

## CONCEPTUAL STUDY ON VATAJA GRAHANI

Sushmitha<sup>1</sup>,

Shazia Amreen<sup>2</sup>,

Janaki.Y.S<sup>3</sup>

<sup>1</sup>PG Scholars, Dept. of Roga Nidana & Vikruthi Vijnana.

<sup>2</sup>PG Scholars, Dept. of Roga Nidana & Vikruthi Vijnana.

<sup>3</sup>Professor, Dept. of Kaya Chikitsa, Government Ayurvedic Medical College, Bangalore.

### ABSTRACT

*Grahani* retains the food till the food is fully digested and then passes it into *pakwashaya*. *Grahani* is seat of *agni*, functionally weak *agni*/hypofunctioning of *agni* causes improper digestion of ingested food and leads to *grahani roga*. *Grahani roga*'s pathogenesis revolves around *agnidosha* and these are inseparable. Thus an impairment of integrity of *grahani* may impair digestive function, state of *agni* and vice versa. It is an *ahitashanjanya vyadi*. *Samprapthi* takes place in two ways, one is due to abnormal function of *avayava* and other is due to *agni dustikara ahara vihara*. *Acharya* described 4 types of *grahani dosha*. Based on *dosha* predominant they are *vataja*, *pittaja*, *kaphaja*, *sannipataja grahani*. Each type of *grahani dosha* can be considered as a separate *vyadhi*. In *vataja grahani* stool is *drava*, *shushka*, *tanu* and associated with *ama*. The pathological progression beginning from exposure to various etiological factors which leads to the vitiation particular *guna* of each *dosha*, thereby manifesting various symptoms. *Samprapti vighatana* is very much essential for finding the involvement *nidanans* in *vataja grahani*. In this article an attempt is made to evaluate the causative factors, pathogenesis as well as symptoms to understand *vataja grahani* in detail.

**Keywords** *Grahani*, *vataja grahani nidana*, *samprapthi*.

### INTRODUCTION

The disease of *grahani dosha* is mainly caused by *agnidusti*. *Grahani* and *agni* have *ashraya ashrita* type of relationship<sup>1</sup>. *Grahani* is seat of *agni*. It retains the food till the food is fully digested and then passes it into *pakwashaya*<sup>2</sup>. Functionally weak *agni* ie *dhurbalagni* causes improper digestion of ingested food, which moves either in *urdhva* or *adho marga*, then it leads to *grahaniroga*<sup>3</sup>. *Grahani roga* is *tridoshatmaka* occurs due to vitiation of *pachakagni*, *samana vayu* and *kledhaka kapha*. It occurs with the symptomology like *muhurdrava*, *muhurbaddha*, *pakva amayuktha malapravrutti*<sup>4</sup>. In our classics described there are *vataja*, *pittaja*, *kaphaja*, *sannipataja grahani*. Each type of *grahani vyadhi* can be considered as a separate *entity* itself<sup>5</sup>. Analysis of various

stage beginning from etiological factors leading to *dosha prakopa*, thereby *dosha dushya samoorchana* ends up in *samprapti* is very essential for better management and treatment. Considering *vataja grahani* understanding *nidana* and *samprapti* is very important to diagnose. Involvement of various *gunataha vruddhi* of *vata pitta kapha* plays a major role in the manifestation of various symptoms. A detailed analysis of causative factors as well as pathological progression is required for proper understanding of *vataja grahani*.

### LITERATURE REVIEW

Disease of *grahani* manifest due to disordered function of *agni*. It is one among *asta mahagada*<sup>6</sup>. After the cure of *atisara* or who is suffering from *mandagni*, if they consume unwholesome

dietetic regimen leading to vitiation of *agni* along with *grahani*<sup>7</sup>. *Arshas*, *atiasara* and *grahani* these 3 disease interdependent in as much as one of them can cause the other as these three diseases are caused by *mandhagni*<sup>8</sup>. *Acharyas* described there are *vataja*, *pittaja*, *kaphaja*, *sannipataja* *grahani*. Each type of *grahani* *vyadhi* can be considered as a separate *entity*. It occurs with the symptomology like *muhurdrava*, *muhurbaddha*, *pakva* *amayuktha* *malapravrutti*. *Madhavakara* in *madhukosha* commentary has mentioned *muhurbddhata* of *mala* is due to *vata* *dosha*. In *vataja* *grahani* patient passes

stool frequently with difficult which is liquid mixed with hard stool, thin, *ama* associated with sound and frothiness<sup>9</sup>

### Causitive Factors Of Vataja Grahani

In *grahani* *roga* pathogenesis revolves around *agni dusti*. So *samanya agnidusti nidana*<sup>10</sup> are also considered here along with the *vataja* *grahani* *nidana*.it can be summarized under four major headings.

