

A CRITICAL REVIEW ON TAKRARISHTA PRAYOG IN GRAHANI ROGA

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ABSTRACT

In *Ayurveda*, *Grahani Roga* is one among the *Mahagadas*. In modern science *Grahani Roga* included in digestive disorder (irritable bowel syndrome). *Agnimandhya* is important factor in the *Samprapti* of the disease *Grahani Roga*, so it should be mainly treated for *Agnivardhana* Drugs with *Deepana* and *Pachana* qualities. *Acharya Charaka* mentioned use of *Takrarishta* in the routine treatment of *Grahani*. *Takrarishta* contains *Go-Takra*, *Amla*, *Harda*, *Marich*, *Ajowan*, *Panch lawan*. Uses Haemorrhoids, Worms, Loss of appetite, Diarrhoea. In this review an attempt has to understand the possible mode of action of

Takrarishta in *Grahani Roga*.

KEYWORDS: *Grahani Roga*, *Takrarishta*, Digestive disorder, *Agni*.

INTRODUCTION

In current era faulty dietary habits and sedentary life style are key causative factors for disease. In addition to this one is always under tremendous mental stress. All this factors contribute to disturb in the function of digestion and absorption, leads to many digestive disorder. *Grahani Roga* is one the digestive disorder affecting the digestion and metabolism, which hard to diagnose and difficult to be cured as it involves the entire metabolic pathways.^[1] Its prevalence is about 69%. *Acharya Charaka* in the context of *Grahani Chikitsa* clarifies the *Grahani Dosha* and *Grahani Roga* are the two different entities.^[2] *Grahani* is the *Ashraya* for *Agni*. In this way *Acharya Charaka* has considered *Agni Dosha* as *Grahani Dosha* which precursor of *Grahani Roga*.

The disorders related to digestion and its absorption is broadly covered under the heading of

Grahani Roga mentioned in Ayurvedic classics, which is one of the main disorder of the gastrointestinal tract. Irritable bowel syndrome and inflammatory bowel disease are considered under the spectrum of *Grahani Roga*. Irritable bowel syndrome (IBS) presenting with pain or discomfort in abdomen relieving on defaecation either manifesting as constipation or diarrhoea etc. similar to the symptoms described in *Grahani Roga*.

Takrarishta is an Ayurvedic classical formulation based on buttermilk as a mentioned in *Charaka Samhita* and other classical texts and same mentioned in AFI^[3] approved by Govt. of India. Its main action observed on digestive system including stomach, intestine and liver. It is carminative, astringent, stool binder and appetizer. A unique formulation described in *ARSHA CHIKISTA* by *Acharaya Charaka* is also used in the treatment of haemorrhoid.

MATERIAL AND METHODS

Classical Ayurveda texts are searched with keywords *Grahani Roga*, *Takrarishta*, *Agni*.

Objective

1. To study *Grahani Dosha* and *Grahani Roga*.
2. To evaluate the efficacy of *Takrarishta* in the management of *Grahani Roga*.

Review of literature

Agni Adhistana means *Agnirashraya* that means the place where *Agni* resides, *Grahana* means *Dharna*. That which holds *Anna* is *Grahni*. *Grahani* helps to do the *Upasthambha* and *Upabrumhana* karma of *Agni*.

According to *Sushruta* *Grahani* is seated in *Pithadhara Kala*, Sixth *Kala* which located *Pakvashaya* and *Amashaya*. *Vagbhat* opinion same as *Sushruta*.^[4]

Table 1: Adhikarna of disease in samhita.

<i>Samhita</i>	<i>Sthana</i>	Chapter
<i>Charak Samhita</i>	<i>Chikithsa Sthana</i>	15 th <i>Grahanichikisadhya</i>
<i>Sushrut Samhita</i>	<i>Nidhana, uttaratantra</i>	<i>Nidhana</i> 9 th 40 <i>Atisara Chikitsa</i> ^[5]
<i>Ashtang hridaya</i>	<i>Nidhana, Chikithsa Sthana</i>	8 th <i>Atisara Nidana</i> , 10 th <i>Grahani Chikitsa</i> ^[6]
<i>Ashtang Sangraha</i>	<i>Nidana, Chikitsa sthana</i>	8 th , 12 th

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*.^[7] *Acharaya Vagbhata* states that *Takra* does *Srotosodhana* as a result of which *Rasa* reaches the *Strotas* which gives 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*. *Takra* is very important component in treating the patients suffering from the disease connected with *Agni* during which *Grahani Roga* is one.

Mode of action

Properties and its pharmacological action

Rasa - *Madhura, Amla and Kashaya*.

Guna- *Laghu, Ruksha, Grahi, Vikasi*.

Virya - *Ushna*

Madhura- *Vipaka*.

