



ROLE OF TAKRA (BUTTER MILK) IN GRAHANI ROGA W.S.R. TO I.B.S

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ABSTRACT

Grahani Roga is considered as Astamahagada (eight major diseases) as per the Ayurveda. Hence it is difficult to diagnose and treat. Grahani in Ayurveda resembles most of the IBS symptoms. The term 'Grahani Dosa' according to Acharya Charaka has mentioned that the vishama, Tikсна agni may cause Grahani Dosa but Grahani roga is the consequence of only mandagni. There is mutually determining physiological relationship between agni irritable bowel syndrome is one of the most common conditions encountered in clinical practice. The IBS is a functional gastrointestinal illness characterized by potentially debilitating common with wide variety of symptoms like chronic, some-times severe and often responds poorly by treatment.

Because structural, biochemical markers cannot be used to identify either disorder, diagnosis is symptom based. In the absence of alarm features suggestive of organic disease or secondary causes of symptoms on the bases of these parameter disease can diagnosis confirmatively or positively. As per the Ayurveda treatment modalities are like Saman and shodhan Chikitsa and Ayurveda considered as Ayurvedic diet regimen one of the treatment modality. Apart from that Trakra (Butter milk) is taking as aushadha dravya mixed with some herbal ingredient or plane Takra (Butter milk). Trakra having quality of laghu, kashaya, amla in nature, vayasthapan, lekhna and alleviating vata and pitta dosa. Though there no specific medical treatment for IBS in modern science, but Ayurvedic remedies such as Takra (Butter milk) used in the treatment of IBS.

KEYWORDS- Aastamahagada Grahani, Agni(Digestive fire), Irritable bowel syndrome, Takra(Butter milk).

INTRODUCTION

Life span, complexion, strength, health, enthusiasm, lustre, immunity, energy, heat processes, and vital breath- all these depend on Agni. One dies if this body fire is extinguished, lives long free from disorders if it is functioning properly, gets ill it is deranged, hence Agni is root cause of all.^[1] Ayurveda teaches that each individual has the power to heal himself. Thus, this science of life offers every one the freedom to recover health by understanding the body and its need, Ayurveda is the science of living in harmony with nature, where origins are shrouded in the midst of time by great masters of ancient India. The disease in which Grahani or small intestine gets vitiated and there is impairment of agni is called as Grahani. Agni (digestive fire) is the responsible for process of digestion. IBS is motor functional disorder of the gastrointestinal tract manifesting as altered bowel habits, abdominal pain and this is detectable organic pathology. This is detectable organic pathology. This correlation may be done at the level of aetiology or aetiopathogenesis and at the level of symptomatology. Approximately IBS affects around 11% of the population globally. Around 30% of people who experience the symptoms of IBS will consult physicians for IBS symptoms.^[2] IBS is a common gastrointestinal disorder involving an abnormal condition of gut contractions (motility) and increase gut sensations (visceral hypersensitivity) and characterised by abdominal pain, constipation, diarrhea, mucous in stool and irregular habit.^[3] Young women are affected 2-3 times more often than men. In the Samprapti of the disease Grahani Roga, Agnimandhya is important factor. Considering this factor Grahani Roga should be mainly treated by Deepana-Pachana Chikitsa.

MATERIAL AND METHODS

Various Ayurvedic classic texts have been used for this study as source materials, Main Ayurvedic books used are charak Samhita, Susruta Samhita, Astanga Samgrah, Astanga Hridya and available commentaries on it. Apart this relevant modern medical science books and websites are also been used for this.

