

A REVIEW ON CHITRAK MOOL CHURNA IN GRAHANI ROGA**Arun Kumar Kalihari^{*1}, Mohammed Asif², Vinay Bhardwaj³ and Ashok Kumar⁴**^{1,2}M.D. Scholar, Department of Kriya Sharir, NPA Govt. Ayurved College, Raipur CG.³Reader Department of Kriya Sharir, NPA Govt. Ayurved College, Raipur CG.⁴Lecturer Department of Kriya Sharir, NPA Govt. Ayurved College Raipur CG.Article Received on
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ABSTRACT

Grahani is a word which represents both an organ and a disease. Grahani is the adhithan of agni. The word means that which restrain the food. It is the organ which take part in releasing digested food downwards and restrain the undigested food in kosta for allowing the proper digestion of food. The Roga which is affecting here is called as Grahani Dosha, with the main Lakshan as muhurbaddham muhursiddhila varch which may be Sama or sanna, pakva or apakva. As per Bhavprakasha purva khanda 6/70-71, Citraka is therapeutically indicated in Grahani Dosha. Citraka is having Katu Rasa, Laghu, Ruksha and Ushna Guna, Katu Vipaka, Vata Shleshma Hara, Grahi. Citraka is one among the drugs included in Deepaneeya Dashemani.

KEYWORDS: Grahani dosha, Grahani roga, Mandagni.**INTRODUCTION**

In the present days irregular dietary habits, sedentary lifestyle and stress are key causative factors for diseases. All these disturb the function of digestion and absorption and leads to many digestive disorders. Grahani roga is one of the digestive disorders. Malfunction of Agni i.e. Mandagni causes improper digestion which leads to Grahani Dosha. The word Grahani is derived from Dhatu 'Graha' which means, to catch, to hold or to get. According to Ayurveda Vata, Pitta, and Kapha are susceptible to imbalance and vitiation. In turn, they vitiate other structural and functional elements of the body. Samana Vayu, Pachaka Pitta and Kledaka Kapha are the main Doshas confined to the organ Grahani. Samana Vayu always move throughout Koshtha and responsible for Annam Gruhanati (Enterogastric Reflexes), Pachati (helps in Agni Sandhukshana i.e the secretion of diges-tive enzymes increased by enteric

nervous system), Vivechayati (Absorption of digested food) Munchati (Progression and to spread out the chyme along the intestinal mucosa) 1. Pachaka Pitta participates in the digestion of food and supports the functions of the remaining Pitta, present elsewhere in the body. Kledaka Kapha is said to be located in the Amashaya, moistens the food, disintegrates and liquefies it. Chitraka is commonly prescribed Ayurvedic tablet. It balances Vata-Kapha and improves the Pitta. It is mainly used in digestive disorders such as Ama (Altered digestion and metabolism) and Mandagni (Depleted digestion strength)

As per Bhavaprakasha Nighantu Chitrak is analanaama and dhanvantari Nighantu, Raja Nighantu says Agnisama and indicated in Grahani disease.

Review of Grahani Dosha/Grahani Roga

The impairment of Grahani will impair the functional aspects of Agni and vice versa. Therefore all the etiological factors of Agni Dushti may cause Grahani Dosha and finally results in Grahani Roga. Grahani Dosha is the primary stage of Grahani Roga. Acharya Charaka, while explaining Grahani Dosha has said Tikshna, Manda, Vishama Agnis may cause Grahani Dosha but Grahani Roga is the consequence of only Mandagni. Grahani.

Acharya Chakrapani, while commenting on Grahani Chikitsa has clearly mentioned that Grahani is Ashraya and Agni is Ashrita. The Upachara for Grahani Roga is same as that of Agni. (Chakrapani, Ch. Chi. 15/7).

In Context of pathogenesis of Grahani Roga Acharya Sushruta stated that: Grahani Roga occurs as a sequel of disease Atisara. A person who has been relieved of Atisara, but is still having Mandagni, if he takes injudicious food it leads to vitiation of Agni and then damages the organ Grahani. This condition is called Grahani Roga (Su.U.40/166).

