Vishesha chikitsa siddhanta in grahani roga with takra and rasaparpati prayoga - A conceptual study

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Abstract

Grahani Roga is counted in one among the Ashtamahagada and it represents a group of disorders of Annavaha srotas like Grahani Roga, Agni Mandya, Ajirna, Mandagni, Tikshnagni, Vishamagni. Grahani roga is Tridoshatmaka vyadhi in which vitiation of Pachaka pitta, Kledaka kapha and Samana vata occurs. Grahani is a diseases caused due to the improper food habits. Much other relative factors are also observed in recent days. The influence of professional schedules, economic impact, mind set up are also have indirect influence over its patho-physiology in this illness. The symptoms of irritable bowel syndrome can be correlated with the Grahani roga explained in Ayurveda. The prime cause for Grahani roga is formation of Ama due to Agnimandya by improper lifestyle and eating habits. Along with this emotional factors such as Kama, Krodha, etc. are been explain to cause Ama. Takra and Parpati are known to their qualities in balancing Agni and performing Ama pachana action by which the both are extremely beneficial in the management of the disease Grahani and in maintaining overall wellness of the gut. Present conceptual study is aimed to establish the use and significance of Takra and Parpati kalpana in the management of Grahani roga.

Key words

Grahani, Agni Mandya, Mind, Irritable Bowel Syndrome, Takra, Parpati

Introduction

Grahani roga(Irritable Bowel Syndrome) is becoming one of the most common disease among the IT - BT population around the world due to the increase in the psychological stress, sedentary lifestyle and faulty dietary habits. It is one among the Mahagadas explained in Ayurveda. The word Mahagada is used to signify the eight diseases which are Asadhya in nature.[1] Grahani and Agni are interdependent.[2] As Agnidushti is the prime cause for Grahani roga, the treatment principle is aimed to balance the Agni bala. Most of the drugs and preparations explained in Ayurveda under the heading of management of Grahani roga are Ushna - Teekshna in action to enhance the Agni. Takra being a nectar for GI related diseases it alone possesses a wholesome medicinal qualities specially in the management of Grahani roga. On the other hand, a unique mineral preparation called Parpati kalpana explained in Ayurveda exhibits extraordinary benefits in the management of Grahani roga.

Review of literature

Table 1: Adhikarana of Grahani roga in Samhitas

Sl. No.	Samhita	Sthana	Chapter
1	Charaka samhita	Chikitsa sthana	15th Ghahani chikitsa adhyaya
2	Sushruta samhita	Nidana, uttaratantra	Nidhana 9th, 40th Atisara chikitsa
3	Ashtanga hridaya	Nidana, Chikitsa sthana	8th Atisara nidana, 10th Grahani chikitsa
4	Ashtanga sangraha	Nidana, Chikitsa sthana	8th , 12th

Nidana: Common etiological factors[3,4]

When it comes to Aharaja nidana the faulty eating habits of the patient like Ajeerna bhojana, Vishamashana, Nivrittatisarasya, Anivrittaivrataatisarasya, Abhojana, Atibhojana, Asatmya ahara, Ati ruksha ahara, Guru ahara, Sheeta ahara, Dushita bhojana these contribute to the origin of the disease Grahani, similarly the faulty lifestyle like Vegadharana, Divaswapna,

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Ratrijagarana, Jala ati viharana also causes Agni dushti and finally leads to Grahani roga. In some of the cases the extrinsic factors like Deshavaishamya, Kalavaishamya, Rituvaishamya and iatrogenic factors like Vamana vibhrama, Vireka vibhrama, Sneha Vibhrama and Vyadhikarshane also becomes the Nidana for the disease. Being a psychosomatic disease the psychological factors like Irshya, Bhaya, Krodha, Lobha, Shoka, Abhimana, Lajja, Moha, Udvega, Pradvesha, Dainya, Chinta also becomes a potential cause for arise of the disease Grahani.

Samprapti of Grahani roga

Nidana sevana
↓
Agni dushti
↓
Apachana
↓
Amotpatti
↓
Shuktapaka
↓
Annavisha
↓
Grahani dosha
↓
Grahani dushti
↓
Grahani roga (vataja,pittaja,kaphaja,sannipataja)

Samprapti ghatakas of Grahani roga

- Nidana : Aharaja, viharaja, Manasika karanas
- Dosha : Kledaka kapha, pachaka pitta, samana vayu
- Dushya : Rasa (ahara rasa)
- Agni : Jataragni mandya
- Ama : Amavisha formation at GIT level
- Srotas : Annavaha srotas, purishavaha srotas and rasavaha srotas
- Srotodushti : Sangha, vimarga gamana, atipravritti
- Udbhava sthana : Amashaya
- Rogamarga : Madhyama and bahya rogamarga
- Vyadhiswabhava : Chirakari
- Adhishthana : Grahani

Purvarupa

Prodromal symptoms of Grahani roga includes Aalasya, Balakshaya, Trishna, Anna vidaha, Chirapaka and Kayagourava[5]

Rupa

The main cardinal symptoms are Ati srushta mala pravritti, vibaddha mala pravritti, arochaka, vairasya, praseka, tamaka, shuna padkara, asthiparvaruka, chardana, jvara and lohanugandhi udgara.[6]

Sadhyasadhyata[7]

The prognosis of Grahani and Atisara are same. The Grahani roga which occurs at the old age is considered to be Asadhya, and that if occurred in childhood is Sadhya. In young population it is Krichra sadhya vyadhi.

