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Effect of *Takravasti* in *Grahaniroga*—A Case Study

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ABSTRACT

Introduction:

Ayurveda is the ancient system of medicine having special impact in the management of disorders where involvement of digestive fire such as *grahaniroga*, *atisara*, *pravahika* etc. *Takra* is like nectar in the management of such disorders. Panchakarma is an asset for the Ayurvedic physician. In the present study *takravasti* (medicated buttermilk enema), *takradhara* (pouring of medicated butter milk on the forehead) and *satvavajayachikitsa* (counseling) was followed. Improper treatment of *atisara* will result in *Grahaniroga*. *Grahaniroga* or *Grahanidosha* is compared with Irritable Bowel Syndrome (IBS) in contemporary system of medicine. Irritable Bowel Syndrome (IBS) is functional as well as psychosomatic disorder in contemporary system of medicine. One of the commonest gastrointestinal entity seen in clinical practice is Irritable Bowel Syndrome (IBS). Prevalence of Irritable Bowel Syndrome (IBS) in western country is 10-20% whereas in India it is as low as 4.2%. Acharya Vagbhata considered *Grahanidosha* as one among the *ashtamahagada* (eight dreadful diseases).

Aim of the study:

Evaluate the combined effect of *takravasti*, *takradhara* and *satvavajayachikitsa* in *Grahaniroga* or *Grahanidosha*.

Materials and methods:

A 45 year old female patient was diagnosed as *Grahaniroga* (Irritable Bowel Syndrome) underwent *takravasti*, *takradhara* and *satvavajayachikitsa* for 15 days.

Result:

Patient got marked improvement in the symptoms of *Grahaniroga* (Irritable Bowel Syndrome).

KEYWORDS

Grahaniroga, Irritable Bowel Syndrome, *Takravasti*, *Takradhara*, *Satvavajaya*



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INTRODUCTION

Agni is given prime importance in *chikitsa* principles of Ayurveda. *Agni* is the life of an individual. Strength, health, span of life, happiness and grief are all dependent on *agni*. Acharya Sushruta quoted that, equilibrium state of *dosha* (humoral factors), *agni* (digestive fire), *dhatu* (tissue elements), *mala* (elimination of natural urges without any difficulty in proper time), pleasant functioning of *atma* (soul), *indriya* (sense organs) and *mana* (steady mind) is considered as state of health. Person will die if *agni* (digestive fire) is extinguished. The word “*Grahani*” carries the meaning of an organ in *rachana shareera*. *Grahani* is the abode of *agni* which holds the food material, does the digestion, segregation of essence and waste products. In *kayachitsa* *Grahanidosha/ vikara* is considered as one of the pathological state where due to improper state of *agni* result in malabsorption of food materials and improper formation of tissue elements. *Grahanidosha* is characterized by “*muhurbaddhamvaashithilammuhuhu*” means alternate spells of constipation and loose stool. Even *acharya Charaka* mentioned that, “*atisrishtamvibaddhamvaadravmtadupadishyate*” which carries the meaning that, person afflicted with *Grahanidosha/vikara*

voids large quantity of stool either in solid or liquid form. It can be correlated to Irritable Bowel Syndrome (IBS/Malabsorption syndrome) in contemporary system of medicine. Acharya Vagbhata considered *Grahanidosha* as one among the *ashtamahagada* (eight dreadful diseases). *Panchakarma* is an asset for the Ayurvedic physician. Improper treatment of *atisara* will result in *Grahaniroga*. In the present study *takravasti*, *takradhara* and *satvavajayachikitsa* was followed.

Incidence and prevalence of IBS/Epidemiology:

Prevalence of Irritable Bowel Syndrome (IBS) from a population based study estimated that 10-20% and the incidence is 1-2% per year. Approximately 10-20% people will seek medical care for Irritable Bowel Syndrome (IBS). Prevalence of Irritable Bowel Syndrome (IBS) in western country is 10-20% where as in India is as low as 4.2%. Irritable Bowel Syndrome (IBS) is diagnosed in women commonly than men. 1.5 to 3 fold higher prevalence rate in women than in males. Working women are more prone to Irritable Bowel Syndrome (IBS). People experiencing the appearance of symptoms before the age of 35 where as peak age for Irritable Bowel Syndrome (IBS) is between 25 years and



65 years. Irritable Bowel Syndrome (IBS) was diagnosed in various socio economic status where as people working in professional and managerial roles are more prone to suffer with the condition.

