Physiological concept of Agni and Tridosh with reference to Grahani, a literary review.

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ABSTRACT

According to Ayurveda, Jatharagni plays main role in the digestion process. Jatharagni carries its functions through Pachaka pitta. Grahani is an organ of gastrointestinal tract located between Amashaya and Pakwashaya, where digestion takes place. According to classical literature Pitta is same as Agni. Tridosha also plays very important role in the digestion process. In the recent days, irregular life style affects the digestive system and Jatharagni very badly. Whenever Agni gets (Vikrut) unbalanced due to wrong food habits and lifestyle, it should be understood that along with Agni, Pachaka Pitta will also get disturbed.

Agnimandya is the root cause of most of the disorders like Grahani. Grahani organ is the main location of Jatharagni. Grahani is the organ where Pachak Pitta and Samanvayu carry out digestion. The most important function of Grahani is digestion of food with the help of Jatharagni, Pachakpitta, Pittadhara Kala and Samnvayu. Agni inside the body, digest the food give strength and maintain health. Samanvayu regulates the movements of the Grahani and helps in digestion. Hence, in this article we attempt to analyze and correlate patho-physiology of Grahani with respect to Physiological analysis of Agni and disturbed doshas.

Etiological factors induces imbalance in Jatharagni, Pachak Pitta and Samanvayu and prolonged imbalance state weakens the Pittadhara Kala, which results in disease Grahani.

Health of Grahani entirely depends on balanced state of Jatharagni, Pachaka Pitta, Pittadhara Kala and Samanvayu. The irregular life style, incompatible food habits creates Ama causes Grahani,
affecting the digestive system and Jatharagni very badly.  

KEYWORDS – Agni, Grahani, Pachak Pitta, Tridosha.

INTRODUCTION

Grahani is an organ of gastrointestinal tract, (i.e. specialized part of Mahastrotasa) located in between Amashaya and Pakvashaya, anatomically Grahani is small intestine. From inside Grahani is lined with Pittadhara Kala. Function of Pittadhara Kala is digestion and absorption of food and release of digested food towards Pakvashaya. Food stimulates Pittadhara Kala to secrete (Udiran) Pitta which is very hot in nature, heat of Pitta enhances digestion. In Ayurveda Grahani disease is one among the Mahagads. In modern science Grahani disease is included into digestive disorders. The organ Grahani and Agni have Ashrya and Ashrita type of relationship. The Prime site of Agni and site of occurrence of disease Grahani is organ Grahani.

AIM

1. To study Physiological concept of Agni and Tridosh with special reference to Grahani.

OBJECTIVES

1. To study Physiological concept of Agni and Tridosha (Jatharagni and Samanvayu)

2. To study the Role of Jathargni, Pachakpitta and Samanvayu in Grahani and its Pathophysiology.

MATERIAL AND METHODS

Referred material and methods from different Ayurvedic Samhitas (Charak, Shushrut, Ashtang Sangrah etc).

LITERARY REVIEW

1) Agni

Ayurveda describes Agni as important factor for digestion and metabolism in our body. Balanced State of Agni is important for maintenance of life. Agni is in the form of energy and it works through medium pitta. Agni inside the body digest the food gives strength and colour of skin. Agni maintains the body temperature and keeps the person active. On the basis of location Agni is divided into three types, i) Jatharagni, ii) Dhatwagni, and iii) Panchbhautik Agni. Jatharagni keeps the control over Dhatwagni and Panchbhautik Agni. Pachak Pitta is the medium of Jatharagni which carries out all the functions related with digestion and absorption. Ingested food is digested, absorbed and assimilated by Jatharagni for maintenance of life. Improper diet and lifestyle leads to Agnimandya, which results in indigestion and Ama formation and causes GIT disorder.

