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 eruption have metallic or flashy odour, and bitter sour taste.¹ The Grahani disorder is caused by Vata, Pitta, Kapha, and all three Doshas jointly.² 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. 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. This correlation may be done at the level of etiology or aetopathogenesis and symptomatology. Approximately 11% of the population globally affected by IBS. 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. In the Samparapi 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 butter milk 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-Hridya, 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). 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, Dusha, 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 Ashray-aashrayi-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.

Samparapi: 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 Samparapi of disease Grahani Roga. It occurs with the subsequent Poorva roopa and Lakshanas:

- Poorva Roopa – Trishna (polydyspia), Aalasya (lassitude), Bala Kshaya (loss of strength) Ann-

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idaha (burning abdomen), Chirapaka (delayed digestion), Kaya Gaurava (heaviness of body)9

✓ Lakshanas:
Ati Srushta 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 Udgarā.10

✓ 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, Sangrahagrahani and Ghatiyantra Grahani Roga11

1. Vatika Grahani: consumption of Katu, Tikta and Kashaya Rasa, Ruksa (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 Guna 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 Kantaasyashosh, Kshut, Trishna, Timira, Karnaswana, Raja 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, Pati, 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 Hrillisasa, Chardi, Arochaka, Asyopadeha, Kasa, Sthevana, Pinasa, Hridayastyanata, Udara-staimitya, 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 Ghatiyantra 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).12

Ghatiyantra Grahani: this is the type of Grahani with the worst prognosis it’s considered as Asadhyya (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.13

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.14

Irritable Bowel Syndrome15

□ 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

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 Dhatus. 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, Ghrita et., Also, treatment principle of Grahani is principally support-ed the Avastha of the Vyadhi. Just in case of Grahani presenting with Ama-Lakshana is treated with Vamana whereas Grahani with Leena, Pakwashayasthaama is treated with Deepana and Virechana. Shareeranugataasaama is treated with measures of Langhana and Pachana. 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. Acharya Vagbhata states that Takra does Srotoshodhana as a result of which Rasa reaches the Srotas. This leads to proper nourishment, strength, and complexon. Takra by suggests that of its different Gunas acts as Tridoshaguna 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 Anuras which is having Laghu, Ruksha Guna Virya is Ushna Virya and Madhura Vipaka. It does Tridoshadhara, 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 very important factor 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 Laghvat property. Takra acts as Tridoshagna by means of its different Gunas as,
- Due to Kashaya Anuras, 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 Tridoshaha-ra 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, 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 Agnideepanartha. It helps in relieving conditions of Shotha, Gulma, Prameha, Krimi, and Arsha & Udara Roga.

**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) 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 Ml Butter Milk**

<table>
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<th>Nutrient</th>
<th>Value</th>
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<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Monounsaturated Fat</td>
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<tr>
<td>Calories from Fat</td>
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<td>Sodium</td>
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<td>Potassium</td>
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<td>Phosphorus</td>
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<td>Riboflavin (B-2)</td>
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<tr>
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<tr>
<td>Fluoride, F</td>
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<tr>
<td>Glutamic acid</td>
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<tr>
<td>Retinol</td>
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<tr>
<td>Arginine</td>
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<tr>
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<tr>
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<tr>
<td>Calcium</td>
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### Benefits of Butter Milk

- 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 Paravruti & Atibaddha Malapravruti) 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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