

## Case Report

# Panchavalka Yapana Vasti in Grahani Roga

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## A B S T R A C T

*Grahani* is considered the abode of *Agni*, and its primary function is *annasya grahanat*, meaning to receive food. Ancient Ayurvedic texts describe that the processes of ingestion, digestion, absorption, and assimilation of *āhāra* are regulated by *Agni* in the *Grahani āśaya*. When a person consumes food without adhering to *āhāra vidhi* due to *laulya* (greediness), they may quickly develop diseases associated with the vitiation of *Grahani*. In Ayurveda, *Grahani dosha* is treated through *śodhana* (purification) and *śamana* (palliative) therapies. Irritable Bowel Syndrome (IBS) is a common disorder affecting the stomach and intestines, also referred to as a gastrointestinal tract disorder. IBS is most commonly associated with abdominal pain or discomfort that is alleviated by bowel movements, as well as changes in stool frequency (either an increase or a decrease) or alterations in stool appearance (either loose or hard). Treatment aims to enhance quality of life while relieving or significantly improving core symptoms. Patient education, alongside dietary and lifestyle changes, forms the cornerstone of initial treatment for mild to moderate IBS. Here we have reported a case of a 61-year-old male who presented to our hospital with similar symptoms.

**Keywords:** *Grahani Doshā, Agni, Shodhana, Shamana Therapy, IBS*

## Introduction

*Grahani dosha* is a common issue that particularly affects individuals living in unhygienic conditions and those suffering from nutritional deficiencies. The underlying causes include lifestyle factors, consumption of junk food, stress, and inadequate sleep, which are major contributors to the development of *Grahani dosha*. Pathologically, the disease begins with improper digestion of food, which subsequently vitiates *Agni* and the *doshas*, leading to the formation of *ama*. This imbalance results in symptoms such as constipation and diarrhoea.

In Ayurvedic practice, drugs that possess *kashaya rasa* (astringent taste), *ushna veerya* (heating potency), *madhura vipaka* (sweet post-digestive effect), and *ruksha guna* (dry qualities) are beneficial in pacifying *vāta* and *pitta doshas*. These properties help to enhance *Agni*, thereby improving the digestive process.

For the treatment of *Grahani roga*, *śodhana* (purification) therapy is indicated as the primary approach, with a particular emphasis on *vasti karma* (enema therapy), specifically *yāpana vāsti*. This article discusses the general considerations surrounding *Grahani dosha* and its management through Ayurveda, alongside the importance of adopting a disciplined lifestyle.

## Case Presentation

### Presenting Complaints

A 61-year-old male was admitted to the Government Ayurveda Medical College and Hospital, Kottar. He was apparently normal until one year ago when he began experiencing symptoms such as abdominal distention and an increased frequency of bowel movements, occurring 7 to 8 times per day. The urge to evacuate intensified following meals, and he reported belching after drinking

water. He initially consulted a physician and was prescribed omeprazole, antacids, and antibiotics; however, he did not experience significant relief from these treatments. Consequently, he was admitted to our hospital for further management.

### Personal History

- **Appearance:** Moderate
- **Built:** Moderate
- **Diet:** Excessive intake of spicy food, regular consumption of curd
- **Appetite:** Regular
- **Bowel Movements:** 7–8 times per day
- **Micturition:** 4–5 times per day, nocturia (2 times/night)
- **Sleep:** Regular
- **Blood Pressure:** 130/90 mmHg

### Aetiology

The aetiology of his condition can be attributed to several factors, including:

- Excessive fasting, indigestion, over-eating, and irregular eating habits
- Consumption of unwholesome, heavy, cold, excessively ununctuous, and contaminated food
- Improper administration of purgatives, emetics, and oleation therapies
- Residing in inappropriate environments and during unsuitable times
- Seasonal variations and disturbances
- Suppression of natural urges when manifested<sup>1</sup>

### Premonitory Signs and Symptoms

The patient presented with the following premonitory signs and symptoms:

- **Trishna:** Increased thirst
- **Alasya:** A feeling of laziness
- **Diminution of strength:** Decreased physical strength
- **Vidaha:** A burning sensation
- **Delay in digestion:** Prolonged digestion of food
- **Heaviness of the body:** Generalised heaviness in the body<sup>2</sup>

