

## A REVIEW ON AYURVEDA DIETETICS FOR GRAHANI (IRRITABLE BOWEL SYNDROME) FROM VARIOUS CLASSICS

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### ABSTRACT

Irritable bowel syndrome is commonly seen in clinical practice now a day with preference of about 11% to 30% worldwide. IBS is a functional condition of intestine where there is abdominal pain and association with alternative constipation and diarrhea. In Ayurveda terms IBS is mostly co related with grahani suitably with vataja grahani which is not only mandagni janya vikara but also have influences of psychiatric factors, the unsuitable and untimely food habits lead to disturbance in apana and samana vata leading to grahani roga, hence successful management of grahani can be achieved by appropriate pathya and apathya mentioned for grahani along with accurate treatments.

**KEYWORDS:** Grahani, Pathya, Apathya, Food, IBS, Diet chart.

### INTRODUCTION

Irritable bowel syndrome is a functional bowel disorder.<sup>[1,2]</sup> The intermittent nature of symptoms without evidence of physical

deterioration and the relation to stress suggest the diagnosis. Abnormal psychiatric features are recorded in up to 80% of IBS patients. Main clinical symptoms<sup>[1,2]</sup> are pain in abdomen and altered bowel habits. The most common pattern is Diarrhoea alternating with constipation which may be associated with altered stool frequency or altered stool form (thin, hard, firm or soft). Also the symptoms commonly associated with IBS include mucous discharge, bloating of abdomen, incomplete evacuation, and relief of pain after defecation.

IBS is a motility disorder involving the entire hollow GIT, IBS creates a symptom complex with both upper and lower GI symptoms. Psychological stress increases gastro-intestinal distress in IBS patients with a great degree than in the normal individual.

The risk of developing IBS increases six fold after acute gastrointestinal infection. The risk factors are abnormalities in the intestinal flora, decreased immunity, young age, long term fever, anxiety and depression. The most common theory is that IBS is a disorder of the interaction between the brain and GIT, suggesting the role of brain-gut "axis". For the diagnosis and treatment of functional gastrointestinal disorders (FGIDs), the "Rome process" is an international effort to create scientific data to help functional GI disorder such as irritable bowel syndrome, functional dyspepsia and rumination syndrome so proper analysis can be achieved by ruling out other disease having common symptoms with IBS.<sup>[3,4]</sup>

In Ayurveda, the factor to concern first will be jataragni. In Grahani, Agni is prime factor pathophysiology of disease. To maintain and improve Agni and Koshta one must consume hita and pathya aharas in proper time. Indulgence of diet articles which can be Viruddha (incompatible combinations), ahita, katu or inflicting gut movements can trigger symptoms. Pathya is derived from nirukti Patha, which means a route or channel. Pathya is referred to as regimes or substances which are whole some to mind and body. The ahara and viharas which are unwholesome to mind and body is referred to as Apathya. Ahara is the first of the 3 sthambhas of existence that Charaka had identified, along with regulated vyavaya and Nidra.<sup>[5]</sup> Sushruta had provided more evidence for this point when he said that food is the source of Ojus, tushti, life, and complexion. hence following pathya ahara for grahani pacifies the disease and apathya leads to shooting up of symptoms.

## MATERIALS AND METHOD

Literature search of grahani have been done on Charaka Samhitha, Bhava Prakasha, Yoga Rathnakara and Bhaishjya Ratnavali. every Samhita was searched for pathya and apathya for grahani and the verses were marked. These were read and dietary therapy indicated in the textbooks were picked out and summarized. Dietary foods were tabulated as per vargas and day to night diet chart is mentioned.

## OBSERVATIONS

Few mechanisms are said to be involved in the pathogenesis of IBS in which diet plays an influence:<sup>[6]</sup>

**Gut motility disorder**

Altered gut motility is a factor which is involved in the pathogenesis of irritable bowel syndrome. Gut motility is under the direct control of neuroendocrine system of the gut.

According to Ayurveda, vataja vyadhis are widely correlated with nervous system diseases. Thus, gastrointestinal tract diseases of vataja origin are said to be controlled by Neuroendocrine system of the gut. Increased gut motility is observed in vataja atisara (diarrhoea-predominant IBS) and decreased gut motility is seen in pakwashaya gatavata (constipation- predominant IBS).

**Post diarrhoea IBS (irritable bowel syndrome)**

Post diarrhoea IBS is a GIT disorder which usually occurs after diarrhoea. According to Ayurveda, those diarrhoeal patients who have not observed proper dietary regimes, will develop mandagani (poor digestive fire) which can further cause grahni roga. Grahniroga is having similarity with mixed subtype of IBS. Thus Ayurveda considers diarrhoea also as one of the nidana of IBS.