1. *Ahara* (diet)
  2. *Vihara*(activities)
  3. *Manasika*(psychological factors)
  4. *Anyaja*(other factors)
1. AHARAJA NIDANA (DIETARY CAUSES)

**Table 1: aharaja nidanas for vataja grahani and respective dosha which is going to be vitiated.**

Sl no	Rasa	Dosha	Guna	dosha
1	<i>Katu</i>	<i>Vata,pitta</i>	<i>Sheeta</i>	<i>Vata, kapha</i>
2	<i>Tikta</i>	<i>Vata</i>	<i>Rooksha</i>	<i>Vata</i>
3	<i>Kahaya</i>	<i>Vata</i>	<i>Guru</i>	<i>kapha</i>

*Aharaja* *nidanas* can be classified into *rasataha* and *gunataha*. In *rasa* *katu*, *tiktha*, *kashaya* *rasas* are causative factors. *Katu*, *tiktha* and *kashaya* will cause *vata prakopa* where *katu* *rasa* cause

*pitta prakopa*. *Sheetha* and *rooksha* *gunas* are responsible for *vata prakopa*. *Sheetha* and *guru* *gunas* are responsible for *kapha prakopa*.

### 2. VIHARAJA NIDANA

**Table 2: viharaja nidanas for vataja grahani and respective dosha which is going to be vitiated.**

Sl no	Vihara	Dosha
1	<i>Veghanam vidharanat</i>	<i>Vata</i>
2	<i>Pramithashana</i> (excessive fasting)	<i>Vata</i>
3	<i>Vishamashana</i> (improer food)	<i>Vata</i>
4	<i>Asathmya bhojana</i> (unwholesome food)	<i>Tridosha</i>
5.	<i>Atimaithuna</i> (excessive sexual intercourse)	<i>Vata</i>

Among the *viharaja* *nidanas* all contributes the vitiation of *vataja* *nidana*<sup>11</sup>.

### 3. MANASIKA NIDANA

**Table 3: manasika nidanas for vataja grahani and respective dosha which is going to be vitiated.**

Sl no	Manasika bavas	Dosha
1	<i>Kama</i>	<i>Vata</i>
2	<i>Krodha</i>	<i>Pitta</i>
3	<i>Chinta</i>	<i>Vata</i>
6	<i>Shoka</i>	<i>Vata</i>
7	<i>Bhaya</i>	<i>Vata</i>
8	<i>Shrama</i>	<i>Vata</i>

*Manasika nidanas* of *vataja grahani* includes *kama*, *chinta*, *shoka*, *bhaya*, *shrama* will cause vitiation of *vata* and *krodha* will cause vitiation of *pitta*<sup>12</sup>

**ANAYA NIDANAS:**

*Anya nidanas* include *vyapath* of *vamana*, *virechana* and *snehana*. Derangements in the features of time, place and season.due

to debility caused by chronic association of disease. In the *anya nidana* the *dosha* involvement varies.

**POORVAROOPA:**

There is no specific *poorvaroopa* told for individual type of *grahani*. So the *samanya poorvaroopa* told for the *grahani* can be taken as the *poorvaroopa grahani*.

