



## Digestive Disorders



# आरोग्यमंदिर

पत्रिका

AROGYAMANDIR PATRIKA

## Editorial



**A**rogyamandir Patrika published by Shree Dhootapapeshwar Ltd. for the last many years, has attained a special status due to the affection and patronage received from respected physicians like you. First published in 1931, it continued to be in Marathi till 1968 and was well appreciated.

Even after this period, it continued to be remembered with reverence amongst the Ayurvedic physicians. Taking into consideration the continuous demand from the Ayurvedic fraternity, Shree Dhootapapeshwar Limited revived 'Arogyamandir Patrika' in the year 1999-2000. In its new incarnation the medium of publication was Hindi. It is because of the continuous guidance and support received from all of you that 'Arogyamandir Patrika' could continue to maintain its character of being an extremely useful information provider. We will like to acknowledge the fact that it is because of the tremendous adulation and encouragement we received for each of our special issue, be it Stri Visheshanka, Suvarnakalpa Visheshanka or Guggulkalpa Visheshanka that we were further propelled into bringing out 'Arogyamandir Patrika' in a form that is more physician friendly.

'Arogyamandir Patrika' is being brought out from this issue with a changed layout and for the first time both in Hindi and English. We are discussing, *inter alia* the method of Udar Parikshan, Vyadhi Vyavacched, Vyadhi Vinishchaya, leading to determination of the Chikitsa Krama and the use of standardized, best quality specific medicines for various stages of diseases. We are attempting this on the basis of the experiential wisdom of all of you physicians along with *Agama Pramana* that denotes the basic tenets of Ayurved.

We hope that this attempt of ours will also be appreciated by you.

Waiting for your feedback.

Vd. Shailesh Nadkarni

April 2007

In today's modern world, changing lifestyle and food habits are inviting various disorders specially giving rise to Digestive Disorders or *Annava Srotas Vikar*.

Ayurved believes in 'रोगाः सर्वेऽपि मन्देनौ' this means that basic cause of all disorders is 'Agnimandya' i.e. less or weak digestive power or the improper functioning of Agni i.e. Digestive fire.

Hence for healthy living and disease free life it is extremely necessary for an individual to maintain proper functioning of Agni by following proper diet regimen as well as appropriate lifestyle.

In this issue of 'Arogyamandir Patrika', we are discussing Digestive Disorders, which develop due to improper functioning of Agni, their related symptoms and treatment thereof including the general as well as specific treatment alongwith the information of the useful products.

## Ahar & Agni

### Ahar & Agni -

'Ahar' or food is the basic and prime factor in maintenance and nourishment of Sharir Dhatus (body tissues). It in fact, sustains the life of living beings. For maintenance and preservation of health, intake of proper food is essential.

प्राणिनां पुनर्मूलमाहारो बलवर्णोजसां च।

सु. सू. अ. १

प्राणाः प्राणभृतामन्नम्, अन्नं लोकोऽभिधावति।

च. सू. अ. २७

The term 'Ahar' is derived as, अह्नियते (पोषणार्थम् अन्ननलिकया) इति आहारः। Ahar, the one which is taken for the proper nourishment or nutrition of body or for digestive system.

Properties of eatables and drinks in general, consumption of food, various types of food as well as wholesome and unwholesome food responsible for health as well as for diseases has been described in detail in Chapters 'Matrashitiya' and 'Vividhasheetapitiya' of Charak Samhita Sootrasthana.

The food which is consumed is properly digested and converted into Sharir Dhatus i.e. tissue elements by Jatharagni and Dhatvagni. This function is totally dependent on Prakrutavastha or proper functioning of Agni. Body tissues, strength, vitality, complexion, enthusiasm, longevity and intellect are all conditioned by food. All these are dependent on proper functioning of Agni as Apakva Ahar cannot nourish Dhatus. The digestion, absorption, assimilation and

analysis of food is performed by the 'Grahani' which is the main site or centre of Agni (digestive fire).

Both the Grahani and Agni are dependent on each other at all times. Hence when Agni gets vitiated or deranged, it also vitiates functioning of Grahani.

The appropriate methodology for consumption of food if not followed properly, then too, the Agni gets vitiated which in turn vitiates Annava Srotas.





