

A CRITICAL REVIEW ON JEERAKADYARISTA IN GRAHANI ROGA

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ABSTRACT

A healthy body creates a healthy mind. A healthy gut molds healthy body. In Ayurveda *Grahani* is mentioned as *Jataragni Adhistana*, which is restrain (*Grahana*) the undigested food and releases the digested food through the side of its lumen. *Acharya Sushruta* described that *Grahani* is located in between *Pakwashaya* and *Amashaya*. *Grahani* is one among the *Astamahagada* and presented by symptoms such as *Muhurabaddha* and *Muharadrava Mala Pravrutti*. *Grahani Roga* is more often found in our day-to-day practices. Prime importance has been given to restore *Jataragni* as it is the main culprit for all kind of disorders. Classical text describes *Shodhana* and *Shamana* treatment for the management of *Grahani Roga*, among *Shamana Chikitsa* usage of *Churna Yogas*, Medicated *Takra*

preparations, *Parpati* and *Asavaristas* preparation are in practiced. *Jeerakadyarista*^[1] is one such classical preparation used by Ayurvedic practitioner in wide range of gastro-intestinal tract diseases, it contains chief ingredient as *Jeeraka* and stabilizes *Pachakagni*. The present study is aimed to critically review on ingredients, method of preparation and probable mode of action in *Grahani Roga* of *Jeerakadyarista* according different classical literature are discussed.

KEYWORDS: *Grahani*, *Jeerakadyarista*, *Shamanaushadhi*, *Mandagni*.

INTRODUCTION

Ayurveda is one of the ancient science of medicine which improves the quality and quantity of life by adapting healthy life style measures like *Dinacharya*, *Rutucharya* and other

regimens. As per Ayurvedic classics *Agni*^[2] plays a vital role in bestowing long life, complexion and good health. *Agnivaishamyata* is one of the basic root cause for most of the diseases. *Grahani* is the *Adhistana* of *Jataragni* and *Acharya Sushruta* considered it as *Pittadhara Kala*, having the function of *Annagrahana* (*Annasya Grahanat Grahani*). In day-to-day clinical practice major reasons for *Grahani Dushti* often found to be improper life style, consumption of junk food, stress and inadequate sleep. Due to this unwholesome diet *Agni* will be hampered leading to formation of *Ama*, there by undigested food led to pathological condition and presenting with symptoms of *Muharabaddha* and *Muharadrava Mala Pravrutti* is termed as *Grahani Roga*^[3] Classical text describes various treatment protocol for the management of *Grahani Roga* among which *Shamanaushadhi* recommended includes *Takra*, *Vati*, *Sneha* preparations, *Asavarista* etc. These are explained for the purpose of making product compatible without losing the potency or efficacy of drugs. *Aristas*^[4] are the unique Ayurvedic fermented preparations usually prepared by *Ushna Veerya Dravyas* in *Sagni* method. These are coming under *Sandhana Kalpana*, mainly classified as *Madhya Kalpa* (Alcoholic preparations) and *Shukta Kalpa* (Acidic preparations). *Jeerakadyarista* is one such *Madhya Kalpana* mentioned in *Bhaishajya Ratnavali* containing ingredients *Jeeraka*, *Guda*, *Dhataki* and other *Prakshepaka Dravyas*. It is indicated in wide range of gastro-intestinal tract diseases and also in postpartum disorders. It is also called as *Jeerakaristam* and *Jirakadyarista*.

MATERIAL AND METHODS

Table 1: Formulation Composition of *Jeerakadyarista*.

Sl.No	Drugs	Botanical Name	Parts used	Quantity
1	<i>Jeeraka</i> ^[5]	<i>Cuminum cyminum</i> L.	Fruit	2 Tula (10kg)
2	<i>Jala</i>	-	-	4 Drona (44ltr)
3	<i>Guda</i>	-	-	3 Tula (15kg)
4	<i>Dhataki</i> ^[6]	<i>Woodfordia fruticosa</i> (L)	Flower	1 Prastha (768g)
5	<i>Shunti</i> ^[7]	<i>Zingiber officinale</i> Roscoe.	Rhizome	2 Pala (96g)
6	<i>Musta</i> ^[8]	<i>Cyperus rotundus</i> L.	Rhizome	1 Pala
7	<i>Tvak</i> ^[9]	<i>Cinnamomum zeylanicum</i> Blume.	Stem bark	1 Pala
8	<i>Ela</i> ^[10]	<i>Elettaria cardamomum</i> (L) Maton.	Seed	1 Pala
9	<i>Jatipala</i> ^[11]	<i>Myristica fragrans</i> Houtt.	Seed	1 Pala
10	<i>Kankola</i> ^[12]	<i>Pipera cubeba</i> L. f.	Fruit	1 Pala
11	<i>Yavani</i> ^[13]	<i>Trachyspermum ammi</i> (L.) Sprague	Fruit	1 Pala
12	<i>Nagakesara</i> ^[14]	<i>Mesua ferrea</i> L.	Stamen	1 Pala
13	<i>Patra</i> ^[15]	<i>Cinnamomum tamala</i> T. Nees & Eberm.	Leaf	1 Pala
14	<i>Lavanga</i> ^[16]	<i>Syzygium aromaticum</i> (L).	Flower bud	1 Pala

Table 2: Pharmacodynamic properties (*Rasa Panchaka*) of Ingredients.

