



A Critical Review On Takra Prayoga In Grahani Roga

¹Dr.Mahima S.B., ²Dr. Prashant A.S. M.D.(Ayu)Ph.D.,

¹PG Scholar Department of Kayachikitsa Ayurveda Mahavidyalaya Hubli Karnataka, India

²PGMH, MHA, Department of Kayachikitsa Ayurveda Mahavidyalaya, Hubli, Karnataka, India

Abstract:

In Ayurveda, Grahani Dosha is one among the Mahagadas. The organ Grahani is the seat of Jatharagni so both are interrelated. It's supported and nourished by the strength of Agni. Functionally weak Agni i.e. mandagni causes improper digestion of ingested food & leads to Grahani roga present with a symptom of muhubadda and muhurdrava mala pravrutti. Grahani is a disease of great clinical relevance in modern era because of its direct link with the improper food habits and stressful lifestyle of the present time. Vitiating of Agni affects the digestion process and vitiates proper formation of further dathus thus affecting the nourishment of the body, so for the treatment, concentration should be kept on management of Agni. Thus this article aims to give an essential knowledge about Grahani & explore the utility of Takra prayoga in Grahani roga as Takra being Tridosahara, Deepana, Grahi, and Lagu helpful in treating in Grahaniroga.

Keywords: Grahani roga, Agni, digestive disorder, Takra

Introduction:

Ayurveda has a significant name. It is the knowledge of the science, which ensures health and longevity. In current era faulty dietary habits and sedentary life style are key causative factors for diseases. In addition to this one is always under tremendous mental stress. All these factors contribute to disturb in the function of digestion and absorption, leads to many digestive disorders. Grahani roga is one of the digestive disorder affecting the digestion and metabolism, which is hard to diagnose and difficult to be cured as it involves the entire metabolic pathways. System of Ayurvedic medicine emphasizes much with the regards to the influence of diet habits in the manifestation of every disease.

Etymology of *Grahani*

The word Grahani is derived from Dhatu 'Graha' which means, to catch, to hold or to get. Grahani which is the site of *Agni* is so called because of its power to restrain of undigested food and retains food till it is fully digested.

Normal physiology of *Grahani* :

Annasyagrahanaadgrahani mata¹

Due to its function of annagrahana it is known as Grahani, so grahana, dharana, pachana, shoshana, and munchana are the functions of Grahani.

Ayurveda defines Grahani as the location of jataragni which is aimed for absorption of the food substances, subject them to the activity of jataragni and absorbs the prasada bhava and pushes down the kitta бага for expulsion (Dharana of apakwaanna and Visarjana of pakwa anna).

Influence of Agni in Grahani roga:

'rogaha sarve api mandagnou' ²

All roga are produced due to mandagni.

The disease Grahani Roga is also mainly caused by Agni Dushti. The organ Grahani and Agni have Ashraya- Ashrita type of relationship³. The prime site of Agni and the site of occurrence of the disease Grahani roga is organ Grahani. The impairment of Agni (Mainly Mandagni) is responsible for the creation of Grahani Roga⁴. This ensures with symptomatology like Atishrusta and Vibaddha Mala Pravritti, Jwara, Udgara, Arochaka⁵ etc

Grahani Dosha And Grahani Roga:

AcharyaCharaka in the context of Grahani Chikitsa clarifies that Grahani dosha and Grahaniroga are the two different entities. Grahani is the ashraya for Agni. Hence grahanyashritaagnidosha is considered the same as Grahani dosha⁶. Grahani roga are the diseases manifesting due to the functional disturbance of Grahani. In this way Acharya Charaka has considered Agni Dosha as Grahani Dosha which is precursor to Grahani Roga.

The disorders related to digestion and its absorption is broadly covered under the heading of 'Grahani Roga' mentioned in the Ayurvedic classics, which is one of the main disorder of the gastrointestinal tract. Irritable Bowel Syndrome and Inflammatory Bowel Disease are considered under the spectrum of Grahani roga. IBS presenting with pain or discomfort in abdomen relieving on defaecation either manifesting as constipation or diarrhoea and IBD manifesting with Diarrhea, abdominal pain, blood mixed stools etc similar to the symptoms described in Grahaniroga.