It does *Tridoshara*, *Agni Deepana*, *Hridya*, *Kapha- Vata Shamaka* and acts as *Grahi*. The speciality of *Takra* is not limited with *Grahani Roga* but it has been proved a great importance in *Udara* and *Arsha Rogas* also. *Grahani Roga* is a condition related with an *Agnivikriti*. In this condition *Takra* is useful by means of its *Deepan Grahi Laghvat* property.^[8] *Takra* acts as *Tridoshagna* by means of its different *Gunas* as,

- Due to *Kashaya Anuras*, *Ushna Virya* and *Ruksha, Vikashi Guna* its bring down aggravated *Kapha*.
- Due to its *Madhur Vipaka*, *Pitta* will not become *Prakop*.
- Due to its *Madhura, Amla Ras, Sandra Guna*, it brings down aggravated *Vata*.
- *Takra* is *Srotoshodhaka*, helps in the proper absorption of *Rasa*. So, acts as nectar.

Formulation of *takrarishta*^[9,10]

Ingredients	Quantity
<i>Yavani</i>	3 pala -144gms
<i>Amalaka</i>	3 Pala -144gms
<i>Pathya</i>	3Pala -144gms
<i>Maricha</i>	3Pala – 144gms
<i>Souvarchala Lavana</i>	1Pala – 48gms
<i>Saindhava Lavana</i>	1Pala – 48gms
<i>Vida Lavana</i>	1Pala – 48gms
<i>Oudbhida lavan</i>	1Pala – 48gms
<i>Saamudra Lavana</i>	1Pala – 48gms

It helps in relieving condition of *Shotha, Gulma, Prameha, Krimi, Arsha and Udara rog*.
Mainly it is mentioned in *Charaka Samhita* and same reference in *Bhaishajya Ratnavali*.

General dosage of *takrarishta*

1. Infants – Not recommended
2. Children – 2.5 to 5 ml
3. Adults – 10 to 20 ml
4. Pregnancy – Not recommended
5. Geriatric – 5 to 10 ml
6. Maximum possible dosage – 40ml (in divided doses)(per day or in 24 hours)× Twice a day

Matra of *takrarishta* in *ayurveda* – 2 *karsha*

Sevana kala – After a meal

Anupana – Equal quantity of water

Therapeutic Indication

1. Loose stools – diarrhoea
2. Piles
3. Flatulence
4. Increasing appetite
5. Abdominal distension
6. Edema
7. Urinary disorders
8. Heaviness in the abdomen

DISCUSSION

Mandagni is the prime cause for the manifestation of *Grahani*. *Takrarishta* which is *Deepan, Paachana* helps in rectifying the *Mandagani* the *Vyadhiswabha* mainly indicates vitiation in the *Mala Prarutti*. Here a *Grahidraya* is better choice than a *Sthambakadraya*. *Grahi* is *Deepaka, Paachaka* and *Ushna* in contrary to *Sthambaka* which is *Ruksha, Sheeta, Kashaya, Laghu* and *Vatakara*. Hence in the context of *Grahani*, *Takrarishta* which is a *Grahidraya* is a better choice. *Takra* is also *Srotoshodhaka*, hence it helps in the proper absorption of *Aahar* and further formation in *Rasadidhatu*. *Acharya Charaka* has explained use of *Takrarishta* in *Vataja* and *Kaphaja Grahani* in specific. The modern concept of probiotics in the treatment

of chronic diarrhoea include oral administration of *Lactobacillus Acidophilus* used as symptomatic and supportive drug therapy. They promote growth of *Saccharolytic* flora; the mechanism by which probiotics exert their favorable effects seems to include changes in intestinal PH, suppression of pathogens and suppression of mutagenic and carcinogenic processes and protection of the intestinal barrier. Probiotics widely used today could be understood as a modified version of *Acharya Charaka* concept of *Takrarishta*.

Considering the hazardous effect of these medicines in a long run, better management options are available in *Ayurveda* and *Takrarishta* is one such.

CONCLUSION

Grahani is a Vyadhi caused due to *Mandagni*. *Grahani*, correlated to Irritable bowel syndrome in modern parlance, is a condition which can be managed better with *Ayurvedic* principles. Unwholesome dietary pattern and stressful lifestyle are the major contributing factors to the development of *Grahani*. The main symptoms of the disease is the change in the bowel habit along with the other symptoms specific to the Dosha involved. A *Dravya* possessing *Deepana*, *Paachana* is the requirement in the treatment. *Takrarishta* which is *Tridoshagna*, *Deepaka*, *Paachaka*, *Srotoshodhaka* along with its *Grahiguna*, *Ushnaveerya* and *Madhurvipaka* is the drug of choice in *Grahani*. It is used as a *Ausadhi* form and as a *pathya* in the form of different dietary preparation in a *Grahani Roga*. It can be used as both preventive and curative in a patient of *Grahani*.

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