



ROLE OF TRYUSHANADI GHRITA IN GRAHANI W.S.R TO GUT & BRAIN RELATION

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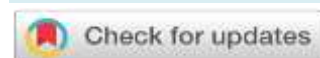
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ABSTRACT

Our bodies are made up of a complex web of interconnected, interdependent systems. Anxiety messes with the health of our gut and similarly a messed-up gut along with indigestion can make us feel irritable, anxious, and depressed. *Grahani* is one such disease explained elaborately in *Charaka Samhita* along with other classical texts. It's a substratum of *Agni* and regulates the digestion, assimilation, and absorption of food taken. It's a disease that affects a large population globally, especially those associated with improper food and stressful lifestyle. Hence management of the disease should be targeted toward both the physical and mental aspects of an individual. Among the wide range of formulations that are mentioned in *Ayurveda* for *Grahani Roga*, *Ghritha Kalpana* is one. *Trayushanadi Ghritha* is a formulation mentioned in *Charaka Samhita* indicated in *Grahani Roga* which helps in achieving the treatment goal.

Keywords: Grahani, Trayushanadi Ghritha, Ayurveda, Mandagni

INTRODUCTION

Grahani is the specialized part of the *Mahasrotas* (GI system)¹. It's the *Adhishtana* for *Agni* that is respon-

sible for the retention of food for sufficient time². *Grahani* and *Agni* are interdependent, therefore all

etiological factors of *Agni Dushti* are the direct cause of *Grahanidosha*. In the present era, not only improper diet and regimen but also tremendous mental stress have become a prime reason for the disturbance in the digestive system. *Manasika Vikara* like *Krodha*, *Bhaya*, *Shoka*, etc causes vitiation of *Agni* which resides in *Grahani* causing *Grahani Dosha*. *Grahani Dosha* is a conglomeration of *Agnimandhya*, *Ajeerna*, & *Mandagni*. *Teekshnagni* and *Vishmagni* also come under *Grahani* disorder³. Many treatment modalities and formulations are mentioned for *Grahani Roga*. *Ghrita Kalpana* is unique preparation in which *Ghrita* is processed with various herbs to make the ghee more potent therapeutically. *Trayushanadi ghrita* is one such formulation mentioned in *Charaka Samhita* in the context of *Grahani Chikitsa*⁴. The ingredients of this formulation - *Triphala*, *Trikatu*, *Guda*, and *Ghrita* have the action of improving the digestive fire, additionally, *Ghrita* is *Medhya* and has the ability to penetrate the blood-brain barrier. As the gut and brain are interrelated in terms of physiological as well as pathological aspects of functioning, a

single formulation that can show action on both gut and brain becomes essential. Hence an attempt is made to substantiate the role of *Trayushanadi Ghrita* in *Grahani* with special reference to gut and brain relation.

AIMS AND OBJECTIVE: To evaluate the role of *Trayushanadi Ghrita* and its probable action in *Grahani*.

MATERIALS AND METHODS

Different classical textbooks of *Ayurveda* like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhavaprakasha Nighantu*, and various contemporary textbooks of pathology, physiology, and medicine were referred for this study.

Nidana of Grahani roga⁵

Abhojana(abstaining from food), *Atibhojan* (excessive food intake), *Vishama Bhojana* (improper food), *Asatmya Bhojana*(unwholesome food), erroneous administration of *Vamana*, *Virechana* and *Sneha*, *Vega Vidharana*(suppression of natural urges), etc. along with *Shoka*(grief), *Krodha*(anger), *Bhaya* (fear) psychological factors.



1. Table showing Lakshana of Grahani based on the dominance of Dosha⁶

SL.NO	TYPES	LAKSHANA
1	Vataja	Timira, Hritpida, Karshya, Daurbalya, Parikartika, Manasah sadanam
2	Pittaja	Ajeerna, Neela-peeta drava sarana, Daha, Aruchi, Puti-amla udgara, Trut, Arti
3	Kaphaja	Hrillasa, Chardi, Dushto Madhura udgara, Sadanam, Bhinna-amlasleshma srusta, Guru varcha pravartana
4	Sannipataja	Samsargaja lakshana

Trayushanadi Ghrita

2. Table showing ingredients of Trayushanadi Ghrita and their ratio⁴

Ingredients	Ratio
Shunti	1 pala
Maricha	1 pala
Pippali	1 pala

Haritaki	1 pala
Vibhitaki	1 pala
Amalaki	1 pala
Guda	1 pala
Ghrita	8 pala

Method of preparation

One Pala each of Tryushana and Triphala are taken, made into fine powder form and prepared Kalka along with one Pala of Guda. Eight Pala of Ghrita has to be taken and processed with these drugs until Sneha siddhi lakshanas are attained.