### Signs and Symptoms

The patient exhibited the following signs and symptoms:

- **Atisrstam:** Excessive quantity of faeces
- **Vibhaddham va dravam:** Faeces may be solid or liquid
- **Trishna:** Increased thirst
- **Arocaka:** Loss of appetite
- **Aasya vairasya:** Distaste in the mouth
- **Praseka:** Excessive salivation
- **Udgaara:** Frequent eructations<sup>3</sup>

### Samprapti

The pathogenesis of *Grahani dosha* can be summarised as follows:

- **Nidana (Causative factors):** The presence of various *nidanas* or causative factors initiates the disorder.
- **Dosha prakopa:** These factors lead to the aggravation (*prakopa*) of the *doshas* (*vāta*, *pitta*, and *kapha*).
- **Agni dushti:** The aggravated *doshas* cause a disturbance in *Agni* (digestive fire), resulting in its dysfunction (*dushti*).
- **Amotpatti:** This dysfunction in *Agni* leads to the formation of *ama* (toxic byproducts due to incomplete digestion).
- **Accumulation in Grahani:** The accumulation of single or combined *doshas* occurs in the *Grahani* (the digestive system).
- **Frequent expulsion of food:** This accumulation results in the frequent expulsion of ingested food, either in undigested or partially digested form.
- **Grahani roga:** These disturbances culminate in *Grahani roga*, commonly referred to as *Grahani dosha*.

### Samprapti Gataka

- **Dosha:** *Pitta Pradhana Tridosha* (dominantly *pitta* among the three *doshas*)
- **Dushya:** *Rasa* (the bodily fluid responsible for nourishment and vitality)
- **Agni:** *JathrAgni Mandhya* (diminished or weakened digestive fire)
- **Ama:** *JathrAgni Mandhyajanya Ama* (toxins produced due to impaired digestion)
- **Srotas:** *Rasa, Anna, Purishavaha Srotas* (the channels responsible for the transportation of nutrients, food, and excreta)
- **Srotodusti:** *Sanga* (obstruction) and *Atipravritti* (excessive flow)
- **Sancara Sthana:** *Mahasrotas* (the major channels through which bodily fluids circulate)
- **Udbhava Sthana:** *Amapakvashaya* (the site of toxic accumulation)
- **Vyakta Sthana:** *Grahani* (the manifestation site of the disorder)
- **Adhistana:** *Grahani* (the primary site of the disease)
- **Rogamarga:** *Abhyantara* (the internal path through which the disease manifests)

### Vyadhi Vinishcaya

### Grahani Dosha Chikitsa (Treatment)

The treatment for *Grahani dosha* includes the following therapeutic modalities:

- **Snehana (Oleation):** The use of medicated oils or fats to promote lubrication and detoxification in the body.
- **Swedana (Sudation):** Employing methods such as sweating to facilitate the elimination of toxins and improve circulation.
- **Shodhana (Cleansing):** Purification therapies that may include *panchakarma* to detoxify the body and restore balance.
- **Langhana (Fasting):** The practice of fasting or reducing food intake to stimulate digestion and enhance *Agni*.
- **Deepana Karma:** Utilising agents that enhance digestive fire (*Agni*) and improve the overall digestive process.

As stated in the Ayurvedic texts, “*Snehana, Swedana, Shuddhi, Langhana, and Deepanam cha yath,*” these treatment modalities are integral to the management of *Grahani roga*.<sup>4</sup> They work synergistically to restore balance to the *doshas*, enhance digestive function, and alleviate the symptoms associated with this condition.

### Provided Treatment

- **Deepana and Panchana:** The treatment involved the administration of *Ashta Curnam* to stimulate digestion and promote the elimination of toxins.
- **Grahi:** For enhancing the absorption and retention of nutrients, *Dadimashataka Curnam* and *Pancha Valkala Kwatham* were utilised.
- **Snehana (External oleation):** External oleation was performed using *Dhanwantram Tailam*.
- **Swedana:** *Nadi Swedhana* was employed as a method of sweating to further aid in detoxification and relaxation.
- **Anuloma:** The treatment included *Anuloma* with *Eranda Tailam* to facilitate the proper movement of the *doshas* and to alleviate constipation.<sup>5</sup>
- **Treatment Plan:** Table 1 shows the treatment given to the subjects and they were also given the *Yapana vasti* treatment shown in table 2. The preparation of *Yapana Vasti* given ahead.

