

THE ROLE OF SANGRAHI DRAVYAS: AN APPROACH TOWARDS PRAVAHIKA

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ABSTRACT

Hurry, worry, curry are the 3 factors which causes intestinal upsets frequently and leads to gastrointestinal problems in modern life. *Pravahika* is also one of the important and often occurring *Vyadhies* of *Annavaha* and *Purishwaha Srotas*. *Pravahika* is characterized by *Atishaya-mala-Pravrutti* with *Pichchhila*, *Saphena*, *Raktayukta purisha*. The main causes include dietary habits and stress. The patient is diagnosed with main *doshas- vata-kapha* associated with *Agnimandya*. So, there is used *Langhana*, *Deepana*, *Pachana*, *Sangrahi dravyas* etc for the management of *Pravahika*. *Sangrahi dravyas* helps in subsiding symptoms of *Pravahika* due to its *Grahi* action. These all rectify digestive metabolism. The management of *Pravahika* will de-root the disease from its base and prevent recurrences

Keywords: *Atishaya-mala-Pravrutti*, *Agnimandya*, *Deepana-Pachana*, *Sangrahi dravyas*.

INTRODUCTION

Health is one of the most important aspects of human survival. Frequently intestinal upset leads to gastrointestinal problems in modern life. Maximum problems arise due to *Mandagini* and *Vata-dosha-vikruti*. *Pravahika* is also one of the important and often occurring *vyadhi* of *Annavaha* and *Purishwaha Srotas*. *Pravahika* is characterized by *Atishaya-mala-Pravrutti* with *Pichchhila*, *Saphena*, *Raktayukta purisha*. In our classics, increase the intake of *katu*, *amla*, *lavana rasa*, *guru*, *snigdha*, *teekshna* foodstuffs promote *Pravahika* that means the main causes include dietary habits and stress. The patient is diagnosed with the root word *Pravahana* and main *doshas-kapha* and *vata* associated with *Agnimandya*. *Pravahana* word denotes *tenesmus* which is a common feature of dysentery. It also can be

corelated with ulcerative colitis caused inflammation and ulcers in the colon. Ulcerative colitis is one with a prevalence rate of 2-3% in the world, which is characterized by abdominal pain, diarrhea, rectal bleeding, severe internal cramps, in the region of pelvis and weight loss¹. So, for the management of *Pravahika*, there is used *Langhana*, *Deepana*, *Pachana*, *Sangrahi dravyas*, *kriminashak chikitsa*, *Panchakarma* measures like *Virechana* after the active phase of infection. *Sangrahi dravyas* such as *Bilva*, *Patha*, *takra* etc. helps in subsiding symptoms of *Pravahika*. These all rectify digestive metabolism. This article focuses on how the judicious use of *Ayurveda* principles leads to treat the disease.

Review of Literature

It is a separate disease as well as complication of *Atisara*. *Acharya Sushruta* and *Madhakara* firstly identified it as a distinctive disease and *Acharya Charak* mentioned it as a symptom of *Kaphaj-Atisara*² and as a *Vasti vyapad*³.

According to *Acharya Sushruta*, in the person who indulges in unhealthy foods, *Vata* getting aggravated, pushes the *kapha* downward for defecation in small amount mixed with stool, again and again with *Pravahana* is known as *Pravahika*⁴. *Drava-bhuyashth-mala-atipravrutti* is the disease of *grahani* or small intestine known as *Atisara*⁵.

It has 4 types i.e. *vata*, *pitta*, *kapha*, *rakta*. *Vataj Pravahika* is produced by *ruksha-dravyas* with pain symptom. *Pittaj Pravahika* has *daha* (burning sensation) symptom. *Kaphaj Pravahika* is produced by *snigdha dravyas* and has *kapha* in stool. *Raktaj Pravahika* is with blood⁶. These all are based on taking of different *Nidans*.

It can be treated by *Atisara Chikitsa*⁷ such as using of *langhana*, *deepana*, *pachana*, *sangrahi dravyas* etc. If it can't be *Shaman* by *langhana*, *pachana dravyas*, there is used *shrita ksheer* and *pichchhil basti* to immediate treatment⁸. There describes only *deepana*, *Pachana*, *Sangrahi* actions. *Deepana dravyas* increases the intensity of *Agni* but do not help in digestion of *Aam*⁹. *Pachana dravyas* help in digestion of *Aam* but do not enhance *Agni*¹⁰. *Purish sangrahneeya*: They are of 2 types – *Grahi* or *Sangrahi* and *Stambhana dravyas*. ***Sangrahi dravyas*** having *deepana*, *pachana*, *ushna* properties and absorb liquidity of *doshas*, *dhatu*s, *malas* are known as *grahi* such as *sunthi*, *chitrak*, *gajapipali*¹¹ and other are *Bilva*, *Patha*, *jati-fal*, *takra* etc. There are so many *Sangrahi dravyas* but here, I have discussed some dravyas to understand the function of *Sangrahi dravyas* for prevention of *Pravahika*. These are followings:

Bilva: It is *Sangrahi*, *deepana* and *Vata-Kapha-hara*¹². It has properties of *Laghu-Ruksha-Guna*, *Tikta-Kashaya-Rasa*, *Katu-Vipak*, *Ushna-Virya*¹³.