Sl.No	Drugs	Rasa	Guna	Veerya	Vipaka	Karma
1	Jeeraka	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavatahara, Dipana, Bhedana
2	Dhataki	Kashaya, Katu	Laghu, Ruksha	Sheeta	Katu	Pittahara, Garbhastapana, Atisarahara
3	Shunti	Katu	Guru, Teekshna	Ushna	Madhura	Vatakaphahara, Dipana, Pachana
4	Jatiphala	Tikta, Katu	Laghu, Teekshna	Ushna	Katu	Kaphavatahara, Rochana, Grahi
5	Musta	Katu	Laghu, Ruksha	Sheeta	Katu	Kaphapittahara, Jwara, Trishnahara
6	Tvak	Madhura, Katu	Laghu, Teekshna	Ushna	Katu	Kaphavatahara, Bastishodhana
7	Ela	Madhura	Laghu, Ruksha	Sheeta	Madhura	Vatahara, Rochana, Dipana
8	Patra	Madhura, Katu	Laghu, Ruksha	Sheeta	Madhura	Kaphavatahara
9	Naga kesara	Katu	Laghu	Ushna	Katu	Kaphahara, Bastishula
10	Yavani	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Vatakaphahara, Dipana
11	Kankola	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Vatakaphahara, Ruchya
12	Lavanga	Katu, Tikta	Laghu, Teekshna	Sheeta	Katu	Pittahara, Vrushya

Essential criteria for preparation^[17]

- *Kastaushadhi* used for *Kwatha* preparation are to be freshly collected in case of wet drugs, Dry drugs should be freshly dried and taken in a coarse powder form.
- One should select the appropriate *Sandhana Patra* like *MritPatra*, wooden drums, cement tank, synthetic drums and bigger glass jars.
- The measures of *Sandhana Patra* like *Ghrita Lepana*, *Dhupana*, *Amlata Virodhi Samskara* and *Pralepana Samskara* should be carried out.
- The place of fermentation is required 30⁰-35⁰C temperature to facilitate enzyme activity in the fermentation vessel.
- The *Prakshepaka Dravya* are added to the solution in fine powder form and along with *Sandhana Dravya*, after filling the liquid preparation inside the container.
- There are different fermentation initiators are available, among which *Dhataki Pushpa* is the best according classics. *Vasanta* and *Sharad* are the appropriate seasons for fermentataion.

Method of Preparation^[18]

Wash, dry and crush the *Shweta Jeeraka*, and taken in a bigger vessel along with specified quantity of water. The vessel is placed over moderate fire and liquid is boiled and reduced to quarter, then filtered through a clean muslin cloth into another wide mouthed vessel.

After the filtrate cools down, the mentioned quantity of jaggery is added and stirred well. When it is dissolved completely in the liquid, the blend is filtered once to get rid of all physical impurities and dirt present in jaggery. Meanwhile the mentioned quantity of *Dhataki Pushpa* is cleaned, dried and kept ready. The *Prakshepaka Dravya* make into coarse powder form.

Now an appropriate *Sandhana Patra* is selected, its *Dhupana* is carried out by using the *Dhupana Dravya* (*Karpura, Jatamamsi, Agaru*). Kept in suitable place (husk or dark room) to maintain the required temperature and protecting from climatic fluctuations. Now the jaggery dissolved in decoction is carefully poured into the fermentation vessel. It is later added with the coarse powder of *Prakshepa Dravyas* and *Dhataki Pushpa*. The mixture is cautiously stirred and the vessel kept undisturbed by temporarily closing its mouth with a cloth and lid.

Meanwhile onset of fermentation is observed daily for about 3 to 5 days. Soon after fermentation onset, the *Sandhibandhana* of vessel is done, the vessel is labelled and left undisturbed form till 15-25 days in hot climate and 30-45 days in cold climate. After confirming completion of fermentation through all the classical guidelines, the preparation is siphoned out. It is stored in air tight bigger plastic cans and checked for continue fermentation and the sediments for a fortnight or two days. The preparation later taken out again, packed in suitable air tight containers and neatly labelled.

Dose: - 15-30 ml orally along with equal quantity of water after meals twice a day.

Physico-chemical parameters^[19]

Clear dark brown liquid without frothing and significant sedimentation; aromatic odour and bitter taste.

