

**TAKRA IN GRAHANI (IRRITABLE BOWEL SYNDROME) - A
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ABSTRACT

Health is never an issue until we get sick and which is true in present era. Diseases of digestive system are major constitute of health problems in India. Due to the improper faulty diet, fast food, stressful life style, improper food timings in the present era have lead to various diseases in which digestive system disorders are also included. Ayurveda defines health as harmony of dosha, dhatu, Agni, malakriya and cheerful status of atma, indriya and manas.^[1] Agni plays an important role in maintaining the metabolic activity of body, responsible for strength, ayu, varna, swastya, utsaha, oja and teja. Extinction of Agni leads to death.^[2] “Rogaha sarve api mandagnou” all diseases are caused by mandagni and Grahani is one of them. Grahani is disease of annavaha srotas and one among the Astamahagada which is caused due to Agni dusthi.^[3] Agnimandya is root cause of many

diseases and plays an important role in samprapti of Grahani. Grahani and Irritable Bowel Syndrome can be corelated on the basis of symptoms. Ayurveda has described various treatment modalities that are useful in treatment of Grahani, among them Takra prayoga is one. Takra is given equal importance to Amruta.^[4] Treatment principle in Grahani is Agnivardhana chikitsa by deepana and pachana drugs as Agnimandhya is major cause of Grahani. Takra is tridosahara, deepaka, pachaka, strotoshodhaka, grahi and probiotic qualities help in regulating functions of gastrointestinal system.

Article Received on
19 July 2020,

Revised on 08 August 2020,
Accepted on 29 August 2020,

DOI: 10.20959/wjpr202010-18507

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KEYWORDS: Grahani, Takra, Agni.

INTRODUCTION

Grahani is site of Agni. Strength of Grahani depends on the strength of Agni which is present in it. Both are interrelated. Impairment of Agni leads to dushana of Grahani resulting in Grahani roga. It is called so because of its power to restrain (grahanat) the downward movement of food. It is located above the umbilical region and is supported and nourished by strength of Agni.^[5]

Sushruta opines that sixth pittadhara kala situated between amashaya and pakwashaya is Grahani.^[6] Normally it restrains the downward movement of undigested food and after the digestion it releases the food through its lumen. During the abnormal conditions when it gets vitiated undigested food is released due to the impairment of Agni (Agnimandhya).^[7]

Agni is most important sustaining factor for all the living beings. Jataragni should be carefully maintained as strength of person depends on strength of jataragni. Aggravation or diminutions of Agni result in aggravation or diminution of bhutagni and dhatwagni.^[8]

If the person indulges in food without following the appropriate procedures then he will quickly give way to disease caused due to vitiation of Grahani due to the uncontrolled habits.^[9] Now days it is very common due to sedentary life style, improper diet, fast foods, improper timings of food, stress etc leading to the gastrointestinal disorders. On the basis of symptoms Grahani and irritable bowel syndrome can be correlated. Irritable bowel syndrome is functional bowel disorder characterised by abdominal pain or discomfort and altered bowel habits in absence of detectable structural abnormalities. Throughout world about 10-20% of adult and adolescence have symptoms consistent with IBS. Studies show female predominance which affects all age groups.^[10] IBS is presented with clinical features of altered bowel habits, colicky abdominal pain, abdomen distension, feeling of incomplete defecation, rectal mucous.^[11]

Agni In Grahani

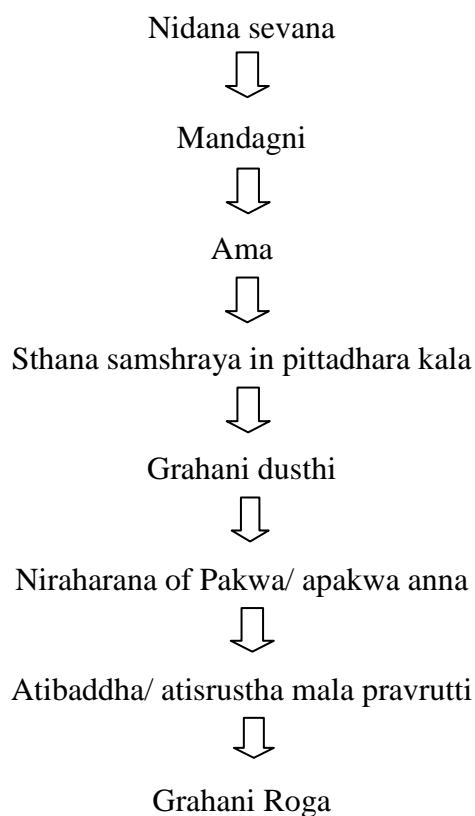
All the diseases are caused due to mandagni as per the quotation “rogaha sarve api mandagnou”.^[12] Grahani roga is also caused to Agnidusthi. There is ashraya- ashrita relationship between both Grahani organ and Agni.^[13] Due to the Agni dusthi there will formation of ama due to which proper formation of rasadi dhatu does not take place. Due to

