

“MANAGEMENT OF *GRAHANI ROGA* IN *AYURVED* -A SINGLE CASE STUDY”

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The Pathogenesis of Grahaniroga works around Agnidosha which related with disabled stomach related capability of stomach related fire. Grahani is a sickness which influences huge populace worldwide particularly in emerging nation and related with ill-advised food propensities alongside way of life(Patel et al., 2011). The Pathogenesis of Grahaniroga works around Agnidosha which related with hindered stomach related capability of stomach related fire. The pervasiveness of Grahani roga is impacted by different variables, including dietary propensities, way of life decisions, feelings of anxiety, and natural elements(Sorathiya et al., 2010b).

Grahani and Agni is reliant, practically feeble Agni i.e., Mandagni, causes ill-advised absorption of ingested food, which prompts Ama Dosha. This Ama Dosha is a main driver of the majority of the illnesses(Sorathiya et al., 2010c). Among them Grahani Roga is the superb sickness of Gastro digestive system Mandagni prompts Ama dosha which might bring about Grahani Roga after some time Acharya charak says that when somewhat processed and to some extent undigested substances moves descending in Gastrointestinal plot creates a problem known as a Grahani Roga because of a Durbla Agni Acharya Vagbhata think about Grahni in an Asthmahagada(Patil et al., 2019). In Ayurved Mandagni is considered as the underlying driver for the manifeststion of numerous illnesses.

It has appropriately been said by Vagbhatt that all the affliction of body, particularly sicknesses of wholesome parcel emerge because of the glitch of Agni, Agni Dusti (Mandagni or Vishmagni or Tikshnagni-altogether it is called Grahani Dosha(Agrawal et al., 2010c). Grahani roga is related with IBS (Peevish Inside Condition) which is portrayed by a gathering of side effects that can fundamentally subvert the personal satisfaction of the patient. It is a utilitarian gastrointestinal problem described by a gathering of side effects went with together that remember stomach torment and changes for the consistency of solid discharge.

CASE PRESENTATION

A 24 year -old male patient was enrolled at our institute hospital with registration number 241297.

CHIEF COMPLAINTS

For the previous 3 month patients main complaints were pain in abdomen and loose stool on and off, constipation, indigestion, Discomfort.

HISTORY OF PRESENT ILLNESS-

Preceding four months, the patient seemed sound anyway after some time. He began to encounter side effects, for example, torment in midsection and grievances of diarrhea on and off, acid reflux. He had treatment with various allopathic prescriptions, yet he didn't much get to the next level. Eventually, the patient was owned up to our Establishment for treatment.

PAST HISTORY AND FAMILY HISTORY:

- Use of antibiotics
- No History of using a medication currently

The Historical backdrop of his family demonstrated that no such grumbling had at any point been recorded. Be that as it may, he once participates in conventional Agnidusthi nidana, like

Master, Ruksha, shita, katu, amla, Tikshna kshara, viruddh Aahar vihar and Vishamaasan and Vega vidharan, Chinta, viruddh aahar, indisciplinary way of life and terrible food propensities. There was no familial foundation present.

GENERAL AND SYSTEMATIC EXAMINATION:

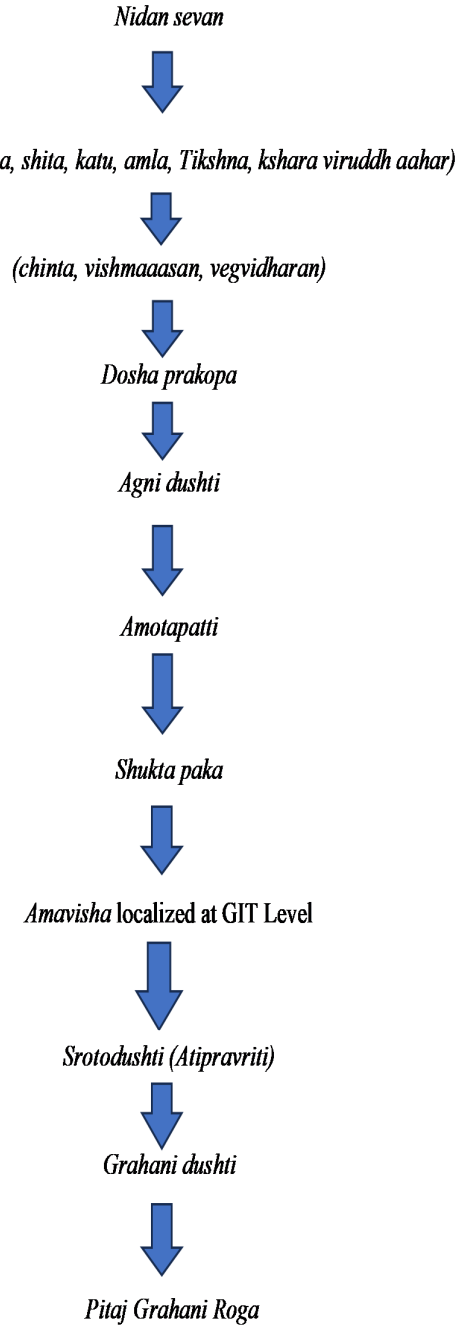
PHYSICAL EXAMINATION:

- Blood pressure-124/84 mmhg
- Pulse rate- 82/min
- Respiratory rate- 17/min
- Temperature-98.4 F
- Odema- No odema
- Pallor- No pallor
- Icterus- No icterus
- Clubbing- No clubbing
- Gait- Normal

ASHTASTHANA PARIKSHA-

- Nadi (Pulse)- vata piita Pradhna
- Mala (Stool)- irregular, constipated
- Mutra (Urine)- prakruta (5- 6/ Day) (1-2/ night)
- Jivha (Tongue)- saama
- Shabda (Voice)- Prakruta
- Sparsha (Tactilation)-Samashitoshna
- Druk (Eyes)- prakruta
- Akriti- Madhyama

SAMPRAPTI: -



SYSTEMIC EXAMINATION

RESPIRATORY SYSTEM- On auscultation normal sounds heard and no abnormality detected.

CARDIOVASCULAR SYSTEM- S1 S2 heard and no abnormality detected.

GASTROINTESTINAL SYSTEM-

- Inspection-No Discoloration
- Palpation- soft and moderate widespread pain in abdomen.
- Percussion- No abnormality Detected.
- Auscultation- Bowel Sounds Heard.
- Bowel movements- 4-5 episodes of Diarrhoea/ 4-5 Days and Constipation 2 -3 Days.
- Micturition- Normal

CENTRAL NERVOUS SYSTEM**HIGHER MENTAL FUNCTION**

- Conscious level- Fully conscious
- Orientation- Well oriented to Time, Place, Person
- Memory- Intact
- Speech- Fluent

INVESTIGATION- Not advised**TREATMENT-****SHODHAN CHIKITSA-** Before *sadhyovaman kaphautkleshit aahar* given (3 Days Before).

PROCEDURE	TIME DURATION
<i>Sarvanga Abh yanga</i> with <i>Dashmoola Taila</i> followed by a <i>Vaspa Sweda</i>	1 Day
<i>Sadyo vamana</i> with Dugdha (4- 5 Glass) <i>Yasthimadhu fant</i> (5 Glass) <i>Saindhav udak</i> (3- 4 Glass)	1 Day
<i>Virechan</i> after (10 days) with Trivrit avleha (15gm) ,patankar kadha (7 glass),koshan jal .	1 Day

Sansarjana Karam- *Peya, Vilepi, Krita Akrita Yusha, Krita Akrita Krishra* given during the treatment.**SHAMAN CHIKITSA-**

MEDICINE	DURATION	DOSAGE
Kamdugdha Rasa	1BD before food	125 mg
Swarna Parpati	1 BD before food	250 mg
Bilvadi Gutika	2 BD	1 gm

RESULT AND OBSERVATION-

Upon the arrival of first visit of Opd in the wake of getting a legitimate history and through check-up the patient was finished to concede Ipd for 15 Days alongside the therapy plan. Subsequent to getting treatments 15 days patient was released as persistent was feeling calm well. The patient was then taught to take an oral prescription with Pathya aahar vihar. and follow up visit was mentioned after a15 days. Following 15 Days he reached the opd and detailed that his inside propensities had improved than previously and stamped improvement was noticed.

DISCUSSION-

Grahani Roga is a sickness connected with the gastrointestinal plot. In the current time of cheap food, abnormality in diet, stationary way of life and mental pressure; mental variables Kama krodha prompts Agni Dusti (Mandagni or Vishmagni or Tikshnagni-on the whole it is called Grahani Roga(Pandya & Dave, 2014). Aharaja Nidana causing Agnimandhya. In the juvenile age bunch individuals generally do Adhyashana, Vishamashana Ratrijagarana and Diwasvapana, which prompts Tridosha Dushti - essentially Samana Vayu, Pachaka Pitta, and Kledaka Kapha, and furthermore strain or nervousness is pervasive, prompting Agni Dushti lastly, Amavastha of Grahani, which prompts Ama Dosha lastly, it brings about Grahani Roga(Bhadarva et al., 2016). Hence the objective of treatment ought to be increment Agni power which will diminish Ama creation.