## Relation of Mind & Food

As per the text, the body is divided into 5 types of Koshas i.e. (five Sheaths) whose proper functioning is necessary at all times. These are Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Anandamaya Kosha and Vidnyanmaya Kosha. Out of this Annamaya Kosha is the first one.

In Charak Samhita while defining 'Ahara', it has been mentioned that the food should be appealing to the mind first.

मात्रयाऽप्यभ्यवहृतं पथ्यं चान्नं न जीर्यति।

चिन्ताशोकभयःक्रोध दुःखशय्याप्रजागरैः।।  
च.वि. २/९

When the individual is happy and cheerful, he eats properly and also whatever food is consumed gets digested properly.

When the individual is afflicted with grief, fear or other mental disturbances then even if the wholesome food is taken in proper quantity and it does not get properly digested.

Love and affection of family and relatives, assurance of elderly persons and healthy and cheerful atmosphere at work place, home or at hospital are important factors for getting benefits of the consumed food or medication. Hence it is important to remain cheerful and happy.

## Method of Abdominal Examination & its necessity

The organs of Annavaha Srotas or Digestive system such as Amashaya (Stomach), Antra (Intestines), Grahani etc. are situated in the abdomen.

Hence for proper diagnosis of digestive disorders or any disorder it is utmost important to do proper examination of Rogi (patient) and Roga (disease). To identify the disease condition Sparshan Pariksha plays an extremely important role along with Prashna Pariksha.

### Udar

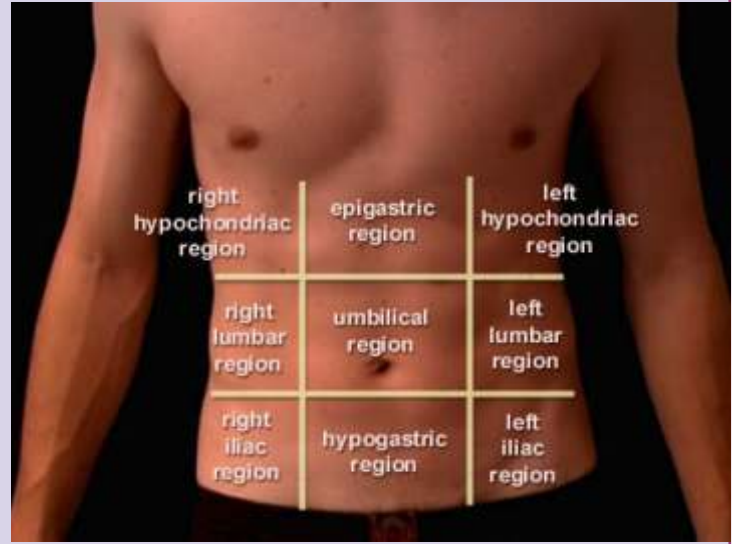
**Special Examination - Nadi, Mala, Mootra, Jihva etc.**

**Srotas Pariksha -**

Raktavaha Srotas	- Liver and Spleen
Annavaha Srotas	- Oesophagus, Stomach
Purishavaha Srotas	- Intestines & Rectum

**Examination by Indriyas -**

Auscultation	- Shravanendriya Pariksha	- Antrakujan (Intestinal Peristalsis)
Inspection	- Chakshurendriya Pariksha	- Age of patient - Colour of abdominal skin Normal/Abnormal - Size and firmness of abnormal organs
Odour	- Ghranendriya Pariksha	- Abdominal
Palpation	- Sparshanendriya Pariksha	- Touch of abdominal skin - Cool - warm, Soft- hard Smooth - rough, Unctous - dry(mist) - Abdominal mass or tumour etc.
Percussion	- Akotan	- Sparshasahatva (Tenderness) - Peedanasahatva (Pain) - Hardness & softness



### Annavaaha Srotas

Following are the major disease conditions that can be observed in region of Annavaaha Srotas after dividing the abdomen into nine quadrants.