3. Table showing Rasa- Guna-Virya-Vipaka-Doshagnata of the ingredients

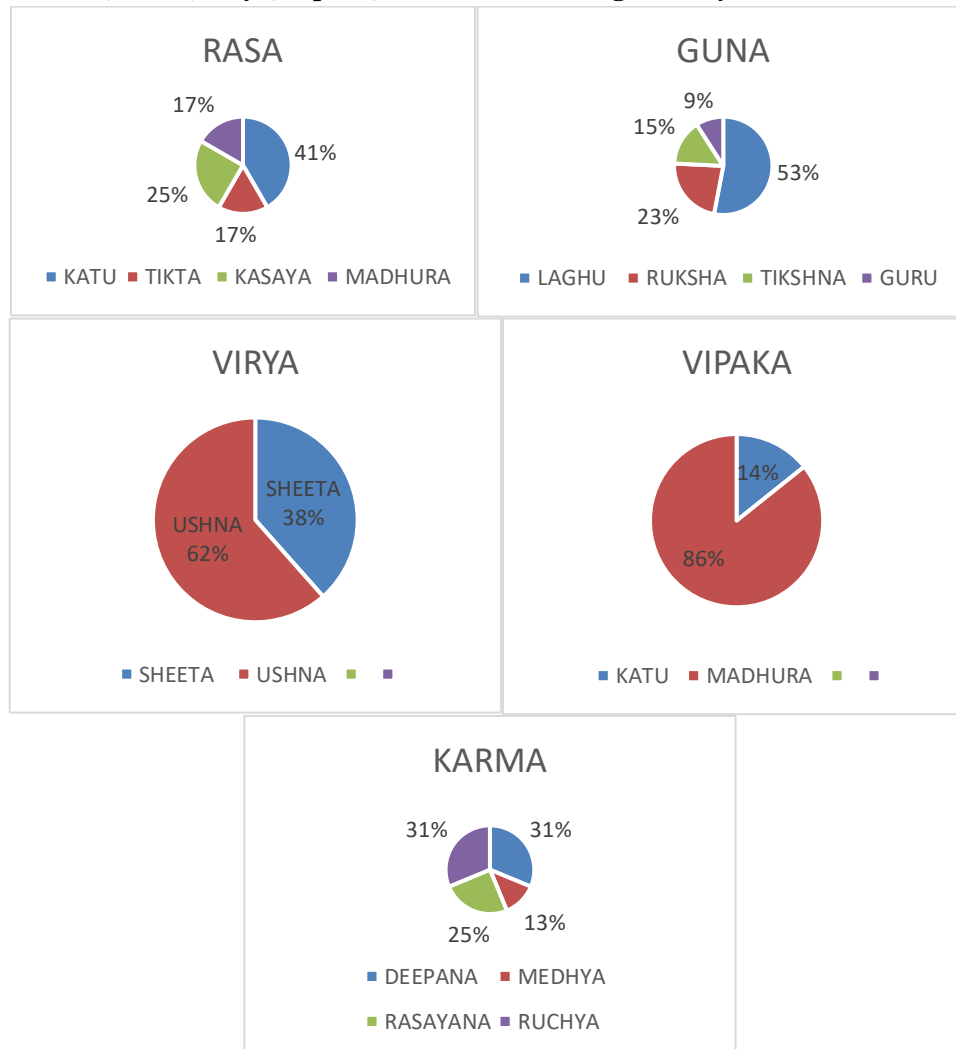
SL.NO.	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnata
1	Amalaki ⁷	Lavana varjita pan-cha rasa	Ruksha laghu Sara	Shita	Madhura	Tridosahara
2	Haritaki ⁸	Kashaya, Madhura, Amla, Katu Tikta	Laghu Ruksha	Ushna	Madhura	Tridosha shamaka
3	Vibhitaki ⁹	Kashaya	Ruksha Laghu	Ushna	Madhura	Tridosha shamaka
4	Shunti ¹⁰	Katu	Laghu Snigdha	Ushna	Madhura	Vatakaphahara
5	Maricha ¹¹	Katu	Tikshna Laghu	Ushna	Katu	Kaphavata shamaka
6	Pippali ¹²	Katu	Tikshna Laghu Snigdha	Anushna	Madhura	Kaphavata shamaka
7	Guda ¹³ (Purana guda)	Madhura	Laghu Snigdha	-	-	Vatapittahara
8	Ghrita ¹⁴	Madhura	Snigdha Guru Yogavahi Mridu	Sheeta	Madhura	Tridosha shamaka

