

## IMPORTANCE OF TAKRA IN GRAHANI ROGA W.S.R. IRRITABLE BOWEL SYNDROME

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### ABSTRACT

*Grahani* is an *Ayurvedic* term associated with the seat of *Agni*, that helps within the metabolism and digestion of food the ancient text of *Ayurveda* delineates that ingestion digestion absorption and assimilation of *Ahara* is regulated by *Grahani*. Once this *Agni* becomes *Manda* then improper digestion of eaten food lead pathological condition termed as *Grahani Roga*. it's thought of as *Asthamahgada* as per *Ayurveda* equally *Trividh* anomalies of the *Jatharagni* jointly termed as *Grahani Dosha* The symptoms are very almost like irritable bowel syndrome the IBS may be a functional gastrointestinal illness characterized by in all probability debilitating with wide range of symptoms like chronic typically severe and sometimes responds poorly by treatment. *Grahani* may be a disease that affects large population globally particularly in developing country and associated with improper food habits beside stressful lifestyle As per writing treatment modalities are like *Shamana* and *Shodhana Chikitsa* and *Ayurveda* considered as *Ayurvedic* diet regime one among the treatment modality, except that *Takra* is taking as *Aushdha Dravya* mixed with some herbal ingredient or plane *Takra*. *Takra* having quality of *Laghu*, *Kashya*, *Amla* in nature, *Vayasthapan*, *Lekhna*, alleviating *Vata* and *Pitta Dosha*. Through there no specific medical treatment for IBS in modern science but *Ayurvedic* remedies like *Takra* utilized in the treatment of IBS.

**Keywords:** *Asthamahgada*, *Grahani*, *Agni*, IBS, *Takra*.

### INTRODUCTION

Life span, complexion, strength, health, enthusiasm, lustier, immunity, energy, heat processes and all vital breath, all these depends on body fire that means *Agni*. 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* is the root cause of all. The weak digestive fire burns the food incompletely which goes either upwards or downwards. When it moves out downwards in ripe or unripe condition, it is known

as the disorder of *Grahani*, in such patients often the entire food is half burnt or the stool is frequent, constipated or liquid. There is presence of thirst, anorexia, abnormal taste in mouth, excessive salivation, and feeling of darkness. Besides edema on feet and hands, pain in body joints, vomiting, and fever are there erucation have metallic or flashy odour, and bitter sour taste.<sup>1</sup> The *Grahani* disorder is caused by *Vata*, *Pitta*, *Kapha*, and all three *Doshas* jointly.<sup>2</sup> Also if the diar-

rhea is not properly treated, and the person starts eating improper diet without digestive fire becoming normal, then this disease is created.<sup>3</sup> *Ayurveda* is the science of living in harmony with nature, where origins are shrouded in the midst of time by great masters of ancient india. IBS is a gastrointestinal disorder characterized by altered bowel habits and abdominal pain in the absence of detectable structural abnormalities.<sup>4</sup> This correlation may be done at the level of etiology or aetiopathogenesis and symptomatology. Approximately 11% of the population globally affected by IBS.<sup>5</sup> IBS is a common gastrointestinal disorder involving in an abnormal condition of gut contractions and increase gut sensations which is characterized by abdominal pain, constipation, diarrhea, mucus in stool and irregular habit. Young women are affected 2-3 times as often as men. Moreover, women make up 80% of the population with severe IBS.<sup>6</sup> In the *Samprapti* of the disease *Grahani Roga Agnimandya* is important factor. Considering this factor *Grahani Roga* should be mainly treated by *Deepana-Pachana Chikitsa* along with *Shodhana- Shamana Chikitsa*.

**Aim & Objective** - *Ayurveda* described various treatment modalities for the management of *Grahani Roga*. Present article summarized the effect of buttermilk in *Grahani Roga* with the help of *Ayurvedic* principles and pharmacodynamics.

**Material and Methods:** Various *Ayurvedic* texts have been used for this study like *Charaka Samhita*, *Susruta Samhita*, *Astang-Hridaya*, and *Astang-Samgraha*. Apart from this relevant modern medical science books and websites are also been used for it.

