

“AN OBSERVATIONAL STUDY OF GRAHANI VYADHI”



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Ayurveda Vachaspati
[Doctor of Medicine – Ayurveda]
Specialty – Rog Nidana Evum Vikriti Vignana

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Abstract

In 21st century, a lifestyle become sedentary and a dietary pattern become irregular. Peoples are living their life fast and stressfully. Due to this, they are suffering with digestive troubles. *Ayurveda* mentions such kind of disease as a *Grahani*. *Grahani* is an *annavah strotas vikruti*. It has four types' *vataja*, *pittaja*, *kaphaja* and *sannipatika*. *Acharya* mentions common and specific etiological factors which are Dietary and Psychological.

Aim : To study the *Nidan Panchak* of *Grahani vyadhi*.

Objectives : To study *the nidana panchak of Grahani vyadhi*.

Design : Observational study

Methods :

30 diagnosed Patients between age group of 16 to 55 years. with classical signs and symptoms of *Grahani vyadhi* as per *Ayurveda* classics were selected from O.P.D & I.P.D of Parul Ayurved Hospital.

Patients with age below 16 and above 55 years were excluded.

Patients suffering from acute diarrhea, intestinal, TB, ulcerative colitis, gastric and peptic ulcer, uncontrolled diabetes, hypertension and other illness which may lead fatal conditions which were excluded.

Conclusion:

From this observational study we can identified the role of *nadana panchak* in *Grahani vyadhi*.

Keywords: *Nidan Panchak*, Observational study, *Grahani Vyadhi*.