### Digestive Disorders

1) Right Hypochondriac Region	- Yakrutvikar, Pittashmari
2) Epigastric Region	- Agnimandya, Chhardi Ajeerna, Amlapitta
3) Left Hypochondriac Region	- Agnimandya
4) Right Lumbar Region	- Antrashotha
5) Umbilical Region	- Atisar, Grahani Pravahika - Krumi
6) Left Lumbar Region	- Atisar, Pravahika
7) Right Inguinal / Iliac Region	- Antrashotha
8) Hypogastric Region	- Krumi Malavastitumbha
9) Left Inguinal / Iliac Region	- Sarakta Pravahika, Sarakta Atisar

### Causes of Vitiatio of Annavaha Srotas

- Irregular dietary habits • Unhealthy diet & lifestyle
- Excessive intake of food • Impairment of Agni (digestive fire)

### Common symptoms of vitiatio of Annavaha Srotas

- Anorexia or loss of taste • Indigestion
- Nausea, vomiting • Pain in abdomen
- Loose Motions • Sama Jihva (Coated Tongue)

### Common disorders of Annavaha Srotas

Loss of Appetite, Indigestion, Hyperacidity, Vomitting, Diarrhoea, Dysentery, Grahani Roga (Diseases related to Grahani), worms

### General Treatment -

आमं जयेत् लघनकोष्णपेया लघ्वन्न रुक्षौदनतिक्तयूषैः।

निरुहणैः स्वेदन पाचनैश्च संगोधनैरुर्ध्वमधस्तथा च। (यो. र.)

The root cause for vitiatio of Annavaha Srotas is 'Agnimandya' (Derangement of Agni) and 'Ama Dosha' due to it. Hence, in the treatment of diseases of Annavaha Srotas the basic cause i.e. 'Ama' is to be taken care of. For this Ushna, Teekshna and Amapachak combination is useful.

For Amapachan, firstly Langan is necessary by means of fasting. This Langan is to be employed naturally keeping in mind Dhatukshaya or Vataprakopa in the patient.

Along with lukewarm water, Peya (thin gruel), Vilepi (thick gruel) and Katu Tikta Rasa Siddha Yusha (soup) Agnivardhak, Vatanulomak and Mruduvirechak remedies are also useful.

# Drakshovin™ SPECIAL

Excellent Invigorating and Restorative Tonic ...



- Agnivardhak, Pachak, Ruchivardhak, Malavarodhanashak
- Balya, Rasayan, Dhatuposhak
- Specially effective in Vatavyadhi
- Helps relieve Shwasa, Kasa
- Budhi & Smrutivardhak
- Useful in Bhrama & Nidranash
- Manodourbalyanashak

## Darshan (Inspection)

- 1) Colour of abdominal skin-**  
Whitish - Pandu, Yellowish - Kamala  
In case of 'Krumi' there is discolouration on the face instead of abdomen
- 2) Colour & nature of tongue is also important**  
Sama, Shweta - Ajeerna, Malavashtambha
- 3) Swelling on face & below eyes**  
- Pandu, Kaphaja Agnimandya, Amajeerna
- 4) Colour of Stools -**  
Frothy - Vatisara  
Greenish yellow, -  
Reddish - Pittaj Atisara  
White, Sandra - Kaphatisara
- 5) Colour of Vomitus**  
Blackish, frothy - Vataja Chhardi  
Greenish, yellow - Pittaja Chhardi  
Thick, whitish - Kaphaj Chhardi
- 6) Increase in abdominal girth and stretched abdominal skin - Ascites (Accumulation of fluid)**
- 7) Weight loss - Mansakshaya - Grahani**

## Sparshan (Palpation)

- 1) Abdomen -**
  - Skin** - loss of elasticity - Acute diarrhoea  
Skin tense &  
without wrinkles - Ascites
  - Utsedha** - Granthi or Arbuda
  - Mruduta (Softness)** - Normal
  - Kathinya (Hardness)** - Ajeerna, Grahani, Anaha
  - Sparshasahatva & Shoola (tenderness & pain ) in**
    - Epigastric region - Amlapitta
    - Stomach - Chhardi
    - Umbilical Region - Grahani, Krumi, Pravahika
    - Hypogastric region - Malavarodha  
Krumi, Vishtabhajeerna
  - Akotan (Percussion)**
    - Dull sound - Ajeerna
    - Gurgling (Gudagudayat) - Vishtabhajeerna
    - Increased Peristalsis - Amalpitta
    - Tympanic sound - Udara

## Common Digestive Disorders & their specific symptoms

As per Ayurveda 'Lakshana' or symptoms have been classified in three categories viz., 1) Samanya Lakshana 2) Vishesh Lakshana 3) Pratyatmak Lakshana

**Samanya Lakshana** - These are inclusive and common in all types of the disease.

**Vishesh Lakshana** - These symptoms are specific for each type of disease.

**Pratyatmak Lakshana** - It is the special characteristics feature or symptom of that particular disease.

Pratyatma Lakshana is important for specific diagnosis purpose.

