

ROLE OF LAVANGA (*SYZYGium AROMATICUM* MERR.PERRY) IN GRAHANI ROGA

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Article Received on
28 December 2023,

Revised on 18 Jan. 2024,
Accepted on 08 Feb. 2024

DOI: 10.20959/wjpr20244-31171



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ABSTRACT

Introduction: *Grahani* is an Ayurvedic term related to the seat of *Agni* (digestive fire), which helps in the digestion and metabolism of food. *Grahani roga* is a chronic disease vividly explained in classics which refers to the disease that occurs in *Grahani* due to vitiation of *Agni*. *Mandagni* causes improper digestion of ingested food, which leads to *Ama dosha*. This *Ama dosha* is the root cause of most of the diseases. It has pivotal importance in the pathogenesis of *Grahani roga*. Ayurveda has described various treatment modalities for the management of this disease such as use of *Shamana aushadhis*, *Shodhana* therapies, yoga etc. One such *Shamana aushadhi* is *Lavanga* which has a synonym as *Grahanihara* and is well-known for its *Deepana* and *Pachana* properties which works very well on *Ama*, the main cause of *Mandagni* vis-à-vis leading to *Grahani*. *Lavanga* is an evergreen small tree named as *Syzygium aromaticum* under the family

Myrtaceae. **Objective:** To analyse the efficacy of *Lavanga* (*Syzygium aromaticum*) in *Grahani roga*. **Result and Discussion:** An aromatic flower bud known as *Lavanga* because of its *Kapha Chedana* property. *Grahani* is a *Tridoshaja Vyadhi* having *Lakshanas* like *Ajirna*, *Trishna*, *Avipaka*, *Chardi*, *Shoola*, *Aadhma* etc and *Lavanga* is also indicated in all this *Vyadhis* as it has *Tridoshahara* properties. Due to *Katu* and *Tikta rasa* it is *Kapha Shamaka*, because of *Sheeta Virya* it is *Pitta Shamaka* and because of its *Snighdha* properties it pacifies *Vatadosha*. According to its Chemical Constituents *Lavanga* mainly contains 15 to 20% Volatile oil in which 85-92% Eugenol is present. These components of *Lavanga* has gastro protective activity. **Conclusion:** Hence *Lavanga* can be considered effective in managing *Grahani roga* by the virtue of its *Rasapanchaka*.

KEYWORDS: *Ama, Grahani roga, Lavanga, Mandagni, Metabolism.*

INTRODUCTION

Grahani is an ayurvedic term related to the seat of *Agni*(digestive fire), which helps in the digestion and metabolism of food. *Grahani* is the seat of *Jatharagni*^[1] and is supported and nourished by the strength of *Agni*. *Grahani roga* is a chronic disease vividly explained in classics which refers to the disease that occurs in *Grahani* due to vitiation of *Agni*. *Mandagni* causes improper digestion of ingested food, which leads to *Ama dosha*. This *Ama dosha* is the root cause of most of the diseases. It has pivotal importance in the pathogenesis of *Grahani roga*. *Grahani* is situated above the *Nabhi* region and is supported and nourished by the strength of *Agni*. Normally, it receives the ingested food, which is retained it by restraining the downward movement. After digestion it releases the food into the next *Ashaya* i.e. *Pakvashaya*. In abnormal conditions due to weakness of *Agni*, it gets vitiated and releases food in its undigested form.^[2]

As *Grahani roga* is caused due to *Mandagni*, main line of treatment is to correct the *Agni Dushti* by following *Langhana* and administering drugs which are *Deepana* and *Pachana* in action.^[3] Ayurveda has described various treatment modalities for the management of this disease such as use of *Shamana aushadhis*, *Shodhana* therapies, yoga etc. One such *Shamana aushadhi* is *Lavanga* which has a synonym as *Grahanihara*^[4] and is well-known for its *Deepana* and *Pachana* properties which works very well on *Ama*, the main cause of *Mandagni* vis-à-vis leading to *Grahani*. *Lavanga* is an aromatic flower bud named as *Syzygium aromaticum* under the family *Myrtaceae*. It is an evergreen small tree, Leaves are simple, opposite, obovate, petiolate, acute. Flower bud is clustered at terminal branches, greenish to pink and highly aromatic, Dried cloves are nail shaped, reddish brown in colour, 1 to 2 cm long, rough to touch, cylindrical base, crowned with plum ball like unopened corolla, toothed calyx.^[5]

- ❖ Useful part -Flower bud, which is reddish brown in colour and highly aromatic.
- ❖ Flower bud is reddish brown in colour and upto 1.7 cm long.
- ❖ It has got a slightly flattened stalk (Hypanthium) and a head composed of four calyx teeth and a globular portion in the centre, consisting of stiff leathery petals and numerous incurred stamens surrounding the style.
- ❖ Clove has got strong spicy odour, aromatic and taste is pungent.