Samprapti of Grahani Roga

Etiological Factors → Agni Dushti → Apachana → Ama Utpatti → Shukta-Paka → Annavisha Or Amavisha → Grahani Dosha → Grahani Roga

Description of drug

Citraka mool

Botanical Name	<i>Plumbago zeylanica</i> Linn.
Family	Plumbaginaceae
Vernacular Name	Chira, Chitra

Parts used for study	Root
Rasa	Katu
Guna	Laghu, Ruksha, Tikshna, ushna
Virya	Ushna
Vipaka	Katu
Karma	Vahnikrit, Pachana, Deepana, Vata shleshmahara, Grahi
Indication	Grahani, kushtha, Shotha, Arsha, Krimi, Kasa

Action of chitraka in grahani roga according to various nighantus

➤ चित्रकोऽनलनामा च पाठी व्यालस्तथोषणः ।

चित्रकः कटुकः पाके वह्निनृत्पाचनो लघुः ।

रूक्षोष्णो ग्रहणीकुष्ठशोथार्शःकृमिकासनुत् ।

वातश्लेष्महरो ग्राही वातार्शःश्लेष्मपित्तहृत् ६४ (Bhava Prakasha)

➤ चित्रको दहनो वह्निः पाठीको दारुणोऽरुणः ११७८

व्यालो हुताशो हुतभुक् पाली पाठी च पावकः ।

ज्योतिर्ज्वालोऽनलो द्वीपी शिखाग्निर्ज्वलनः शठः ११७९

चित्रको दीपनस्तिक्तः कटुः पाके रसे लघुः ।

अग्निवत् पाचनो रूक्षो वीर्योष्णो रोचनो जयेत् ११८०

ग्रहणीकफवातामशोफकुष्ठोदरकृमीन् ।

कटुकत्वात् कफं हन्ति तिक्तत्वात् पित्तनाशनः ११८१

औष्ण्याद् वातं प्रशमयेत् त्रिदोषग्नोऽग्निदीपनः ।

तच्छाकं लघु सङ्ग्राहि कफपित्तविनाशनम् ११८२ (Kaiadeva Nighantu)

➤ चित्रको दहनो व्यालः पाटिनो दारुणोऽग्निकः ।

ज्योतिष्को वल्लरी वह्निः पाली पाठी कटुः शिखी ८५

कृष्णारुणोऽनलो द्वीपी चित्रभानुश्च पावकः ।

चित्रकोऽग्निसमः पाके कटुकः कफशोफजित् ।

वातोदरार्शोग्रहणीक्षयपाण्डुविनाशनः ८६ (dhanvantari Nighantu)

- चित्रको हुतभृग् व्यालो दारुणो दहनोऽरुणः ।
अग्निपाली हविःपाली वह्निनाम विशेषतः २१
चित्रकः कटुकः पाके वह्निकृत्पाचनो लघुः ।
रुक्षोष्णो ग्रहणीकुष्ठशोफार्शः कृमिकासजित् ।
श्लेष्मानिलहरो ग्राही तच्छाकं श्लेष्मपित्तनुत् २२ (madanpal Nighantu)
- चित्रकोऽग्निश्च शार्दूलश्चित्रः पाली कटुः शिखी ।
कृशानुर्दहनो व्यालो ज्योतिष्कः पालकस्तथा ४३
अनलो दारुणो वह्निः पावकः शबलस्तथा ।
पाठी द्वीपी च चित्राङ्गो ज्ञेयः शूरश्च विंशतिः ४४
चित्रकोऽग्निसमः पाके कटुः शोफकफापहः ।
वातोदरार्शोग्रहणीकृमिकण्डूतिनाशनः ४५ (raj Nighantu)
- चित्रके दहनो व्यालः पाठीनो दारुणोऽग्निकः ३३८
ज्योतिष्को वल्लरी द्वीपी पाठी पाली कटुः शिखी ।
व्यालकोलो हिताङ्गश्च मार्जारो दीपकस्तथा ३३९ (sodal Nighantu)
- चित्रको दहनो वह्निः शिख्यग्निः पावकोऽनलः ।
ज्योतिर्ज्वालो दीपसञ्ज्ञा पाठिनो दारुणोऽरुणः २९
चित्रकोऽग्निसमः पाके शोफार्शः कृमिकुष्ठहा ।
कफवातप्रशमनो विधिना च रसायनम् ३० (madanadi Nighantu)