Nidana:

The impairment of Grahani will impair the functional aspects of Agni and vice versa. Therefore all the etiological factors of Agni Dushti may cause Grahani Dosha and finally results in Grahani Roga.

Abojana, Ajeerna, atibhojana, vishamashana and guru, sheeta, drusta, ruksha bhojana, vegadharana, Vyapada of Vamana, Virechana, Snehana⁷ (Adverse effect of therapeutic measures) are the nidana for agnimandya. In a state of Mandagni, due to any of the causative factors, when an individual further indulges in ahitaahara, vihara there will be further dooshana of Agni. Due to the ashrayaashrayibhava the Grahani will get impaired as well. This will further leading to the manifestation of Grahani.

According to sushruta after the subsidence of atisara the patient will be on mandagni in this phase if the patient receives ahitakara ahara than agni once again get dearranged and this may lead to grahani as these are "parasparahetavaha" disorders⁸.

Samprapti:

Pathogenitic considerations:

- ✓ In the presence of the mandagni and etiological factor, the ingested food remains improperly digested and results in vitiation of doshas.
- ✓ The vitiated doshas inturn interacts with the agni and further depresses it.
- ✓ That results in the vitiation of functional status of organ grahani leading to the generation of aama.
- ✓ This result in excretion of saama or pakwa mala, sometimes hard and sometimes loose, along with severe abdominal pain and excessive foul smell.

Grahani roga is tridoshatmaka, occurs due to vitiation of pachakagni, samanvayu & kledaka kapha. Acharya vagbhata has stated when the samana vayu is functioning normally in its place, the function of agni too will be the normal on other hand so agni is significant factor in the samprapti of disease grahani roga.

It occurs with the following Poorva roopa and lakshanas:

Poorva roopa⁹: Trishna(polydypsia) , Aalasya(lassitude), Bala kshaya (loss of strength), Annavidaha (burning abdomen), Chirapaka(delayed digestion), Kaya gourava (heaviness of body)

Lakshanas¹⁰: Ati Srushta Mala Pravritti, Vibbadha Mala Pravritti (occasional hard and soft stool) Arochaka (anorexia), Vairasya (altered taste in tongue), Trishna (polydipsia), Tama pravesha (darkness in front of eye), Shotha (oedema), Asthi ruk (pain in bones), Chardi (vomiting), Jwara (fever), Tiktaamla udgara.

Bedha :

Grahani roga has been classified into vaatika, paittika, kaphaja and sannipatika by Acharya charaka¹¹. Madava nidana provides yet another classification – vatika, paittika, kaphaja, sannipatika, samgrahagrahani and gatiyantra grahani roga¹².

Vatika grahani: consumption of katu, tikta and kashaya rasa, ruksha (dry) and food that are incompatible by combination, intake of food in low quantity, fasting, vega darana (suppression of natural urges), involving in atimaituna etc., causes vitiation of vata dosha. This guna manifested by the vitiated vata like sheeta will vitiate the agni there by suppressing it. This leads to the manifestation of vaatika grahani present with the lakshanas of kantaasyashosha, kshut, trishna, timira, karnaswana, ruja in parshwa uru vankshana and greeva, visuchika, hritpida, karshya, dourbalya, parikartika etc

Paittika grahani: ajeerna, vidahi, amla and kshara substances results in the vitiation of pitta which affect the agni. This will result in the manifestation of paittika grahani with the lakshanas of Ajeerna, neelapitabha, pitabha, dravamalapravritti, puti, amlaudgara, hrit, kanta daha, aruchi, trit etc.,

Kaphaja grahani: intake of guru, atisnigda, sheeta, sleeping just after taking food will cause the vitiation of kapha. This vitiated kapha will further result in agni mandya resulting in the onset of kaphaja grahani present with the symptoms like hrullasa, chardi, arochaka, asyopadeha, kasa, shteevan, pinasa, hridayastyanata, udarastaimitya, guruta, madhuraudgara etc.,

Sannipataja grahani : it is a type which manifests the clinical features as the combination of the above three types.