Disease	Pratyatma Lakshana
Amajeerna	Pratyatmak Lakshan Madhurudgar ( Eructations) Utklesha (Belching)

<b>VidagdhaJeerna</b>	Amlodgar (Sour Belching) Trushna (Excessive Thirst)
<b>Vishtabdhajeerna</b>	Vibandha (Constipation)
<b>Chhardi</b>	Amashaya Utklesh - Nausea, Vomiting
<b>Amlapitta</b>	Daha - Burning Sensation in Chest and Abdomen Apacha (Indigestion) Amlodgar (Sour Belching) Increased frequency with loose or watery stools
<b>Atisar</b>	Increased frequency with loose or watery stools
<b>Pravahika</b>	Pravahan - Stools with mucous, griping pain and straining
<b>Grahani</b>	Stools are sometime well formed & at times loose motions, Karshya
<b>Krumi</b>	Krumi Koshthata (Intestinal worms)

## Agnimandya

Agnimandya is the disease in which digestive power becomes less or weak, deranged or not functioning properly.

Ajeerna is acute condition and it relieves after treatment. But Agnimandya is developed after long duration. Hence it is a chronic disorder.

Agni is of four types - viz.

Mandagni, Teekshnagni, Vishamagni and Samagni depending on predominance of respective Doshas - namely Kapha, Pitta, Vata and Samagni is due to equilibrium or balance of all three Doshas. This is the 'Prakrut' condition (natural state) or balanced condition. Rest three are called as Agnivikruti (impairment).

In Agnimandya there is improper functioning of Agni. Depending on causes and symptoms of this, Agnimandya is again divided into three types.

**Main Symptoms** - Loss of Appetite, Improper digestion

**Other Symptoms**

- Pain in abdomen
- Flatulence
- Constipation
- Pricking pain in abdomen
- Body ache
- perspiration
- Dryness of mouth
- Weakness

**Diagnosis - Treatment - Aushadhi -**

**Vataj Agnimandya**

Snigdha,  
Amla, Lavan Rasatmaka

**Ahar - (Diet)**

Light & easily digestible

**Kalp -**

Shankh Vati  
Agnitundi Vati  
Higwashtak Churna

**Along with**

- Sour belching
- Excessive thirst
- Burning sensation in throat & abdomen
- Excessive
- Loss of taste
- Giddiness

**Pittaj Agnimandya**

Snigdha,  
Madhur & Tikta Rasatmak

Snigdha, Sheeta  
Peya, Manda

Kamdugha (M.Y.)  
Amlapitta Mishran  
Mauktik / Praval Bhasma  
Praval Panchamrit (M.Y.)  
Bhaskarlavan Choorna

- Eructations
- Heaviness in body

- Nausea, Vomiting
- Swelling below eyelids & face
- Sweet taste
- Lethargy

**Kaphaj Agnimandya**

Rooksha  
Katu & Tikta Rasatmaka  
Kshar Dravya

Langhan  
Peya, Vilepi,  
Akruta, Kruta Yusha  
Warm Water

Shankha Vati  
Agnikumar  
Trikatu Choorna  
Panchkol Choorna  
Kravyad Ras



### Agnitundi Vati

• Deepak & Shoolaghna formulation useful in Vataja Agnimandya

**Uses -**

Agnimandya - Agnitundi Vati + Hingwashtak Choorna  
Parinamshool - Agnitundi Vati + Amlapitta Mishran  
Amadosha - Agnitundi Vati + Dashamoolarishta



### Agnikumar Rasa

• Agnivardhak, Amapachak formulation useful in Kaphaja Agnimandya

**Uses -**

Ajeerna - Agnikumar Rasa + Buttermilk  
Udarl - Agnikumar Rasa + Shankhavati  
Adhman - Agnikumar Rasa + Abhayarishta

## Ajeerna

### आहारस्य अपचनम् ।

Improper digestion of consumed food is known as Ajeerna. Due to Agnimandya i.e. diminished capability of Agni to digest the food properly, The consumed food remaining undigested for a long time leads to Ajeerna.

