

## A REVIEW ON ROLE OF TAKRA IN GRAHANI ROG

Arti Pathania<sup>1</sup>, TC Thakur<sup>2</sup>

<sup>1</sup>MD Scholar Final Year, <sup>2</sup>Prof. MD (Ayu),  
Dept. of Swasthvritta, R.G.P.G.Ayd. College, Paprola, Kangra, Himachal Pradesh, India

Email: [aarti.pathania0104@gmail.com](mailto:aarti.pathania0104@gmail.com)

### ABSTRACT

Our eating habits, physical activities, rest and sleep pattern are the principal factors that influence health and overall well being. Avoiding important meals and / or frequently indulging in fat rich fast food or junk meals are very much affecting the human health; among that *Grahani Roga* is a global problem. This *grahani* is the main functional part of the *Maha srotas* and also known as *Pittadhara Kala*. Functionally weak *agni* i.e. *Mandagni*, causes improper digestion of ingested food, which leads to *Ama dosha*, the root cause of most of the diseases. It has pivotal importance in the pathogenesis of *Grahani Roga*. The disease although is not life threatening, but cause great distress to patients. No cure has been found out to the disease, but only symptomatic treatment and assurance is given to the patient by the modern medical science. This highlights the need of an alternative approach. So looking for a better management is needed. The entire renowned physician of *Ayurveda* gave an account of treatment modalities for *Grahani Roga*, one of them is *Takra sevan*. *Takra* having *Ushna virya*, *Kashya rasa*, *Madhur vipaka* and *Ruksha guna* pacifies *Vata*, *Pitta*, *Kapha* and potentiate the *Agni* and digests as well as absorbs the food articles and treat the disease in a generous way.

**Keywords:** *Grahani*, *Pittadhara kala*, *Mandagni*, *Ama*, *Takra*

### INTRODUCTION

*Grahani* which is the site of *Agni* (digestive enzymes) is called so, because of its power to restrain digestion it releases the food through its lumen. In the abnormal condition, when it gets vitiated because of weakness of *agni*, it releases food in undigested form only.<sup>1</sup>

#### **Anatomical and Physiological correlation of *Grahani***

Anatomically *Grahani* is said to be situated above the umbilicus and between *Amashaya* and *Pakwashya*. It is the site of *Agni*. Physiologically it holds the ingested food for the duration of its digestion before the *kitta* or undigested food residue is

propelled into the *Pakwashya*.<sup>2</sup> Thus *Grahana*, *Dharna*, *Pachana*, *Soshana* and *Munchana* become the main function of *Grahani*. Besides its reciprocal relation with *Agni*, *Grahani* is also spoken of as *Pittadhara kala*, *kala* by its description here in the context of *Grahani* would refer to the lining from the pyloric region till the Ileo-cecal junction. It not only serves the purpose of a covering membrane but also,

- As a system of glands which provides the necessary digestive enzymes.
- As the surface on which various digestive reactions take place.

- As the surface from which absorption of the digested food take place.

### Importance of Agni in Grahani

In *Charak Chikitsa* 15/3-4 it is clearly explained that Life span, complexion, strength, health, enthusiasm, corpulence, lusture, immunity, energy, heat processes and vital breath- all these depend on body fire. One dies if this fire is extinguished, lives long, free from disorders if it is functioning properly, gets ill if it is deranged, hence *Agni* (digestive fire) is the root cause of all.

In *Charak Chikitsa* 15/5 Importance of *Agni* i.e. *Jatharagni* has explained that *dhatu*s, *ojas*, strength, complexion etc. depends on *Agni* because *rasa* etc. can't be produced from undigested food.<sup>3</sup>

### GRAHANI NIDAN

The etiological factors, which are stated to bring about *Agnidusti* are (Ca. Ci. 15)

#### Ahara:

- (1) Abstinence from food (*Abhojana*)
- (2) Indigestion (*Ajirna*)
- (3) Overeating (*Ati Bhojana*)
  - a. Unwholesome food (*Asatmya Bhojana*)
  - b. Heavy or indigestible food (*Atiguru Bhojana*)
  - c. Cold and Stale food (*Sita Bhojana*)
  - d. Excessively dry food (*Atiruksa Bhojana*)
  - e. Putrid food (*Sandusta Bhojana*)
- (5) Adverse effect of therapeutic measures such as (*Vibhrama*)
  - a. Purgation (*Virecana*)
  - b. Emesis (*Vamana*)
  - c. Oleation (*Sneha*)
- (6) Emaciation brought about by Ingestion of
  - a. Unwholesome food or other diseases (*Vyadhi Karsana*)
- (7) Incompatibility of the (*Vaisamya*)
  - a. Place (*Desa*)
  - b. Climate
  - c. Season (*Ritu*)
- (8) Volitional inhibition of natural urges (*Vega Vidharna*)