the etiological factors both Grahani and Agni becomes disturbed leading to development of Grahani roga. Agnidusti (mandagni) leads to the vidaha which moves upward and downwards in the gastrointestinal tract. When both the digested and undigested food (apaka) move downwards then this condition is called as Grahani were the food remains in the state of vidagdha (partly undigested)^[14] leading to the symptoms of atibaddha, atisrustha mala pravrutti, jwara, arochaka, udgara etc.

Nidanas of Grahani

Abhojana, ajirna, atibhojana, vishamashana, asatmyabhojana, excessive intake of guru, sheeta, ruksha ahara, improper administration of vama, virechan and snehapan, desha-kalarutu vaishamya, vegadharana.^[15] According to sushruta after nivrutti from atisara intake of ahitakara ahara and vihara, jataragni mandhya are cause of Grahani.^[16]

Samprapti



Purva Roopa

Trishna, Alasya, Balakshaya, Vidaha, Chirat annapaka and Kaya gourava.^[17] Aruchi, kasa, karnaskweda, antrakunjana.^[18]

Sadana, delayed digestion, amla udgara, praseka, mukhavairasya, trishna, klama, brama, chardi, antrakunjana and anaha.^[19]

Rupa

Atibaddha, atishrusta malapravrutti, trishna, arochaka, mukhavairasya, krashata, tamadarshan, hastapada shota, chardi, jwara, tiktamalaudgara, malapravrutti after food.^[20]

Chikitsa

In Grahani mainly Agnivardhaka chikitsa is advised by using deepana and pachana dravyas, as Agnimandhya is main factor in samprapti of Grahani. All treatment explained in ajirna and atisaara to be followed. Acharyas have explained shodana and shamana treatment in Grahani along with these they have specially given importance to Takra prayoga. In ayurveda we get good number of references to explain importance of Takra. Takra has been compared to Amrita.^[21]

He who consumes takra daily does not suffer from disease and diseases cured by takra do not recur. Just as amrita is for gods, takra is for humans.^[21]

Takra is prepared with addition of 1/4th part of water and cream is removed after churning.^[22] In Samhita treatment in Grahani, arsha and udara we get use of takra in form of medication either single or with combination with other drugs.

Tridoshahara Property of Takra

Takra is considered as tridoshahara by its properties such as rasa, guna, veerya, vipaka. It acts as vatagna due to its amla, sandra guna. It does not vitiate pitta because of madhura vipaka. Act as kaphara by its kashaya, ushna, vikashi and ruksya guna.^[23]

The usefulness of takra is mentioned in disorders like Grahani, Udara, Arsha, Agnimandya, Shotha, Mutranigraha, Aruchi, Snehavyapad, Gara visha and Pleehavikara etc.^[24]

Properties of Takra^[25]

Rasa: kashaya, amla, madhura

Veerya: ushna

Vipaka: madhura

Guna: laghu, ruksha, vikasi, sandra

Karma: deepana, pachana, grahi, srotoshodana, balya, vrishya, prerana.

Doshagnata: Tridoshahara

It is best in Grahani roga because of sangrahi, laghu guna. Sadhya siddha takra does not cause vidaha and takra prayoga explained in Arsha and Udara roga must be used in Grahani.^[26]

Takra Prayoga Kala

Sheetakala, agnimandya, vatakapahja vikar, srotorodha.^[27]

Indication of Takra In Combination with Different Drugs^[28]

Takra is tridoshahara. It can also be used with combination with other drugs which enhance its doshahara property.

In vataja disorder: amla takra + saidhav lavana

In pittaja disorder: madhura takra+ sharkara

In kaphaja disorder: takra+ kshara+trikatu (shunti, maricha, pippali)

Along with hingu, jeeraka, saidhava in Grahani, arshas, atisara, rochana, pustiprada, balya and bastishulavinashana.^[28]

In Vangasena Samhita it is explained that Takra is grahi, Agnideepaka, daily use of takra is very beneficial and it is tridoshahara. Even after taking many medications without takra there will no kshaya of Grahani. Acharya have explained with simili that how the trunasa muha and andhakara is destroyed by Agni and surya in the same way by takra sevana there will samula shamana of Grahani.