Ajeerna is an acute condition. In Ajeerna aggravation of Kapha and Vata is always there.

### Common Symptoms

Loss of appetite, Giddiness, Anorexia, Headache, Uneasiness, Heaviness in abdomen, Bodyache, Pain in abdomen, Heaviness in body, Vomiting, Laziness, Loose motions.

### Specific Symptoms of Ajeerna according to types

#### Amajeerna

- Kaphaparakopa
- Heaviness in abdomen even after less intake of food
  - Nausea, belching
  - Itching all over body
  - Swelling below eyelids & over cheeks
  - Giddiness

#### Vidagdhajeerna

- Pittaparakopa
- Sour belching
  - Burning sensation in chest, abdomen & eyes
  - Excessive Perspiration
  - Excessive thirst
  - Headache

#### Vishtabhajeerna

- Vataparakopa
- Pricking or gripping pain in abdomen & Flatulence
  - Pain in abdomen
  - Headache, Body pain, low backache
  - Constipation

## Treatment

### General Treatment -

**Medicines** - In all types of Ajeerna; administration of Trikatu (Sunthi, Maricha & Pippali in equal quantity) and Saindhav + Hingu - 1/8 quantity mix and prepare lukewarm paste and apply over abdomen.

**Food** - should be easily digestible. Sprinkle Ardrak, Nimbu Rasa, Saindhav, Dhaniya, Hingu, Jeerak choorna and eat before food.

After Langhan proper Sansarjan Krama should be followed with the help of Mudga Yusha, Manda.

## Treatment according to types

### Amajeerna

- Langhan (Fasting) or light food
- Amadosha  
If less in quantity - Langhan+ Pachan  
In medium quantity - Langhan  
Large in quantity - Shodhan  
Vaman / Virechan
- Mix Pippali, Vacha & Saindhav Choorna & drink with lukewarm water
- Mix Sunthi & Dhaniya in equal quantity - boil in water till it becomes half & drink frequently
- Useful Kalpas -  
- Agnikumar Rasa  
- Hingwashtak Choorna  
- Shankha Bhasma  
- Shankha Vati  
- Kravyad Rasa

### Vidagdhajeerna

- Vaman - till Pitta Darshan
- Langhan + cold water in small quantity frequently
- In case of burning sensation in abdomen after food, Haritaki Choorna + Draksha + Sharkara in equal quantity with honey is beneficial
- Praval Bhasma  
- Kamadugha (M.Y.)  
- In Vidagdhajeerna with Pittatisara & Vomitting - Shouktik Bhasma  
- Bhaskarlavan Choorna  
- Avipattikar Choorna  
- Sootashekhar Rasa (Suvarnayukta)  
- Praval Panchamrut (M.Y.)

### Vishtabhajeerna

- Swedan (fomentation) over abdomen for Vatanuloman
- Drink hot water with little salt
- If constipation or Flatulence use
- Gudavarti (Suppository) to release obstructed Vayu
- Proper rest during day time
- Higwastak Choorna along with Lukewarm water
- Shankha Bhasma  
- Kapardik Bhasma  
- Arogyavardhini  
- Agnikumar Rasa  
- Hingwastak Choorna  
- Shankhavati

# Amlapitta

## विदाहाद्यम्लगुणोद्विक्तं पित्तमम्लपित्तम् । (मधुकोष)

Due to irregular and faulty dietary habits and excessive intake of spicy or unctuous food, Pitta gets vitiated with rise in 'Amlata' leading to Amlapitta.

Prakrut Pitta i.e. normal Pitta has Katu Rasa which becomes Vidagdha and changes to Amla (sour) resulting in Amlapitta.

Hence, to control Amlapitta one has to follow proper diet regimen.

### Common symptoms

Improper digestion of food, Weakness without exertion, Nausea, Sour belching / eructations, Heaviness in body, Burning sensation in throat and chest, Anorexia or loss of taste, Headache, Pain in abdomen and near Epigastric region, Flatulence.

