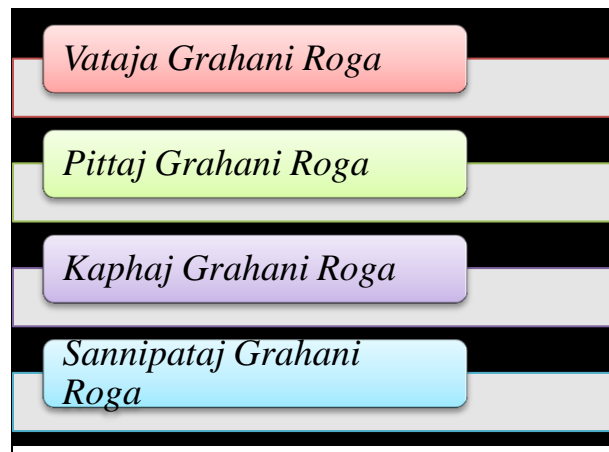


Figure 1. Various types of *Grahani Roga*

Chikitsa of Grahani Roga

The treatment principle focuses on enhancing *Agni's* potency to reduce the formation of *Ama Dosha*. Ayurvedic medicines that regulate *Agni* through *Deepana* and *Pachana* are used for this purpose. Additionally, proper diet and lifestyle modifications are advised. *Panchakarma*, *Langhana* and various herbal formulations like *Amlakichurna*, *Shatapalaghrita* and *Pippalichurna*, etc., are also used based on the patient's condition. Ayurvedic herbs like *Triphala*, *Bilva* and *Musta* can be considered beneficial in promoting

Table 1. Various Ayurveda drugs used for different types of *Grahani* in children

S. No.	Category of <i>Grahani</i> in children	Ayurveda drugs
1	Ayurveda drugs for Vataja grahani	<i>Tryusanadi- ghritam</i> <i>Panchamuladya Ghrita</i> <i>Dashamuladya Ghrita</i>
2	Ayurveda drugs for Pittaja grahani	<i>Chandanadya ghrita</i> <i>Kiratadya Churna</i> <i>Bhunimbadya churna</i> <i>Tiktaka ghrita</i>
3	Ayurveda drugs for Kaphaja grahani	<i>Bhunimbadya kshara</i> <i>Pippalyadya churna</i> <i>Kshara gutika</i> <i>Kshara ghrita</i>

digestion in children specially suffering from *Grahani* [7-9].

Agnideepana therapy, *Snehana*, *Swedana* and *Langhan* play vital role in this regards. The uses of *Deepan* drugs improves power of digestion, drugs possessing *Ushna* and *Ruksha* properties like *Sunthi*, *Pippli*, *Marich* and *Chitrak*, etc. improves digestion and helps to cure *Grahani* in children. (9-11) Table 1 depicted various Ayurveda drugs used for different types of *Grahani* in children.

4. Conclusion

Grahani Roga, is a disease related to *Agnidushti*, can be managed effectively by adhering to Ayurvedic principles, such as *Dinacharya*, *Ritucharya* and *Swasthavritta Palana*. *Grahani*, as per Ayurveda, plays a pivotal role in the digestive health of children. By understanding the causes, symptoms and effective management strategies of *Grahani* imbalance, parents and caregivers can ensure the optimal well-being and growth of their children. Proper treatment, including herbal formulations and lifestyle modifications, can help to alleviate the symptoms of *Grahani Roga* and improve overall well-being of children.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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