2) Pachak Pitta
Pachak pitta is one of the five types of Pitta. Digestion occurs mainly in the part between amashaya and pakwashaya called Grahani. Grahani is the main site of Pachak Pitta. Although Pachak Pitta is composed of Panchmahabhuta, it is predominant in Tejamahabhuta. The main function of Pachak Pitta is digestion. If there is less water content Tyakta Dravatva, then this function is carried out best. Sarakitta separation is done by Pachak Pitta. Pachak Pitta gives stimulation support and strength to other type of pitta, in short if primary digestion in abdomen is normal all other metabolic process of body can remain normal.

3) Samanvayu

It is one of the five types of Vata Dosha. Sama means balanced, keeping balanced state of body is the main function of Samanvayu. The main site of Samanvayu is Koshtha. Jatharagni carries out the process of digestion through Pachak Pitta and it need assistance of Samanvayu. The main function of Samanvayu is agnisandhushan. Samanvayu is located near Jatharagni and controls the peristaltic movements of small intestine (Grahani), to hold food for particular time (Dharana), digestion (Pachana), absorption (Vevechaana) and to release food in forward direction (Munchana) are the functions of Samanvayu, which directly affect the digestion and absorption.

4) Kledaka Kapha

Kledak Kapha is one of the five types of Kapha. Kledana means moisturizing or wetting. The main site of Kledak Kapaha is Amashaya. It provides watery contents to ingested food, which is helpful in moistening and softening the food. Pachak Pitta then can act more potently on this food. For the process of Digestion moistness and softness is necessary. Normal digestion depends upon Kledak Kapha. Naturally the functional capacity of other type of Kapha at all other places is dependent on Kledak Kapha. Kledak Kapha is also important for the protection of stomach colon from the action of acidic juices.

ROLE OF JATHARAGNI, PACHAKPITTA AND SAMANVAYU IN GRAHANI AND ITS PATHOPHYSIOLOGY

The organ Grahani and Agni have ashraya and ashrita type of relationship. Grahani is described as Agni Adhishtanam by most of the Acharyas. The most important function of Grahani is digestion of food with the help of Jatharagni, Pachakpitta, Pittadharaakala and Samanvayu. Jatharagni carry out the process of digestion through Pachakpitta and it needs assistance of Samanvayu for digestion to take place properly. Samanvayu regulates movement of Grahani. Samanvayu pradiptta Jatharagni
and control the peristaltic movement of Grahani. It takes important role in Dharan, Pachan, Vivechanam and Munchanam functions, which directly affect the digestion and absorption.

Once the food is completely digested, Samanvayu helps in absorption of Aaharrasa from intestine into blood. For this process it helps Pachakpitta. So, all the functions of Grahani depend upon the balanced state of Pachakpitta and Jatharagni.

Improper diet and lifestyle leads to Mandagni, Grahani gets vitiated and releases food in undigested form. The food will not be digested properly and this undigested food get fermented and act like poison in the body called as Ama. Ama utpatti leads to Grahani disease. If process of indigestion repeatedly takes place it ultimately weakens the Grahani organ. When Grahani becomes weak and Pittadharakala fails to digest the food properly and samanvayu cannot coordinate peristaltic movement and Jatharagni cannot perform the action of digestion through Pachakpitta, then Ama gets synthesized in Grahani. The unabsorbed Ama becomes feaces. In Grahani diseases stool is mucoid, foul semelling and defication is accompanied with coliky pain. This develops sympotology like attishrushta and vibaddha malpravrutti, Jwar, udgar, arochaka (occasional hard and soft stool).

Associated symptoms of Grahani are anorexia, nausea, emesis etc.
CONCLUSION
1) Grahani is the most important organ of gastrointestinal tract as it carries out process of digestion and absorption of food.
2) Digestion depends upon balanced state of Jatharagni, pachak pitta and samanvayu.
3) Due to wrong food habits and lifestyle Agni gets vitiated and imbalanced state of Jatahaagni, Pachak Pitta and Samanvayu creates disease Grahani.
4) In Grahani disease foul smelling feces, defecation with colicky pain, anorexia, blotting of stomach etc. symptoms are present.
5) This type of analysis is important for perfect diagnosis and better therapeutic treatments.

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