THE ROLE OF SANGRAHI DRAVYAS: AN APPROACH TOWARDS PRAVAHIKA

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ABSTRACT
Hurry, worry, curry are the 3 factors which causes intestinal upsets frequently and leads to gastrointestinal problems in modern life. Pravahika is also one of the important and often occurring Vyadhies of Annavaha and Purishwaha Srotas. Pravahika is characterized by Atishaya-mala-Pravrutti with Pichchhila, Saphena, Raktayukta purisha. The main causes include dietary habits and stress. The patient is diagnosed with main doshas- vata-kapha associated with Agnimandya. So, there is used Langhana, Deepana, Pachana, Sangrahi dravyas etc for the management of Pravahika. Sangrahi dravyas helps in subsiding symptoms of Pravahika due to its Grahi action. These all rectify digestive metabolism. The management of Pravahika will de-root the disease from its base and prevent recurrences

Keywords: Atishaya-mala-Pravrutti, Agnimandya, Deepana-Pachana, Sangrahi dravyas.

INTRODUCTION
Health is one of the most important aspects of human survival. Frequently intestinal upset leads to gastrointestinal problems in modern life. Maximum problems arise due to Mandagini and Vata-dosha-vikruti. Pravahika is also one of the important and often occurring vyadhi of Annavaha and Purishwaha Srotas. Pravahika is characterized by Atishaya-mala-Pravrutti with Pichchhila, Saphena, Raktayukta purisha. In our classics, increase the intake of katu, amla, lavana rasa, guru, snigda, teekshna foodstuffs promote Pravahika that means the main causes include dietary habits and stress. The patient is diagnosed with the root word Pravahana and main doshas-kapha and vata associated with Agnimandya. Pravahana word denotes tenesmus which is a common feature of dysentery. It also can be correlated with ulcerative colitis caused inflammation and ulcers in the colon. Ulcerative colitis is one with a prevalence rate of 2-3% in the world, which is characterized by abdominal pain, diarrhea, rectal bleeding, severe internal cramps, in the region of pelvis and weight loss³. So, for the management of Pravahika, there is used Langhana, Deepana, Pachana, Sangrahi dravyas, kriminashak chikitsa, Panchakarma measures like Virechana after the active phase of infection. Sangrahi drayvas such as Bilva, Patha, takra etc. helps in subsiding symptoms of Pravahika. These all rectify digestive metabolism. This article focuses on how the judicious use of Ayurveda principles leads to treat the disease.
Review of Literature

It is a separate disease as well as complication of Atisara. Acharya Sushruta and Madhakara firstly identified it as a distinctive disease and Acharya Charak mentioned it as a symptom of Kaphaj-Atisara and as a Vasti vyapad.

According to Acharya Sushruta, in the person who indulges in unhealthy foods, Vata getting aggravated, pushes the kapha downward for defecation in small amount mixed with stool, again and again with Pravahana is known as Pravahika. Drava-bhuyashth-mala-atipravrutti is the disease of grahani or small intestine known as Atisara.

It has 4 types i.e. vata, pitta, kapha, rakta. Vataj Pravahika is produced by ruksha-dravyas with pain symptom. Pittaj Pravahika has daha (burning sensation) symptom. Kaphaj Pravahika is produced by snigdh dravyas and has kapha in stool. Raktaj Pravahika is with blood. These all are based on taking of different Nidans.

It can be treated by Atisara Chikits 

Bilva: It is Sangrahi, deepana and Vata-Kapha-hara. It has properties of Laghu-Ruksha-Guna, Tikta-Kashaya-Rasa, Katu-Vipak, Ushna-Virya.

Jaaya-fal: It has properties of Laghu-Tikshna-Guna, Katu-Tikt-Rasa, Katu-Vipak, Ushna-Virya.

Takra: It is made from milk. It has Madhura-Amla-Kashaya-Rasa, Ruksha-Guna, Ushna, Deepana, Grahi in nature.

Sangrahi dravyas are Vayu-Mahabhut dominant and Pruthvi-Vayu according to Nagarjuna. So overall, maximum dravyas have Laghu-Guna, Katu-Vipak, Ushna-Virya.

DISCUSSION

All the symptoms of pravahika and its types fulfill the comparison criteria with respect to dysentery and almost symptoms of ulcerative colitis in which function of mainly Vata-Dosha gets disturbed. Pravahika is disease of large intestine which is a seat of Vata-dosha. It means if Vata dosha is corrected then subside of disease occurs.