Jaaya-fal: It has properties of *Laghu-Tikshna-Guna*, *Katu-Tikt--Rasa*, *Katu-Vipak*, *Ushna-Virya*¹⁴.

Takra: It is made from milk. It has *Madhura-Amla-Kashaya-Rasa*, *Ruksha-Guna*, *Ushna*, *Deepana*, *Grahi* in nature¹⁵.

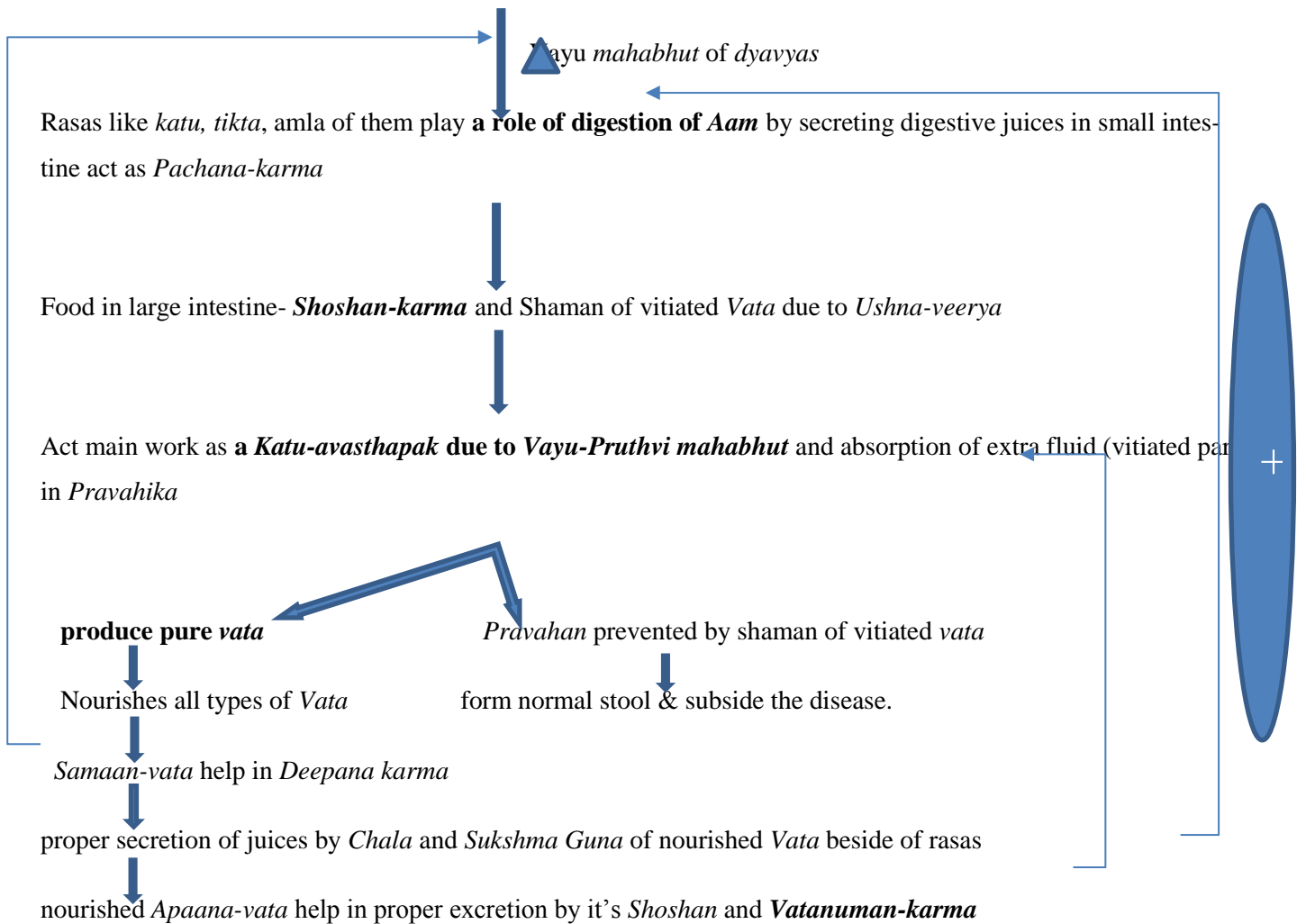
Sangrahi dravyas are *Vayu-Mahabhut* dominant¹⁶ and *Pruthvi-Vayu* according to *Nagarjuna*. So overall, maximum dravyas have *Laghu-Guna*, *Katu-Vipak*, *Ushna-Virya*.

