

GRAHANI AND ITS MANAGEMENT BY CHATURBHADRA KWATH

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ABSTRACT

In *GrahaniRoga* the organ *Grahani* become weak and digestion does not occur properly, producing *Ama*. *ChaturbhadraKwath* is very common preparation used in the treatment of *Ama*, which occurred due to improper digestion. It content four drugs they are *Guduchi*, *Ativisha*, *Shunthi*, *Musta* which by their *Deepanand PachanKarm* improves *Agni* and reduces the *Ama*.

Keywords: *ChaturbhadraKwath*, *Grahani*, *Ama*, *Agni*.

INTRODUCTION

The word *Grahani* itself describe the function of Organ *Grahan* i.e. to hold or to catch. *Grahani* is most important organ of digestive system in which main function of system, digestion takes place. *AcharyaCharaka*, describe it as *Agni Adhithana* and mentioned that it is located above *Nabhi*. *Acharya Sushruta*, *Acharya-Vagbhata* and *Sharangdhara* opine that the sixth *Kala* (extending between *Pakwashaya* and *Amashaya*) is to be considered as *Grahani*. As *Grahani* and *Agni* are interdependent, functionally weak *Agni* i.e. *Mandagni*, causes improper digestion of ingested food, which leads to *AmaDosha*. This *AmaDosha* is a root cause of most of the diseases ensues with symptomatology like *Udarashoola*, *Adhmana*, *Kshudhalpata*, *Avipaka*, *MuhurbaddhaMuhurdrava Mala Pravritti*, *Durgandhita Mala Pravritti*, *BalaKshaya* etc. Now days it occurred due to sedentary life style, altered dietary habit like over eating, intake of cool, heavy, dry, fried food. Throughout the world 20% population have symptoms of *Grahani* with female predominance. Severity of symptoms can sig-

nificantly impair quality of life resulting in high health care cost.

Function of the *Grahani*:

Grahani performs following functions,

- Receive the food
- Provide adequate time to digest the food by holding the food
- Help in the process of digestion
- Provide beneficial factors like *Ayu*, *Varna*, *Bala*, and *Swasthya* etc.

Doshas Confined to Organ *Grahani*: *KledakaKapha*, *Pachaka Pitta* and *SamanaVayu* are the main *doshas* confined to the organ *Grahani*.

Nidan of *Grahani*:

It can be *Prakrita* (constitutional) or *Vaikrita* (pathological) *Prakrit*: an individual, whose *Prakriti* is *Vata*; has *Vishamagni* congenitally, in case of *Pitta Prakriti*, *Agni* will be of *Teekshna* type, and one with *KaphaPrakriti* will have *Mandagni*. Among which *KaphaPrakriti* is more prone to *Grahani*.

Vaikarik: is *Mithya-Ahara-Viharas* (*Ch. Chi. 15/41*), *mithya Yoga* of *Vaman*, *Virechan*, *Snehapan* etc, weakness due to various

Vyadhis, Desh-Kaal-RutuVaishmya, Veg Dharan leading to vitiation of Tridosha, resulting in Agnimandya.

Also Bhaya, Shok, Chinta, Krodh, Dveshare some Manasik Bhava can lead to Agnimandya.

Samprapti of Grahani: Etiological Factors → Agni Dush-ti → Apachana → Ama Utpatti → Shukta-Paka → Annavisha or

Amavisha → Grahani Dosh → Grahani Roga
Purvaroop of Grahani: In the preliminary stage of Grahani Alasya, Bala Kshaya,

Lakshan & Involved Factor:

- Muhurbaddha Muhurdrava Mala Pravritti: Ama, Vata
- Arochaka : Ama (Shleshma – Karmataha)
- Balakshaya : Grahanya Rasashoshaka Alpata
- Aalasya : Ama
- Trishna : Pitta
- Mukha Vairasya : Ama (Vata – Rasataha)
- Katu-Tikta Amlodgara : Pitta
- Praseka : Ama (Shleshma – Rupataha)

Course of Disease: At this level of the Pathogenesis, if etiological factors are remained as it is, the above condition worsens. This worsen condition is due to following causes

- I. *Buyatahvikriti*. i.e. increased degree of severity Nidan Sevan
- II. *Linatwai*. e spreading of the *Doshas* all over the body
- III. *Bahudoshatwai*. e increased form of *Dosha* Now because of the presence of these conditions; the whole Pathogenesis will lead to form the disease *Grahani Roga*. Which is specifically mentioned by the classics as one of the *Maharogas*.