Chikitsa[8]

Agnimandya is the important factor in the Samprapti of Grahani roga. The line of treatment is always focused on the Agni. In Charaka samhita the treatment is explained with respect to Doshas. If amavastha is present Ama pachana should be done followed by Shodhana.

Management of Amaja Grahani

- Vamana- if the doshas present in the Grahani then vamana should be performed giving Ushna jala, madanaphala kashaya, pippali sarshapa kashaya.
- Virechana- for the Pakwashayagata doshas deepana-pachana should be done followed by Virechana. Panchakoladi churna and Trivrit churna can be given.
- Langhana and pachana- if Sharira anugata sama rasa is present.
- Vataja Grahani- Ghrita prayoga, niruha basti and anuvasana basti.
- Pittaja Grahani- if the Pitta gets Swasthana utklishta and present in Urdhva amashaya then Vamana should be administered, if it present in Adho amashaya then Virechana should be the choice of treatment.
- Kaphaja Grahani- vamana karma is advised in Kaphaja grahani.
- Sannipataja Grahani- all the treatment measures explained above should be applied depending on the greatly vitiated Doshas,Prakriti and Vaya etc. of the patient.

Takra and Parpati prayoga and their mode of action in Grahani roga:

Takra prayoga

As mentioned in Charaka samhita chikitsasthana-grahaniroga chikitsa adhyaya Takra (buttermilk) is considered as the best medicine as Tridoshahara in the management of Grahani roga[9] due to its potential qualities in maintaining Agni. Charaka maharshi also suggested the use of Takrarishta. Bhavaprakasha mentioned that the person

who uses Takra daily does not suffer from diseases, and diseases cured by Takra do not re-occur. Just as Amrita is for Gods, Takra is for Humans. It has Kashaya, amla and madhura rasa, Laghu, ruksha guna, Ushna veerya and Madhura vipaka but being Amla in rasa it doesn't vitiates Pitta because of the Madhura vipaka. Even though Takra is Abhishyandi it balances Kapha dosha also due to it's Kashaya rasa and Ushna veerya and Vikasi guna, likewise despite of having Kashaya rasa and Ruksha guna it mitigates Vata dosha also by it's Madhura, amla rasa and saandra guna. Takra increases the Agni bala and is light to digest and promotes Deepana and Pachana action in the Koshta along with it possesses Grahi action on Mala. These unique qualities make Takra is a prime choice of drug in the management of Grahani roga. In the contest of Grahani roga chikitsa Acharya Charaka explained about the preparation Takrarishta which is the exclusive and different version specialized for Grahani roga than the one explained in Arsha chikitsa. If the psychological factors plays major role in triggering the symptoms then using Takra for Shirodhara will be helpful. Takradhara possesses soothing and calming effect over the Manas along with it checks the indigestion and dyspepsia. Takradhara acts by stimulating the Marmas like Sthapani marma, Shankha marma, Utkshepa marma and Adhipati marma. Depending upon the Agnibala of the patient the administration of Takra varies as follows.

Table 2 : Administration of Takra[10]

Kaala	Ati Mridvagni	Kinchit Pravridda Agni	Kramena Agni Pravriddi
Purvahna	Takra	Takra	Takra
Saayam	Takra	Takravaleha with takra	Takrapeya/ takra odana/ takra samskruta yushaadi bhojana

Main constituents of buttermilk[11]

Gross contents of buttermilk are Water, Protein, Cholesterol, Carbohydrates, Minerals, Fat, Lactose, Galactose & Glucose. It contains Calcium, Phosphorous, Sodium, Potassium, Zinc, Iron, Magnesium, Vitamin B12, alpha-tocopherol, Folic acid, Phospolipids and Destroyed MFGM (milk fat globule membrane)

