



Grahani-Sprue Syndrome, Crohn's Disease

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Abstract

Optimum digestion and metabolism in a healthy individual is attributed to Agni. The hypoactivity of Agni produces majority of disorders like Agnimandya, Jvara, Atisara and Grahani. The disease in which grahani or small intestine (duodenum) gets vitiated is called as grahani. In this disease the functions of small intestine i.e. digestion, absorption of food are disturbed. This disease can be compared symptomatically to Sprue syndrome or Crohn's disease. As this disease due to improper dietary habits so, proper diet, yoga and medicines which improve the digestion, appetite of great use.

Keywords: Grahani; Agnimandya; Vata; Small intestine; Panchkarma; Yoga; Buttermilk

Introduction

Today's life style is completely changed. Most of the people cannot follow proper eating habits. They have bad food habits like irregular intake of food, eating of fried foods, excessive use of chillies & masalas in food etc. The improper living style and faulty diet habits generates the imbalance of the body elements vata, pitta& kapha and thus various disorders may occurs. Grahani or Sprue syndrome is the most common result of this lifestyle. Gastric dyspeptic disorders are mainly caused by dietetic pattern, mental stress and strain which is related our digestion; Ayurvedic Scholars Charaka and Kashyapa have clearly indicated that the Grahani Dosha and Amlapitta occur in the Perons who could not check the temptation of food. The Nidana sevana create Mandagni & due to Mandagni, Ajirna is developed and it leads Amavisha production further leading to Grahani Dosha.

Definition

The disease in which grahani or small intestine (duodenum) gets vitiated is called as grahani. In this

disease the functions of small intestine i.e. digestion, absorption of food are disturbed. This disease can be compared symptomatically to Sprue syndrome or Crohn's disease.

Etiology

Grahani is the main site of Agni or digestive fire. Causes which vitiate the Agni are factors responsible for this disease like excessive fasting, over eating, irregular eating, eating during indigestion and intake of heavy, cold and rough foods as well as contaminated food. Faulty administration of vaman, virechan, basti and suppression of natural urges also cause this disease.

Pathogenesis

Ayurveda considers improper digestive fire as the root cause of all the diseases. Due to improper diet and lifestyle digestive fire gets vitiated causing indigestion. Due to this, grahani becomes weak and its main functions get hampered and the disease is created. The disease originates due to *Agnimandya* (less digestive fire), its

main site is small intestine and the symptoms are observed due to *dushti of samana and Apana vata*.

Prodromal Symptoms

Thirst, lethargy, delayed digestion, heaviness in body, anorexia, gas in abdomen and sometimes vomiting.

Differential Diagnosis

Ajeerna(Indigestion), *Pravahika* (Dysentery), *Agnimandya* (Anorexia) and *Amlapitta* (GERD).

Yoga Asanas

Pashchimottana asana, *Suryanamaskara*, *Vajrasana*, *Pavanmuktasan*.

Diet

Old rice, green gram, milk, ghee, buttermilk and fruits like *dadima* (pomegranate).

Treatment

Deepana (Stomachic) and Ampachana (Digestive) drugs should be used and drugs which provide strength to grahani should be used.

Churna/Kwath (Powder/ Decoctions)

Shunthi, Dashamoola, Trayushnadi, Panchakola.

Vati/Rasa (Tablets)

Chitrakadi vati, rasa parpati, panchamrit parpati, shankh vati, sanjeevani vati, Arogya vardhini vati, Suvarna parpati, Grahanikapat rasa, Kapardika bhasma, jasad bhasma.

Asava/Arishta (Alcohol based Liquids)

Takrarishta, panchkolasava, jeerakarishtha.

Panchakarma (Detoxification and Rejuvenation)

Anuvasana- Karanja Tail

Niruha- Piccha basti

Virechan- Mridu virechan with erandabhrushta haritaki.

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