INTRODUCTION

In the era of sedentary lifestyle, an irregular eating pattern i.e. intake of meals at different intervals of time, avoiding important meals and/or frequently indulging in fat rich fast food or junk meals are very much affecting the human health, among those Grahani Roga is a global problem common in modernised human beings. Grahani and Agni are interdependent. Grahani is an anatomical structure seated between Amashaya and Pakwashaya, it is the site of Pittadhara kala and Agni. It is the important part of Annavaha Srotas due to which the digestion of food occurs normally and the normal physiological activity of the body maintained. 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. Grahani Roga is considered under eight major diseases, hence it is hard to diagnose and difficult to treat. Improper digestion results in symptoms like alternate constipation and diarrhoea with associated symptoms which are collectively called as Grahani Roga. The entire renowned physician (ancient/modern) of Ayurveda gave an account of treatment modalities for Grahani Roga. One of them is Takra sevan which is the “Vyadhi viparita anna kalpana”. Takra having Ushna veerya, Kashaya rasa, Madhura vipaka & Ruksha guna pacifies Vata, Pitta, Kapha and potentiate the Agni and digests as well as absorbs the food articles, relieves the symptoms and treat the disease in a generous way.

Keywords: Grahani, Annavaha srotas, Ama Dosha, Takra

TAKRA: AN ALONE WAY TO TREAT GRAHANI-A LITERARY REVIEW

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ABSTRACT

In the era of sedentary lifestyle, an irregular eating pattern i.e. intake of meals at different intervals of time, avoiding important meals and/or frequently indulging in fat rich fast food or junk meals are very much affecting the human health, among those Grahani Roga is a global problem common in modernised human beings. Grahani and Agni are interdependent. Grahani is an anatomical structure seated between Amashaya and Pakwashaya, it is the site of Pittadhara kala and Agni. It is the important part of Annavaha Srotas due to which the digestion of food occurs normally and the normal physiological activity of the body maintained. 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. Grahani Roga is considered under eight major diseases, hence it is hard to diagnose and difficult to treat. Improper digestion results in symptoms like alternate constipation and diarrhoea with associated symptoms which are collectively called as Grahani Roga. The entire renowned physician (ancient/modern) of Ayurveda gave an account of treatment modalities for Grahani Roga. One of them is Takra sevan which is the “Vyadhi viparita anna kalpana”. Takra having Ushna veerya, Kashaya rasa, Madhura vipaka & Ruksha guna pacifies Vata, Pitta, Kapha and potentiate the Agni and digests as well as absorbs the food articles, relieves the symptoms and treat the disease in a generous way.

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digestion it releases the food through its lumen. In the abnormal condition, when it gets vitiated because of weakness of Agni (power of digestion), it releases the food in undisgested form only\[1\].

ANATOMICAL POSITION OF GRAHANI:
Grahani is the specialised part of Maha srotas. According to Acharaya Sushruta, the 6th Ptitadhara Kala situated between Amasya and Pakwasaya is called Grahani, while Acharaya Charaka mention it as part being situated above Nabhi.\[2\]
The small intestine (Grahani, or that which holds) is a long organ about six times in length as you are tall. It is composed of three main layers: mucosal, muscular, and serosal. The innermost layer is a complex, dynamic site of identification of food chemistry (six tastes). It is rich in villi, hair like structures that guide the food particles to the deeper layers. The muscular layer acts through the peristalsis of contracting and relaxing.

IMPORTANCE OF AGNI IN GRAHANI:
Jatharagni is situated in Jathara (stomach), important from all of Agni because it gives nutrition to all Agni in the body. Impairment of Jatharagni leads to various diseases. Grahani Roga is one of the digestive disorders and its main cause is Mandagni. Grahani Roga is an advanced and chronic condition of Grahani Dosha. When the vitiated Doshas get confined to only organ Grahani, then could be called as Grahani Dosha. When vitiated Doshas travel throughout the Rasadi Dhatus i.e. Sarvasharira Gatatava then it could be Grahani Roga. Grahani Dosha is vitiation of Agni i.e. functional derangement of Grahani regarding production of Pachaka Pitta and also holding (Grahana) of Ama (Food) for digestion, but when it converts in structural deformity then that chronic condition can be considered as Grahani Roga, here the food remains in the state of Vidagdha, this leads to following symptoms:
Constipation or diarrhoea, Trushna, Arochaka, Vairasya, Praseka, Tamakshvasa, Chardi, Parvarnk, Jwara, Udgara.

GRAHANI NIDAN\[3\]:
By abstination from food, indigestion, overeating, irregular eating, taking unwholesome, heavy, cold, excessively dry and putrid articles of diet, by wrongful effects of purgation, emesis and oleation, by emaciation consequent upon disease or the incompatibility of country, climate or season or by suppression of the natural urges, the gastric fire gets vitiated.