So, if Grahi Dravyas are taken as a medication, they act properly and work as decreasing the frequency of defecation by holding the stool and Deepan Pachankarma. Vaya and Pruthvi mahabhut have almost same property except Guru guna, that’s by they work in lower intestine. It can understand by that the Grahi dravyas have katu vipak means they act their main work in large intestine as a Katu-Avasthapak as comparison to small intestine, which essentially relates to the acrid and pungent reactions precipitating in the large intestine to produce vata. Acharya Carak also mentioned Shoshan-karma in large intestine but not Pachana. It means both Mahabhut act as Shoshan. So, they mainly help in absorption of drav-part of stool having mucus, blood, vitiated Doshas etc. to form lump by its Ushna-veerya and producing Vata by the following process:
Taking *grahi dravyas* by mouth *intensify Agni* by *Ushna-veerya* act as *deepana Dravyas*

Rasas like *katu, tikta, amla* of them play a *role of digestion of Aam* by secreting digestive juices in small intestine act as *Pachana-karma*

Food in large intestine- *Shoshan-karma* and Shaman of vitiated *Vata* due to *Ushna-veerya*

Act main work as a *Katu-avasthapak due to Vayu-Pruthvi mahabhut* and absorption of extra fluid (vitiated part) in *Pravahika*

- **produce pure vata**
- **Pravahan prevented by shaman of vitiated vata**
- Nourishes all types of *Vata* form normal stool & subside the disease.
- *Samaan-vata* help in *Deepana karma*
- proper secretion of juices by *Chala* and *Sukshma Guna* of nourished *Vata* beside of rasas
- nourished *Apaana-vata* help in proper excretion by it’s *Shoshan* and *Vatanuman-karma*

this process can be understood by examples:

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**Bilva**: *Ruksha-Ushna-Tikta* property helps in absorption of *drava* part. *Kashaya rasa* acts on *Srotas* to constrict them and prevent again mucus secretion i.e. *kapha*. Due to constriction and absorption process, it decreases *Kleda, Kapha, Pitta, Rakta and Atipravrutti*. *Tikta, Kashaya rasa* act as anti-microbial. So, in short, it performs anti-fungal, anti-ulcer, anti-diarrheal, anti-helminthic actions.

**Jay-fal**: It work as *rochan, Deepana, Grahi*. *Ushna vi-rya* diminishes the *Vata, Kapha* and act as *Vata-anu-lomak, Aam-Pachana* respectively. *Katu-ushna* properties enhance *Agni* to digest food properly. *Katu, Tikta, Tikshna* property act as *krimighna*.

**Takra** is a compound made of equal parts of curd and water, subsequently churned, to have the contained cream or butter completely skimmed off which is neither thick nor thin. *Takra* is low in calories. It has same amount of protein and vitamins and an excellent source of calcium, potassium, B₁₂, riboflavin zinc, magnesium, lactic acid etc. due to all these, it regulates the intestinal flora with its alkaloid property. *Ushna-Laghu-Ruksha* property of *takra* helps in *Shoshan-karma* or increase absorption of *drava* or *kapha dosha* i.e. mucus. *Ushna guna* has *agni-Mahabhuta* which
enhance Agni act on Aam-rasa and work as appetizer. So, it improves appetite, grahani work as Dosh-hara, kapha-shaamak, relieve anorexia. Hence, all Sangrahi-dravyas have action of Vata-Kapha-Shamak. So, main symptom pravahana or tenesmus and Udara-Shula, due to Vata-Dosha is subsided. Mucus secretion is also prevented due Shaman of Kapha-Dosha and Ushna property after digestion of Aam, whole liquidity absorbs Rakta also, then stool regain its normal state. They also have Krimighna property to prevent any type of infection. Grahi action decrease the frequency of defecation by decreasing bowel movement.

CONCLUSION

Based upon the detail conceptual description, Ayurveda principles are highly effective. So, above dravyas gives highly effective results and can be used as Shaman Dravyas. A significant response finds in various symptoms such as frequent defecation, tenesmus, again mucus secretion, anorexia etc. Sangrahi dravyas also work as Grahi or Dharan of stool by increase absorption of secreting parts i.e. Kapha, Rakta, Drava etc. mainly decreasing the liquidity of stool with act on Agni as Deepana and Pachana of Aam and vitiated Kapha Dosha. Hence, removal of Vitiated Vata and improvement of Agni results in improvement of digestion, absorption, Bal (strength) and body weight of patient. These Dravyas are devoid of any toxic effect and can be safely used in the treatment of Pravahika. An effort was made in the study to find an effective result in the management of Pravahika.

REFERENCES


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