**Psychiatric Factors**

Disturbed Mind is one of the major factors mentioned in the aetiology of IBS. In Ayurveda, Manasika disturbances like depression have been mentioned as one of the feature of vataja grahani and also in variants of vataja atisara namely bhayaja atisara and shokaja atisara.<sup>[7]</sup>

**Dietary Factors**

The contemporary system of medicine is distinguishing the role of improper diets as the causative factor of IBS.<sup>[8]</sup> Similarly, Ayurveda emphasises on various improper dietary habits as a major causative factor in the Nidana of GI tract disorders like grahani, vataja atisara, udavarta, pakwashaya gatavata.<sup>[9,10,11,12]</sup>

Before shifting to pathya aharas it is necessary to understand the view of Ayurveda on IBS. In ayurvedic literature, Grahani is one of dosha arises out of samana vayu avrita apana vayu.<sup>[13]</sup> Therefore, IBS can be considered as a vyadhi where there is a derangement of vata in GIT especially of samana vata & apana vata leading to lakshanas like pain in abdomen & altered bowel habits. The emotions like shoka, bhaya, krodha, kama etc., can lead to mansika dosha prakopana (rajas, tamas) which develop the sharirika dosha prakopa (tridosha) further. In tridoshas, mainly prakupita kapha dosha is able to cause mandagni at last.<sup>[13]</sup>

Mainly vata and kapha got disturbed and leading to alteration in agni leading to paka vikrutis. In the presence of mandagni, the ahara won't get digested completely and this undigested ahara after getting amlata (fermentation) turns into poisonous substance termed as Ama (intermediate product of metabolism which act as reactive free radical).<sup>[14]</sup> In common understanding ama means undigested or partially digested food that is toxic to the body. This ama influences purisha known as sama purisha which passed out in the patients suffering from grahani roga. This ama coagulates with faulty samana and apana vayu is accountable for the irregular gut motility. In this way ayurvedic texts describes IBS. To this concern the dietetics plays an important role in controlling the recurrent status of disturbed bowel movements. For this Acharyas have given detailed Pathyas to follow in a person inflicted with Grahani and the people who are prone to Grahani may also follow the same.

### **Charaka Samhita**

Vrikshamla (coccum), Amlavetasa, Dadima (pomegranate), Bilva (wood apple), Sashtika shali (rice), Dadhi (curd), Takra prayoga in various ways (butter milk), Atasi beeja (flax seeds), Guda (jaggery), Matulunga (citron fruit), Jangala mamsa like Lavaka, Kukkuta (chicken), Tittira, Sambara.<sup>[15]</sup>

### **Yoga ratnakara**

Mudhga (green gram), Sashtika shali, Adahki (tuar dal), Makshika (honey), Goat's Milk, curd, butter and butter milk, Kapitha phala, cow's butter milk where butter is removed, Bilva (Aegle marmelos fruit), flowers and fruits of banana, laja manda mixed with powder of dadima twak (skin of pomegranate fruit), mamsa of small fishes, deer, Tittira (partridge meat), Lavaka.

### **Bhava prakasha**

Dadhi made out of cow milk, goat milk, buffalo milk, kalka made out of bilva fruit, laja saktu and madhu.

### **Bhaisajya Ratnavali**

Raktha Shali (red rice), Yava (barley), Godhuma (wheat), Mudhga (green gram), Jangala Rasa (dry arid meat soup), Sharkara (sugar), Madhu (honey), Karkota (spiny gourd), Karavellaka (bitter gourd), Patola leaves (pointed gourd leaves), Himlochika, Vridha Kushmanda (Ash gourd), Kadalipushpa (banana flowers), Vaastuka, Kapitta (Wood apple), Dadima (Pomegranate), Amalaki (Indian gooseberry), Tikthani Sakalani (Bitter vegetables).