The last two types namely Samgrahagrahani and Gatiyantra grahani roga are not on the basis of doshas instead they are distinguished on the basis of specific clinical pattern.

Sangraha Grahani: Exhibiting a typical clinical pattern. The clinical features manifest once in every 12 days, 14 days, 30 days or it can happen every day. It aggravates during day time and subsides during night. The patient presents with Antrakujana, Alasya, Dourbalya and excretion of stools which are Drava, Sheeta, Gana, Snigda with Kati vedana. The defaecation is associated with gurgling sound. This type is chirakala anubandi (chronic)¹³.

Ghateeyantra Grahani : This is the type of Grahani with the worst prognosis it is considered as asadya (incurable). The cardinal clinical features are parshwa shoola (pain in flanks) and production of sound coming from the abdomen resembling that of pot dipped in water¹⁴

Chikitsa:

Agnimandhya is important factor in the Samprapti of the disease Grahani Dosha. So it should be mainly treated for Agnivardhana by Deepana and Pachana drugs. All the treatment modalities of Ajirna and Atisara should be implemented in the management of Grahani Ashrita Dosha. During this stage, the vitiated Dosha are still confined to the particular Ashaya (i.e. Grahani). It can be said that the degree of vitiation has not progressed to other Ashayas and Dhatus. Acharya Vagbhata also, mentioned that the Sanchita Dosha should be eliminated without affecting the Prakopita Dosha.

The general treatment of grahani roga is described by Acharya charaka are Snehana, Svedana, Shuddi (purificatory measure), Langhana, Dipana, Curna, Lavana, Kshara, Madhvarista, Sura, Asava, Takra, Dipana, Ghrita etc.,

Also, treatment principle of Grahani is mainly based on the avastha of the vyadhi. In case of grahani presenting with Amalakshana is treated with Vamana whereas grahani with Leena, pakwashayasthaama is treated with deepana and virechana. Shareeranugatasaama is treated with measures of langhana and pachana¹⁶. Various Deepana Pachana drugs described in various classics should be administered along with follow of Laghu and Supachya Ahara.

The Shodhana modality of treatment is contraindicated in this stage. Because, the Shodhana done during Samavastha of Vyadhi results in incomplete removal of Doshas and deterioration in the particular Ashaya and Dhatu or ultimately the whole Sharira.

TAKRA PRAYOGA in Grahani roga :

There are many different preparations mentioned towards the treatment of this disease in our classics. One among them is Takra Prayoga. Takra is given equal importance to that of Amritha¹⁷. Acharya Vagbhata states that Takra does srotoshodhana as a result of which rasa reaches the srotas. This leads to proper nourishment, strength, complexion. Takra by means of its different gunas acts as tridoshatmaka. Due to its specific property it is very useful in the patients suffering from agni vikruti having different kinds of dosha dushti hence, takra is an important component in treating the patients suffering from the diseases related with agni in which grahani roga is one.

Mode Of Action :

Properties and its pharmacological action: Rasa of takra is Madhura, Amla and Kashaya Anurasa which is Having Laghu, Ruksha Guna . Veerya is Ushna virya and Mdhura vipaka. It does Tridosahara , Agni deepana, Hrudyaya, Kapaha-vata shamaka and acts as Grahi.

