

## EFFICACY OF DADIMASHTAK CHURNA IN THE MANAGEMENT OF GRAHANI WITH SPECIAL REFERENCE TO IRRITABLE BOWEL SYNDROME- A CASE STUDY

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Article Received on  
08 March 2021,

Revised on 29 March 2021,  
Accepted on 18 April 2021

DOI: 10.20959/wjpr20215-20306

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### ABSTRACT

**Background:** *Grahani* is a disease which occurs due to impairment of *agni*. It is included in *ashtamahagad*. The main site of *agni* is *grahani*. According to modern it is related to irritable bowel syndrome. It is a disorder of gastrointestinal tract in which no structural infective or biochemical cause which is characterised by abdominal pain increased by taking food and relieved by defaecation and painless diarrhoea occurs at morning never at night. **Aim:** To study the efficacy of *dadimashtak churna* in *grahani*. **Methodology:** This study deals with a 40 year old female patient having complaints of abdominal pain which is aggravated by taking food and relieved by defaecation and painless diarrhoea since 1 year. Patient was diagnosed

*grahani* according to *Ayurveda* and IBS according to modern. Treatment was given such as *dadimashtak churna*. **Result:** Patient got symptomatic relief in *grahani* at the end of treatment. **Conclusion:** *Dadimashtak churna* is found to be effective in the management of *grahani*.

**KEYWORDS:** *Grahani*, *agni*, *ashtamahagad*, *dadimashtak churna* irritable bowel syndrome.

### INTRODUCTION

*Grahani* s disease caused due to impairment of *agni*. It is also called as *Pittadhara kala* for the proper functioning of *grahani pachak pitta* and *saman vayu* helps. *Grahani* is a chronic

disease. Assimilation *apkva ahar* and digest it in *Grahani* and division of *ahararas* into *sar* and *kitta* parts. Also the absorption of *pakwa aharras* takes place in *grahani*. Due to any reason deformity of this organ occur then *grahani vyadhi* develops.

*Agnimandya* is present in *grahani* patient so *aruchi*, *asyavairasya*, *bhrama* these are the symptoms present in the patient Solid or liquid defaecation present in the patient.

IBS is a functional disorder of gastrointestinal tract in this there is disturb motility of colon, small intestine, stomach, lower oesophagus. Psychological disturbances like anxiety, tension, excessive worry are all commonest etiology of IBS. Certain food also precipitate attack. In this pain is aggravated by food and relieved by defaecation. Painless diarrhoea present, mucus may or may not be present. Stools are ribbon like, pencil like or pellet like. Post prandial tenesmus is common symptom.

### CASE STUDY

Patient name- XYZ

Reg.No.-61165

C/O

-Abdominal pain activated by taking food and and relieved by defaecation

-Painless diarrhoea since 1 year. (*Muhurbaddha Muhurdravam Mala Pravrutti*)

-*Balakshaya, Arochaka.*

### PAST HISTORY

N/K/C/O DM/HTN/BA/PTB/Epilepsy/IHD

N/H/O fall trauma or any addiction

P/A soft and non tender

U-passed

S-passed

### O/E

GC- fair afeb

P-80/min

BP-130/80mmhg

### S/E

RS-AEBE clear

CVS-S1S2 sinus rhythm

CNS-conscious and oriented

### INVESTIGATIONS

CBC, LFT, RFT, BSL-F&PP, LIPID PROFILE-WNL

### TREATMENT GIVEN-

*Dadimashtak churna* 5 gm BD

*Anupan-takra*

Time of administration-*Saman Kaal*(Mid of meal)

Sr No	Name	Botanical Name	Quantity
1.	<i>Vanshalochana</i>	<i>Bambusa arundinacea</i>	1 karsha
2.	<i>Twak</i>	<i>Cinnayamomam zeylanicum</i>	2 karsha
3.	<i>Ela</i>	<i>Eleteria cardamomam</i>	2 karsha
4.	<i>Pataka</i>	<i>Cinnamomam tamala</i>	2 karsha
5.	<i>Nagkeshara</i>	<i>Mesua ferea</i>	2 karsha
6.	<i>Yavani</i>	<i>Trachyspermum ammi</i>	1 pala
7.	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	1 pala
8.	<i>Ajaji</i>	<i>Ccuminum cyminum</i>	1 pala
9.	<i>Pippalimula</i>	<i>Piper longum radix</i>	1 pala
10.	<i>Sunthi</i>	<i>Zinzibr officinale</i>	1 pala
11.	<i>Maricha</i>	<i>Piper nigrum</i>	1 pala
12.	<i>Pippali</i>	<i>Piper longum</i>	1 pala
13.	<i>Sita</i>	<i>Sugar</i>	8 pala
14.	<i>Dadima</i>	<i>Punaca granatum</i>	8 pala