**Table 1: Ahara dravyas mentioned for Grahani roga in ayurveda classics as per vargas.**

<b>Shooka dhanya</b>	<b>Sashtika shali, rakta shali (red rice)</b>
Shami dhanya	Mudhga (green gram), adhaki (tuar dal), Masura (Masoor dal)
Mamsa varga	Matsya (small fishes), Tittira, lavaka and other jangala mamsa
Shaka varga	Kadali pushpa (banana flower), Garjara (carrot), dhanyaka (coriander), kamalkanda (lotus stem) bimbi (scarlet gourd) Mulaka (radish), Kushmanda (ash gourd) karkati (cucumber), karavellaka (bitter gourd)
Phala varga	Dadima (pomegranate), bilva (wood apple), nimbuka (lemons), vrukshkala (cocum), Narikela (coconut).
Gorasa varga	Go kshira , go dadhi, go takra, aja dugdha, aja navanita, aja takra
Ikshu varga	Sarkara, guda
Kruttana varga	Deepaniya yavagu, laja manda, dadima siddha takra, jeeraka siddha takra, takrarishtha
aharopayogi	Jeeraka, dhanyaka, maricha, saindhava, methika, hingu, ela, ajamoda

**Table 2: Therapeutic diet for Irritable bowel syndrome.**

Days	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Jeeraka jala	Shunti jala	Dhanyaka hima	Jeeraka jala	Musta jala	Dhanyaka hima	Shunti jala
8.30am	Mudgamalaka yusha	Mustadi Yavagu	Broken wheat upma	Panchakola yavagu	Mudgamalaka yusha	Mudga dosa+ karavellaka palya	Broken rice upma + ginger chutney
11.30am	Boiled vegetables +jeeraka maricha churna	Amalaki juice + shunti churna	Lasuna jeeraka siddha takra	Pomogranate juice	Jeeraka Methika siddha takra	Boiled veg	Amalaki juice + jeeraka churna
1.00pm	Yava rotika + karavellaka palya	Broken wheat kichadi + ginger chutney	Mixed grain roti+ mulaka palya	Yava rotika + kushmanda palya	Mixed grain dosa+ bimbi palya	Broken red rice kichadi + pudina chutney	Yava rotika + kushmanda palya
5.00pm	Veg soup	Oats vegetable porridge	Ragi malt	Lasuna jeeraka siddha takra	Veg soup	Lasuna ksheerapaka	Jeera lemon soup
7.30pm	Vegetable Kichadi	Broken wheat kichadi+ haridra milk	Ragi peya+ takra mixed	Panchakola Kichadi	Mixed grain dosa+ cucumberpalya	Mixed grain roti + carrot palya	Broken wheat kichadi+ takra

**Apathyas which are found in classical texts are as follows**

Apathya is referred to the Ahara and Vihara, which causes upadravas and aggravate the disease.<sup>[16]</sup> Nava Anna (newly harvested rice), Tila (sesame), Kulatha (horse gram), Masha (black gram), Kanji (fermented drink), Guru Ahara (Heavy to digest food), Madya (Alcohol), Avi Dugda (sheep milk), Dhanyamla (fermented liquid), Lavana (salt), Amla and Katu Ahara

(sour and pungent food) Atishita Jala, Dushta Jala, Ati Ruksha ahara substances, Viruddha Bhojana, Patra Shaka.<sup>[17]</sup>

## DISCUSSION

In Ayurveda, Grahani is the organ that supports the agni and when one is inflicted, the other is also inflicted. This causes derangement in gut motility, and GI complaints. So retrospectively, the pathya specified in Grahani, becomes important in maintenance of grahani dosha thus eventually will help in the sustained gut motility also. Throughout the major classical textbooks of Ayurveda diet recommendations could be identified, that was specified for Grahani, to get relief from all the symptoms, ahara dravyas were collected and mentioned as per Vargas and complete day to night diet chart is also made in order to get easily accustomed. Pathyas should be Amahara, deepaka and Grahi and above mentioned ahara dravyas meet these qualities thereby does samprapti vighatana and shamana. IBS diet should be consisting of rich fibre, and low gluten, since Ayurveda mentions diet imbibed to these principles, adopting this as regular food habit helps to reduce symptoms instantly. Study should be conducted in the dosage form that they would be cooked and used at home. This will help to decrease gut motility and stabilize them with alongside treatments. This article does not focus on the dietetic formulations mentioned as treatment. Only functional individual food articles and diet chart have been mentioned.

## CONCLUSION

At the age of modern era, people have less concern about their diet, sleep pattern and lifestyle practices. Manasika Nidanas are also to be taken in concern because of which establishment of IBS takes place. So, people have to ensure the ahara and vihara in proper way. When people are aware of the Pathya-Apathyas of Grahani, the disease load can be controlled and primarily cured effectively.

Classics have emphasised on the Pathya-Apathya for grahani so much that it should be considered as primordial line of management. Altogether adopting the rules of food intake like Ahara vidhi vidhana and Ashta ahara vidhi visesha ayatana<sup>[18]</sup> helps to maintain Agni, sustaining gut motility and keeps IBS on check.

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