

Grahani Roga-Through the Perception of a Visha Vaidya

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Abstract: *Visha Chikitsa, one among the ashtanga's of Ayurveda explains two unique concepts called Gara Visha and Dooshi Visha. Gara Visha is a combination of non-toxic substances or toxins of alpaveerya. Dooshi Visha is a combination of toxic substances or toxin with less quality. Both of these remains in the body for a longer period of time. In the pathogenesis of gara and dooshi Visha, the involvement of agni and anna are seen. Grahani Roga is a condition in which both digested and undigested foods are expelled from the grahani due to impaired or vitiated agni.*

Keywords: Grahani, Agni, Dooshi Visha, Gara Visha

1. Introduction

Food is the basic metabolism of every human being. Metabolism of food is the factor that decides maintenance of health and onset of disease as well.

Gara Visha is a combination of non-toxic substances or substances of *alpa veerya*¹. *Alpagni* and *grahani dosha* are the *lakshana's* of *Gara Visha*². *Alpagni* is one of the major causative factors of *Grahani roga*³ and *Grahani dosha* can lead to *grahani roga*⁴.

Virudhahara is another causative factor of *Grahani Roga*. It can be considered as *gara Visha*⁵. *Grahani Roga* is one among the *Virudhaharajanya roga*⁶.

Dooshi Visha is a combination of toxic substances or it can be considered as a combination of toxin with *alpa guna*⁷. This vitiate the *dhathu* by the excited *desha, kala* and *anna*⁸. *Bhinnapuresha* and all other *lakshana's* of *Grahani Roga* are seen in *dooshi visha*⁹. *Dooshi Vishariagada* is indicated in *anna visha*¹⁰ which is considered as a *grahani dosha*¹¹ *Dooshi Visha* is *Kalantara prakopi*¹², which means it remains in the body for a longer period of time. This is due to *kaphavarana* and this *kaphavarana* can lead to *agnimandhya, Agnimandhya* cause *Grahani Roga*.

The *kaalantaratva* that exists in both *gara* and *Dooshi Visha* is due to the slow metabolism.

*Bilwadi Agada*¹³, which is indicated in *Gara Visha* is a widely accepted and widely practiced agada in *Grahani Roga*. *Bilwahas* direct effect in *grahani roga*¹⁴. the ingredients of *vilwadi agada* like *shunti, marichapippali, harithaki* and *karanja* are *deepana pachana*¹⁵ in nature. *Tulasi* is *deepana*¹⁶ and *Devadaruis pachana*¹⁷ in nature.

*Moorvadi Choorna*¹⁸ is an agada indicated in *alpagni* caused by *Gara Visha*. The ingredients like *chavya, chithraka* and *mustha* are *deepana, pachana*¹⁹ in nature. *Amritha, Pippali, Vidanga* and *Patola* are *deepana*²⁰ in nature.

*Kalyanaka ghritha*²¹ is an Agada which is indicated in *Gara Visha* and *alpagni*. The ingredients like *Talisa patra, danti, kantakari* etc are *deepana* and *pachana*²².

Nagadantyadighritha is an agada indicated in *gara visha*²³. The ingredients like *danti* is *deepanapachana, nagadanti* is *pachaka, madanaphala* is *shodhaka* in nature²⁴.

The ingredient *Pippali* in *Dooshi Vishari Agada* has got direct effect on *Grahani Roga* and is one among the main ingredient of many *yoga's* which are used in *Grahani Roga*.

2. Materials and Methods

Gara and *Dooshi Visha* and *Grahani Roga* of *Brihatrayees* are studied in detail.

Impairment of *Agni* in *Grahani* is compared with impairment of *agni* in *Gara* and *Dooshi Visha, Vishajanyaroga's* and related conditions like *Virudhahara*.

The *Agada's* mentioned in *Visha* are studied to know its benefit in *Grahani Roga*.

3. Result

Vilwadi Agada, KalyanakaGhritha and *Nagadantyadighritha* mentioned in *Gara Visha* can be used in *Grahani Roga*. *MoorvadiChoorna* mentioned in *alpagnicaused* by *Gara Visha* is useful in *Grahani Roga*. *Dooshi Vishari Agada* mentioned in *anna visha* can also be used in *Grahani Roga*. Moreover, almost all the ingredients of the *agada yoga's* mentioned here can act as *agnideepana* and *amapachana*. Drugs like *bilwa, pippali* etc are directly indicated in *Grahani Roga*. *Ghritha* is *agryaashadha* in both *Visha* and *grahani* as it is the best *vishahara* and *agnideepakadravya*.

4. Discussion & Conclusion

Grahani dosha can cause diseases like *Ajeerna, Anna Visha* as a complication of *Grahani Roga*. Involvement of *ahara* and *agni* are significant in both *Grahani Roga* and *Vishajanyaroga's*. In *Dooshi Visha, Kaphavarana* makes it

kalantaraprakopi and this *kaphavarana* is one of the main causes of *agnimandhya*. In *Gara Visha*, *alpaagni* and *grahani dosha* are mentioned as the lakshana's. *Virudhahara* is considered as *Gara Visha* and *Grahani Roga* is one of the diseases caused by *Virudhahara*. *Bilwadi Agada* is widely practiced in the treatment of *Grahani dosha*. Future efforts should concentrate in the invitro and in-vivo studies in this frame of reference.

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