✓ **Normal physiology of *Grahani*:**

“*Annasyagrahanaadgrahani mata*”

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 *Jatharagni* which is aimed for absorption of the food substances, subject them to the activity of *Jatharagni* and absorbs the *Prasada Bhaga* and pushes down the *Kitta Bhaga* for expulsion (*Dharana* of *Apakwaanna* and *Visarjana* of *Pakwa Anna*).<sup>7</sup>

✓ ***Nidana*:**

The impairment of *Grahani* can impair the practical aspects of *Agni* and vice versa. Thus, all the etiological factors of *Agni Dushti* might cause *Grahani Dosha* and at last leads to *Grahani Roga*. *Abhojana*, *Ajirna*, *Atibhojana*, *Vishamashana* and *Guru*, *Sheeta*, *Dushta*, *Ruksha Bhojana*, *Vegadhara*, *Vyapada* of *Vamana*, *Virechana*, *Snehana* (Adverse result of therapeutic measures) are the *Nidana* for *Agnimandya*. During a state of *Mandagni* because of any of the causative factor when an individual further indulges in *Ahita Ahara*, *Vihara* there'll be additional *Dushana* of *Agni* because of the *Ashrayaashrayi-bhava* the *Grahani* can get impaired more over. this may further result in the manifestation of *Grahani* per *Sushruta* after the subsidence of *Atisara* the patient is on *Mandagni* This Phase if The Patient Receives *Ahitakara Ahara* Than *Agni* Yet Again Get Deranged and this might cause *Grahani* as these are “*Parasparahetavaha*” disorders.<sup>8</sup>

***Samprapti*:**

**Pathogenic considerations:**

- Within the presence of the *Mandagni* and etiological issue, the eaten food remains improperly digestible and leads to vitiation of *Doshas*.
- The vitiated *Doshas* in turn interacts with the *Agni* and further depresses it.
- that results in the vitiation of functional status of organ *Grahani* resulting in the generation of *Ama*.
- This led to excretions of *Saama* or *Pakwa Mala*, sometimes hard and sometimes loose, alongside severe abdominal pain and excessive foul smell. *Grahani Roga* is *Tridoshatmaka*, occurs because of vitiation of *Pachakagni*, *Samanvayu* & *Kledaka Kapha*. *Acharya Vagbhata* has expressed when the *Samana Vayu* is functioning normally in its place, the function of *Agni* too is the normal on different hand therefore *Agni* is important factor in the *Samprapti* of disease *Grahani Roga*. It occurs with the subsequent *Poorva roopa* and *Lakshanas*:

✓ ***Poorva Roopa*** – *Trishna* (polydypsia), *Aalasya* (lassitude), *Bala Kshaya* (loss of strength) *Annav-*

*idaha* (burning abdomen), *Chirapaka* (delayed digestion), *Kaya Gaurava* (heaviness of body)<sup>9</sup>

✓ **Lakshanas:**

*Ati Srushtha Mala Pravritti*, *Vibbadha Mala Pravritti* (occasional hard and soft stool) *Arochaka* (anorexia) *Vairasya* (altered taste in tongue), *Trishna* (polydypsia), *Tama Pravesha* (darkness in front of eye), *Shotha* (oedema), *Asthi Ruk* (pain in bones), *Chardi* (vomiting), *Jwara* (fever), *Tiktaamla Udgara*.<sup>10</sup>

✓ **Bedha:**

*Grahani Roga* has been classified into *Vatika*, *Paitika*, *Kaphaja* and *Sannipatika* by *Acharya Charaka*. *Madava Nidana* provides yet one more classification – *Vatika*, *Paitika*, *Kaphaja*, *Sannipatika*, *Samgrahagrahani* and *Ghatyantra Grahani Roga*<sup>11</sup>

1. **Vatika Grahani:** consumption of *Katu*, *Tikta* and *Kashaya Rasa*, *Ruksha* (dry) and food that are incompatible by combination, intake of food in low amount, fasting, *Vega Dharana* (Suppression of natural urges), involving in *Atimaituna* etc., causes override of *Vata Dosha*. This *Gunas* manifested by the vitiated *Vata* like *Sheeta* can vitiates the *Agni* there by suppressing it. This results in the manifestation of *Vatika Grahani* present with the *Lakshanas* of *Kantaasyashosha*, *Kshut*, *Trishna*, *Timira*, *Karnaswana*, *Ruja in Parshwa Uru Vankshana* and *Greeva*, *Visuchika*, *Hritpeeda*, *Karshya*, *Dourbalya*, *Parikartika* etc
2. **Paitika Grahani:** An *Ajirna*, *Vidahi*, *Amla* and *Kshara* substance leads to the vitiation of *Pitta* that affects the *Agni*. this may end in the manifestation of *Paitika Grahani* with the *Lakshanas* of *Ajirna*, *Neelapitabha*, *Peetabha*, *Dravamalapravrutti*, *Puti*, *Amlaudgara*, *Hrit*, *Kantha Daha*, *Aruchi*, *Trit* etc..
3. **Kaphaja Grahani:** intake of *Guru*, *Atisnigdha*, *Sheeta*, sleeping just when taking food can cause the vitiation of *Kapha*. This vitiated *Kapha* can further lead to *Agni Mandya* resulting in the onset of *Kaphaja Grahani* present with the symptoms Like *Hrillasa*, *Chardi*, *Arochaka*, *Asyopadeha*, *Kasa*, *Shevana*, *Pinasa*, *Hridayastyanata*, *Udarastaimitya*, *Guruta Madhuraudgara* etc.

