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RESEARCH ARTICLE

SA DUSHTONNA NA TAT PACHATI LAGHWAPI-WSR TO GRAHANI ROGA

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INTRODUCTION

Grahani Chikitsa is one of the most important chapters of this compendium because most of the diseases originate from disorders of digestion. This chapter is described after Arsha Roga (hemorrhoids) because patho physiology of Arsha influences Agni and before Panduroga Chikitsa because Grahani Roga influences Pandu Roga. Agni, being the fundamental factor in maintaining health and in producing diseases, has been described in detail. The chapter begins with explanation of importance of normally functioning Agni and then goes on to explain the various aspects of digestion, metabolism and tissue nourishment.

About the Patient: A 35 years male patient, residing at Kankavli, District –Sindhu Durg, State- Maharashtra. He came to a clinic because the patient had chief complaints related to Grahaniroga. Muhurbaddha Muhurdravam (alternate passing of hard & loose bowel habits), Sarujamama-Apakwaputi Malapravritti (painful foul smelling defecation in form of Ama-Pakwa Avastha), Vairasya (tastelessness), Trishna (excessive thirst), Daurbalya (weakness), Manasa Sadanam (depression) & Anidra (insomnia) for the last 6 months.

History of Present Illness: Patient states that he was suffering from Agnimandya since last 8 months, He Had developed symptoms like

Muhurbaddha Muhurdravam (alternate constipation and (Diarrhoea), Sarujamama-Apakwaputi Malapravritti (painful foul smelling defecation in Form of ama-pakwaAvastha), Vairasya (tastelessness), Trishna (excessive thirst), Daurbalya (weakness), manasasadanam (depression) & anidra (insomnia) since the last 6 months. All symptoms were gradually increased and ultimately patient appeared with Karshya (weight loss), Swasha (dyspnoea), Kasa (cough) & Parikartika (anal Fissure) due to predominance of Vata.

Past History of the patient: The patient used antacids, because he suffering from indigestion. He had habit of eating Tobacco in large Quantity, But he used to take typical Agni Dushti Nidana like Abhojana (fasting), Visamasana (irregular dietary habit), Asatmy Bhojana (unwholesome diet), Vega Vidharana (suppression of natural urges).

Medication History: Taking an Anacids in more amount but not significant in prognosis of disease.

Personal History: Food Habits:- Intake of the oily and spicy food at irregular time like Vadapaav, chicken, Eggs, Panir etc. Regimens :- Ratrijagarana, Veg Vidharana, Atichankramana

Family History:- Not significant
Nidana Panchaka

Hetu-

Aharaja- Atitikshna, Ushna, Guru, Shitaahara.

Viharaja- Veg Vidharana, Atichankramana, Ratrijagarana.

Purvarupa(Prodromal features):- Trishana, Alasya, Balakshya, Angagaurav.

Rupa (Manifestation)- Trishana, Kshudha, Drava and Badha Mala Pravrutti, Vairasya, Dourbalaya, Sashualamal Pravrutti.

Upashya:- Snehaana and Soumya Virechana leads to get relief.

Samprati(Pathophysiology of the disease):-Nidana Sevana leads to the Pitta Pradhana Tridosha Parkopa and due this Mandangi occurs which will be formed an Amadosha, Amadosha causes Grahani Dushti and leads to Ama or Pakwa Muhurbaddhaor Muhurdrava Malam Pravrutti and this will be lead to the Grahani Roga.

Samprati Ghataka

Dosha:- Pitta and Vata

Dushya:- Rasa, Grahani

Srotas – Rasavaha, Annavaha, Purish Vaha

Srotodusti:- Sanga

Rogamarga- Abhyantarara

Udbhavstahan:- Grahani

Vyaktasthana:- Guda, Pakvashya

Diagnosis:- Vataja Grahani

Chikitsa (Treatment)

Shodhanachikitsa:-First we have to do Snehana and Swedana and then when a is more then vamaana have to be done. Virchana with Eranadataila or Tilvakaghrita mixed with Kshara. Anuvasanabasti with Vata Nashaka Dravya Sadhita Taila. After repeated proper Shodhana procedures patient have to given Petanaddugdhapana this Will also leads to the Virechana then patient have to be given an Peya or Vilepi for Agni Dipti.

Shamanchikitsa:- The patient who have delicate body psyche, old and children have to be given Shamna Chikitsa. They have to given snehapana Mansa rasa, rice, etc. When Ama is in Kostha then Dipana. When Ama is in whole body then Langhana.

Aushadhi Yoga:- Dashamuladyaghrita, Panchamuladyaghrita, Chitrakadivati, Pippalyadichurna, Marichyadichurna, Shunthi, Haritakichurna, Takra, Takrarishta

Pathyakara Ahara:- Raktashali, Yava, Mudga, Jangala Mansa Rasa, Gmutara, Asava, Arista, Madhu, Sidhu, Sura, Yavagu, Odana, Ghee, etc.

CONCLUSION

In the present case, as the treatment given here like vaman, virchana, nasya and oral medications- Dashamulyda Ghrita, Pippalyadi Churna, Chitrakadi Vati, Panchamuladya Ghrita, & T akra had showed good remarkable improvement and response in this case suffering from Grahaniroga. Moderate improvement of two symptoms has signified the need of long term treatment to treat this disease. This study has given us a successful as well as effective Ayurvedic management in Grahaniroga also curing its complications. Hence, it can be clearly depicted that IBS can be cured with special reference to Grahaniroga by its Ayurvedic management.

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