DISCUSSION

All the symptoms of *pravahika* and its types fulfill the comparison criteria with respect to dysentery and almost symptoms of ulcerative colitis in which function of mainly *Vata-Dosha* gets disturbed. *Pravahika* is disease of large intestine which is a seat of *Vata-dosha*. It means if *Vata dosha* is corrected then subside of disease occurs.

So, if *Grahi Dravyas* are taken as a medication, they act properly and work as decreasing the frequency of defecation by holding the stool and *Deepan Pachan-karma*. *Vayu* and *Pruthvi mahabhut* have almost same property except *Guru guna*, that's by they work in lower intestine. It can understand by that the *Grahi dravyas* have *katu vipak* means they act their main work in large intestine as a *Katu-Avasthapak* as comparison to small intestine, which essentially relates to the acrid and pungent reactions precipitating in the large intestine to produce *vata*. *Acharya Charak* also mentioned *Shoshan-karma* in large intestine but not *Pachana*. It means both *Mahabhut* act as *Shoshan*. So, they mainly help in absorption of *drav-part* of stool having mucus, blood, vitiated *Doshas* etc. to form lump by its *Ushna-veerya* and producing *Vata* by the following process:

Taking *grahi dravyas* by mouth intensify Agni by *Ushna-veerya* act as *deepana Dravyas*



this process can be understood by examples:

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Bilva: *Ruksha-Ushna-Tikta* property helps in absorption of *drava* part. *Kashaya rasa* acts on *Srotas* to constrict them and prevent again mucus secretion i.e. *kapha*. Due to constriction and absorption process, it decreases *Kleda, Kapha, Pitta, Rakta* and *Atipravrutti*. *Tikta, Kashaya rasa* act as anti-microbial. So, in short, it performs anti-fungal, anti-ulcer, anti-diarrheal, anti-helminthic actions.

Jay-fal: It work as *rochan, Deepana, Grahi*. *Ushna virya* diminishes the *Vata, Kapha* and act as *Vata-anulomak, Aam-Pachana* respectively. *Katu-ushna*

properties enhance *Agni* to digest food properly. *Katu, Tikta, Tikshna* property act as *krimighna*.

Takra is a compound made of equal parts of curd and water, subsequently churned, to have the contained cream or butter completely skimmed off which is neither thick nor thin. *Takra* is low in calories. It has same amount of protein and vitamins and an excellent source of calcium, potassium, B₁₂, riboflavin zinc, magnesium, lactic acid etc. due to all these, it regulates the intestinal flora with its alkaloid property. *Ushna-Laghu-Ruksha* property of *takra* helps in *Shoshan-karma* or increase absorption of *drava* or *kapha dosha* i.e. mucus. *Ushna guna* has *agni-Mahabhuta* which

enhance *Agni* act on *Aam-rasa* and work as appetizer. So, it improves appetite, *grahani* work as *Dosh-hara*, *kapha-shaamak*, relieve anorexia.

Hence, all *Sangrahi-dravyas* have action of *Vata-Kapha-Shamak*. So, main symptom *pravahana* or tenesmus and *Udara-Shula*, due to *Vata-Dosha* is subsided. Mucus secretion is also prevented due *Shaman* of *Kapha-Dosha* and *Ushna* property after digestion of *Aam*, whole liquidity absorbs *Rakta* also, then stool regain its normal state. They also have *Krimighna* property to prevent any type of infection. *Grahi* action decrease the frequency of defecation by decreasing bowel movement.

CONCLUSION

Based upon the detail conceptual description, *Ayurveda* principles are highly effective. So, above *dravyas* gives highly effective results and can be used as *Shaman Dravyas*. A significant response finds in various symptoms such as frequent defecation, tenesmus, again mucus secretion, anorexia etc. *Sangrahi dravyas* also work as *Grahi* or *Dharan* of stool by increase absorption of secreting parts i.e. *Kapha*, *Rakta*, *Drava* etc. mainly decreasing the liquidity of stool with act on *Agni* as *Deepana* and *Pachana* of *Aam* and vitiated *Kapha Dosha*. Hence, removal of Vitiated *Vata* and improvement of *Agni* results in improvement of digestion, absorption, *Bal* (strength) and body weight of patient. These *Dravyas* are devoid of any toxic effect and can be safely used in the treatment of *Pravahika*. An effort was made in the study to find an effective result in the management of *Pravahika*.

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