**Types of Amlapitta** - As per the direction of the vitiated Pitta in the body, Amlapitta is being divided in 2 types.

### 1) Urdhwaga Amlapitta

### 2) Adhoga Amlapitta

#### Symptoms

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>- Greenish, yellow, black or slightly reddish omitus</li> <li>- Excessive sour vomitus resembling meat wash</li> <li>- Sticky Kapha</li> <li>- Sour &amp; bitter belching</li> <li>- Anorexia</li> <li>- Nausea</li> <li>- Headache</li> <li>- Burning sensation in the chest, throat</li> <li>- Burning in palms &amp; soles</li> <li>- Itching over body &amp; rashes</li> </ul> | <ul style="list-style-type: none"> <li>- Expulsion of Pitta from anal region which is Green, yellow, blackish or red in colour</li> <li>- Excessive thirst</li> <li>- Loss of appetite</li> <li>- Nausea</li> <li>- Burning sensation</li> <li>- Giddiness, fainting</li> <li>- Red coloured rash over the body</li> <li>- Excessive perspiration</li> </ul> |
|---|--|

### Treatment of Amlapitta

#### 1) Nidan Parivarjan -

This is the basic & first line of treatment in Amlapitta. The root causes such as faulty diet, as well as Vihar are to be avoided. 'Pathya' plays the vital role in treatment.

Proper Sanshodhan & Sanshaman is necessary alongwith this. As Amlata or sourness of Pitta increases in Amlapitta, food which is sour or may increase sourness should be avoided. e.g. Tomato, Til, Kulathi, Udad etc.



#### Sootashekhar Rasa

- Excellent Pittashamak, best useful in Sama Pitta

#### Uses -

- |           |   |
|-----------|---|
| Amlapitta | - Sootashekhar Rasa + Amlapitta Mishran |
| Chhardi   | - Sootashekhar Rasa Praval Pishti       |

#### 2) Sanshodhan -

To bring back Pitta in its normalcy 'Viparita Krama' is helpful.

Virechan in Urdhwaga Amlapitta

Vaman in Adhoga Amlapitta

**For Vaman** - Prepare Kadha of Patolapatra & Nimbapatra & then mix Madanphal Choorna & honey in it & use it for Vaman.

**For Virechan** - Avipattikar Choorna (3-4 gm) or Triphala Choorna (6 gms) alongwith sugar or honey.

In case of Chronic Amlapitta administration of Asthapan & Anuvasan Basti is helpful.

#### 3) Sanshaman -

After Sanshodhan i.e. Vaman Virechan Sanshaman is advised to get rid of vitiation of Doshas.

- Langhan (fasting)
- Laghu Bhojan (Light, easy to digest)
- Pachan Yoga (Digestive medicines)
- Tikta Rasatmaka Annapana (Bitter food)

#### General Treatment -



## AMLAPITTA MISHRAN™

### SUSPENSION

- Relieves gastric irritation (inflammation) & flatulence
- Expels out vitiated Pitta through fecal matter
- Helps in digestion of Sama Pitta
- Stimulates liver to produce good quality Pitta & also increases appetite
- Protects internal organs from damage due to vitiated Pitta

- Intake of light, easily digestible, Madhur diet
- To increase appetite use Bhaskarlavan Choorna during the meals
- Amla, Anjeer, Triphala, Amaltas Phalmajja, Yashtimadhu and Munakka are Pittashamak & Sarak
- Eat Munakka with sugar
- Amla Swaras or Choorna with honey
- Drink tender coconut water or Scraped coconut with sugar

#### Specific Products -

Sootashekhar (Suvarnayukta / Plain), Kamadugha (Mouktikyukta / Plain), Praval Bhasma, Praval Pishti, Shankha Bhasma, Shouktik Bhasma, Kapardik Bhasma, Pravalpanchamrut (Mouktikyukta / Plain).

## Atisar (Diarrhoea)

गुदेन बहुद्रवसरणं अतिसारं । Atisar is defined as excessive passage of watery stools through the anus by Ayurvedic texts. Aggravated Vayu brings water content into large intestines and it gets mixed with Mala, which is thrown out through anus.

### Symptoms -

- Excessive watery stools
- More frequent and uncontrolled motions.
- Symptoms of Rasakshaya like dryness of mouth and throat alongwith excessive thirst
- Pain in abdomen, chest, calf region and feeling of tiredness

Generally Atisar is divided into two types

### Amataris

- Stool sinks in water
- Containing more Aam
- Excessive Pain while passing stools

### Pakvataris

- Stool floats over water
- Less sticky and faces
- Having very bad odour

## Treatment

It is essential to identify the type of Atisar as Aamataris or Pakvataris before heading towards the treatment part.