Table 1. Details of treatment

| Treatment         | Medicines                                    | Duration (Days) | Observation                               |
|-------------------|--|-----------------|---|
| Deepana & pachana | Asta churna with hot water                   | 2               | Increase in digestion                     |
| Abyanga & swedana | Dhanwantra tailam for abyanga & Nadi swedana | 7               | Unctuousness & lightness of body attained |
| Anuloma           | Eranda taila                                 | 1               | Koshta shuddhi attained (10 vegas)        |

|            |   |   |  |
|------------|---|---|--|
| Yoga vasti | Anuvasana - Nalpamradi taila, Yapana basti with panchavalkala kashaya | 8 | Markedly reduced frequency of evacuation |
|------------|---|---|--|

Table 2. Yapana Vasti treatment

| Days  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------|---|---|---|---|---|---|---|---|
| Vasti | Y | Y | Y | A | Y | Y | Y | A |

A - Anuvasanam Vasti

Y - Yapana Vasti

### Yapana Vasti Preparation

#### Ingredients

- Honey: 50 mL
- **Sneha (Nalpamaradi Tailam):** 50 mL
- **Kalka (Yastimadhu):** 30 g
- **Kashayam (Panchavalkala kashayam):** 300 mL

#### Anuvasana Vasti

Anuvasana Vasti is prepared using *Nalpamaradi Tailam*: 100 mL.

#### Nalpamaradi Tailam

#### Ingredients

- **Vata:** *Ficus benghalensis* (Banyan tree)
- **Ashwattha:** *Ficus religiosa* (Sacred fig)
- **Plaksha:** *Ficus lacor*
- **Udumbara:** *Ficus glomerata* (Cluster fig)
- **Triphala:** A blend of three fruits:
- **Haritaki:** *Terminalia chebula*
- **Vibhitaki:** *Terminalia bellirica*
- **Amla:** *Emblica officinalis*
- **Chandana:** *Santalum album* (Sandalwood)
- **Sevy:** *Vetiveria zizanioides* (Vetiver)
- **Kushta:** *Saussurea lappa*
- **Manjishta:** *Rubia cordifolia*
- **Chora:** *Angelica glauca*
- **Tila taila:** Oil of *Sesamum indicum*: 768 mL
- **Water decoction:** 3.072 L, prepared from the following:
- **Paimanjil:** Wet turmeric (*Curcuma longa*)
- **Parpata:** *Fumaria indica*

#### Mode of Action

- Rakta prasadana
- Twacya
- Kushthaghna
- Kandughna
- Varnna prasaadanam
- Dahahara

**Action on Dosh**

- *Pitta samana*
- *Kapha samana*

**Chemical Composition**

- Phenol
- Tannins
- Flavonoids
- Steroids
- Terpenoids
- Glucoside
- Improvement

After the course of *Yogavasti*, the patient experienced significant relief from abdominal distension, and the frequency of bowel movements decreased to 2–3 times per day. Mild improvement was noted in the frequency of eructation. Additionally, the patient's digestive power markedly increased, indicating a positive response to the treatment.<sup>6</sup>

**Conclusion**

This case demonstrates the successful treatment of *Grahani roga* through *Sthambaka Yapana Vasti* (*Pachavalkala Yapana Vasti*). After completing the course of *Yogavasti*, the patient experienced relief from abdominal distension, and the frequency of bowel movements reduced to 2–3 times a day.

In addition to the treatment, *Nidana Parivarjana* (elimination of causative factors) was implemented alongside the therapeutic interventions. The patient was advised to adhere to proper *Pathya-Apathya* (dietary and lifestyle recommendations) during and after the treatment to support recovery and prevent recurrence.

**Conflict of Interest:** None

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