DASHMOOLA TAILA-

Dashamoola Taila contents are Bilva, Shyonaka, Gambhari, Patala, Agnimantha, Shalparni, Prishnparni, Brihati, Kantkari, Gokshura, and so on. Dashamoola is prestigious for its predominant stomach related properties also. It adjusts the stomach's overabundance corrosive, giving moment help from indigestion and causticity while additionally improving absorption and bringing down clogging. Alongside dealing with afflictions like bulging, squeezing in the mid-region, and fart, it additionally helps hunger and urges the body to really assimilate supplements more. This astounding natural treatment addresses the issues of each of the three doshas (Pitta, Kapha, and Vata) due to its Tridosha nashak qualities.

SADYOVAMAN-

Here, Vamana Karma is done quickly based on prerequisite of dosha avastha, Vyadhi avastha and Bala of rugna (patient) with following Purvakarmas like Aama Pachana, Snehana and Swedana showed in Grahani roga with (koshna Jala) doshas situated in Grahani and related with deficient processing of food alongside Vishtambha (blockage), Praseka (unnecessary salivation), Arti (Agony), Vidaha (consuming sensation), aruchi and Gaurava(Dass et al., 2012).

VIRECHANA-

Virechana is the Excellent treatment for Pitta dosha and likewise really deals with the Kapha and Vata dosha. It conciliates the Pitta dosha by adhobhagarana. So Virechana has its particular activity on Pitta and Kapha dosha which are ousted from Amashya, Grahani and Pakvasya through adhomarga(Rais & Bhatted, 2013).

KAMDUGDHA RAS-

The fundamental element of Kamdugdha ras are Mukta pisti, Pravala pisti, Muktasukti Pisti, Kapardika bhasma, Sankha bhasma, Svarna gairika and Amrta satva Kamdgudha ras. It lessens heat in the body, balances corrosive creation in the stomach, diminishes irritation of the organs of the stomach related framework and brings down the propensity of dying. It mostly follows up on Pitta Dosha, Kamadugha rasa which comprises of Madhura and Sheeta Virya drugs lessens Pitta dosha and diminishes irritation. Kapardika Bhasma is in Katu, Tikta in rasa, Ushna Virya; Vata Kaphaghna. It is basic in nature, subsequently helps in balance of extreme corrosive arrangement in the stomach and decreases torment (stomach).

SWARAN PARPATI-

The vital elements of Swarna Parpati are Swarna Bhasma, Shuddha Gandhak, Kajjali. It assists with keeping up with the vata, pitta, and kapha. It having acid neutralizer, germicide properties, it assists with controlling the runs and different side effects.

BILVADI GUTIKA-

Bilvadi Gutika contains Bilva, Tulsi, Karanj, Tagara, Devadaru, Haritaki, Bibhitaki, Amalaki. Bilvadi Gutika is ayurvedic detailing ready with fixings useful in controlling stomach upset because of heartburn or polluted, inappropriately prepared food. It assists with easing side effects related with Diarrohea and looseness of the bowels like torment in midsection. This Gutika additionally assists with further developing hunger and processing.

Following clinic Release, the patient was consuming just oral medications, indistinguishable from those recommended by the Ipd. Patients' general improvement showed that the treatment was fruitful (Panahi et al., 2022). Hence, the Amapaachna and Agni Deepna are the essential restorative routine for Grahani roga.

CONCLUSION-

The treatment recommended for this situation, the blend included pathya ushnoudak, Takra alongside Abhyanga, Sadyovaman, Virechan and oral prescriptions Kamdugdha Rasa, Swaran parpati, Bilvadi Gutika had shown huge alleviation to the patient. While the side effects of Grahani roga have shown moderate improvement, the requirement for long haul care stays vital to address the hidden ailment really. In Grahani roga Ayurved treatment ordinarily includes a blend of dietary adjustments, way of life changes, home grown cures, detoxification treatments, and stress the board. Ayurvedic medicines assists with easing side effects and work on generally speaking prosperity. Accordingly, it is obvious that Grahani (IBS) can be successfully treated through its Ayurvedic the board and Pathya aahar vihar.

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