### Aamataris

- Langhan to be given initially depending upon the condition of the patient and ignore the motions
- Use Haritaki Choorna in case of Aamataris where the stools are not passing out easily
- Deepak, Pachak medicines like Musta, Chitrak, Shunthi are to be used
- Use of formulations like Bhaskarlavan Choorna, Agnitundi Vati, Bruhat Kasturi Bhairav, Sootashekhar Rasa (Suvarnayukta), Kravyad Rasa

### Pakvataris

- In condition where Stambhan is necessary use Pachak, Stambhak drugs like Kutaja, Shunthi
- In case of Raktatisara Bolabaddha Rasa, Kamadugha (M.Y.), Chandrakala Rasa alongwith Kutajarishta, Usheerasava are helpful
- In Atisar developed due to fear or sorrow, reassurance is to be given to patient alongwith Brahmivati (S.Y.) • Suvarna Parpati & Panchamrut Parpati are beneficial in Chronic condition

## Pravahika

The diagnostic symptom of Pravahika is 'कृतेऽपि अकृतसंज्ञता' i.e. there is repeated Pravahan or frequent urge but with less quantity of stool due to which feeling of improper defecation is present even after passing of stools.

The causes, symptoms, treatment and Samavastha - Niramavastha of Pravahika are similar to the Atisar.

In Vataja, Pittaja, Kaphaja & Raktaja Pravahika caused due to excessive consumption of Snigdha, Rooksha food the main symptoms are Shoola (pain), Daha (burning), Sakapha Malapaurutti, Sarakta Malapaurutti (presence of blood in stools) respectively

### Common Symptoms -

Frequent stools with mucous, gripping pain, Weakness, Laziness, Heaviness, Pain in abdomen

### Treatment -

तासां अतीसारवद् आदिशेच्च लिङ्गं क्रमं च आमविपक्वतां च।, As per Sootra mentioned in Madhav Nidan suggests that the Ama & Pakva Stages of Pravahika have to be understood as those of Atisar and the treatment should be the same as that of Atisar.

- 1) Initially Langhan and if Aamavastha is more then a mild Laxative can be given
  - 2) This is to be followed by Deepan, Pachan medicines
  - 3) Belgiri or Bilwa - Avaleha/Murabba is useful in Pravahika
  - 4) Along with Kutajarishta, Sanjeevani Gutika is helpful as an Amapachak and Agnivardhak
  - 5) Shankha & Kapardik Bhasma are specially useful as Amapachak
- In cases of Jeerna Pravahika, Bruhat Kasturi Bhairav, Hingwshtak Choorna, Shankha Vati, Praval Panchamrut, Drakshasava etc. are useful

### Praval Panchamrut(M.Y.)

- Combination of the five best Pittashamak Bhasmas
- Useful in Amlapitta, Pittatisara, Jeerna Pravahika, Sangrahni etc.



### Sanjeevani Gutika

- Amapachak, Deepak Gutika
- Useful in Amataris, Pravahika, Kaphapradhan Ajeerna

## Grahani

अग्न्यधिष्ठानमन्नस्य ग्रहणाद् ग्रहणी मता। (च. चि. १५/५६)

षष्ठी पित्तधरा नाम या कला परिकीर्तिता।

पक्वामाशयमध्यस्था ग्रहणी सा प्रकीर्तिता। (सु. उ. ४०/१६९)

Grahani is the main site of Agni and Pachak Pitta. This is also known as Pittadhara Kala. Grahani is located in between Aamashaya & Pakvashaya.

As it does the Grahani of the Apakva Aahar from the Aamashaya hence it is named as Grahani. Agni has to be maintained in Prakrut state to do Dhatuposhan and to enhance Bala, Varna etc. The site of Agni being Grahani it becomes important to keep the Grahani in Prakrut State. Agnimandya is the root cause of Grahani Roga.

Unhealthy Ahar-Vihar leads to Agnimandya further giving rise to Atisar. This Atisar if not treated properly, leads to the disease known as Grahani, which is a chronic disease.