CASE REPORT

A 45 year old lady patient registered in the OPD and IPD department of *Panchakarma* at Sri JayendraSaraswathi Ayurveda College and Hospital, Nazarathpet, Chennai. Patient had complaints of pain abdomen, mucoid stool elimination for 10-15 times/day, sometimes soon after the intake of food elimination of raw food as such, urgency for stool soon after food, weight loss and disturbed sleep since 2 years. Patient was diagnosed as *Grahaniroga* based on the complaints.

MATERIALS AND METHODS

Kala basti- 15 days

Anuvasana with *panchavalkala ghrita*-75 ml

Kashayavasti-Takravasti

Shirodhara- Takradhara on the forehead for 15 days

Satvavajaya- Counselling each day for 15 minutes

Takradhara: Total 2L of *mustamalakatakra* was used every day for *shirodhara*. *Takradhara* was done 60-90min. At the end of the procedure head

was washed with *amalaki* decoction and *rasnadichoorna* applied on the vertex.

Procedure of *Takravasti*:

Composition of *Takravasti*:

Honey-75ml

Saindhavalavana-05gms

Panchavalkala ghrita-75ml

Kalka-Dadimashtaka Choorna-25gms

Kashaya-Musta takra-300ml

Preparation of *Mustatakra*: *Mustakwathachoorna* 35gms was tied in a bolus bag; placed in a vessel containing 300 ml of milk and 900ml of water. It was boiled over low flame and reduced to *ksheeravashesha*. It was then allowed to cool. It was mixed with one teaspoon of buttermilk and kept overnight. Next day this buttermilk was used for enema after churning.

Standard operating procedure of *Takravasti*:

Poorvakarma:

Preparation of patient:

Examination of the patient-Patient was instructed to eliminate the natural urges. Patient was examined by general and systemic examination. *Abhyanga* and *nadisweda* was done to the patient before the *vasti karma*.

Preparation of medicine:

Above mentioned medicine mixed in the order of *makshika, lavana, sneha, kalka* and *kashaya*. It was triturated in a mortar and



pestle to form a homogeneous mixture. After properly mixing, made luke warm; filled into the disposable *Vastiputaka* (polythene bag) and *vastinetra* (enema nozzle) was tied. Enema nozzle and anal aperture smeared with a drop of oil for easy insertion.

Pradhana karma:

Patient was advised to lie in left lateral posture with left leg extended, right leg flexed and placed above the left knee. Enema nozzle is inserted along the direction of vertebral column and medicine was pushed slowly by pressing the enema bag. Enema nozzle was withdrawn slowly at the end. Patient should observe for the urge. Patient was instructed to eliminate the stool along with the medicament by sitting in squatting posture (Indian toilet).

Paschat karma:

Patient was instructed to have rice gruel with buttermilk. Patient was instructed not to expose to hot sun and cold breeze. Day sleep should be avoided.

DISCUSSION

Literary review on Grahani/IBS:

Atisara if not treated, results in *Grahaniroga*. Food and activities which destroy *agni* will also result in *Grahaniroga*. *Grahanidosha* is characterized by elimination of improperly

formed or formed stool, non elimination or elimination of loose stool.

Poorvarooopa/Premonitory symptoms:

Thirst, laziness, diminution of strength, burning sensation, delay in the digestion of food and heaviness of the body are the premonitory symptoms.

Types of GrahaniRoga:

Vata, *Pitta*, *Kapha* and *Sannipataja* are the four types of *Grahaniroga*.

Vataja Grahani etiology, signs and symptoms:

Intake of pungent, bitter and astringent tastes, walking long distance, suppression of natural urges and excessive copulation, all these factors will aggravate *vata*. Aggravated *vata* will cover the digestive fire due to which food will not be digested easily and fermentation process takes place. Person will pass stool with difficulty, stool may be liquid, thin associated with *ama* and froth. Distaste in the mouth, sawing pain in the abdomen, mental frustration, flatulence before and during the process of digestion, temporary feeling relief immediately after the intake of food.

Pittaja Grahani etiology, signs and symptoms:

Pitta getting aggravated by the intake of pungent, *vidahi*, sour and alkaline food will suppress and extinguish the digestive fire. Patient pass loose stool with



undigested material, which is bluish yellow or yellow in colour. Other symptoms include anorexia, sour belching, thirst and burning sensation on the chest and throat.

