

**“THE ROLE OF AYURVEDIC MANAGEMENT OF KAPHAJ GRAHANI  
W.S.R. TO IBS- A CASE STUDY”**

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**ABSTRACT:**

Grahani Roga is also caused due to Mandagni (decreased digestive power)<sup>1</sup>. Grahani is the place of Jatharagni And is supported and Nourished by the strength of Agni. Grahani and Agni are having Adhara-Adheya-Sambandha. Grahani is described as an Agni Adhishthana by most of the Acharyas. Hence Agni is to be corrected in all stages of Grahani Roga. The consumption of unwholesome food, irregular eating pattern, not adhering to the biological cycle and indigestion impairs the digestion thereby causing kaphaj Grahani. Grahani Rogas has great Clinical relevance in the modern era because Of its direct link with the improper food Habits and stressful lifestyle of the present Times. In modern aspect, this disease can be understood under the context of irritable Bowel syndrome (IBS). It is one of the Leading health issues in the community.

**Case:** A 27 years male came to O.P.D. of Kayachikitsa department of L. K. Ayurved Hospital, Yavatmal with chief complaints of udar Gaurav (heaviness in abdomen), Udarshool (abdominal pain), Daurbalya (weakness), hrulas (nausea), Aamyukta mala pravrutti (undigested stool) etc.

**The result and conclusion** response to this treatment were recorded and the therapeutic effect was evaluated through Symptomatic relief.

**KEY WORDS:-** Grahani, IBS, Agni, Adhishthana, Udarshool.

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## INTRODUCTION

The main goals of Ayurveda are maintaining and promoting health as well as treating disease. This happens only if you follow the right diet and lifestyle, but these days, wrong eating habits, sedentary lifestyle lead to the development of Agni. In Grahani disease, Agni is damaged. Grahani is a specialized part of Maharotsa. According to Sushruta, the sixth pittdhara kala, located between amashaya and pakvashaya, is called grahani<sup>2</sup>, and Acharya Charaka referred to it as the part located above nabhi. Kapha is aggravated by food intake i.e. Guru (heaviness), Snigdha (excessive oiliness) and Shita (coldness). In some situations, food is not digested properly and the patient suffers from Khrullasa (nausea), Chardi (vomiting), Aruchi (anorexia), Madhura aasya (sweet taste in mouth), Kasa (cough), Sthivan (excessive drooling) and Pinasa. I receive it. (Excessive drooling). Chronic rhinitis, Stimita (numbness) and Udar gurutvam (heaviness in the abdomen), low libido. His stool is broken into pieces, mixed with mucus and phlegm, and heavy. Even if not exhausted, the patient feels weak and lazy<sup>3</sup>. Violation of Kledaka-kapa in Amashaya results in Kaphaj-grahani. According to Acharya, vagbhat-grahani is considered ajirma<sup>4</sup>. Grahani is sometimes compared to the IBS of modern science. Irritable bowel syndrome (IBS) is a common condition that affects the gastrointestinal tract<sup>5</sup>. Prodromal symptoms of IBS include cramps, abdominal pain, bloating, gas, diarrhea, or constipation, or both, depending on the type of IBS. According to WHO DMS-IV codes, IBS classifications and subcategories, IBS can be classified as diarrhea-predominant (IBS-D), constipation-predominant (IBS-C), alternating stools (IBS-A), or painful. -Main<sup>6</sup>. In some people, IBS can have an acute onset and occur after an infectious illness. Therefore, this post-infectious syndrome is called “post-infectious IBS”<sup>7</sup>.

## MATERIALS AND METHODS

### CASE STUDY :

**1. Place of study :** IPD department of Kayachikitsa, L.K. Ayurved hospital Yavatmal

**1) Chief Complaints :** A 27 years male came to O.P.D. of Kaychikitsa department of L.K.

AyurvedHospital, Yavatmal with chief complaints of

1. Aamyukta mala pravrti ( undigested stool)
2. Udar gaurav( heaviness in abdomen )
3. Udarshool(abdominal pain)
4. Daurbalya(weakness )
5. Hrulas (nausea)
6. Arochak (loss of appetite)

Patient having above complaints from since 2 years.