Parpati prayoga

Parpati is a preparation made by melting the Kajjali which is the combination of Parada(Mercury) and Gandhaka(Sulfur) it further transformed into crisp wafery substance. The Sanskrit word "Parpata" denotes a thin crisp wafer.[12] Basically the Parpati which is prepared by only Parada and Gandhaka is called as Rasa Parpati. This rasa Parpati is the main base for the many other types of Parpatis explained in Rasashastra. According to the drug added with the Parpati the name of the particular Parpati changes like if Suvarna is used during the Parpati kalpana then it is called as Suvarna Parpati, if Bola is combined then it is called as Bola Parpati and so on. In present scenario importance of Parpati in managing Grahani roga at day to day practice is increasing due to it's potential benefits that too Rasa parpati and Panchamrita parpati plays an extraordinary role. Since from the ancient days Parpati is used in the management of many diseases. In 11th century Acharya Chakrapani Datta in Chakradatta mentioned the use of Parpati in Grahani roga. Bhaishajya Ratnavali opines that the Rasa parpati can be used in various diseases like Arsha, Amadoshaja Sangrahani, Shula, Atisara etc. by administering it with suitable Anupana to the particular disease. Agnimandya being the prime cause for the disease Grahani, Parpati prayoga is highly beneficial as it increases the Agni and does the Deepana-pachana karma thus it reduces the Udara shoola. Due to it's Laghu, ruksha, tikshna guna and Ushna veerya it alleviates the Srotorodha as it penetrates minutest Srotas[13] and thus helps in Samprapti vighatana of the disease. In the procedure of Parpati kalpana, application of Agni (heat) is conducted by which the Ushna guna may enhance the therapeutic efficacy in treating many GIT disorders. During the preparation of Parpati application of Gomaya is done which comes from the alimentary canal of the cow and may have some enzymatic activity.[14] The use of Ghee smeared leaves we can easily scrap out the Parpati, and also Ghee is useful in treating indigestion, hence may have a synergistic effect along with Parpati.[15] By the effect of all these Samskaras the Parpati attains the qualities required for the management of Grahani roga. It helps to increase the Grahana karya of the intestines thus it reduces the frequency of stools.

Dosage 2 ratti – 10 ratti (in increasing order by increasing 1 ratti daily upto 10 ratti then decreasing to 1 ratti) for 21 days.[16]

Anupana Bhrishta jeeraka, Hing, Madhu, Ghrita, Ksheera, Sharkara and Dadima swarasa.[17]

Main phytoconstituents of Parpati (Rasa parpati)

It is a organo-metallic compound with presence of organic matter as coating material on the surface of inorganic matter, combination of mercury and sulphur as major elements and magnesium, iron as trace elements. Mercuric sulphide (HgS) is present in cubic and hexagonal form, while free Sulphur

is present in ortho-rhombic form in crystal lattice of both samples.[18]

Discussion

Ayurveda considers "Rogah Sarve Api Mandagnou" means Mandagni (Reduction in the metabolic activity) is the main cause for the occurrence of any disease. Grahani is the Adhishtana of Agni so the diseases occurs in the Grahani is always dependent on the Agni only. Grahani and Agni are interrelated. In the contest of Grahani roga, Agnimandya plays an important role in the manifestation and development of the disease. Takra and Parpati both theoretically and practically possess all the qualities needed for Agnideepana and Amapaachana. Takra is a economic choice of medicine.

Grahani roga is a chronic condition in which the patient may needs long term medical management, so as compared to other medications available in the markets Takra prayoga is significantly affordable and effective. The Takrarishta explained by Charaka also have the economical ingredients such as Panchalavana, Yavani, Amalaki, Haritaki and Mricha. Takra in combination with the Parpati boosts the treatment efficacy in Grahani roga. Depending on the requirements of associate conditions, severity and prognosis of the patient the different kinds of Parpati can be applied. Takra and Parpati both have Sukshma guna, they absorbs and penetrates easily through the Sukshma srotases in the GIT. Therefore administering Takra as Anupana for Parpati is also advisable as it increases the potency and bioavailability of both the drugs. In severe conditions performing Koshta shuddi before administering the Shamanaushadhi is more beneficial. If in the case psychological disturbances is the triggering factor Shirodhara with Takra also beneficial as the Takra possesses soothing and calming effect on the Manas. Takradhara is indicated in disgust of food, indigestion, dyspepsia along with many other diseases.[19] Shirodhara may stimulate Acharya chakra thereby improving the functions of mind which is vitiated in Stress as it is the place of subtle mind. Structures like Pitutary gland, pineal body, subcortic structures of mid brain are related with mental functions like anger, grief, pain, fear, memory and other higher intellectual functions. Shirodhara acts at this level correcting their functions.[20]

Conclusion

In modern medical science there is no absolute cure for Irritable Bowel Syndrome. Most of the cases end up with the dependency over drugs for symptomatic relief. The treatment protocol also follows only the symptomatic approach. The main drugs such as Anti-diarrhoeal, Antispasmodics, Antacids and Anti-emetics, Laxatives are used to treat the symptoms. Grahani (IBS) is a deep rooted diseased condition which involves not only the GIT but also the Psyche so the approach should be holistic. Minimising the medication and side effects also plays an important role in managing the case as most of the cases needs long term treatment due to the re-occurrence tendency of the disease. In all these aspects approach of Ayurveda towards the Grahani roga is appreciable. Takra and Parpati prayoga are boon to the patients who are struggling to overcome the Grahani roga, sparing the hazardous medications considering safety issues for long term use.

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