Takra should be consumed along with butter, ghee and shunti churna. Decreasing the amount of food one must simultaneously increase the amount of takra. Later on one must only have takrahara. Whenever person feels hungry, buttermilk should be consumed with shunti. During this period one should not have excess exercise, speech, excess coitus, anger. By following this, one will be free from Sangrahani as the wealth leaves gambler similarly Sangrahani leaves takrasevi. After the complete relief from Grahani roga food should be increased gradually. If takra sevana is followed as per rules in Grahani it is very effective. So takra consumed in proper way in Grahani is better than medicine and no other medicine is as effective as takra.^[29]

Charak has explained time period of takra sevana. One should consume takra for 7 days, 10 days, 15 days and 30 days only. Takra sevana should be followed with the pattern of increasing and decreasing order (utkarsha and apakarasha).^[30]

Due to this one can preserve the increased power, strengthen the vata dosha power, Upachaya and Varna.^[31]

In Grahani chikitsa Acharya Charak have explained takraristha which act as deepana along with gulmahara, arsha, krimiroga etc.^[32]

According to Sushruta only takra sevana or pachana dravya gana, sangrahi dravya gana and deepaniya dravya gana churna along with takra is very helpful in Grahani.^[33]

Takra contains probiotics which facilitates proper digestion and absorption process. Maintains proper metabolism. Probiotics are those bacteria which are good for our health. There are many bacteria found in our intestine which prevent growth of harmful bacteria. Takra cleanse srotas due to which rasa and end product of digestion reach tissue properly, creates nourishment, strength and complexion.^[34] It is used as medicine either singly or in combination with other drug in diseases of colon. Takra has less fat compared to milk, rich in calcium, potassium and vit B 12.

Each 100 gms of buttermilk consists of nutrient values in below mentioned

Calories	40k cal
Water	90.13g
Macronutrients	
Carbohydrates	4.79g
Protein	3.43g
Fats	0.51g
Micronutrients - vitamins	
Vitamin A	47IU
Vitamin C	1.0mg
Vitamin B6	0.034mg
Vitamin D	1IU
Thiamin	0.034mg
Riboflavin	0.154mg
Niacin	0.058mg
Micronutrients – minerals	
Potassium	151mg
Calcium	116mg

Takra (buttermilk) contains various probiotics mainly *L. lactis* subsp. *lactis*, *L. lactis* subsp. *Lactis* var. *diacetylactis*, *L. lactis* subsp, *Cremori*. Probiotics are live microorganisms which when administered in adequate amount confer health benefits to the host. Lactic acid bacteria and lactic acid in buttermilk inhibit growth of pathogenic microorganisms. Help to change the intestinal flora and prevent the growth of putrefactive organisms. They not only improve intestinal tract health but also do various functions like suppressing the endogenous pathogens and exogenous pathogens, enhance immune system modulation, cholesterol

reduction, synthesizing and enhancing bioavailability of nutrients and aid in lactose digestion.^[3]

DISCUSSION

Grahani is a disease of gastrointestinal tract caused due to mandagni. As the main factor responsible for the cause of disease is impairment of Agni (mandagni) hence it should be corrected by Agnivardhaka chikitsa. In Ayurveda takra proyoga in Grahani has been described by acharyas. Takra which is deepana and pachana help in correction of mandagni. Takra with its grahi guna helps in Grahani. As it is srotoshodaka it helps in cleaning the channels and help for proper absorption of food. Due to its laghu guna it is easy for digestion. As takra contains vit 12 help in synthesis of fatty and amino acids. It is rich in calcium, potassium, minerals, protein and rich in probiotics which strengthen the digestive system and replenishes the intestinal flora. It maintains the proper metabolism of body and immunity of body. This takra plays an important role in diseases of digestive tract.

CONCLUSION

Grahani is a condition related with Agnivikriti. Takra with deepana and pachana guna help in correction of Agnimandya which is important factor in samprapti of Grahani. Due to its laghu it helps in digestion and grahi guna (antidiarrhoeal) help in correction of Grahani. It helps in cleansing of channels (srotas) due to its srotoshodaka guna. It is rich in probiotics which help in strengthen the digestive tract and improves the immunity of body. Hence takra proyoga is very prashatya in Grahani roga.

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