**2) History of present illness :-** The patient came to kayachikitsa OPD with the Complaints of udar Gaurav (heaviness in abdomen), Udarshool (abdominal pain), Daurbalya (weakness), hrulas (nausea), Aamyukta mala pravrutti (undigested stool), Arochak (loss of appetite). he started allopathic medicine like Antispasmodic, laxatives. Etc but with these drugs he got only temporary relief for some days. His symptoms worsened as he stopped talking medicine. So he come to Kaychikitsa O.P.D. L.K. Ayurvedic hospital for further treatment.

**3) Past History :**

- No any major illness
- No h/o HTN, DM, Thyroid, Asthma, Arthritis, TB
- No surgical history.

**4) personal history :-** Work – student

Addiction – no any addiction

**5) Family history:** No family history is present related to this disease.

**6) CLINICAL EXAMINATIONS VITALS :**

BP- 130/90 mmhg

PR- 74/min

Temperature – 97.5°F

Spo2 – 97% on R.A.

RR-18/min

Weight – 68.7 kg

**SYSTEMIC EXAMINATION :**

CVS – S1S2 heard, no murmurs

CNS -Conscious & well Oriented,

Remembers the events very clearly.

RS- Air Entry Bilaterally equal

P/A- Soft & tender (tenderness at epigastric and right hypoc.)

**STAVIDH PARIKSHAN**

Nadi – 74/min, kaphapittaj.

Mala – Asamyak

Mutra – Samyak

Jivha – Sam

Shabda – spashta.

Sparsha-Samshitoshna

Druk – shwtabh

Akruti – Madhyam

### INVESTIGATION :

CRP -positive (titer-4.8)

Hb-14.8 gm%

WBC COUNT- 5,720/cmm

RBC COUNT - 5.53 mil/cmm

PLATELET COUNT - 3,37,000/cmm

ESR- 14 mm/1hr

RBS - 79 mg/dl

Blood urea- 23 mg/dl

Sr.Creatinine - 0.85 mg/dl

Sr.Bilirubin total-0.6 mg/dl

S.G.O.T.-26 IU/L

S.G.P.T.-29 IU/L



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Sr. No.	Medicine	Dose	Anupan
1	Aampachak vati+ shankh vati+ Aarogyavardhini vati	250 mgeach	Lukewarmwater
2	Musta + Shunthi+ Shigru twak+ Hingwashtak churna	Mixture of 1 gm eachpowder	Takra
3.	Phalatrikadi kadha	15 ml	Lukewarmwater
4	Panchamurt parpati with syp. Bilagyl	250 mg +10ml	LukewarmWater

**TREATMENT PLAN****Abhyantar chikitsa :-****Panchkarma chikitsa :-Picha basti**

- 1) Sarvang Snehana and Swedana for 3 days was given.
- 2) Pichabasti given for 8 days

**Piccha Basti<sup>8</sup>**

**1.Poorva Karma:** Sarwang Snehana Swedana with Moorchit Tila Tail and Mrudu Vashpa swedan.

**2.Pradhan Karma:** Patient was made to lie in left lateral position for administration of Basti.

**CONTENTS OF PICHA BASTI:**

- A. Salmali Vrinta Kashaya
- B. Ghrita
- C. Madhu (honey)
- D. Kalka Darvya-Manjista Choorna, Mocharasa Choorna, Lodhra Choorna, Nagkeser Choorna, Yastimadhu choorna, Rasanjan Choorna

**3.paschat karma**

Patient is asked to keep lying for 3-4 minutes for better absorption of *Basti*

Patient is advised to take light diet.

Patient is advised to avoid fast foods and spicy foods.