Among above said *nidan*s one or the other is stated to bring about the impairment of *Agni* which is unable to digest even the lightest or perhaps the most easily digestible food. The food ingests in this state of "*Mandagni*", is stated to undergo fermentation (*Suktapaka*) and / or putrefaction (yielding *Daurgundhya*). In this state, the food assumes poisonous nature and produces toxic symptoms. There-

fore runner of *Grahani* is *Mandagni* which is the cause of different clinical varieties of this disease, viz. *Vataja Pittaja*, *Kafaja* and *Tridosaja* says *Charaka* The *Agni* which has been rendered weak does not digest the food properly (*Vidahatyannam*), which either moves up or down (*Ca. Ci. 15/50*).<sup>4</sup>

### Types of Grahani Roga

*Grahani Roga* is of four types mainly; *Vatika*, *Pittaja*, *Kaphaja* and *Sanipatika*.<sup>5</sup>

### SAMPRAPTI GHATAKS

*Nidan* – *Aharja*, *Viharja*, *mansika*

*Doshas-Kledaka kapha*, *Pachaka pitta*, *Samana Vayu*.

*Dushya- Rasa*

*Agni - Jatharagni mandya*

*Srotas- Anavaha srotas*, *Purishavaha Srotas*

*Srotodushti* – *Sanga*, *Vimarga gamana*, *Atipravriti*

*Udhhavasthana- Amashaya*.<sup>6</sup>

### CHIKITSA SUTRA OF GRAHANI

- *Grahani* associated with *Ama Dosha*: *Vaman* should be given with lukewarm water decoction of *Madanphala* powder of *Piper* and *Sarshapa*.
- *Pakwashyastha Upchara*: purgation therapy with such herbs that stimulate digestion strength.
- If *Dosha* in its *Ama* stage is converted into *rasa* and pervades other parts of body, then the patient is made to take fats and should be given medicine conducive to *Pachana* of undigested material eg. *Yavagu*. After the *Amashaya* is cleared by the administration of appropriate *Vamana* and *Langhanam* therapies, patient is given *Paya* prepared of decoction of *Panchkola*.<sup>7</sup>

### Management of Grahani with Takra

There are many different preparations mentioned towards the treatment of this disease in our classics. But one common and most important *dravya* mentioned in the treatment of *Grahani* by almost all the authors is *Takra* i.e. Buttermilk.

*Yatha suranam amrutham pradhanam tatha naranam bhuvit takramahuhu*.<sup>8</sup>

It is highly appreciated for its therapeutic values. *Acharya Vagbhata* states that, Buttermilk cleanses the channels of circulation, as a result of which *rasa* reaches the tissue element appropriately. This produces proper nourishment, strength, complexion and exhilaration. Besides it also cures the 100 diseases which include 80 caused by *Vata* and 20 by *Kapha*.

According to *Bhavprakash* chapter 6.7, He who uses *Takra* daily does not suffer from diseases cured by *Takra* do not reoccur, just as *Amrita* (divine nectar) is for the God, *Takra* is for humans

**PROPERTIES AND ITS PHARMACOLOGICAL ACTION**

- *Rasa- Madhur, Amla*
- *Guna- Laghu, Ruksha*
- *Veerya- Ushna*
- *Vipaka- Madhura*
- *Karma- Agni deepan, hrudya, kaphavatahara, Grahi.*<sup>9</sup>
- Due to its *Madhur Vipaka-* it does not aggravate *Pitta*
- Due to *kashyanurasa, Ushna veerya* and *Ruksha Vikashi guna* it counteracts aggravated *Kapha*.
- Due to its *Madhura, Amla rasa* and *Sandratha* it brings down the aggravated *Vata*.

Acharya *Charka* has given a detailed description of how *Takra* needs to be administered in a patient of *Grahani*, giving due consideration to his *Agni*; he ranges the duration of treatment with *Takra* for either 1 week, 10 days, 15 days or maximum for a month. In this duration *Takra* is administered in the morning and *Takra* or *Takralehika* or *Takrapeya* with rock salt or *Takrandana* with fat is administered in patients with poor, good, better and still better state of *agni* respectively.<sup>1</sup>

**Consideration of Butter milk**

Buttermilk is made from low fat milk with added bacterial cultures to thicken it and to sharpen the taste. It is similar to skimmed milk in its nutritional value.

**Table 1:** Nutritional fact of 100 ml Butter milk

Total Fat 0.88g	Iron 0.05mg
Calories from fat 7.92	Potassium 151.00mg
Cholestrol 4.00mg	Riboflavin(B2) 0.15mg
Sodium 105.00mg	Tocopherol 0.02 mg
Protein3.31g	Theronine 0.16g
Vitamin A 26.00 IU	Glutamic acid 0.64g
Vitamin C 1.00mg	Energy 169.00kj
Calcium 116.00mg	Folate 5.00mcg <sup>11</sup>

