

**Title: Role of Avasthapak in pathogenesis of Grahani Vyadhi****Authors: AnkurAditya Ravikant Deshpande*¹, Dinkar Mukund Padade²**

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***Corresponding Author:** aarogyamandir@gmail.com**Abstract:**

In Ayurveda digestion is divided in three stages. They are named as *Avasthapaka* of food. The Agni has occurs at different organ levels and leads to formation of digested material along with its byproduct. *Grahani* is one of the disease mentioned in Ayurveda and it is related to digestive system. As *Avasthapakas* are occurring due to Agni, vitiation in Agni can lead to vitiation of *Avasthapaka* also. Vitiated Agni is base of *Grahani Vyadhi* also. There can be relation in *Avasthapaka* and *Grahani Vyadhi*. Agni has only dwelling place in doing digestion, anabolism, catabolism and other biochemical processes of body. In this study an attempt has been made to focus on the relation between *Avasthapaka* and *Grahani Vyadhi*.

Keyword:

Grahani, *Vyadhi*, *Avasthapaka*, Agni, digestion.

Introduction:

Ayurvedic concept of digestion is explained in Charaka Samhita , *Grahani Adhyaya* of *Chikitsa Sthana* . It considers

Agni as basic strength of digestion. Agni is Sankrit word for fire. According to modern concept, the digestive enzymes, HCl etc playing role in digestion are summarized in Agni concept by Ayurveda.

During the process of digestion, Agni is contributed by *Pitta* which acts as main burning power which digests the food and converts it into useful part-*Rasa bhag* and *Kitta bhag* – waste products. *Vata* – which helps to maintain proper state of *Pitta Dosha* and is also responsible for maintenance and division of *Rasa bhaga* and *Kitta bhaga*. It is also responsible for movement of digestible parts and digested parts in digestive system. *Kaf* is helpful in lubrication of food. It helps to breakdown food particles in small pieces.

Aims and Objects:**Aim:**

To establish the fact about role of *Avasthapak* in pathogenesis of *Grahani Vyadhi*

Objective –

1. To make available scientific conceptual comprehension about *Avasthapak* in *Grahani Vyadhi*.

2. To make available scientific conceptual comprehension about digestion and transportation of food.

Material and Methods

Material –

1. Brihat Trayee
2. Related article, research papers published in indexed journals .

Method –

Actual process of digestion takes place as follow – at the level of stomach and intestine, food is received and broken in small pieces by churning process. This is mechanical digestion according to modern sciences.

Further this broken food is divided into two main parts.

Essence part – *Sara bhaga* –it goes for the nourishment of all the *dhatu* .

Waste material – *kitta bhaga* –it goes as waste product and gets excreted through urine, stool, sweat etc.

Prana Vayu draws ingested food into the *Koshtha*. In stomach the food gets softened by unctuous substances after which it splits into small pieces by liquid.

Agni seated in stomach gets stimulated by *Samana Vayu* and it starts to digests this food particles. This process is compared to cooking pot containing rice and water placed on fire .Similarly Agni helps to digest the food in *Amashaya*. This leads to *Rasa* (chyle), nutrition rich resultant of digestion and *mala* (waste products).

Avasthapaka –

Concept of Ayurvedic digestion is divided into three stages. They are named as *Avastha Pakas*. They are as follow –

1. *Madhura Avastha paka*
2. *Amla Avastha Paka*
3. *Katu Avastha paka*

1. *Madhura Avastha paka* – The food containing six rasa enters in the *Amashaya*. In *Amashaya Madhuravasthapaka* starts .This is the first stage of digestion. It is resulting stimulation of *Kaf* which is thin and frothy. Since mouth and *Amashaya* are seat of *Bodhaka* and *Kledaka Kafa*, they are responsible for physiochemical changes by *Samghat* (cleavage) , *Kledan* (hydration) , *Snehan* of Anna. Chemical changes are due to *Udaka Guna* in *Kaf*.

2. *Amla Avastha pak* – During the second stage of digestion, the food remains in semi digested (*Vidagdha*) form. It results in *Amlata* (sourness) while moving downwards from *Amashaya* . It stimulates the production of transparent liquid called Bile (*pitta*). According to Sushrut , *Grahani* is located between *Amashaya* and *Pakwashaya* . It is also called as *Pachyamanashaya* . Internally it is lined by *Pittadhara Kala*. From various Ashayas like, liver, pancreas, intestine, *Acchapitta* is secreted and reaches up to *Pachyamanashaya* where digestion occur.