***Kaphaja Grahani* etiology, signs and symptoms:**

Intake of heavy, unctuous, excessive quantity of food and day sleep after food will result in aggravation of food. Food consumed will not undergo digestion resulting in anorexia, nausea, vomiting, and heaviness all over the body. Person passes stool which is split into pieces mixed with mucous.

***Sannipataja Grahani* etiology, signs and symptoms:**

Manifestation of signs and symptoms of all the three *doshas* will be seen.

Testing the *pureesha* for *sama* and *nirama*:

The stool sinks in water in case of *amavasta* whereas in *nirama* condition it floats on water.

Treatment of *Grahaniroga*:

Acharya Vagbhata in *Ashtanga Sangraha Grahanichikitsa* mentioned that, it should be treated similar to *ajeerna*. Further he emphasized that, according to *dosha* dominance as well as *atisoraktachikitsa* to be adopted.

Importance of *Takra* in *Grahaniroga*:

Deepana and *grahi* action of buttermilk is due to *laghu guna*. It doesn't aggravate *pitta* due to its *madhuravipaka*. It is ideal for *kaphadosha* due to *kashaya rasa*, *ushnaveerya*, *vikasi* and *rookshaguna*. *Madhura* and *amla rasa* does the *shamana* of *vata*. Hence, *takra* acts as *tridoshashamaka*.

Importance of protection of *Agni* (Digestive fire):

Digestive fire digests the food, in the absence of food it digests the *doshas*, when the *doshas* get diminished it digests *dhatu* (tissue) and when *dhatu* get diminished it digests life itself. The fire is the source of strength of men, strength is the source for living and hence protection of digestive fire is the essence of treatment.

Irritable Bowel Syndrome (IBS):

One of the commonest gastrointestinal entity seen in clinical practice is Irritable bowel syndrome (IBS). Abdominal pain, altered bowel habit, which may be constipation, diarrhea or alternate episode of constipation and diarrhea are the typical feature. Manning criteria is seen in Irritable Bowel Syndrome (IBS) which is the diagnostic criteria and used for standardizing research. Abdominal pain or discomfort will be relieved by defecation, change in stool frequency and consistency, distention of abdomen, sensation of incomplete evacuation and appearance



mucus in stool. Other symptoms include heart burn, dysphagia, chest pain of non cardiac origin, fatigue etc.

Etiology and pathogenesis:

It is a functional disorder as there is no involvement of structure; biochemical or infectious etiology has been found. Psychosocial factors play an important role. Commonly seen in stress, anxiety, depressed patients etc.

Diagnosis:

History, physical examination, Manning criteria is the common diagnostic tools used in Irritable bowel syndrome (IBS).

Treatment:

Dietary modification-Avoid dairy products, increase fibre rich diet. In case of diarrhoea loperamide can be used. Abdominal pain anti cholinergic and anti spasmodic drugs like dicyclomine can be given.

Probable mode of action of takravasti:

In the present case, patient had excess frequency of elimination of stool. This is mainly due to the involvement of *apanavata* in the pathology. *Vasti karma* acts on the target organ as well as the main culprit which is *apanavata*. *Takra* having *agnideepana* and *grahi* property due to which does the enhancement of *agni* and *pachana* of *ama*. *Takradhara* and *satvavajaya* also plays a major role in calming the patients mind. Ayurveda has

given equal importance for body and mind. *Takradhara* and *Satvavajaya* controls the mind where as *Takravasti* does the *shamana* of *shareerikadosha*.

CONCLUSION

Grahaniroga is the advanced stage of *Atisara* where as *Pravahika* is the advanced stage of *Grahaniroga*. *Atisara*, *Grahani* and *Pravahika* all the three are resulting due to impairment in the digestive fire. Hence one should protect their own digestive fire to keep healthy. *Grahaniroga* is one of the *Ashtamahagada*. *Takravasti*, *Takradhara* and *Satvavajayachikitsa* plays major role in the management of *Grahaniroga*. Combined effect of all the three therapies will improve the quality of life of *Grahani* patients. Patient got marked reduction in the above mentioned symptoms after the completion of treatment. Patient was advised rice with *takra* for another 15 days. Patient *agni* has improved as well as frequency and urgency of stool elimination with pain has come down drastically after 15 days follow-up. Patient is getting five to six hours sleep regularly after this treatment.



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