ANATOMICAL AND PHYSIOLOGICAL CORRELATION OF GRAHANI

Grahani is the organ of Mahasrotas. Pittadhara kala occupies the organ grahani and pachaka pitta (Jatharagni) is important role in digestion. The food we ingest is broken down in to the constituent that nourish the tissue and supports our every day functions. While pachak agni

get hampered due to affected by improper life style and eating habits this ultimately affects the digestive process causing food to be either partially digested or over digested leading to the formation of Ama-toxins. Thus Grahana, Dharana, Pachana, Soshana and Murchana become main functions of Grahani. Grahani would refer to the lining membranes specially of the GIT extending from the pyloric region till the ileo-cecal junction. It not serves the purpose of covering membrane but also.^[4]

1. Mucus present in the succus entericus protects the intestinal wall from the acid chime, which enters the intestine from stomach; thereby it prevents the intestinal ulcer. Paneth cell of intestinal gland secrete defensins which are the anti-microbial peptides. These peptides are considered as natural peptide antibiotics because of their role in killing the phagocytosed bacteria.
2. Small intestine secretes succus entericus, enterokinese and the GI hormones. It secretes many GI hormones such as secretin, cholecystokinin, etc. These hormones regulate the movement of GI tract and secretory activities of small intestine and pancreas.
3. The presence of villi and microvilli in small intestinal mucosa increases the surface area of the mucosa. This facilitates the absorptive function of intestine. The digested products of foodstuffs, proteins, carbohydrates, fats, and other nutritive substances like vitamins, minerals and water are absorbed mostly in small intestine. From the lumen of intestine, these substances pass through lacteal of villi, cross the mucosa and enter the blood directly or through lymphatics.

ETIOLOGY AND PATHOGENESIS

Stress and anxiety have important role in the case of IBS but it is not totally clear how stress and anxiety are related. The most common mental ailment people with IBS have generalized anxiety disorder. 60% of IBS patient with a psychiatric illness have that type of anxiety, another 20% have depression and the rest other disorders. There are several theories about the connection between IBS, stress and anxiety.

- a. Stress and anxiety may make the mind more aware of spasm in colon.
- b. IBS may be triggered by the immunesystem which is affected by stress.

SAMPRAPTI

When a person consumes Agnidusthikara Nidanas, it results in disturbance in equilibrium of shareerika and mansik dosha. These doshas vaishmya passes through different stages and

ultimately produces disease. The concept of kriyakala described the mode and stage of development of disease.

The concept of good understanding of samprapti of disease is essential for early diagnosis, prognosis and for adopting and preventing measures, Grahani roga is a disease superimposed over preexisting agnidusti, due to injudicious ahara and vihara. When a person with agnimandhya indulges in consumption of injudicious ahara and vihara the Grahani Roga engenders. Due to agnidushti, ingested food is not properly digest and results in amapachan(idigestion) ama formation. Thus, the food attains shukta. At this stage, dosha that is kledaka kapha, pachaka pitta and saman vayu sheltered in the organ grahani gets visited. The shuktapaka stage leads annavisha formation. Here indigested food undergoes fermentative changes. Now in this condition food attains such a form that it becomes able to produce so many ailments like poison. Annavisha gets located in grahani and further vitiates it, resulting in functional(kayatmak Vikriti) of grahni. The Annavisha may also spread in the whole body through Rasa, and mixes with Dosha, Dushyas or Dhatus.

Annavisha while, remaining in the Grahani and spread in the whole body through rasadi dhatu produces symptoms, viz. Vistambha(Abominal distension), sadana(feeling of prostration), headache, fainting and giddiness, stiffness of back and lumber region, yawning, malaise, morbid thirst, fever, vomiting, tenasmus, anorexia and indigestion of food. This is serious condition. It is named as Grahni Roga.

❖ While formulating schematic representation of Grahani Roga samprapati due to consideration is given to following three factors.

- Grahani is the organ of mahasrotas
- Pitta Dharakala occupies the occupies the organ Grahani organ.
- Doshas like samana Vayu, kledaka kapha and pachak pitta are associated with Grahani organ.

Thus due to various samprapati can be understand in two ways,

❖ First due to various etiological factors, functions of organ – grahani becomes disturbed, Which is followed by Agni dusti, Which result in vitiation og grahani Ashrista Doshas and ultimately whole process turns into Grahani Dosha and then those vitiated doshas travel through whole body with Rasadi Dushyas. Finally it leades to grahani Roga.

- ❖ Second. after stimulation by various etiological factors, there is vitiation of jatharagni i.e. Agnidusti occur first, which is the direct causes of vitiation of Grahani Roga.

IRRITABLE BOWEL SYNDROME^[5, 6, 7]

- **ROLE OF PSYCHOLOGICAL FACTOR**

Stress and anxiety affect physiological and psychological functions.

