

slowed off the un-absorbable portion is propelled in the large intestine.

Discussion:

After having vivid review of both literatures, it can be discussed that *Grahani*/small intestine is the prime site of digestion of food. It possesses the Digestive fire (Agni) i.e. the heat energy which is required for conversion of food into *Ahara Rasa* (absorbable form).

If we observe clearly, this becomes striking truth that function of *Pachak Pitta* (enzymes by the pancreas and liver and intestine itself) allows chemical conversion of heterogenous food to homogenous and assimilable chime. By its *Sara Guna* and *Saman Vayu* by its *Chala Guna* causes movements of intestine. Thus, both of these in presence of *Kleda* and *Sneha* cause proper *Ahara Pachana* in specific time. Their functions can be correlated as follows:

1. *Annam Grahanti* : storage of food stuff while digestive enzymes are mixed. After action of the stomach juices, food stuff is in the form of semi liquid form gradually released in the duodenum through pyloric sphincter. Thus, emptying of the stomach in the first part of small intestine is done in this phase.

This part of small intestine provides other chemicals for the digestion and medium of digestion is also being changed. *Saman Vayu* is the force which is facilitating this action.

2. *Annam Pachati* : Inter- reaction of enzymes and food stuff. Food stuff is broken down separately by the specific enzymes. Carbohydrates are digested by pancreatic enzyme named Amylase into its monomer forms like glucose, galactose.

Proteins are converted into monomers i.e. amino acids. By the action of trypsin and Erepsin i.e. mixture of proteolytic enzymes of small intestine.

Majority of Fatty elements in the food are mainly digested in the small intestine as the bile from liver is allowed to act on food in only small intestine. fat's break down, assimilation and absorption are done in the small intestine.

These all enzymes may be correlated with *Agni* i.e. digestive fire in the chemical form. Heat of the gut is naturally raised during this action confirms this phenomenon. Though the temperature is high during process; it is not having corrosive effect on gut because of the *Kleda Bhava* in *Grahani*. *Kleda* is also providing liquid medium for break -down of food.

3 *Annam Vivechayati* : Dissociation of essential or digested part from undigested and waste portion. This

function is done by the enteric capillaries which absorb the digested part of food stuff from the canal of Small intestine. undigested polymers of food elements are further exposed to the chemicals in the small intestine and this process is carried out repeatedly.

Driving absorptive force on the capillaries is nothing but the *vivechan karma* of the *Samana Vayu*. Movements of this fluid across membrane of gut and then across capillary is done by the *Wata Dasha* as per Ayurveda.

This procedure is of prime importance because, as the absorbed nutrients are now known as *Ahara Rasa* which is the energy source of all the *Dhatu*s (tissues) in the body. Thus, body strength depends upon the formation of the *Ahara Rasa* which is done here in the *Grahani*. Thus, function of *Bala* (strength) is done by the *Grahani* indirectly.

4. *Annam Munchati* -

After absorption of the essential *Sara Bhaga*; the *Kitta Bhaga* i.e. waste rather undigested food stuff is propelled in *Pakwashaya*. i.e. large intestine. Propulsive movements for *Munchana* of *Kitta Bhaga* is also the function of *Chala Guna* of *Samana Vayu*. *Munchana* is assisted by the *Snigdha, sara guna* of *Pachak pitta*.

Above comparison of two sciences regarding same thing is explaining that *Grahani*/ Small intestine gives location, medium, environment, machinaries and catalysts for the process of digestion. Both sciences reveal one opinion that for proper digestion of food Small intestine i.e. *grahani* should be in the normal working state.

Conclusion:

- *Grahani* is the part of digestive system which lies in between Stomach (*Amashaya*) and large intestine (*Pakwashaya*).
- It is the seat of *Agni* (digestive fire) and *Saman Vayu* which together work for the proper digestion of food stuff.
- *Amla Awasthapak* is gained while *Pachana* is done in the *Grahani*.
- Digestion, absorption and division of *Saar* And *Kitta* take place in *Grahani*
- Undigested part is handed over to the *Pakwashaya* for *Katu Awasthapak* i.e. final stage of digestion
- It is so proved "*Grahanva bakam agnichi sachapi grahaneeshrita.*" Thus, it can be concluded that, proper function of *Grahani* is the exact cause of strength.