### RASA AND VIPAKA OF DADIMASHTAK CHURNA-

Name of ingredient	Ras	Vipak
Tawaksheeri	Kashay, Madhur	Madhur
Twak	Katu, Tikta	Katu
Patra	Katu, Tikta	Katu
Ela	Katu, Madhur	Madhur
Nagakeshara	Kashay, Tikta	Katu
Ajamoda	Katu, Tikta	Katu
Dhanyaka	Kashay, Tikt, Katu, Madhur	Madhur
Ajaji	Katu	Katu
Granthi	Katu	Madhur
Shunthi	Katu	Madhur
Maricha	Katu	Katu
Pippali	Katu	Madhur
Dadima	Kashay, Amla, Madhura	Madhur/Amla
Sita	Madhur	Madhur

**CRITERIA FOR ASSESSMENT**

Symptoms like abdominal pain (*udarshool*), painless diarrhoea (*muhurbaddha* and *muhurdrava malpravrutti*), In a face to face interview patient was asked to rate the intensity of each symptom based on Diagnostic Criteria of IBS also called as RomeIII criteria which is same as *pratyatma lakshanas* of *grahani*.

1 *Baddha mala*

- 0- Normal once daily
- 1- Alternative
- 2- Once in two days
- 3- In three days
- 4- Once in four or more days

2 *Muhurdrava mala pravrutti*

- 0-Normal once daily
- 1-Twice daily
- 2-3-4 times daily
- 3.5-6 times daily
- 4.>6 times daily

3 *Muhur Muhur Mala Pravrutti*

- 0-Normal once daily
- 1-Twice daily
- 2-3-4 times
- 3- 5-6 times daily
- 4. >6 times daily

4. *Udar shoola* or Abdominal discomfirt

- 0-No abdominal pain
- 1-Occasional /rarely abdominal pain
- 2-Intermittent lower abdominal pain relieved by passage of stool and flatus.
- 3-Continuous pain not relieved by passage of flatus and stool.

Patient rated the intensity of these symptoms before treatment and after treatment.

**RESULT**

Symptoms	Before treatment	After treatment
Baddha mala	1	0
Muhur drava malpravruti	2	1
Muhur muhur mala pravrutti	2	1
Udarshool	2	0

**DISCUSSION****Mode of Action*****Samprapti of grahani***

Within the presence of *mandagni* and etiological issue the eaten food remains improperly digestible and leads to vitiation of doshas.

Vitiated doshas inturn interacts with *agni* and further depress it.

That result in vitiation of functional status of organ *grahani* resulting in generation of *ama*.

This leads to excretions of *sama* or *pakwa mala* sometimes hard and sometimes loose, severe abdominal pain, foul smell.

*Grahani roga* is *tridoshatmaka* occurs because of vitiation of *Pachakgni*, *sama vayu* and *kledak kapha*.

*Acharya vagbhata* has expressed when *saman vayu* is functioning normally in its place functions of *agni* is also normal. Therefore *agni* is important factor in the *samprapti* of *agni*.

**Mode of action of *Dadimashtak churna* on *Grahani***

1. *Dadiamshtak churna* pacifies *agni* regulates *jatharagni*. Its *katu* and *tikta rasa* pacify *vitaitaed kapha* while *ushna virya* formulation pacifies *vata dosha*.
2. *Tikshana guna* and *ushna virya* stimulates *agni* and boost appetite.
3. also pacifies *vayu* and *akasha mahabhuta* which stimulates all types of *agni*.
4. It opens up *strotorodha* due to its properties such as-*Laghu*, *Ruksha*, *Tikshna guna* and *ushna virya*.
5. The removal of *strotoavarodh* stimulates *sapta Dhatwagnis*.
6. *Katu Vipaka* and *Ushna Virya* of formulation offer *ama nashaka* and *Laghutwa* properties which maintain normal state of *Sama Rasa Dhatu* and equilibrium of *Rasa Raktadi Dhatus*.

7. It possesses *Amapachaka* property and reduces colonic motility thus help to manage *muhurdrava mala pravrutti*. *Agni vrudhikara* and *Vata Kapha hara* property of formulation prevent mucous in mala.
8. *Dadimashtak Churna* *Dadima* and *Sita* offer *balya* properties thus strengthen *Dhatu* and metabolic activities.

### Mode of action of *Takra*

*Rasa* of *takra* is *Madhura*, *Amla* and *Kashaya anurasa* which is having *Laghu*, *Ruksha Guna* *Virya* is *Ushna Virya* and *Madhura Vipaka*. It does *Tridosahara*. *Agni Deepan*, *Hridya*, *Kapha-Vata shamaka* and acts as *Grahi*. *Takra* acts as *Tridoshagna*. *Takra* is a *Grahi dravya* which is better choice in *Grahani Dosha* because it does *Deepan Pachana* which helps in rectifying *mandagni*. *Takra* is *strotoshodhak* helps in proper absorption of *Rasa*.

### CONCLUSION

*Dadimashtak churna* with *Takra anupan* is found to be effective in the management of *Grahani*.

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