Upadrava of Gra-

hani Dosh: Acharya Harita described

Trishna, Anna Vidah, Chira Paka, Kaya Gourav, Vidah, Sadan, Klama, Aruchi, Kar-na Kshveda, Antra Kujan, Angasad, Pipasa, Kasa, Prasek, Samata etc Lakshana can be seen.

Roop: The diagnostic symptom of *Grahani* is *Muhurbaddha-Muhurdrava Mala Pravritti*, means a person have symptoms like Constipation or loosely formed stools with intervals of well-formed stools in a single day. Along with this all the symptoms of *Purvroop* manifest dominantly.

complication of *Grahani Roga*. They are *Pliha Yakrita Vriddhi* (Heptosplenomegaly) *Kandu* (Itcjhing), *Mala Bandhata* (Contipation), *Asthila, Krimi, Udara Roga*.

Grahani Roga Chikitsa Princi-

ple: *Agnimandya* is important factor in the *Samprapti* of the disease *Grahani Roga*, so it should be mainly treated by *Deepana Pachana Chikitsa*.

Management of Grahani by Cha-

turbhadra Kwath: It is described in *Baishjya Ratnawali Grahani Chikitsa Adhyaya* 8/12. The preparation has four drugs, *Guduhi, Shunthi, Musta, Ativisha*. All of drugs are in same quantity.

Table No.1 Rasanchak of ChaturbhadraKwath:

Sr. No	Dravya	Rasa	Guna	Virya	Vipak
1	Guduchi	Katu, Tikta	Laghu	Ushna	Madhur
2	Ativisha	Katu, Tikta	Laghu, Ruksha	Ushna.	Katu
3	Shunthi	Katu	Laghu, Snigdha, Tikshna	Ushna	Madhur
4	Musta	KatuTikta, Kashaya	Laghu, Ruksha	Shit	Katu

Table No.2 Doshagnataand Karma ofChaturbhadraKwath:

Sr.No	Dravya	Doshagnata	Karma
1	Guduchi	TridoshaShamaka	Deepan, Pachan, Rasayani, Anulomak, Balya.
2	Ativisha	Kaphapittashamaka	Deepana, Pachana, Chardinigrahana, Grahi, Amapachana, Stambhana, Jwaraghna.
3	Shunthi	VataKaphaShamaka	Deepana, Pachan, Vedanashamana, Ro-chana, Bhedana, Grahi, Vatanulomana.
4	Musta	Kapha Pitta Shamaka	Deepana, Pachan, Grahi, Krimighna, Balya.

Pharmacodynamics of the ChaturbhadraKwath:**Table No.3 Study of Rasa in combination:**

Rasa	No. of drugs	Percentage
Katu	4/4	100%
Tikta	3/4	75%
Kashay	1/4	25%

Table No.4 Study of Guna in combination:

Guna	No. of drugs	Percentage
Laghu	4/4	100%
Ruksha	2/4	50%
Tikshna	1/4	25%
Snigha	1/4	25%

Table No.5 Study of Virya in combination:

Virya	No. of drugs	Percentage
Ushna	3/4	75%
Shit	1/4	25%

Table No.6 Study of Vipak in combination:

Vipak	No. of drugs	Percentage
Madhur	2/4	50%
Katu	2/4	50%

Table No.7 Study of Doshaghata in combination:

Doshaghata	No. of drugs	Percentage
TridoshaShamaka	1/4	25%
Kaphapittashamaka	2/4	50%
VataKaphaShamaka	1/4	25%

Table No.8 Study of Karma in combination:

Karma	No. of drugs	Percentage
DeepanPachan	4/4	100%
Grahi	3/4	75%
Stambhan	1/4	25%
Amapachana	1/4	25%
Vedanashamana	1/4	25%
Balya	2/4	50%

Probable Mode of Action of the ChaturbhadraKwath:

- Rasa:** It contains *KatuRasa* predominantly followed by *Tikta Rasa*. Main factor in the pathogenesis is *Agnimandhya*. The drugs having *Katu Rasa* predominance promote digestion, helps in absorption of food and elimination of the waste product, alleviate *Kapha*, and increase *Agni*. The drugs having *Tikta Rasa* alleviates *Aruchi* and has *Deepana*, *Pachana*, *Jwaraghna* and *Lekhana* properties. It is helpful in proper digestion, relieving *Ama*, increases absorption, *Srotoshodhana* and alleviates *Kapha*.
- Guna:** It contains *LaghuGuna* predominantly. The drugs having *LaghuGuna* are *Pathya*, *Kaphanashaka* and *Shighrapaki*. Thus, these properties help to reduce *Ama*.
- Virya:** *UshnaVirya* drugs are *Snigdha* and *Kaphavataghna*, helps in *Pachana* and in relieving *Ama*.
- Vipaka:** *KatuVipaki* drugs are *Ruksha* and *Laghu* in nature.
- Doshaghna-ta:** *KaphavatashamakaDoshaghna* properties are responsible for increasing *Agni*, relieving *Ama* and breaking main pathogenesis of *GrahaniDosha*. Whole combination of the drug helps in *Amapachana* and *Agnipradipaka*.
- Karma:** Drugs in *ChaturbhadraKwath* are
 - DeepanPachan*: Increases *Agni* and does *AmaPachan*.
 - Grahi* and *Stambhana*: Reduces *Drava*

Malapravritti.

III. *Amapachana*: Does the *Amapachan*.

IV. *Shoolaprashaman*, *Vedanashamana*: Relieves the symptom like *SashulMalapravritti*.

V. *Balya*: *Balakshakay* reduces which occurs due to improper digestion.

Probable Mode of Action of the ChaturbhadraKwath OnLakshan:

- MuhurbaddhaMuhurdrava MalaPravritti:** This symptom is due to increased *Aam*. It gets reduced due to *DeepanPachanGuna*, *Katu*, *TiktaRasa*, *KatuVipak*, *UshnaVirya*.
- Arochak and MukhaVairasya:** Increased *Kapha* leads to *Aruchi*. Again *DeepanPachan Karma* reduce this symptom.
- Balakshaya:** Due to weakness of organ *Grahani Rasa Dhatu* didn't absorb in *Strotas* leads to *Balakshaya*. *BalyaKarm* of ingredients helps in strengthening the organ of *Grahani* and ultimately whole increasing *SharirBala*.
- Aalasya:** *Katu*, *TiktaRasa*, *DeepanPachanGuna*, *UshnaVirya*, and *KatuVipak* does *Amapachan* which cause *AlasyaLakshan*.
- Trishna:** Increased *Pitta* cause dryness of mouth. *PittaShamakGuna* reduces this increased *Pitta*.
- Katu-TiktAmlodgara:** Vitiated *Pitta* leads to this symptom and get relieved by

Kaphapit-taShamakandTridoshShamakGuna of this Yoga.

- *Praseka*: Excessive salivation is due to Ama.. *Deepan, PachanGunaofChaturbhadraKwath* does this *Amapachan*.

DISCUSSION:

AnnavahaStrotas is considered as *Mahastro-tas*. Its main function is to digest the food and provide the nutritional factors to the body. It are the Largest Strotas of body. *Agni* is most important factor for digestion which is provided by *Pachak Pitta*. Process of digestion starts in the mouth and most of this process occurs in organ *Grahani*. *PachakPitta, KledakKapha and SamanVata* in *Grahani* helps for this. Due to *MithyaAharVihar and ManasikBhavasthis Agni* get vitiated the process of digestion get disturbed. *Prakrit Mala Pravritti* is sign of good digestion. In *GrahaniRoga* the organ *Grahani* become weak, and all symptoms of *Vyadhi* get manifest. This is long term process. Hence *Grahani* is *KrichhasadhyaVyadhi*, and the treatment also have to give for long term. *ChaturbhadraKwathKatu-TiktaRaa, KatuVipak, UshnaVirya, Laghu, Amapachak, Balya, Vedanashamak, Stambhak, GrahiDravyas* which relieves the symptoms of *GrahaniRoga*.

CONCLUSION

As diseases of *AnnavahaStrotas* are *Krichhasadhya, Grahani* takes long time to treat. Regular use of *DeepanPachanAoushadhi* helps to reduce the symptoms. *ChaturbhadraKwath* contain

Deepan, Pachan, Grahi, Stambhak, Anulomak, Balya Drugs, reduces the all *Lakshanof GrahaniRoga* and also straighten the organ *Grahani* and ultimately to *Sharir*.

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