Total phenolic content: 0.154 to 0.189 per cent w/v equivalent to tannic acid

Total solids: Not less than 22.0 per cent w/v

Specific gravity (at 25⁰): 1.08 to 1.20

pH: 3.5 to 4.5

Reducing sugar: Not less than 14.00 per cent w/v

Non-reducing sugar: Not more than 1.00 per cent w/v

Alcohol content: 5 to 10 per cent of w/v

Methanol: Absent

Probable mode of action in *Grahani Roga*

In *Grahani Roga Jataragnidushti* occurs due to the improper food consumption at irregular timing over a long period of time. If *Agnidushti* is not corrected in proper time, it further leads to *Ajeerna* leading to distinctive feature like *Atisrushta*, *Atibaddha* and *Atidrava Mala Pravrutti*.

Jeerakadyarista contains main ingredient as *Shweta Jeeraka*, which is having *Katu Rasa Pradhanata* and *Laghu, Ruksha Guna*, it acts as *Kaphavatahara* and *Grahi*. It is effectively improve the digestive fire and act as appetizer.^[20] *Shunti* contains *Katu Rasa* and *Ushna Veerya* acts on digestion process. *Lavanga* due its *Katu, Laghu* and *Teekshna* property does *Dipana, Pachana* and also *Ruchya Karma*.

The drug *Jatiphala*^[21] well-known aromatic perennial plant with a characteristic scent that possesses multiple medicinal applications, being used to treat stomach ulcers, and acts on digestion, absorption and metabolism of food. *Musta* is known for anti-inflammatory and anti-fungal action, so it helps to relieve fever, dyspepsia and diarrhoea. *Twak* contains *Madhura Rasa* and *Teekshna Guna* used to pacify *Kaphavata* and *Bastishodhana*.

Tejapatra has gastro-protective properties. It enhances immune system, gastro-intestinal tract, diuretic and antimicrobial activity. It is used in colic, dyspepsia and diarrhea. *Nagakesara* clears *Kapha*, it beneficial in the treatment of fever, excessive thirst, perspiration, nausea and vomiting. The seeds of *Yavani* acts as appetizer, carminative and aids digestion. It also beneficial in treatment of abdominal pain. *Kankola* has anti-inflammatory and anti-parasitic activities, it used in the treatment of loss of taste and abdominal disorders. *Dhataki* due to *Kashaya Rasa* tackles *Pitta Dosha*. It is also act as *Garbhastapana* and *Atisarahara*. In *Jeerakadyarista* most of the ingredients contains *Dipana, Pachana* and *Grahi* property helps to overcome from the disease.

DISCUSSION

Grahani Roga is one among the *Astamahagada* and *Jataragni* is *Mula* for the most of diseases. Now a days due to improper food habits and life style leads to many of the gastro-intestinal tract disorders, *Jataragnidushti* occurs due to the *Mandagni* leading to symptoms like *Arochaka*, *Amodghara*, *Atibaddha Mala* etc. *Bhaishajya Ratnavali* in *Sutikopachara Adhikara* explains in detail about *Jeerakadyarista*. It is one among the *Madhya Kalpana* contains self-generated alcohol. During the preparation of *Jeerakadyarista* appropriate *Dhupana Karma* helps to prevent fungal growth in fermentation process. The duration of fermentation process varies from 15-45 days based on climatic changes in a different season. To confirm the completion of fermentation burning candle and lime water test should be performed. Proper assessment of fermentation process initiation and completion by classical method is necessary to get good quality of product and self-generated alcohol act as natural preservative.

Jeerakadyarsita is used in wide range of clinical practice as it improves *Jataragni* and nourishes the body as it acts on *Annavaha Srotasa*. It is mainly indicated in *Sutikamaya*, *Grahani Roga*, *Atisara* and *Agnimandya*. It also acts on the ovulation, proper development of uterine endometrium^[22] and enhancement of the *Dehabala* after the delivery. *Jeerakadyarista* contains main composition as *Jeeraka* possess *Katu Rasa*, *Laghu Ruksha Guna* and having the therapeutic action like *Garbhashaya Shodhaka*, *Balya*, *Deepana*, *Grahi Karma*. *Shunti*, *Jatipala* and *Musta* are having *Katu, Tikta Rasa* enhances the digestive capacity and restrain the metabolism process.

CONCLUSION

Jeerakadyarista is popular formulation used in day-to-day clinical practice as it is effective in *Agnidushtijanya Vikaras*. It is specially indicated in all kinds of *Annavaha Sroto Vikara*, one has to administer the *Jeerakadyarista* after proper analysing the *Rogibala*, *Kosta* and *Agni*. It is highly significant in correcting *Jataragni* due to mainly *Deepana*, *Grahi*, *Aruchinashaka* and other properties drugs. So that it can be a best choice of classical medicine in *Grahani Roga*.

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