**Table 4: Poorvaroopa of grhani**

Sl.no	Poorva roopa	C.S	S.S	A.H	M.N	B.P	Y.R
1	<i>Annasya vidaha</i>	+	+		+	+	+
2	<i>Sadana</i>		+				
3	<i>Alasya</i>	+	+		+	+	+
4	<i>Trishna</i>	+	+		+	+	+
5	<i>Klama</i>		+				
6	<i>Balakshaya</i>	+	+		+	+	+
7	<i>Aruchi</i>		+	+			
8	<i>Kasa</i>		+				
9	<i>Karna kshweda</i>		+	+			
10	<i>Antrakoojana</i>		+	+			
11	<i>Vairasya</i>			+			
12	<i>Praseka</i>			+			
13	<i>Klama</i>			+			
14	<i>Brama</i>			+			
15	<i>Aanadda udarata</i>			+			
16	<i>Chiraat pachana</i>	+		+	+	+	+
17	<i>Amlaka</i>			+			
18	<i>Kayasya goravam</i>	+			+	+	+

**Symptoms of Vataja Grahani:**

**Table 5: signs and symptoms of vataja grahani according to various Acharyas**

Sl.no	Signs and syptoms	C.S	S.S	A.H	M.N	B.P	Y.R
1	<i>Kantasaya shosha</i>	+		+	+	+	+
2	<i>Kshut trishna</i>	+		+	+	+	+
3	<i>Timira</i>	+		+	+	+	+
4	<i>Ruja in parshwa uru vamkshna greeva</i>	+		+	+	+	+
5	<i>Visuchika</i>	+		+	+	+	+
6	<i>Hrutpeeda</i>	+			+	+	+
7	<i>Karshaya</i>	+			+	+	+
8	<i>Dourbalya</i>	+			+	+	+
9	<i>Vairasya</i>	+			+	+	+
10	<i>Parikartika</i>	+		+	+	+	+
11	<i>Gruddi sarva rasa</i>	+		+	+	+	+
12	<i>Manasaha sadana</i>	+			+	+	+
13	<i>Jeerna jeeryati admanam bhukte svasthamupaiti</i>	+		+	+	+	+
14	<i>Chira dukha varcha</i>	+		+	+	+	+

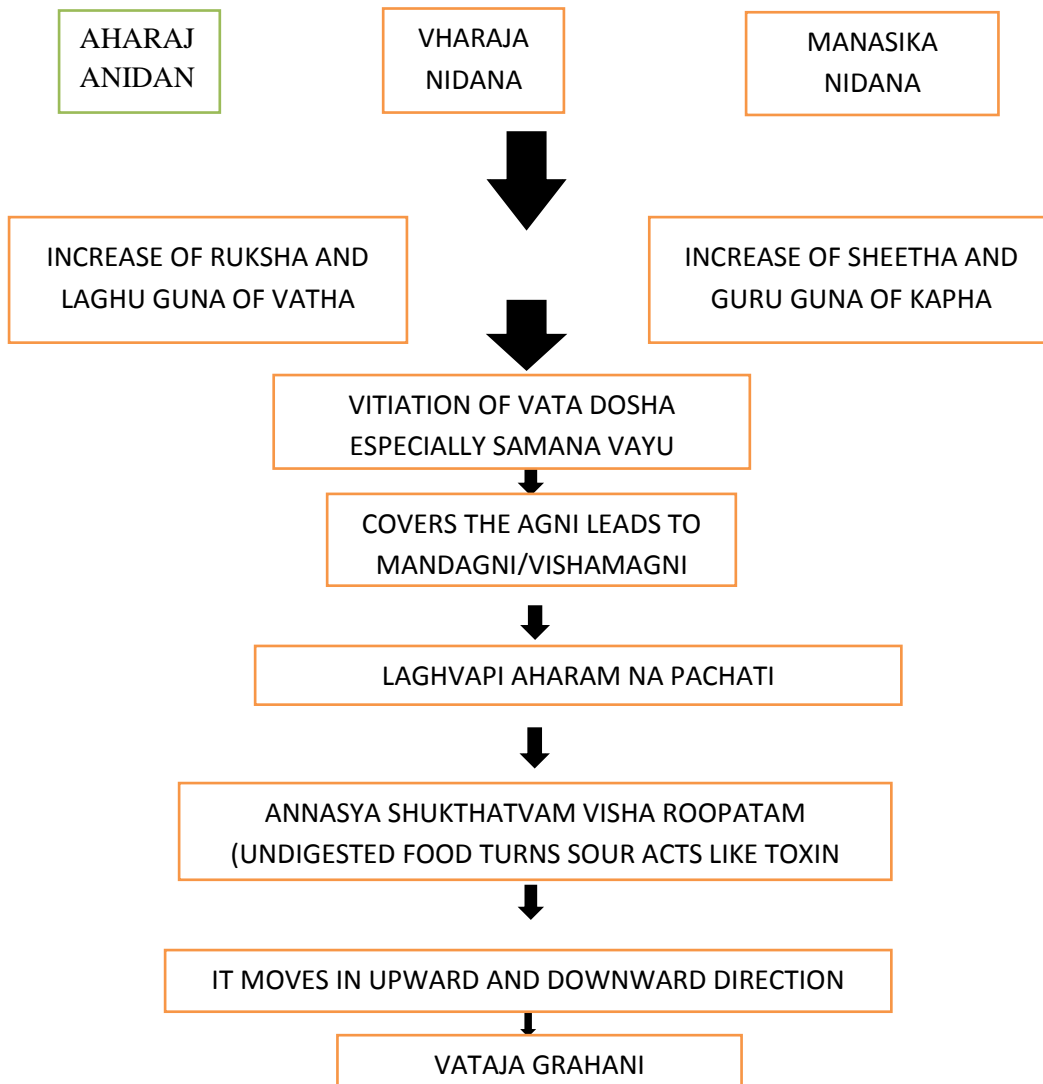
15	Drava shushka mala	+		+	+	+	+
16	Tanu mala	+		+	+	+	+
17	Ama mala	+		+	+	+	+
18	Shabda phenavan	+		+	+	+	+
19	Puna punaha srujet varcha	+		+	+	+	+
20	Kasa	+		+	+	+	+
21	Shwasa	+		+	+	+	+
22	Payuruk		+	+			
23	ruk in hrut parshwa masthaka		+				
24	Karnayo swanaha	+		+	+	+	+
25	Chirat pachana	+			+	+	+
26	Kharaghata	+			+	+	+
27	Shukta paka	+			+	+	+