4. Table showing Karma of ingredients of Trayushanadi Ghrita

SL.NO.	DRAVYA	KARMA
1	Amalaki ⁷	Rasayana, Ruchya, Dahahara, Prameghna, Netrya
2	Haritaki ⁸	Rasayana, Medhya, Chakshushya, Anulomana Arshoghna Deepana- Pachana
3	Vibhitaki ⁹	Kasahara, Netrya, Chardighna, Krimighna, Keshya
4	Shunti ¹⁰	Deepana, Paachana, Ruchya, Vibandahara, Grahi, Hrudyta
5	Maricha ¹¹	Deepana, Rochana, Chedana, Shulahara, Shwasahara
6	Pippali ¹²	Deepana, Rasayana, Vrushya, Kushtaghna, Rechaka
7	Guda (purana) ¹³	Agni deepana, Vinmutra Amaya shodhana, Ruchya, Hrudyta, Shramahara
8	Ghrita ¹⁴	Netrya, Agnivardhaka, Medhya, Rasayana, Balya, Ruchya

5. PROBABLE MODE OF ACTION:

Rasa, Guna, Virya, Vipaka, and Karma of drugs of Trayushanadi Ghrita



DISCUSSION

Grahani Roga is not a single disease but a spectrum of many diseases. It cannot be individually compared to any of the contemporary diseases. Its presentation could be seen either in the form of irritable bowel syndrome, malabsorption syndrome, Crohn's disease, etc. For instance, when we consider IBS, which is a highly prevalent, multi-symptom gastrointestinal motility disorder, and analyze the pathophysiology, we come across three important interrelated factors¹⁵ viz.

1. Altered gut reactivity
2. Gut hypersensitivity
3. Dysregulation of the brain-gut axis

It's a well-known fact that our gut and brain are inter-related. Alterations of GI motor functions are part of the visceral response to stress. The enteric nervous system is termed the second brain and its main role is controlling digestion, the release of enzymes, regulating blood flow for nutrient absorption, and also elimination of the waste product. ENS may trigger big emotional shifts like anxiety/depression in patients suffering from functional bowel problems. This involves interaction between the nerve signals, gut hormones, and microbiota. Though ENS can independently act it is influenced by the Central nervous System. Hence a drug which effectively acts on the digestive system and also the central nervous system would be the first one to be preferred. When we ana-

lyze the individual ingredients of *Trayushanadi Ghrita*, we find that most of them have *Katu – Kashaya Rasa, Ushna Veerya*, and *Agnideepana*. These properties help in clearing the *Srotas* by removing *Aama*. Moreover, this pungent taste would be made palatable by the addition of *Guda* and processing with *Ghrita*. *Ghrita* is considered supreme for having ‘*Samskarasya anuvartanat*’¹⁶ and *Yogavahi* property. It forms an excellent base into which different herbal drugs can be incorporated. Moreover, *Ghrita* has blood – brain barrier penetrability and increases absorption & transportation of essential phytoconstituents to the target site.

CONCLUSION

Mandagni is the root cause of *Ama dosha* and is a crucial factor in the manifestation of many diseases. *Trayushanadi ghrita* is specifically indicated in *Mandagni* in the context of *Grahani* in *Charaka Samhita*. Brain and gut interactions are increasingly recognized as underlying patho-mechanism of functional GI disorder. Bi-directional communication between CNS & ENS occurs both healthy and diseased. *Ghrita* formulations have better bioavailability and have an impact on both the brain and the gut. Hence administration of *Trayushanadi Ghrita* would prove to be beneficial in *Grahani*.

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