4. **Sannipataja Grahani:** it is a kind that manifests the clinical features as the combination of the above 3 types.

The last 2 varieties specifically *Sangrahagrahani* and *Ghatyantra Grahani Roga* aren't based on *Doshas* instead they're distinguished based on specific clinical pattern.

**Sangraha Grahani:** Exhibiting a typical clinical pattern. The clinical features manifest once in every twelve days, 14 days, thirty days or it will happen a day. It aggravates throughout daytime and subsides during night. The patient presents with *Antrakujana*, *Alasya*, *Dourbalya* and excretion of stools that are *Drava*, *Sheeta Guna*, and *Snigdha* with *Kati Vedana*. The defecation is associated with gurgling sound. This kind is *Chirakala Anubandi* (chronic).<sup>12</sup>

**Ghatyantra Grahani:** this is the type of *Grahani* with the worst prognosis it's considered as *Asadhya* (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 water.<sup>13</sup>

**Etiology and Pathogenesis**

Stress and anxiety have important role in the case of IBS, but it is not totally clear how stress and anxiety are related. The most common mental ailment people with IBS have generalized anxiety disorder. 60% of IBS patient with a psychiatric illness have that type of anxiety, another 20% have depression and the rest other disorders. There are several theories about the connection between IBS, stress and anxiety.

- a. Stress and anxiety may make the mind more aware of spasm in colon.
- b. IBS may be triggered by the immune system which is affected by stress.<sup>14</sup>

**Irritable Bowel Syndrome<sup>15</sup>**

□ **Role of Psychological Factor**

Stress and anxiety affect physiological and psychological functions.

□ **Post- Infection**

Approximately 10% of IBS cases are triggered by an acute gastroenteritis infection, post infections IBS usually manifests itself as the diarrhea predominant subtype.

**Clinical Features of Ibs**<sup>16</sup>

FOUR IMPORTANT SYMPTOMS SHOULD BE PRESENT TO MAKE A DIAGNOSIS OF IBS

1. Bloating and distension of abdomen,
2. Diffuse abdominal pain which is relieved after adequate bowel movement,
3. Increase frequency of Stool with the onset of pain,
4. Loose stool with the onset of Pain.

**Special Investigation**

- a) Blood Stool
- b) Biochemical examinations reveal no abnormality.
- c) Endoscopic examination also reveals normal features.

**Chikitsa:**

*Agnimandhya* is very important factor in the *Samprapti* of the disease *Grahani Dosha*. Thus, it ought to be mainly treated for *Agnivardhana* by *Deepana* and *Pachana* medication. All the treatment modalities of *Ajirna* and *Atisara* should be enforced within the management of *Grahani Ashrita Dosha*. Throughout this stage, the vitiated *Dosha* are still confined to the actual *Ashaya* (i.e. *Grahani*). It can be said that the degree of vitiation has not progressed to alternative *Ashayas* and *Dhatu*s. *Acharya Vagbhata* conjointly, mentioned that the *Sanchita Dosha* Ought to Be Eliminated Without Affecting the *Prakupita Dosha*. The *Final Treatment* of *Grahani Roga* is represented by *Acharya Charaka* are *Snehana*, *Svedana*, *Shudhi*, *Langhana*, *Dipana*, *Churna*, *Lavana*, *Kshara*, *Madhvarista*, *Sura*, *Asava*, *Takra*, *Dipana*, *Ghritha* et., Also, treatment principle of *Grahani* is principally supported the *Avastha* of the *Vyadhi*.<sup>17</sup> Just in case of *Grahani* presenting with *Ama-Lakshana* is treated with *Vamana* whereas *Grahani* with *Leena*, *Pakwashayasthaama* is treated with *Deepana* and *Virechana*. *Shareeranugatasama* is treated with measures of *Langhana* and *Pachana*.<sup>18</sup> Various *Deepana Pachana* medicine described in various classics should be administered beside follow of *Laghu* and digestible food