**Vataja Grahani Samprapti (Pathogenesis):**

Samprapti denotes the sequence of events that follows the *nidana sevana* and ends up in manifestation of the disease including

*dosha dushya sammorchana*. A detailed study of *nidana, dooshya, srotas, agni* etc are part of understanding the *samprapthi* in better way. This alone enables us to efficiently manage or cure the disease.

**Figure 1: showing pathogenesis of vataja grahani**



**SAMPRAPTHI GHATAKA:**

SL.NO	TITLE	SAMPRAPTI
1	<i>Dosha</i>	<i>Vata, Kapha</i>
2	<i>Dushya</i>	<i>Ahara Rasa, Purisha</i>
3	<i>Agni</i>	<i>Jataragni</i>
4	<i>Srothas</i>	<i>Annavaha</i>
5	<i>Srothodusti</i>	<i>Atpravrutti, Sangha</i>
6	<i>Udbhavasthana</i>	<i>Grahani</i>
7	<i>Sanchara Sthana</i>	<i>Annavaha Srotas, Urdhwa Adhobhaga</i>
8	<i>Vyaktha Sthana</i>	<i>Grahani</i>
9	<i>Roga Marga</i>	<i>Abhyantara</i>

**DISCUSSION:** In keeping with the basic doctrines relating to causation of disease, *Ayurveda* considers that due to *nidana sevana*, process of *vataja grahani* is commenced with the *prakopa* of *vata* and *kapha*. The explanation shows that mutilation of *samanavayu* and *agni* are due to similar etiological factors. For the vitiation of *agni*, *chakrapani datta* has mentioned that *samana vayu* has to be vitiated first. When *samana vayu* is functioning normally, the function of *agni* too will be the normal on other side<sup>13</sup>. So *samana vayu* and *agni* are significant factors in *samprapti of vataja grahani*.