Probable mode of action of chitraka at different levels

Acharya Charaka states that, certain drugs act through Rasa; some through Virya; some through their Gunas; some through their Vipaka and some through their Prabhava. On the basis of physiochemical properties of Chitraka, probable mode of action can be understood as follows,

1. At the level of dosha
 - In Grahani Roga, Samana Vayu, Pachaka Pitta and Kledaka Kapha these three are the main culprits. Because of its Laghu, Ushna, Ruksha Gunas and Katu Rasa, it subsides the aggravated Kapha.
 - While, by Usna Virya and Guna it counteracts Vata.
2. At the level of dushya
 - From the samprapti of Grahani Roga, it is clear that the main Dushya involved is Rasa Dhatu. Katu Rasa improves the Digestion and made first Dhatu in proper form, it act on the Rasa Dhatu.
3. Probable action on srotas
 - The disease exhibits three type of Sroto Dusti (Sanga, Vimarga-gamana, Atiprav ritti).
 - Citraka by the virtue of Deepana, Pachana property, Laghu, Ruksha guna, Katu Rasa and Usna virya relieves Sanga type of Dusti.
 - Deepana, Pachana and Grahi property and also by the virtue of Ruksha Guna decreases Srotogata Ama and Pichhilata and relieves Ati Pravritti.
4. Probable action on agni level
 - By virtue of its Deepana, Pachana, Rochana property, Katu Rasa, Laghu, Ushna, Ruksha guna, Usna virya it stimulates Jatharagni which inturn stimulates all other Agnis.
5. Probable action on ama level
 - Ama means unripe and undigested Annarasa. It needs proper Paka. By virtue of its Deepana, Pachana, Rochana property, Katu Rasa, Laghu, Ushna, Ruksha guna, Usna virya, will stop the further Ama production and help into break the basic pathology. This Ama Pachana causes Srotomukha Vishodhana.

DISCUSSION

Jatharagni is important from all of agni because it gives nutrition to all Agni in the body. Impairment of Jatharagni leads to various diseases. Grahani roga is one of digestive disorder and its main cause is mandagni (indiges tion). Grahani Roga is an advanced and chronic condition of Grahani Dosha. When the vitiated Doshas get confined to only the organ Grahani, then could be called Grahani Dosha. When the vitiated Doshas travel throughout the Rasadi Dhatus i.e. Sarvasharira Gatatva then it could be called as Grahani Roga. Grahani

Dosha is vitiation of Agni i.e. functional derangement of Grahani regarding production of Pachaka Pitta and also holding (Grahana) of Ama (food) for digestion, but when it converts in structural deformity then that chronic condition can be considered as Grahani Roga. Usma (agni), Vayu, Kleda, Sneha and Kala are the supportive element for digestion of food. Chirtaka is grahi and of Usna Virya, Katu Rasa, Katu vipaka which act as Deepana Pachana. After pachana due to usna virya they absorb the watery portion from the mala and relieves Atidravata of mala (loose stool). Pitta is Agneya but is in Drava (liquid) form. If Drava part of pitta increases it leads to Mandagni and Agneya part increases it leads to Tikshnagni and Dhatu Shoshana. Chitraka has Katu rasa, Laghu, Usna, ruksha guna, Usna virya, Katu vipaka which lead to Shoshana of Drava part of pitta and increase the Agneya part of pitta.

CONCLUSION

Chitraka is having Deepana-Pachana, Rochana, Shoolahara, properties and Usna virya, Katu rasa, Laghu-tikshna- ruksha guna prominent with Katu vipaka. These properties are attributed to different actions at different levels of digestion and ultimately pacifying Grahani Roga. So Chitraka is to be pre scribed in case of Grahani Dosha/Roga or Ama diseases by observing Prakruti, Desha, Kala, Vaya, and Avastha of the patient and Roga Bala.

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