OBJECTIVE: To analyse the efficacy of *Lavanga* (*Syzygium aromaticum*) in *Grahani roga*.

RESULT

The "*Grahani roga*" is the leading disorder of the gastrointestinal tract. As the hypofunction of *Agni* i.e., *Mandagni* is the root cause of all the diseases. Due to various etiological factors of *Grahani roga*, the *Grahani* becomes impaired as a result of Dusti or Vitiating of *Pachakagni* and *Samana Vayu*. Acharya Charaka has mentioned that Functionally weak *Agni* i.e., *Mandagni* causes improper digestion of ingested food, which moves either in *Urdhva* or *Adhomarga*.^[6] when it goes in *Adhomarga*, then it leads to *Grahani Gada*. Acharya Sushruta has mentioned that patients of *Atisara*, during the stage of *Agnimandya*, if indulge in an injudicious diet, may lead to *Grahani roga*.^[7] Similarly Acharya Chakrapani while commenting on *Grahani Chikitsa* has mentioned that *Grahani* is *Ashraya*, and *Agni* is *Ashrita*.

Samprapti Ghataka of Grahani Roga

1. NIDANA: *Aaharaja, Viharaja, Manasika Karanas*
2. DOSHA: *Kledaka Kapha, Pachaka Pitta, Samana Vayu*
3. DUSHYA: *Rasa (Aahara Rasa)*
4. AGNI: *Jatharagni-Mandya*
5. AMA: *Amavisha* formation at GIT level
6. SROTAS: *Annavaha, Rasavaha, Purishavaha Srotas*
7. SROTODUSTI TYPE: *Sanga, Vimarga-gamana, Atipravriti*
8. UDBHAVASTHANA: *Amashaya*
9. ROGAMARGA: *Abhyantara Roga Marga*
10. VYADHISWABHAVA: *Chirakari*
11. ADHISTHANA: *Grahani*

Grahani Lakshanas^[8]

अतिसृष्टं विबद्धं वा द्रवं तदुपदिश्यते । तृष्णारोचकवैरस्यप्रसेकतमकान्वितः ॥

शून्यपादकरः सास्थिपर्वरुक् छर्दनं जवरः । लोहामगन्धिरितकाम्ल उद्गारश्यास्य जायते ॥

(च.चि. 15/53-54)

अथ जाते भवेज्जन्तुः शून्यपादकरः कृशः । पर्वरुग्लात्यतृच्छर्दिज्वरारोचकदाहवान् ॥^[9]

उद्गरेच्छुक्ततितकाम्ललोहधूमामगन्धिकम् । प्रसेकमुखवैरस्यतमकारुचिपीडितः ॥

(सु.उ. 40/174-175)

In *Grahani*, the patient expels the faeces in *Atisrstam* (excessive quantity), *Vibaddham va drava* (which may be solid or at times even liquid) associated with *Trisna* (thirst), *Arochaka* (anorexia), *Asyavairasya* (distaste in the mouth), *Praseka* (salivation), *Tamaka* (feeling of darkness in front of eyes), *Sunapadakara* (swelling in the hands and legs), *Asthiparvaruk* (pain in the bones and joints), *Chardana* (vomiting), *Jvara* (fever), *Daha* (burning sensation) *Lohamagandhi* or *Lohadhumamagandhika* (smell of iron, smoke and of undigested food in the breathe) and *Tiktamla udgara* (bitter or sour eructation).

Treatment

Ayurveda has described various treatment modalities for the management of disease *Grahani* such as use of *Shamana aushadhis*, *Shodhana* therapies, yoga etc. One such *Shamana aushadhi* is *Lavanga* which has a synonym as *Grahanihara* and is well-known for its *Deepana* and *Pachana* properties which works very well on *Ama*, the main cause of *Mandagni* vis-à-vis leading to *Grahani*. Drugs having *Kashaya Rasa*, *Ushna Veerya*, *Madhura Vipaka* & *Ruksha Guna* help to pacifies *Vata* & *Pitta dosha* therefore potentiates *Agni* which improves process of digestion. Drugs which gives bulk to the stool, hydrate body and possess nutritional benefits also relieve symptoms of *Grahani dosha*. Acharya Charaka states that, certain drugs act through *Rasa*, some through *Veerya*, some through their *Gunas*, some through their *Vipaka*, and some through their *Prabhava*.^[10]

Lavanga In Grahani

An aromatic flower bud known as *Lavanga* because of its *Kapha chedana* property.