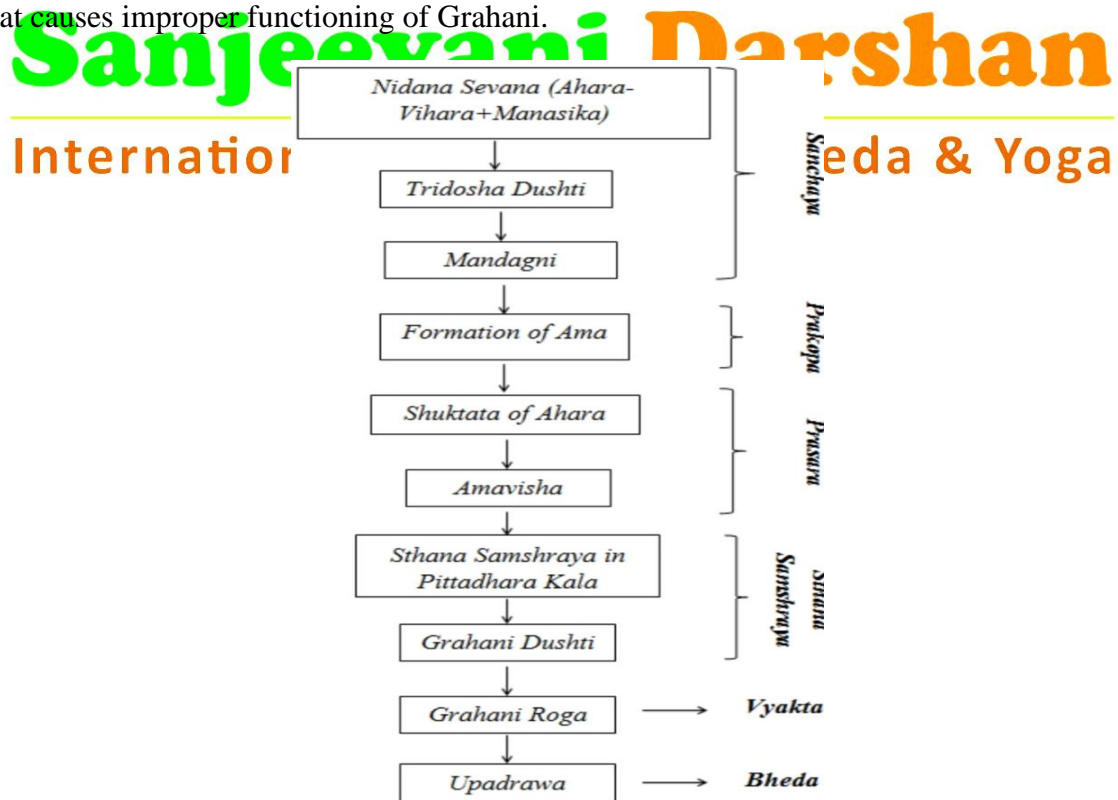
After completion of complete cycle patient is advised to follow the Sansarjan Karma.

**Evaluation of symptoms :-**

Symptoms	Before treatment	After treatment
<i>Mala</i>	<i>Aamyukta</i>	<i>Niram</i>
<i>Udarshool</i>	Present	Relived
<i>Udargaurav</i>	Present	Relived
<i>Aruchi</i>	Present	<i>Ruchi</i>
<i>Hrulas</i>	Present	Absent

**HETU :-** Agni gets vitiated because of the indigestion, over eating, Intake of heavy, cold and polluted food. Also he had Diarrhoea which was not properly treated, and the person starts eating improper diet without digestive Fire becoming normal.

**SAMPRAPTI :-** Due to above *hetu*, digestive fire gets vitiated causing indigestion. Due to this, Grahani Becomes weak which forms *vidagdha anna*. It leads to shuktapak(aamlapak), that causes improper functioning of Grahani.





**SAMPRAPTI GHATAK :****DOSHA** – pachak pitta, saman vayu, kledak kapha**DUSHYA** – Ras( Aahar ras)**STROTAS** – Purishwah, Annavaah**UDBHAVSTAN** - Aamashay**ROGMARGA** – Abhyantar**ADHISHTANA** - Grahani**DISCUSSION**

Response to treatment was recorded and treatment effectiveness was assessed through relief of patients' symptoms. It was observed that the patient's clinical symptoms gradually decreased during the treatment period. Since apakwa ahar rasa is present throughout the body, medicines called langkhana and paachana are prescribed. - Aampachaka Vati causes Tikshna, Sukshama, Laghu Guna and Ushna Virya while Aampachak, Agnidipak and Vatakaphara cause pachan dosha.