*Aharaja nidanas* can be classified into *rasataha* and *gunataha*. *Katu rasa* in excessive usage brings about *vata* and *pitta prakopa*, causing increase of *gunas* such as *laghu*, *rooksha gunas* of *vata*, *ushna* and *tikshna gunas* of *pitta*<sup>14</sup>. *Tikta rasa* if taken excessively causes *vata prakopa* by increasing its *gunas* such as *laghu sheetha rooksha*<sup>15</sup>. *Kashaya rasa* possess *sheeta rooksha guna* which in turn does *vata prakopa*<sup>16</sup>, ends up in manifestation of various symptoms of *vataja grahani*. *Charaka* has mentioned etiological factors are responsible for generation of *amadoshas* that contributes the manifestation of *amadoshas* such as, *guru bhojana* (food which are heavy for digestion with reference to *matra* and *swabhava* indicating intake of large

quantity of food or even though the quantity is less the food possessing excessive *guru guna* like *masha*) responsible for vitiation of *kledaka kapha* and results in *mandagni*. *Sheeta gunayuktha ahara* which is responsible for both *vata* and *kapha prakopa*. *Ruksha guna* is responsible for vitiation of *vata*, ends up in manifestation of various symptoms of *vataja grahani*<sup>17</sup>.

The *viharaja nidanas* includes *veganam vidharana*, *pramitashana*, *vishamashana*, *asathmya bhojana*, *atimaitihuna*. In this *atimaitihuna* results in increase in *ruksha*, *laghu*, and *ushna gunas* of *vata*<sup>18</sup>. All these etiological factors are responsible for *pradhushana* of *agni* and thus generation of *ama* that contributes to manifestation of *grahani gada*. Among the *viharaja nidanas* all contributes the vitiation of *vata* and thus producing symptoms of *vataja grahani*.

Among the *manasika nidanas kama*, *shoka*, *bhaya*, *shrama* will cause *vata prakopa*. It causes *agnimandya* by inducing *samana vayu prakopa*. *chakra pani datta* has stated, in spite of consuming *pathya* and *hita ahara* if an individual indulges in *chinta*, *shoka*, *baya*, *krodha*, it leads to *anna doshana*<sup>19</sup>.

*Anyanidanas of vataja grahani* includes *vyapath of vama*, *virechana* and *snehana*. *Derangements in the features of time, place and season*. *Due to debility*

caused by chronic association of disease. In the *anya nidana* the *dosha* involvement varies. But most of them are responsible for *vata prakopa*.

Acharya Charaka has stated, *vata* dominant *grahani* characterized with *dukhapachana* (digestion with difficulty), *shuktapaka* (*paka* which is fermentative type), *kharanghata* (roughness of body parts), *kanta asya shosha* (dryness of throat and mouth), *parshva-uru-vankshana-greeva ruja* (pain flanks-thigh-pelvic-neck region), *hruth peeda* (pain in cardiac region), *visuchika*, *karshya* (emaciation), *dourbalya* (debility), *asyavairasya* (loss of taste), *parikartika* (cutting type of pain in anorectal region), *grddhisarva rasanam* (craving for all tastes), *manasa sadanam* (loss of mental strength), *jirnae jiryati cha adnanam bhukte svastamupaiti cha* (flatulence during the process of digestion and after digestion which gets relieved on consuming food), *chrat-dukham-tanu-shushka-drava-ama-shabda-phenavan* (delayed defecation with difficulty, thin, dry, associated with *ama*, sound and frothy), *punha-punha mala pravartana* (increased frequency), associated with *kasa* and *shwasa*<sup>20</sup>. *Vagbhata* has mentioned similar to *charaka* except *hritpeeda*, *karshya*, *dourbalya*, *manasa sadanam* are not explained and added *payuruk*<sup>21</sup>. Acharya *Sushruta* quoted *adhika shoola* in *payu-hrut-parshva -udara-mastaka*<sup>22</sup>. *Yoga rathnakara*, *Madhavakara*, *Bhavamishra* has explained similar to *chraka*.

#### CONCLUSION:

Disease *grahani* manifest due to disordered functioning of *agni*. It occurs with the symptomology like *muhurdrava*, *muhurbaddha*, *pakva amayuktha malapravrutti*. Among various *nidanas*

mentioned for the causation *grahani* we can segregate *vataja grahani nidanas*. In *rasa katu*, *tiktha*, *kashaya rasas* are causative factors. *Katu*, *tiktha* and *kashaya* will cause *vata prakopa*. *Sheetha* and *rooksha gunas* are responsible for *vata prakopa*. *Sheetha* and *guru gunas* are responsible for *kapha prakopa*. *Nidana sevana* process of *vataja grahani* is commenced with the *prakopa* of *vata* and *kapha*. So *samana vayu*, *kledaka kapha* and *agni* are significant factors in *samprapti* of *vataja grahani*. Proper understanding of *nidana* will help us to do *nidana parivarjana* which is the prime line of treatment.