### Symptoms -

- The diagnostic disease specific sign for Grahani is 'मुहुर्बद्धं मुहुर्द्रवम् ।' i.e. at times the stools are hard and at other times they are loose.
- The stools have foul smell and there is stomach ache while passing stools
- Agnimandya, Aruchi
- Excessive watering of mouth, Sour belching, Vomiting
- Darkness in front of eyes
- Pain in periumbilical region
- Extreme physical weakness

As there is Agnimandya in the Grahani, 'Karshya' is seen as effect over some time.

### Treatment -

लीनं पक्वाशयस्थं वाऽऽप्यामं स्राव्यं सदीपनैः।

शरीरानुगते सामे रसे लङ्घनपाचनम्।।

- Langhan, Deepan, Pachan
- Vaman-Virechan as per the order of Dosha vitiation.
- Easy to digest food, Peya (Gruels) prepared alongwith
- Deepan dravyas like Panchakol etc.
- Deepaniya medicines

### Parpati Kalpa

Kajjali or another medicinal mixture, when which liquefies on heating and spread over a banana leaf, pressed by another banana leaf, forms a thin Parpati.

### Panchamrut Parpati

Doshanashak, Jantughna & strengthening activity on Grahani & other organs related to digestion



- Grahani - Panchamrut Parpati + Kutajarishta
- Jeerna Pravahika- Panchamrut Parpati + Bruhat Kasturi Bhairav Rasa

**Single Drug** - Takra, Bilwa, Kutaj, Bhanga, Ahiphen, Dhatur

**Consuming Ghruta**- Shehan with Siddha Ghruta

If the Agni is diminished as a result of the Rukshata in Antras then Deepaniya Ghruta or oil has to be consumed.

**Choorna** - Isabgol, Bilwa Majja choorna

Pippalyadi Choorna, Marichyadi Choorna

Kwath of - Shunthi, Ativisha, Musta

Shunthi Choorna alongwith lakewarm water

**Use of Ghruta, Taila, Arishta etc.**

1) If Agnimandya is due to the excessive Snigdghata of the Antra then Choorna, Arishta and Asaves are useful.

2) If Malabheda is seen, then Talia or Asava can be used. Kutajarishta, Kumari Asav No. 1

**Rasa Aaushadhi** -

Parpati Kalpas that are mainly used are Panchamrut Parpati, Suvarna Parpati, Rasa-Parpati

Parpati Kalpas are used in two ways:

- 1) Sanna Kalpa - where in the patient is given regular food etc.
- 2) Niranna Kalpa - where the patient is kept only on Milk, Buttermilk or fruit diet.

### Treatment for Grahani -

Firstly, the Sama-Nirama state of Mala has to be examined. If the Mala is Sama then Pachan Aaushadhi Dravya have to be used and if the Mala is Nirama, then Sanshaman Aaushadhi are to be used.

### Aamapachan Yoga -

- SunthA, Ativisha, Musta, Haridra - Choorna with warm water or making Kwath
- Shunti Choorna with warm water
- Bilwa majja, Chitrak mool, Shunthi- all taken in equal quality added with Bidlavan and consumed alongwith Dadim Swaras
- When there is pain in abdomn alongwith Sama Mala
- Indrayav, Ghrutabharjit Hing, Atisa, Vacha, Harda and Souvarchal lavan all equal part are taken with warm water

### Use of Takra (buttermilk) in Grahani is important

तक्रं तु ग्रहणीदोषे दीपनग्राहिलाघवात् ।

Takra being agnideepak, Grahni and Laghu it is considered to be the best for Grahani Dosha conditions.

As the Vipak of Takra is Madhur, it does not Vitiate Pitta. Being Ushna Veerya, Kashaya and Rooksha it is also helpful in Kapha disorders.

Madhur and Amla properties of Takra make it useful in Vata disorders too. Thus Takra is Tridoshanashak.



Healing for Over 125 Years

For more details please contact:  
Health Care Services

**Shree Dhootapapeshwar Ltd.**

135, Nanubhai Desai Rd., Khetwadi,

Mumbai - 400 004

Tel. No: 91-22-3003 6100 Fax: 91-22-2308 1308

e-mail: [healthcare@sdlindia.com](mailto:healthcare@sdlindia.com)

website: [www.sdlindia.com](http://www.sdlindia.com)