Shankh vati plays the same role as Amapachana and Vatanulomana. Vatanuloman reduces abdominal pain. - Aarogyavardhini acts on yakrut. Bibhitaki herb from Aarogyavardhini (Terminalia belerica) is a laxative, a valuable remedy for digestive disorders and an effective anthelmintic. The herb Chitrak (Plumbago zeylancia) is an effective treatment for digestive disorders such as loss of appetite, indigestion, hemorrhoids, parasites, colitis and various liver diseases.<sup>9</sup>

Combination of musta, shunti and shigru tvak causes deepan agni and pachan aama.<sup>10</sup>

Hingvashtaka Churna balances Vata and Kapha dosha and causes Deepan Pachan, Mandangninasha, Shulnasha due to Madhura, Tikta, KaturRasa, Ruska Ushna Guna and Madhur Vipaka. - Phalatrikadi kvata contains eight drugs with mainly Kaphahara properties: Pitta-Kapha Shamaka, Yakriduttejaka, Shotahara, Pandurogahara, Rechan, Dipana. - Panchamurt parpati - Agni is blocked in Parpati Kalpa which works best for disorders related to Agnimandya. Panchamurt Parpati includes Deepana, Pachana, Graha and Lagha. It's Ushna. The properties of Dipan increase appetite, and the properties of Graha improve the absorption of nutrients. - This is the main content of Eagle. Bilagil is bilba (Aegle marmelos). Thanks to Kashaya Tikta Rasa, Laghu Ruksha Guna and Ushna Virya, Katu Vipaka acts as Kapha Vata Samak, Grahi, Dipana and Pachan l l.

Takra is the best diet for patients suffering from Grahani Dosha. Takra is the Laghu of Guna and has the properties of Dipana and reaches Madhura Paka and therefore does not stimulate or strengthen.

pita; It is beneficial for Kapha due to Kashaya Rasa, Ushna Virya, Vikasha and Ruksha Guna. Freshly pounded takra has a sweet and slightly sour taste, so Costa does not produce Daha, it is also Vatahara. The advantage of takra is that it has low fat content and is easy to digest. Acharya Charaka also suggested the use of takra in the general treatment of Grahani.<sup>12</sup>

Picha Basti is essentially Picchil (sticky or lubricating) and Agnidipaka (depending on its contents). - Agni Properties Deepak Picha Basti helps ignite Agni (grahan is the main part of Agni) for effective absorption and digestion of Basti in the large intestine. At the same time, Picha Vasti with the properties of Sangraha reduces the frequency of bowel movements and also avoids electrolyte loss and protein enteropathy (prevents hypoalbuminous condition). The honey and colloidal solution of Saindhav Lavana along with Sneha forms an impermeable coating over the entire colon. There is no loss of electrolytes and the direct attack of inflammatory mediators on the mucous membrane is prevented, which reduces the inflammatory process and promotes healing.

**Probable mode of action** - The patient came to Vyakta Avastha Kaphaj Grahani with obvious symptoms. Udarshul modified by vatanuloman using shankh vati. Udargaurav due to mandangi is corrected with agnidipan using a combination of Aampachak vati and musta, shunti and shigru thwak churna. Panchamurt parpati digests aam Mal due to deepan, pachan, graha, ushna, laghu guna. Picha Basti ignites agni and reduces the frequency of bowel movements due to its sangraha properties. This agnidipan modifies the agnimandya developed in sanchay avastha and the aampachan digest aam developed in prakop avastha.

## CONCLUSION

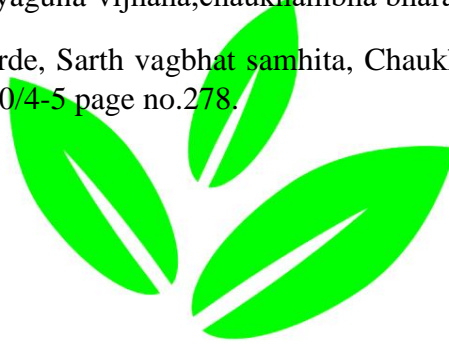
Grahani roga refers to a group of digestive disorders. It is closely related to Agnimandhya, Koshtagatavata and Atisara. Grahani is a disease of Annavaha and Purishavaha Srotas. It can be concluded that Mithya Aahara Vihara is the main cause of Agni Dushti which leads to Ama Dosha and finally to Grahani Roga. The main treatment is the correction of Agni, that is, the indirect treatment of indigestion. In general treatment, Aampachan and Agnidipan from Grahani Rog have been shown. By supporting these principles of Ayurvedic treatment, we can restore regular bowel habits, improve the patient's overall nutritional status, and reduce problems. Irritable bowel syndrome.

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