The specialty of takra is not limited with grahani roga but it has been proved a great importance in udara and arsha rogas also. Grahani dosha is a condition related with a agnivikruti. In this condition takra is useful by means of its deepana grahi laghvat property¹⁸ .

takra acts as tridoshagna by means of its different gunas as ,

- ✓ Due to kashaya anurasa, ushna virya & Ruksha, Vikasi guna, it brings down aggravated Kapha.
- ✓ Due to its Madhura, Amla rasa, Sandra guna, it brings down aggravated Vata.
- ✓ Due to Madhura vipaka, Pitta will not become prakopa.
- ✓ Takra is Grahi dravya which is better choice in Grahani dosha because it does the Deepana, Pachana which helps in rectifying Mandagni.
- ✓ Takra is Srotoshodhaka, helps in the proper absorption of Rasa. So acts as nector.

Hence the probable mode of action based on its properties & samskara.

Indications of takra in combination with different drugs

Even though takra is considered as tridosahara it can be used along with combination of different drugs to enhance its doshahara property ,

In vataja disorders takra along with saindava lavana .

In pittaja disorders takra along with sharkara

In kaphaja conditions takra with kshara and Trikatu

Along with Hingu , Jeeraka, Saindava lavana in grahani acts as Rochana , Pustiprada , Balya , Bastishoola vinashana .

Takrarista prepared with takra along with Yavani, Amalaki, Pathya, Maricha Each 3pala (144gms) and Saindhava, Sauvarchala, Vid, Oudbhida, Samudra lavana Each 1 pala (48gms) acts as Agnideepanartha. It helps in relieving conditions of shotha, Gulma, Prameha, Krimi, Arsha & Udara roga¹⁹. Cha.chi.15/120-121

Time period of takra consumption :

Acharya charaka also underlines the fact of time period for takra sevana , mentioned that one should indulge in takra sevana for 7 days , 10 days , 30 days. One should carry out the takra sevana in increasing and decreasing order (utkarsha and apakarsha)²⁰

Consideration of butter milk :

Butter milk is rich source of potassium, calcium, phosphorus, vitamin-B12 and riboflavin. Buttermilk is good aid for those suffering from digestive problems.

Neutritional Values Of Buttermilk :

Calorie-41

Total fat 0.88g Saturated fat 0.55g	Potassium k 151.00 mg Phosphorus p 89.00 mg
Trans fat 0g Polyunsaturated fat 0.03g	Ribofloavin 0.15mg Tocopherol,beta 0.02mg
Monounsaturated fat 0.25g Calories fat 7.92	Fluoride F 4.00mcg Threonine
Cholesterol 4mg	Glutamic acid 0.64g
Sodium 105mg TOTAL carbs 4.79g	Folate,DFE 5mcg DFE Carotene beta 1mcg
Fiber, total dietary 0g Sugars total 4.79g	Lysine 0.28g Energy 169kj
Protein 3.31g Vitamin A 26.00iu Vitamin c 1.00mg	Retinol 7mcg Arginine 0.13g Vitamin RAE 7 mcg RAE
Calcium 116mg	Tyrosine 0.14g
Iron 0.05 mg	Folate, food 5mcg

If the intestinal flora in man is altered by administration of antibiotics , intestinal activity may get deranged and the patient may suffer from diarrhea with large volume of flatus. Thus administration of takra encourages the normal acid producing organisms in G.I. As it is administration of cultured fermentative organisms.

Conclusion :

The word Grahani can be understood in 3 ways. Grahani avayava, Grahani dosha & Grahani roga. The impaired agni leads to structural defect & functional impairment of Grahani resulting in Grahani roga. Unwholesome dietary pattern & stressful lifestyle are the major contributing factors to the development of Grahani. The main symptom is change in bowel habits. (Atisrusta mala paravrutti & Atibaddha mala

pravrutti) along with other symptoms based on dosha. Treatment principles of Grahani roga is Deepana & Pachana in which Takra acts as Tridoshagna, Deepaka, Pachaka & Srotoshodhaka. Nutritional values of takra also suggest that takra also strengthen the immunity and helps to maintain the health by preventing diseases.

It is used as oushadhi in the form of Takrarista & acts as a Pathya in the form of different dietary preparations. It can be used as both preventive & curative in the patients of Grahani.

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