- **POST-INFECTION**

Approximately 10% of IBS cases are triggered by an acute gastroenteritis infection, post infections IBS usually manifests itself as the diarrhea predominant subtype.

CLINICAL FEATURES OF IBS^[8]

FOUR IMPORTANT SYMPTOMS SHOULD BE PRESENT TO MAKE A DIAGNOSIS OF IBS

1. Bloating and distension of abdomen,
2. Diffuse abdominal pain which is relieved after adequate bowel movement,
3. Increase frequency of Stool with the onset of pain,
4. Loose stool with the onset of Pain.

SPECIAL INVESTIGATION^[8]

- a) Blood Stool
- b) Biochemical examinations reveals no abnormality.
- c) Endoscopic examination also reveals normal features.

TAKRA PRAYOGA IN GRAHANI ROG

Takra (Buttermilk)- in Ayurveda classics Different type of takra prayoga mentioned in treatment of grahani roga. Takra is giving importance same like Amrutha. Takra having Srotoshodhana property that result of which is rasa reaches the srotas. It is also capable to cure dropsy, enlargement of stomach, haemorrhoids, duodenal disease, dysuria, loss of taste or appetite, enlargement of spleen, abdominal tumour, complication of ghee during oleation therapy as well as the artificial poisons and anaemia are also controlled by the intake of butter milk.^[9]

Mode of Action- Takra having properties of laghu, kashaya, Amla in nature and deepan and kaphavatahar. Special indication in Grahaniroga.

CONSIDERATION OF BUTTER MILK^[10]**NUTRITIONAL FACT OF 100 ML BUTTER MILK**

Total Fat 0.88g	Potassium, K 151.00 mg
Saturated Fat 0.55g	Phosphorus, p 89.00 mg
Trans Fat 0 g	Riboflavin (B-2) 0.15 mg
Polyunsaturated Fat 0.03 g	Tocopherol, beta 0.02 mg
Monounsaturated Fat 0.25g	Fluoride, F 4.00 mcg
Calories from Fat 7.92	Threonine 0.16 g
Cholesterol 4.00 mg	Glutamic acid 0.64 g
Sodium 105.00mg	Folate, DFE 5.00 mcg DFE
Total carbs 4.79 g	Carotene,beta 1.00 mcg
Fiber, total dietary 0 g	Lysine 0.28 g
Sugars, total 4.79 g	Energy 169.00 kj
Protien 3.31 g	Retinol 7.00 mcg
Vitamin A 26.00 IU	Arginine 0.13 g
Vitamin C 1.00 mg	Vitamin A, RAE 7.00 mcg RAE
Calcium 116.00 mg	Tyrosine 0.14g
Iron 0.05 mg	Folate, food 5.00mcg

BENEFITS OF BUTTER MILK^[11]

- Contains All Essential Macronutrients
- Has a cooling Effect on the Digestive Tract
- Helps wash down oily food
- Encourage Digestion and treats Stomach Ailments
- Effective Against Dehydration
- Provides Calcium without the fat
- Rich in vitamins
- Riboflavin helps Detoxify the body

CONCLUSION

Grahani is a Ashtamahagada the term grahani as a disease entity is specifically used for the ailment called Grahani Gada. Which is caused by the mal functioning of the organ called Grahani. Grahani is main caused by mandagni and it is co-related IBS. Although there is no permanent treatment in modern medicine system but which can be managed better with Ayurvedic line of management. A part from that food habits and fast moving life style are the major contributing factors to developed Grahani roga. The premonitory sign and symptom of the disease is altered bowel habits. Ayurveda classics clearly mentioned sign and symptoms Trisna (morbid thirst), Alasya (feeling of laziness), balakshaya (decreased of strenght), vidah (burning sensation), delay in the digestion of the food and heaviness of the body. These are

premonitory sign and symptoms of Grahani Gada. Takra (Butter milk) for Grahani roga used as a aushada dravya because having property of deepana, pachana, srotoshodhaka along with grahi guna, usna virya and madhur vipaka which is ideal for Grahani roga.

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