

## TAKRA: AN ALONE WAY TO TREAT GRAHANI-A LITERARY REVIEW

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### ABSTRACT

In the era of sedentary lifestyle, an irregular eating pattern i.e. intake of meals at different intervals of time, avoiding important meals and/or frequently indulging in fat rich fast food or junk meals are very much affecting the human health, among those *Grahani Roga* is a global problem common in modernised human beings. *Grahani* and *Agni* are interdependent. *Grahani* is an anatomical structure seated between *Amashaya* and *Pakwashaya*, it is the site of *Pittadhara kala* and *Agni*. It is the important part of *Annavaha Srotas* due to which the digestion of food occurs normally and the normal physiological activity of the body maintained. Functionally weak *Agni* i.e, *Mandagni*, causes improper digestion of ingested food, which leads to *Ama Dosha*, the root cause of most of the diseases. It has pivotal importance in the pathogenesis of *Grahani Roga*. *Grahani Roga* is considered under eight major diseases, hence it is hard to diagnose and difficult to treat. Improper digestion results in symptoms like alternate constipation and diarrhoea with associated symptoms which are collectively called as *Grahani Roga*. The entire renowned physician (ancient/ modern) of Ayurveda gave an account of treatment modalities for *Grahani Roga*. One of them is *Takra sevan* which is the “*Vyadhi viparita anna kalpana*”. *Takra* having *Ushna veerya*, *Kashaya rasa*, *Madhura vipaka* & *Ruksha guna* pacifies *Vata*, *Pitta*, *Kapha* and potentiate the *Agni* and digests as well as absorbs the food articles, relieves the symptoms and treat the disease in a generous way.

**Keywords:** *Grahani*, *Annavaha srotas*, *Ama Dosha*, *Takra*

### INTRODUCTION

*Grahani* (duodenum, first part of intestine) which is the site of *Agni* (digestive enzymes) is called so, because of its power to restrain

(*Grahanat~*) the downward movement of food, normally it restrains the downward movement of undigested food and after the

digestion it releases the food through its lumen. In the abnormal condition, when it gets vitiated because of weakness of *Agni* (power of digestion), it releases the food in undigested form only<sup>[1]</sup>.

### **ANATOMICAL POSITION OF GRAHANI:**

*Grahani* is the specialised part of *Maha srotas*. According to *Acharaya Sushruta*, the 6<sup>th</sup> *Pit-tadhara Kala* situated between *Amasya* and *Pakwasaya* is called *Grahani*, while *Acharaya Charaka* mention it as part being situated above *Nabhi*.<sup>[2]</sup>

The small intestine (*Grahani*, or that which holds) is a long organ about six times in length as you are tall. It is composed of three main layers: mucosal, muscular, and serosal. The innermost layer is a complex, dynamic site of identification of food chemistry (six tastes). It is rich in villi, hair like structures that guide the food particles to the deeper layers. The muscular layer acts through the peristalsis of contracting and relaxing.

### **IMPORTANCE OF AGNI IN GRAHANI:**

*Jatharagni* is situated in *Jathara* (stomach), 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 the digestive disorders and its main cause is *Mandagni*. *Grahani Roga* is an advanced and chronic condition of *Grahani Dosha*. When the vitiated *Doshas* get confined to only organ *Grahani*, then could be called as *Grahani Dosha*. When vitiated *Doshas* travel throughout the *Rasadi Dhatus* i.e. *Sarvasharira Gatatava* then it could be *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*, here the food remains in the state of *Vidagdha*, this leads to following symptoms:

Constipation or diarrhoea, *Trushna*, *Arochaka*, *Vairasya*, *Praseka*, *Tamakshvasa*, *Chardi*, *Parvarnk*, *Jwara*, *Udgara*.

### **GRAHANI NIDAN<sup>[3]</sup> :**

By abstinence from food, indigestion, overeating, irregular eating, taking unwholesome, heavy, cold, excessively dry and putrid articles of diet, by wrongful effects of purgation, emesis and oleation, by emaciation consequent upon disease or the incompatibility of country, climate or season or by suppression of the natural urges, the gastric fire gets vitiated.

### **TYPES OF GRAHANI ROGA:**

*Grahani Roga* is of four types mainly: *Vatika*, *Pittaja*, *Kaphaja*, *Sannipatika*<sup>[4]</sup>.

Two special types also mentioned in some other texts they are *Samgrahani*, and *Ghati Yantra Grahani*.<sup>[5]</sup>

### **SAMPRAPTI GATAKS<sup>[6]</sup>:**

*Nidan* – *Aharaja*, *viharaja*, *manasika karanas*  
*Doshas* - *Kledaka kapha*, *Pachaka Pitta*,  
*Samana Vayu*

*Dushya* – *Rasa*

*Agni* – *Jatharagni mandya*

*Srotas* – *Anavaha srotas*, *Purishavaha Srotas*

*Srotodushti* – *Sanga*, *Vimarga gamana*,  
*Atipravriti*

*Udhbhavasthana* – *Amashaya*

*Rogamarga – Madhyama and Bahya Roga Marga*

*Vyadhiswabhaba – Chirakari*

*Adhithana - Grahani*

### CHIKITSA SUTRA OF GRAHANI<sup>[7]</sup>:

- *Grahani* associated with *Ama Dosha*: *Vaman* should be given with luke warm water decoction of *Madanaphala*, powder of *Piper* and *Sarshapa* used.
- *Pakvashayastha Upchara*: purgation therapy with such herbs that stimulate digestion strength.
- If *Dosha* in its *Ama* stage is converted into *rasa* (chyle) and pervades other parts of body, then the patient is made to take fats and should be given medicines conducive to *Pachana* of undigested material eg. *Yavagu* (thick gruel). After the *Amashaya* is cleared by the administration of appropriate *Vamana* and *Langhanam* therapies, Patient is given *Paya* prepared of decoction of *Panchakola*.

