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GRAHANI And Its Anatomical And Physiological Considerations

Dr. Onkar J. Kulkarni¹, Dr. Vijay P. Patat²

¹. Associate Professor & Head of Department, Dept. of Balrog, APM's Ayurved Mahavidyalaya, Sion, Mumbai-22.

². Associate Professor & Head Department of Kriyasharir, APM's Ayurved Mahavidyalaya, Sion, Mumbai-22

Corresponding Author-

Dr. Onkar J. Kulkarni

Associate Professor & Head of Department, Dept. of Balrog, APM's Ayurved Mahavidyalaya, Sion, Mumbai-22

Contact no- 9702010467

Email ID -omkar.research@gmail.com

ABSTRACT-

Ayurveda has a rich knowledge about Sharir. Topics like conception, embryology etc have been described minutely by the science. Many anatomical structures like Twak, Kala, Srotas, Avayavas have been very well described right from their Utpatti.

As Ayurveda is a medical science it has given much emphasis on the functional aspect of the organ or anatomy as a whole. Further proving its applicability in the management of the diseases Grahani is also not an exception to this.

Keywords: *Grahani, Avayav, Anatomy.*

Definition -

The term Grahani is made up of Grah dhatu, which has different meanings like, to catch, to get, to hold or to invade upon. It can be understood that, Grahani

holds the food and it invades upon Aamashaya and Pakwashaya for the process of digestion. Almost all text have described Grahani as an organ of Mahasrotasa, situated in between Aamashaya and



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Pakwashaya and which receives the food for the process of digestion.

Important Facts Of Grahani :

After understanding the definition of the organ Grahani. There are few important facts regarding Grahani, which will make the concept of Grahani clear and which will also be beneficial in understanding the pathologies related to Grahani. These points are :

- Argala
- Agni adhisthana
- Pittadhara Kala
- Main function

ARGALA :

The organ Grahani is specifically, denoted as, Argala. Now the question arises that, what is an Argala? The text itself has clarified the meaning of the word Argala. On the opinion of Astanga Hriday, Acharya Arundatta has commented for described Argala as, Argala is the thing, which is used to close or to block or to obstruct the way. It can be understood by a very common example, which every one has experienced in daily routine. By the help of which the doors of a cupboard is closed and opened, is termed as an Argala or In olden days or In many part of the country today also, A wooden bolt is used to close the doors or

way of the house. This bolt is known as an Argala.

Grahani is the organ which is termed as Argala of human body, to be more specific Grahani can be termed as an Argala of Annavaha srotas or Mahastrotas. The primary function of the Argala is to close or obstruct the way and the same function is carried out in the body (in Annavaha Srotas) by Grahani.

Acharya Arundatta Further explains the whole process. The consumed food travels through, mouth then to Kanthnadi, then it travels further down and enters in to the Kosta i.e. Annavaha srotas and here due to the obstruction produced by Argala i.e. Grahani that consumed food is obstructed for the process of digestion. In other words at this place of Argala, food is obstructed and so this part is also said to receive the food and so termed as Grahani or Anna adhisthana.

AGNI ADHISTHANA :

Grahani is described as Agni adhisthana by almost all Acharyas. Commentators too, have supported the concept in toto. Agni is the basic factor in understanding Ayurvedic concept regarding



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Physiology, Pathology, Course of the disease, treatment and so on and so forth. Paragraphs after Paragraphs can be added in the context of Agni, but here an attempt has been made to remain confined to the part of the concept of Agni in relation with Grahani.

Grahani and Agni are said to have **Adhar Adheya Sambandha**. This interdependent nature of these two is solely responsible for proper functioning of both the two. So, proper functioning of one element will ultimately boost the proper functioning of other and further combined effect of these two will produce all the needed Bhavas for the body.

So, it has been concluded, that Bala of Grahani is the Bala of Agni and Vice a versa. So any defect or pathology in the functions of any one of these two, will lead to diseased condition.

PITTADHARA KALA :

Acharya Sushruta and Vagbhata have mentioned Pittadharakala and which is said to be situated at Grahani. Further it is commented that it does the function of digestion.

Out of these five types of Pittadosha the Pitta situated at the site of Pittadharakala

or Grahani is specifically named as Pachaka pitta. It is considered as the most important of all these Pitta, as it is said that this Pachakaa pitta not only plays a vital role in the process of digestion but it gives strength to other types of Pitta dosha too.

MAIN FUNCTIONS :

□ To receive food :

Grahani is described to placed in between Aamashaya and Pakwashaya. The consumed food travels through Mukha Kanth to Kostha, further food is obstructed by the Grahani, just above the Pakwashaya and because of this peculiar function of Grahani it is termed as Anna adhisthana.

□ To hold the food :

As it is described that, Grahani obstructs the food in between Aamayashaya and Pakwashaya. Here it holds the food for the further digestive functions.

□ To aid in the process of digestion :

It is already mentioned that, Grahani is termed as Agni adhisthana or Pittadharakala adhisthana.. Pitta or Agni are the main entities in the process of digestion. As these factors are related to the organ. It can be concluded that Grahani, helps in the process of digestion.



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□ **To provide adequate time for digestion :**

For any process, time is required to complete the it. Grahani has the main digestive factors as well as the consumed food, which is received and remained at Grahani. It plays an important role of providing enough time to that digestive powers to work on the consume food for the proper digestion.

□ **To leave digestive food further :**

This is peculiar function of Grahani. It expels out the well digested food further into the Pakwashaya. It holds the food till the food reaches this stage. As food reaches this stage, it is send in to Pakwashaya for further transformation.

□ **To provide beneficial factors :**

From all the above mentioned functions it can be concluded that Grahani plays a very important part in the digestion. And a proper digestion will produce number of factors which are beneficial for the body and in maintaining Swastha like Ayu, Varna, Bala, Swastha, Upachaya, Prabha, dhatu, Oja, Varna etc.

CONCLUSION :

1. Important facts regarding Grahani are, it is situated in between Aamashaya and Pakwashaya. It acts as an Argala and it is the site for Agni or Pitta.
2. Grahani is described as an Argala, by virtue of which it obstructs the consumed food in Aamashaya for the digestion.
3. Grahani and Agni have *Adhar-Adhey Sambandha* and *Paraspara Upakara bhava*. So, proper functioning of the element will ultimately boost the proper functioning of the other elements too, and of course vise a versa.
4. The main function of Grahani can be summarized as, it receives the food. It obstructs the food. It holds the food. It takes part in the process of digestion with the help of Agni' or Pachaka Pitta situated at the site. It leaves well digested food further into Pakwashaya and by doing all these functions, it helps to produce the most needed bhavas for body like, Ayu, Varna, Bala, Swastha, Upachaya, Prabha etc.



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5. Kledak Kapha, Pachaka Pitta and Samana Vayu are situated at Grahani, which helps in the functions of Grahani and the process of digestion too.

Address For Correspondence:
Dr. Onkar J. Kulkarni
Associate Professor & Head of Department,
Dept. of Balrog, APM's Ayurved
Mahavidyalaya, Sion, Mumbai-22
Contact no- 9702010467
Email ID -omkar.research@gmail.com

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