**Takra Prayoga in Grahani Roga**

There are many alternative 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 *Amrita*<sup>19</sup>. *Acharya Vagbhata* states that *Takra* does *Srotoshodhana* as a result of which *Rasa* reaches the *Srotas*. This leads to proper nourishment, strength, and complexion. *Takra* by suggests that of its different *Gunas* acts as *Tridoshatmaka* because of its specific property it is very helpful within the patients suffering from *Agni Vikriti* having different types of *Dosha Dushti* thus *Takra* is a very important component in treating the patients suffering from the diseases connected with *Agni* during 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 Virya* is *Ushna Virya* and *Madhura Vipaka*. It does *Tridoshahara*, *Agni Deepana*, *Hridya*, *Kapha-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 an *Agnivikriti*. In this condition *Takra* is useful by means of its *Deepana Grahi Laghvata* property<sup>20</sup>. *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 nectar.

**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 *Tridoshahara* it can be used along with combination of different

drugs to enhance its *Doshahara* property. In *Vataja* disorders *Takra* along with *Saindava Lavana*. In *Pitta-ja* disorders *Takra* along with *Sharkara* in *Kaphaja* conditions *Takra* with *Kshara* and *Trikatu* Along with *Hingu*, *Jeeraka*, and *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*, *Audbhida*, *Samudra Lavana* Each 1 Pala (48gms) acts as *Agnideepanar-*

*tha*. It helps in relieving conditions of *Shoetha*, *Gulma*, *Prameha*, *Krimi*, and *Arsha & Udara Roga*<sup>21</sup>

#### 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 Aparakarsha*)

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

#### Consideration of butter milk --

Nutritional Fact Of 100 MI Butter Milk<sup>22</sup>

Total Fat 0.88g	Potassium, K 151.00 mg
Saturated Fat 0.55g	Phosphorus, p 89.00 mg
Trans Fat 0 g	Riboflavin (B-2) 0.15 mg
Polyunsaturated Fat 0.03 g	Tocopherol, beta 0.02 mg
Monounsaturated Fat 0.25g	Fluoride, F 4.00 mcg
Calories from Fat 7.92	Glutamic acid 0.64 g
Cholesterol 4.00 mg	Retinol 7.00 mcg
Sodium 105.00mg	Arginine 0.13 g
Total carbohydrate 4.79 g	Energy 169.00 kj
Fiber, total dietary 0 g	Sugars, total 4.79 g
Protein 3.31 g	Vitamin A 26.00 IU
Vitamin C 1.00 mg	Calcium 116.00 mg

#### Benefits of Butter Milk<sup>23</sup>

- Contains All Essential Macronutrients
- has a cooling Effect on the Digestive Tract
- Encourage Digestion and treats Stomach Ailments
- Effective against Dehydration
- Provides Calcium without the fat
- Rich in vitamins, Riboflavin helps Detoxify the body

#### CONCLUSION

The word *Grahani* can be understood in three ways in which. *Grahani Avayava*, *Grahani Dosha & Grahani Roga*. The impaired *Agni* results in structural defect & functional impairment of *Grahani* leading to *Grahani Roga*. Unwholesome dietary pattern & stressful lifestyle are the main contributory factors to the development of *Grahani Roga*. The main symptom is change in bowel Habits (*Atisrusta Mala Para-*

*vrutti & Atibaddha Malapravrutti*) beside other symptoms based on *Dosha* treatment principles of *Grahani Roga is Deepana & Pachana* during which *Takra* acts as *Tridoshagna*, *Deepana*, *Pachana & Srotoshodhaka* organic process values of *Takra* additionally recommend that *Takra* also strengthen the immunity and helps to take care of the health by preventing diseases. It's used as *Aushadhi* within the form of *Takrarista* & acts as a *Pathya* in the form of different dietary preparations. It may be used as each preventive & curative within the patients of *Grahani*

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Rashmi Agari et al: Importance of Takra In Grahani Roga W.S.R. Irritable Bowel Syndrome. International Ayurvedic Medical Journal {online} 2019 {cited December, 2019} Available from: [http://www.iamj.in/posts/images/upload/2250\\_2255.pdf](http://www.iamj.in/posts/images/upload/2250_2255.pdf)