#### REFERENCES:

1. Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 39-40. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 516.
2. Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 56-57. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 517
3. Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 51-52. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 517.
4. Susruta, Acharya YT. Susruta Samhita. with Nibandhaangraha commentary by Dalhana and Nayachandrika panjika of Gayodasa Acharya on Susruta samhita of

Susruta. Uttarasthana; Atisara pratisheda: Chapter 40, Verse 172. reprint ed. Varanasi: Chaukamba Publications: 2014. p. 709.

5.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 58. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 518.

6.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundari commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata. Nidanasthana; atisara grahanidosha Nidanam ; Chapter 8, Verse 30. reprint ed. Varanasi: Chaukamba Publications. 2017. p. 497.

7.Susruta, Acharya YT. Susruta Samhita. with Nibandhaangraha commentary by Dalhana and Nayachandrika panjika of Gayodasa Acharya on Susruta samhita of Susruta. Uttarasthana; Atisara pratisheda: Chapter 40, Verse 166-167 . reprint ed. Varanasi: Chaukamba Publications: 2014. p. 709.

8.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Arsha Chikitsa: Chapter 14, Verse 244. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 411.

9.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 64. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 518.

10.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 41-44. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 517.

11.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Vata vyadhi Chikitsa: Chapter 28, Verse 15-18.reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 617.

12.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundari commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata Nidanasthana; jwara Nidanam ; Chapter 2, Verse 43. reprint ed. Varanasi: Chaukamba Publications. 2017. p. 454.

13.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 7. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 412.

14.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundari commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata. Sutra sthana; rasa bhediya adhyaya; Chapter 10, Verse 17-19. reprint ed. Varanasi: Chaukamba Publications. 2017. p. 176.

15.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundari commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata.

Sutra sthana; rasa bhediya adhyaya; Chapter 10, Verse 14-16. reprint ed. Varanasi: Chaukamba Publications. 2017. p. 176.

16.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundari commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata. Sutra sthana; rasa bhediya adhyaya; Chapter 10, Verse 20-21. reprint ed. Varanasi: Chaukamba Publications. 2017. p. 176.

17.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 41-44. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 517.

18.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundara commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata. Sutrasthana; Aansamrakshneeyam Chapter 7, Verse 74. reprint ed. Varanasi: Chaukamba Publications. 2014. p. 155.

19.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Vimanasthana; trividakukshi adyaya: Chapter 2, Verse 8-9. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 517.

20.Agnivesha, Charaka, Dridabala, YT Acharya. Charaka samhitha with Ayurveda

deepika commentary by Chakrapanidutta on Charaka Samhita of Agnivesha. Chikitsasthana; Grahani roga Chikitsa: Chapter 15, Verse 59-64. reprint ed. Varanasi: Chaukamba Sanskrit Sansthan: 2017. p. 518.

21.Vagbhata, Sastri Sadasiva Hari. AstangaHridya with sarvangasundari commentary of Arunadutta and Ayurvedarasayana commentary of Hemadri on AstangaHridya of Vagbhata. Nidanasthana; atisara grahanidosha Nidanam ; Chapter 8, Verse 22-25. reprint ed. Varanasi: Chaukamba Publications. 2017. p. 497.

22.Susruta, Acharya YT. Susruta Samhita. with Nibandhaangraha commentary by Dalhana and Nayachandrika panjika of Gayodasa Acharya on Susruta samhita of Susruta. Uttarasthana; Atisara pratisheda: Chapter 40, Verse 176 . reprint ed. Varanasi: Chaukamba Publications: 2014. p. 710.

**Corresponding Author:** Dr. Sushmitha, PG Scholars, Dept. of Roga Nidana & Vikruthi Vijnana.

Email:sushmiammi287@gmail.com

Source of support: Nil Conflict of interest: None Declared

*Cite this Article as : [Sushmitha et al: Conceptual Study on Vataja Grahani] www.ijaar.in : IJAAR, VOLUME IV ISSUE X SEP –OCT 2020 Page No: 1150-1157*