### TAKRA

One common and most important *dravya* mentioned in treatment of *Grahani* by almost all authors is *Takra* i.e. Buttermilk. Like nectar for the people suffering from heaviness, ano-

rexia, suppression of power of digestion, diarrhoea, and diseases caused by aggravated *Vata* and *Kapha*<sup>[8]</sup> *Acharaya Vagbhata* state that Buttermilk cleanses channels of circulation, and as a result *Rasa* reaches the tissue element appropriately. This produces proper nourishment, strength, complexion and exhilaration. Besides it cures 100 diseases which include 80 caused by *Vata* and 20 caused by *Kapha*. *Takra* is considered as *Tridoshashamaka* by its properties such as *Rasa*, *Guna*, *Veerya*, *Vipaka*. It acts as *Vataghna* due to its *Amla Rasa* (sour), *Sandraguna*. It does not vitiate *Pitta Dosha* because of its *Swaduvipaka*. Act as *Kaphahara* by its *Kashaya Rasa* (astringent), *Ushana*, *Vikasi* and *Roukshya* qualities.

In Ayurvedic treatment, it is useful in the treatment of inflammation, digestive disorders, and gastrointestinal disorders, lack of appetite, spleen disorders and anaemia. Butter milk is healthy beneficial during winter, in indigestion and in *Vata* imbalance related disorders.<sup>[9]</sup>

Buttermilk is:

- *Laghu*-light to digest
- *Deepana*-improves digestion strength and acts against *Ama*
- *Kaphajit*
- *Vatajit*

**Table 1:** Ayurvedic Pharmacology of *Takra* according to different Ayurvedic Acharyas

S.no.	Charak	Sushruta	Ashtang Sangraha	Ashtang Hridya	Bhava Prakash
<i>Rasa</i>	<i>Kashaya Amla</i>	<i>Madhura Amla</i>	<i>Kashaya Amla</i>	<i>Amla Kashaya</i>	<i>Kashaya Madhura</i>
<i>Anurasa</i>	& -	<i>Kashaya</i>	& -	& -	& -
<i>Virya</i>	<i>Ushana</i>	<i>Ushana</i>	& -	& -	<i>Ushana</i>
<i>Vipak</i>	<i>Madhura</i>	<i>Madhura</i>	& -	& -	<i>Madhura</i>
<i>Guna</i>	<i>Deepana, Grahi, Laghu</i>	<i>Laghu</i>	✓	✓	& -
		<i>Agnidepan</i>	✓	✓	& -
		<i>Vatakapha nashak</i>	✓	✓	& -

## NUTRITIONAL VALUE OF BUTTERMILK:

For every 100 gms of buttermilk, here is the nutritional value <sup>[10]</sup> –

**Table 2-** Nutritional value of buttermilk

Calcium	116gms
Fat	0.9gms
Energy	40gms
Protein	3.3gms
Carbohydrate	4.8gms

Vit A 1%, Vit C 4%, Iron 1%. Percent daily value or based on 200 calories diet.

### USE OF TAKRA (BUTTER MILK) IN GRAHANI:

Liquid is prepared by churning yogurt continuously with water till it forms a foam like butter at the top. Drinking it in the correct quantity cleanses the channels of circulation i.e *Srotas*, as a result of which, the end product of digested food (*rasa*) reaches the tissues efficiently.

According to *Bhavaprakasha* chapter 6.7, He who uses *Takra* daily does not suffer from diseases and diseases cured by *Takra* do not re-occur, just as *Amrita* (divine nectar) is for the God, *Takra* is for humans.

### BUTTERMILK (TAKRA) RECIPES FOR THE TREATMENT OF GRAHANI ROGA:

- In *Grahani Roga*, powder of drugs of *Pachana*, *Grahi* and *Deepana* groups along with the buttermilk or buttermilk alone is beneficial <sup>[11]</sup>. *Dalhana* explains that *Pachana Gana* is *Haridradi Gana*, *Sangrahi Gana* is *Ambasthadhi Gana* and *Deepaniya Gana* is *Pippalayadi Gana*.

- *Takrarishta* (fermented preparation of buttermilk) or sour buttermilk is advised in *Grahani* caused due to aggravated *Kapha*. Though freshly prepared buttermilk is astringent in taste and good for pacifying *Kapha*. But for stimulating digestive fire, sour type of buttermilk is beneficial and hence it is recommended in *Grahani* caused due to aggravated *Kapha* <sup>[12]</sup>.
- All recipes of buttermilk described in *Jathara* (ascitis) and *Arshas* (haemorrhoids) is useful for *Grahani Dosha*.

### CONCLUSION

As *Takra* has *Deepana* (carminative), *Pachana* (digestive), *Sangrahi* and *Tridosha-hara* property it is mainly indicated in disorders related to GIT for 7,10,15 days and 1 month as required <sup>[13]</sup>. Since buttermilk contains almost all vitamins, minerals, energy, proteins, it can be considered as a wholesome diet to maintain the health. As it contains Probiotic which facilitates proper digestion and absorption process, it maintains proper metabolism to keep the person free from diseases.

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