लवङ्ग - लुनाति छिनत्ति कफं चेति.^[11]

Grahani is a *Tridoshaja Vyadhi* having *Lakshanas* like *Ajirna*, *Trishna*, *Avipaka*, *Chardi*, *Shoola*, *Aadhmana* etc and *Lavanga* is also indicated in all this *Vyadhis* as it has *Tridoshahara* properties. Due to *Katu* and *Tikta rasa* it is *Kapha Shamaka*, because of *Sheeta Virya* it is *Pitta Shamaka* and because of its *Snighdha* properties it pacifies *Vatadosha*.

References from Nighantus^[12,13,14]

❑ लवङ्गं कटुकं तिक्तं हिमं पित्तकफप्रणुत् ।

दीपनं पाचनं रुच्यं स्वर्यं वातानुलोमनम् ॥

ज्वरे कासे तथा श्वासे क्षये जङ्गरशूलिषु ।

ग्रहण्यामग्निमान्धे च जरपित्ते प्रशस्यते ॥

(प्रि.नि. हरीतव्यादि वर्ग 80-87)

According to Priya Nighantu, *Lavanga* is *Deepana*, *Pachana*, *Ruchya*, *Vatanulomana*. It is useful in diseases like *Jwara*, *Swasa*, *Kshaya*, *Udarasula*, *Grahani*, *Agnimandya* and *Amlapitta*.

❑ दीपनं पाचनं रुच्यं कफपित्तास्रनाशकृत् ॥

तृष्णां छर्दि तथाऽध्मानं शूलमाशु विनाशयेत् ।

(भा.प्र. कर्पूरादि वर्ग 58-59)

Lavanga is *Deepana*, *Pachana*, *Ruchya*, alleviates Kapha and Pitta, useful in Raktavikara, Trshna, Chardhi, Admana, Sula, Kasa, Swasa, Hikka and Kshaya.

❑ लवङ्ग कटुकं तिक्तं रुक्षं हृद्यं हिमं लघु ।

चक्षुष्यं पाचनं हन्ति शूलानाहक्षतक्षयात् ॥

कफपित्तास्र तृट्कासश्वासाध्माविषपीनसान् ॥

(कै.नि. ओषधि वर्ग 1334)

Lavanga is *Katu*, *Tikta rasa*, *Ruksha guna*, *Hrdya*, *Sheeta Veerya* and good for eyes. It is useful for the conditions like *Sula*, *Anaha*, *Trshna*, *Swasa*, *Kasa*, *Admana*, *Visha* and *Peenasa*.

Chemical constituents^[15]

Lavanga contains 15 to 20% volatile oil, 10 to 13% tannin, resin, chromone, eugenin. Volatile oil of clove contains eugenol (70-90%), eugenol acetate, ketones and alcohols.

DISCUSSION

The flower buds or oil from these *Lavanga* is very useful in terms of Ayurveda. It possess various Ayurvedic properties such as *Deepana*, *Pachana*, *Ruchya*, *Chakshushya*, *Kapha-Pittaghana* properties used in various diseases i.e, *Trishna*, *Chardi*, *Aadhmana*, *Shoola*, *Grahani*, *Kasa*, *Shwasa*, *Hikka*, *Kshaya* named diseases. *Grahani* is a *Tridoshaja vyadhi* having *Lakshanas* like *Ajirna*, *Trishna*, *Avipaka*, *Chardi*, *Shoola*, *Aadhmana* etc and *Lavanga* is also indicated in all this *Vyadhis* as it has *Tridoshahara* properties. Due to *Katu* and *Tikta rasa* it is *Kapha Shamaka*, because of *Sheeta Virya* it is *Pitta Shamaka* and because of its *Snighdha* properties it pacifies *Vatadosha*. According to its Chemical Constituents *Lavanga* mainly contains 15 to 20% Volatile oil in which 85-92% Eugenol is present. These components of *Lavanga* has gastro protective activity.

CONCLUSION

➤ *Lavanga* an Ayurvedic herb is beneficial in *Kapha Pitta* disorders, also possess *Vata-anulomaka* properties. As per derivation in terms of Ayurveda it causes lysis of accumulated *Kapha* so useful in *Kaphaja Vyadhi*. These are the aromatic flower buds of a tree named as *Syzygium aromaticum*. It is useful in *Shoola*, *Anaha*, *Chardi*, *Admana*, *Grahani*, *Trishna* named diseases. Mainly it contain 15 to 20% volatile oil in which 85-92% Eugenol is present. These components of *Lavanga* has gastro protective activity. Generally its oil is colourless or light yellow in colour.^[16] *Grahani* is a *Tridoshaja vyadhi* having *lakshanas* like *Ajirna*, *Trishna*, *Avipaka*, *Chardi*, *Shoola*, *Aadhmana* etc and *Lavanga* is also indicated in all this *Vyadhis* as it has *Tridoshahara* properties, *Deepana*, *Pachana* action and Gastroprotective activity. Hence *Lavanga* can be considered effective in managing *Grahani roga* by the virtue of its *Rasapanchaka*.

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