TYPES OF GRAHANI ROGA:
Grahani Roga is of four types mainly: Vatika, Pittaja, Kaphaja, Sannipatika\[4\].
Two special types also mentioned in some other texts they are Samgrahani, and Ghati Yantra Grahani.\[5\]

SAMPRAPTI GATAKS\[6\]:
Nidan – Aharaja, viharaja, manasika karanas
Doshas - Kledaka kapha, Pachaka Pitta, Samana Vayu
Dushya – Rasa
Agni – Jatharagni mandya
Srotas –Anavaha srotas, Purishavaha Srotas
Srotodushiti – Sanga, Vinarga gamana, Atipravriti
Udbhavasthana – Amashaya
Rogamarga – Madhyama and Bahya Roga Marga
Vyadhiswabhava – Chirakari
Adhisthana - Grahani

CHIKITSA SUTRA OF GRAHANI[7]:

- *Grahani* associated with *Ama Dosha*: *Vaman* should be given with luke warm water decoction of *Madanaphala*, powder of *Piper* and *Sarshapa* used.
- *Pakvashayastha Upchara*: purgation therapy with such herbs that stimulate digestion strength.
- If *Dosha* in its *Ama* stage is converted into *rasa* (chyle) and pervades other parts of body, then the patient is made to take fats and should be given medicines conductive to *Pachana* of undigested material eg. *Yavagu* (thick gruel). After the *Amashaya* is cleared by the administration of appropriate *Vamana* and *Langhanam* therapies, Patient is given *Paya* prepared of decoction of *Panchakola*.

TAKRA
One common and most important *dravya* mentioned in treatment of *Grahani* by almost all authors is *Takra* i.e. Buttermilk. Like nectar for the people suffering from heaviness, anorexia, suppression of power of digestion, diarrhoea, and diseases caused by aggravated *Vata* and *Kapha*. Acharaya Vagbhata state that Buttermilk cleanses channels of circulation, and as a result *Rasa* reaches the tissue element appropriately. This produces proper nourishment, strength, complexion and exhilaration. Besides it cures 100 diseases which include 80 caused by *Vata* and 20 caused by *Kapha*. *Takra* is considered as Tridoshashamaka by its properties such as *Rasa*, *Guna*, *Vireya*, *Vipaka*. It acts as Vataghna due to its *Amla Rasa* (sour), *Sandraguna*. It does not vitiate *Pitta Dosha* because of its *Swaduvipaka*. Act as *Kaphahara* by its *Kashaya Rasa* (astringent), *Ushana*, *Vikasi* and *Roukshya* qualities.

In Ayurvedic treatment, it is useful in the treatment of inflammation, digestive disorders, and gastrointestinal disorders, lack of appetite, spleen disorders and anaemia. Buttermilk is healthy beneficial during winter, in indigestion and in *Vata* imbalance related disorders. Buttermilk is:

- *Laghu*-light to digest
- *Deepana*-improves digestion strength and acts against *Ama*
- *Kaphajit*
- *Vatajit*

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<th>Sushruta</th>
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<th>Ashtang Hridaya</th>
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NUTRITIONAL VALUE OF BUTTERMILK:
For every 100 gms of buttermilk, here is the nutritional value\(^{[10]}\) –

| Nutrient   | Value  
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<tbody>
<tr>
<td>Calcium</td>
<td>116gms</td>
</tr>
<tr>
<td>Fat</td>
<td>0.9gms</td>
</tr>
<tr>
<td>Energy</td>
<td>40gms</td>
</tr>
<tr>
<td>Protein</td>
<td>3.3gms</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>4.8gms</td>
</tr>
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</table>

Vit A 1%, Vit C 4%, Iron 1%. Percent daily value or based on 200 calories diet.

USE OF TAKRA (BUTTER MILK) IN GRAHANI:
Liquid is prepared by churning yogurt continuously with water till it forms a foam like butter at the top. Drinking it in the correct quantity cleanses the channels of circulation i.e Srotas, as a result of which, the end product of digested food (rasa) reaches the tissues efficiently.

According to Bhavaprakasha chapter 6.7, He who uses Takra daily does not suffer from diseases and diseases cured by Takra do not re-occur, just as Amrita (divine nectar) is for the God, Takra is for humans.

BUTTERMILK (TAKRA) RECIPES FOR THE TREATMENT OF GRAHANI ROGA:
- In Grahani Roja, powder of drugs of Pachana, Grahi and Deepana groups along with the buttermilk or buttermilk alone is beneficial \(^{[11]}\). Dalhana explains that Pachana Gana is Haridradi Gana, Sangrahi Gana is Ambasthadhi Gana and Deepaniya Gana is Pippalayadi Gana.
- Takrarishta (fermented preparation of buttermilk) or sour buttermilk is advised in Grahani due to aggravated Kapha. Though freshly prepared buttermilk is astringent in taste and good for pacifying Kapha. But for stimulating digestive fire, sour type of buttermilk is beneficial and hence it is recommended in Grahani caused due to aggravated Kapha \(^{[12]}\).
- All recipes of buttermilk described in Jathara (ascitis) and Arshas (haemorrhoids) is useful for Grahani Dosha.

CONCLUSION
As Takra has Deepana (carminative), Pachana (digestive), Sangrahi and Tridoshahara property it is mainly indicated in disorders related to GIT for 7, 10, 15 days and 1 month as required\(^{[13]}\). 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 the person free from diseases.
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Source of Support: Nil
Conflict Of Interest: None Declared