ABSTRACT

In the pathogenesis of every disease Agni plays a vital role. Understanding of Agni in a subject must be the prime aim of a physician before planning the treatment. In case of Guda Pradesagata Arbuda, Dhatwagnimandya which occurs as a sequel of Jataragnimandya can be considered. On a retrospective analysis it is evident that Grahani and Abhyantara Arshas have an inevitable role in the causation of Guda Pradesagata Arbuda. Pathogenesis of all the above diseases initiates due to Agni Dusti. Metabolic derangement and adenomatous polyp along with altered gut micro biota contribute to the pathogenesis of colon cancer. Many studies have proved the involvement of gut brain axis in the causation of colon cancer.

Keywords: Grahani, Abhyantara Arshas, Guda Pradesagata Arbuda, Colon cancer

INTRODUCTION: As per Ayurveda Agni is responsible for the existence of life.\(^1\) Same Agni : when get disturbed is responsible for the manifestation of disease, mainly of Annavaha and Pureeshavaha Srotas.\(^2\) The major diseases that occur due to impairment of Agni in Annavaha and Pureeshavaha Srotas are Grahani, Abhyantara Arshas and Guda Pradesagata Arbuda. On a close observation it’s evident that Grahani, Abhyantara Arshas and Arbuda share common causative factors.\(^3\) The symptomatology of Grahani has a close relationship with IBS. The long standing IBS which results in the formation of adenomatous polyp. These polyps can be understood as Abhyantara Arshas. Studies have been proved that subjects with adenomatous polyp have high risk of colon cancer (Arbuda). Colorectal cancer is the fourth most common cancer in the world with 1.3 million new cases each year and a 5-year prevalence rate of 3.2 million. Colorectal cancer (CRC) is the third most common cancer in men (663,000 cases, 10.0\% of the total cancers) and the second in women (570,000 cases, 9.4\% of the total cases) worldwide. Incidence rates of CRC vary 10-fold in both sexes worldwide.\(^4\)

AIM AND OBJECTIVES OF THE STUDY

- Nidana karatwa of Grahani, arshas and arbuda

MATERIAL AND METHODS

Analysis of Etiopathogenesis of Grahani, Abhyantara Arshas and Guda Pradesagata Arbuda in relation to colon cancer is discussed in this article with both Ayurvedic and contemporary references.

OBSERVATIONS AND RESULTS

Nidana (Causative Factor): Strength of Grahani is Agni and Agni resides in the Grahani, that is why when Agni is vitiated, Grahani also becomes...
When the Doshas are vitiated it will secondarily cause weak functioning of Agni. Hence before onset of Arshas, the subjects will be having longstanding Agnimandya. When the status of Agni is depressed, there will be Malasanchaya (accumulation of Mala) which signifies dysmetabolism. On analysis of Nidanas of Arshas it points towards Agni Dusti. Though specific nidanas for Arbuda is not mentioned in samhithas while considering Tridosha Dusti in disease Arbuda, Agni dusti can be considered.

<table>
<thead>
<tr>
<th>Table no1: Showing Agni Dustikara Nidana</th>
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<tbody>
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<td>Agni Dusti Nidana</td>
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<td>Abhojana</td>
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<td>Rutu Vaishamya</td>
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<td>Vega Vidharana</td>
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From the above nidanas it can be inferred that the Nidanakaratwa begins from Jataragnimandya mainly due to faulty food habits which results in Samana Vata Dusti. This in turn in due course of time causes Pitta and Kapha Dusti. Arshas and Grahani are considered as Santharpanottha vikara. Considering the Adhistana of Arshas and Arbuda it was found that both have Mamsa and Meda as Adhistana. Further Arshas is a type of Adhimamasagatha Vikara and Arbuda is a type of Mamsa Pradoshaja Vikara, both are included under Mamsa Vruddhi Lakshana.

**DISCUSSION:** Impairment of Agni plays a pivotal role in the causation of Grahani. On a detailed analysis it is clear that Nidanas of Grahani Vikara is pointing towards Agni Dusti. Disease Grahani in due course of time will lead to disease Abhyantara Arshas, where there will be further Agni Dusti. This stage of Abhyantara Arshas (Inner side of rectum) is considered as Asadhya. Thus continuously hampered Jataragni will result in Dhatwagnimandya. This
Dhatwagnimandya results in Guda Pradeshagata Arbuda.

Diagram 1: Showing Samprapthi analysis of Grahani, Abhyantara Arshas and Guda Pradeshagata Arbuda

Agni dustikara Nidanas

Jataragnimandya

Grahani (Further Nidana Sevana)

More Agni Dusti

Abhyantara Arshas (Nidana Sevana)

Dhatwagnimandya

Arbuda in Guda Pradeshha

Interrelationship of Gut Brain Axis with intestinal flora in causation of Colon cancer:

Intake of low fibre rich diet, Consumption of alcohol, Intake of Freezed aerated drinks, junk foods, contaminated food leads to intestinal disturbances in the form of loss of appetite, nausea, altered bowel habit, difficulty in emptying the bowel. This is due to disturbed GI motility, secretion and permeability which hamper mucosal immune function. Alteration in mucosal immune function leads to activation of viscera sensory mechanism which causes changes in gut micro biota.

The micro biota plays a myriad of roles in human health and disease, from entraining immune system development and maintaining homeostasis to influencing autoimmune diseases and allergies that cannot simply be parsed into strict pathogenesis and commensalism.

Tumor formation in the colon begins with the transition of a normal epithelium to a state of hyperplasia, in which cell proliferation is increased. As this occurs, epithelial architecture loses its characteristic shape and organization and becomes dysplastic. This dysplasia has the potential to develop into a non malignant adenoma, which usually is a polyp that grows from this region of hyper proliferative epithelium and protrudes into the colonic lumen. In response to other changes in the tumoral genetic and immunological microenvironment, adenomas can invade into the sub mucosa and become cancerous.17

CONCLUSION: On analysing Nidanas of Grahani, Abhyantara Arshas and Guda Pradeshagata Arbuda it is clear that the underlying pathogenesis starts at the level of Agni. This Agni dusti is primarily due to Jataragni. Later stages of the disease are also contributed by Dhatwagnimandya. Hence the concept of colon cancer can be understood by Nidanakaratwa of Grahani, Abhyantara Arshas and Guda Pradeshagata Arbuda in Ayurveda, where Nidana Parivarjana must be considered as primary line of treatment for better prognosis.

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