The acid forming bacteria, the commonest being *Streptococci* and the *Lactobacilli*, ferment lactose in the milk, producing acids mainly lactic acid which lead to formation of curd which are further carried

on in the buttermilk. If we see the normal flora of the intestinal tract, the no. of bacteria increases progressively beyond the Duodenum in the colon, being comparatively low in the small intestine. 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 the administration of *Takra* encourages the normal acid producing organisms in the GI, as it is the administration of cultured fermentative organisms, the use of which can be summarized as below<sup>12-13</sup>

- Useful source of water soluble B- vitamin and minerals, including valuable amounts of vitamin B1, B2, Niacin, B6, B12, Phosphorus and Zinc.
- Helps to replace valuable bacteria in the gut killed by antibiotics and boost immune system.
- Helps to prevent bad breath, constipation and diarrhea.
- Aids in digestion.
- It restores necessary intestinal bacteria that are helpful in diarrhea due to food poisoning, irritable bowel syndrome.
- Alters the balance of bacteria in the large bowel in a way that may protect against Colon cancer.
- Further on, in Modern Pharmacology we come across the preparation ' *Lactobacillus acidophilus* ' under the symptomatic and supportive drug therapy which is administered orally in the treatment of certain chronic diarrheas to promote the growth of saccharolytic flora and alter the intestinal pH so as to inhibit the growth of pathogens. For which curd and buttermilk are a pleasant and cheaper substitute.

**CONCLUSION**

As *Takra* has *Deepna* (Carminative), *Pachana* (Digestive), *Sangrahi* and *Tridosahara* property it is mainly indicated in disorders related to GIT for 7,10,15 days and 1 month as required.<sup>14</sup>. Since buttermilk contains almost all vitamins, minerals, energy, proteins, it can be considered as a wholesome diet to maintain the health. As it contains Probiotic

which facilitates proper digestion and absorption process, it maintains proper metabolism to keep person free from diseases.

## REFERENCES

1. Charka Samhita Chikitsa Sthana 15 with the Ayurveda Dipika commentary of Cakrapanidatta, by Pt. Kasinath satri Edited by Viadya Yadavaji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi; 2011.
2. Charka Samhita Chikitsa Sthana 15/56-57 with the Ayurveda Dipika commentary of Cakrapanidatta, by Pt. Kasinath satri Edited by Viadya Yadavaji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi; 1992.
3. Charka Samhita Chikitsa Sthana 15/3-5 with the Ayurveda Dipika commentary of Cakrapanidatta, by Pt. Kasinath Sastri, Edited by Viadya Yadavaji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi; 2006.
4. Charka Samhita Chikitsa Sthana 15/50 with the Ayurveda Dipika commentary of Cakrapanidatta, by Pt. Kasinath Sastri, Edited by Viadya Yadavaji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi; 2006.
5. Vidyotini hindi commentary by Pt. KashinathaSastri, Charaka samhita vol 2, chikitsa sthana, chaukhamba Sanskritsansthan, Varanasi, reprint yr 2006, chapter15 /58
6. Prof Ravi Dutta Tripathy, Charaka Samhita, Chaukhambha Sanskrita Pritshthan, 2006
7. Vidyotini hindi commentary by Pt. KashinathaSastri, Charaka samhita vol2, chikitsa sthana, chaukhamba Sanskritsansthan, Varanasi, reprint yr 2006, chapter15/75-76
8. Raj Nighantu with Dravya Guna Prakashika hindi commentary 15/56 by Dr. Indra Dev Tripathi, krishandas Ayurved series.
9. Susruta samhita, sutra sathana 45/84 Hindi commentary by Ambikadutta Shastri, Part-I, Chaukhamba Sanskrit sansthan Varanasi; 1998
10. Charka Samhita Chikitsa Sthana 14/77-88 with Ayurveda Dipika Commentary of Cakrapanidatta, by Pt. Kasinath Sastri, Edited by Viadya Yadavaji Trikamji Acharya Chaukhamba Surbharti Prakashan, Varanasi; 1992
11. <http://www.Caloriegallery.com/food/calories-in-lowfat-cultured-buttermilk.html>.
12. Hussain Z, Quigley EM. Systematic review. Complementary and alternative medicine in the irritable bowel syndrome, *Ali-ment Pharmacol Ther* 2006; 23(4): 465-471. <http://dx.doi.org/10.1111/j.1365-2036.2006.02776.x>
13. Verdu EF, Collins SM. Irritable bowel syndrome and probiotics: from rationale to clinical use, current opinions in *Gastroenterology* 2005; 21 (6): 697-01. <http://dx.doi.org/10.1097/01.mog.0000182861.11669.4d>
14. Charka Samhita Chikitsa Sthana 14/78 with the Ayurveda Dipika commentary of Cakrapanidatta, by Pt. Kasinath Sastri, Edited by Viadya Yadavaji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi; 2011.

**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Arti Pathania & T. C. Thakur: A Review On Role Of Takra In Grahani Rog. *International Ayurvedic Medical Journal* {online} 2018 {cited May, 2018} Available from: [http://www.iamj.in/posts/images/upload/1079\\_1083.pdf](http://www.iamj.in/posts/images/upload/1079_1083.pdf)