3. *Katu Avastha paka* – It starts in, *Pakwashaya* (large intestine) food gets further digested and dehydrated by Agni. It takes bolus form and



pungent (*Katu*) taste. It stimulate formation of Vata Dosha .

Acharya Chakrapani mentioned that, even though Agni has upward *gati*, still it has the effect of drying cup objects placed below. On this principle, when the food stuff passing from *Pacchyamanashay* to *Pakwashaya*, become *Shoshyamansasya* i.e. being dry by absorption of water content.

Grahani Sambandha - In Charaka Samhita , *Grahani Chikitsa Adhyaya* , it is mentioned that life span ,complexion ,strength , health , enthusiasm , corpulence , heat processes and vital breath. All depend on Agni. The root cause of disease lies within the process of digestion. When the digestive system is working at its optimum supported by correct life style and correct amount of food, then it is said to *Prakruti*.

When Agni gets affected by incorrect lifestyle, eating habits, ultimately affects digestive process causing food either partially digested or over digested, leading to formation of *Aam* toxins .

Causative factors of *Grahani* include improper food intake, over food intake , heavy diet, excess dry food intake ,stoppage of natural urges . This leads to vitiation of Agni. That vitiation of Agni leads to *Aam* toxin preparation. This leads to *Avastha* for food.

Avastha pakas can be correlated with this phenomenon. As *Madhuravastha paka* produce , frothy thin *Kaf* in normal stages. But, if this *Kaf* gets thickened due to vitiation of Agni and gets sticky due to vitiation of Vata Dosha. It leads to stickiness of food and such food will not be digested, it will start to get excreted as it is

ingested. This *Lakshanas* can be seen in *Grahani – Muhu drava mala pravartanam* .

During *Amla Avastha pak* , if the food gets stagnated in *Pcchyamanashay* , it may lead to increase in *Amlata* , *Styanata* , *Vidagdhata* of food and there may be *daha* , *amlodgar* to the patient . This feature can be seen in *Grahani* .

During *katu Avasthapak*, if the food gets excess dehydrated and water content gets excessively absorbed, it will lead to form hard stools and leads to *Vata Prakopa*. This leads to hard faces passage with difficulty or even constipation. This feature also can be seen in *Grahani* as *Muhur baddha* .

Hence vitiation in *Avasthapak* has an impact in pathogenesis of *Grahani Vyadhi*.

Discussion –According to Ayurveda , digestion of human being is totally depend upon Agni . Agni has close relation with *Grahani* organ and *Grahai Vyadhi* also.

In modern science also, it is said that food is, chemical combination of carbohydrate, protein, fats and minor ingredients like vitamins and minerals.

Digestion of these products also a three stage process where,

1. Starch -> maltose -> glucose
2. Protein -> protease ,peptones ,poly peptide -> Amino acids
3. Fats -> emulsified fats -> fatty acids ,glycerol

Ayurveda have also explained about *Avasthapaka* and it is also 3 stages. Vitiation in Agni leads to Vitiation in *Avasthapaka* and it leads to *Aam* formation. This *Aam* is basic root cause of *Grahani Vyadhi* .



Our food stuff is combination of various polymers. Digestion breaks the bonds of these polymers and makes it easy to get absorbed.

1. CCK-P2, Secretin -> decreased pH of bile -> makes it acidic -> Amlata vardhana -> Dah, Amlodgar
2. Absorption of H₂O -> stool hard -> no bulk formation -> no stimulation -> constipation *Bhutagni* also play major role in this process.

Panchabhautik Ahar

1. *Parthiv Ahar* --- *parthiv dravya*
2. *Jaliy* --- *Jaliya dravya*
3. *Agneya* --- *Agneya dravya*
4. *Vayaviya* – *Vayaviya dravya*
5. *Akashiya* --- *Akashiya dravya*

Hence it can be said that *Avasthapaka* is play important role in pathogenesis of *Grahani Vyadhi*.

Conclusion:

From above all discussion, *Avasthapaka* is play important role in pathogenesis of *Grahani Vyadhi*.

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