

Role of Takra in Grahani w.s.r. to Paediatric Conditions

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Abstract: *Grahanidosha* is also called *agnidosha*. *Grahanidosha* is disease related to gastrointestinal disorder, which may occur due to impairment of *Grahanayashrita Agni*. *Grahaniroga* is associated with indigestion, dysphagia, disturbed bowel movement, constipation, abdominal pain, frequent motion with bad smell and anorexia are the main clinical observation of disease. The basic line of treatment involves restoration of *Agni* through *Agnideepana*, *Pacana*, *Sangrahi* and *Shodhana* approaches. Ayurveda classics mentions that *takra* acts as *agnideepana*, *hrudya*, *avrusya*, *kaphavatahara*. *Takra* will reduce *malabaddhata*, *guruta*, *agnimandya*. The symptoms occurred in children in *grahani* due to irregular diet habit, like overeating, more ingestion of cool, heavy, dry, fried and dehydrated food. To tackle all these problems *takra* plays vital role in *grahani* in children.

Keywords: Grahani, Takra.

1. Introduction

- *Grahani dosha* is also called *agnidosha*. *Grahani dosha* is disease related to gastrointestinal disorders, which may occur due to impairment of *Grahanayashrita agni*.
- *Grahani roga* is associated with indigestion, dysphagia, disturbed bowel movement, constipation, abdominal pain, frequent motion with bad smell and anorexia are the main clinical observation of disease.
- The basic line of treatment involves restoration of *agni* through *Agnideepana*, *Pacana*, *Sangrahi* and *Shodhana* approaches.
- Ayurveda classics mentions that *takra* acts as *agnideepana*, *hrudya*, *avrusya*, *kaphavatahara*.
- *Takra* will reduce *malabaddhata*, *guruta*, *agnimandya*.
- The above symptoms occurred in children in *grahani* due to irregular diet habit, like overeating, more ingestion of cool, heavy, dry, fried and dehydrated food.
- To tackle all these problems *takra* plays vital role in *grahani* in children.

A. Grahani

- *Grahani* is one among the *ashta mahagada*. *Aashraya* is *grahani* and *aashrayi* is *agni*.
- The persons who takes heavy to digest foods causes the damage of *grahani* resulted in the manifestation of *grahani* disease.

- *Agniyadhistaana* is *pittadarakala*.
- *Grahani vibhinna roopa*
- Acc. to *Agni*: *Vishama agni*, *Teekshna agni*, *Manda agni*
- a. *Vishamagni*: This type of *Agni* changes between digesting food quickly and slowly. When this *Agni* is affected by the *Vata Dosha*, it creates different types of *udaragata roga*.
- b. *Teekshnagni*: *Teekshnagni* means very quick/very sharp/very fast. *Teekshnagni* is a state of very quick digestion of food, regardless of the type of food. Acharya *Shushruta* states that when the power of digestion is increased from normal to above normal, food digests very quickly and produces hunger or the desire for food. When food is digested, the throat, the mouth cavity and the lips become dry with a burning sensation. This condition is known as “*Bhasmaka Roga*” according to Ayurveda.
- c. *Mandagni*: “*Manda*” means slow. The meaning of the *Mandagni* is slow digestive power or digestive capacity. Those who are having *Mandagni* eat very little and are unable to digest the smallest amount of food. *Dhanvantri* says that *Agni* digests the least amount of food in the greatest amount of time.
- *Svatantra/Paratantra*: Without diarrhea or after diarrhea
- *Doshaja*¹: *Vatajagrahani*, *Pittajagrahani*, *Kaphajagrahani*, *Sannipatajagrahani*.
- *Avastha Bheda*:
Sangrahaagrahani, *Ghatiyantragrahani*, *Aamagrahani*
- *Nidana*: Acc. to *dosha* varies.
- *Poorvaroopo*: *Trishna*, *Aalasya*, *Balakshaya*, *Vidaaha*, *Gourava*
- *Roopa*: Acc. To *dosha* varies (mentioned in above table).
- *Treatment*:
 - *Paachana*, *Sangraahi*, *Agnideepana*
 - *Snehana*, *Svedana*, *Shodana*, *Langhana*, *Deepana*
 - *Choorna*, *Lavana*, *Kshara*, *Madvaarista*, *Aasava*, *Sura*, *Takra Prayoga*.

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Table 1

Dosha	Nidana	Lakshana
Vataja	Katu, Tikta, Kashaya, atiruksha, sheeta ahaara, atimaituana, upavasa	Kshut, Trishna, Visuchika, parshvaruk, dourbalya, Vairasya, parikartika
Pittaja	Katu, guru, amla, kshara, vidahi ahaara	Ajirna, nilapeetabham, amla udgara, hrut kanta daha, aruchi
Kaphaja	Guru, snigdha, sheeta, ahaara, atibhojana,	Pinasa, chardi, dukha, arochaka, hrullasa, kaasa, Madhura udgara
Sannipataja	All 3 doshas	All 3 doshas

Table 2

Takra		Dosha
Amla guna	Madhura vipaka	Pitta
Abhishyandi guna	Kashaya rasa, ushna, vikasi, ruksha guna.	Kapha
Kashaya rasa and ruksha guna	Madhura, amla rasa and Sandra guna.	Vata

- Shamanoushadhi: Takrarista, Madhvarista, Madhukasava, Duralabhasava, Pippalyadi Churna, Marichadi Churna, Kshara Ghrita, Chandanadya Ghrita, Panchamuladya Ghrita, Panchamuladya Taila.

Takra

- As per acharya Sushruta takra is prepared as the one part of dadhi mixed with half of water and churned well. Then butter will be separated. This will be neither more concentrated form nor diluted form and it will have Madhura, amla, Kashaya rasa.
- Depending upon amount of Sneha presence and also variation of water quantity, accordingly Takra Kalpana is mentioned following varieties in Bhavaprakasha
 - ✓ Ghola
 - ✓ Mathita
 - ✓ Takra
 - ✓ Udasvita
 - ✓ Chacchika

RASAPANCHAKA²

- Rasa: Madhura, Amla and Kashaya
- Guna: Laghu, Ruksha
- Virya: Ushna
- Vipaka: Madhura
- Karma: Agnideepana, Hrudyaya, Avrushya, Kaphavaatahara
- Indication: Shopha, Arsha, Grahani, Snehavyapad, Pandutva
- Contraindication³: kshata, ushna kaala, durbala, moorcha, bhrama, daaha raktapitta
- Action:

Vata aggravation: sour buttermilk (saindava).

Pitta aggravation: sweet buttermilk with sugar.

Kapha aggravation: sweet buttermilk with vyosha and kshara.

- Types acc. to Charaka⁴:

Ruksha: Butter will be separated completely.

Ardha snehayukta: Half of the butter will be separated.

Poorna snehayukta: Prepared without separating butter.

Buttermilk:

In general, buttermilk composition is very similar to that of skimmed milk and on a dry matter basis consists of protein (31.5%–33.1%), lactose (48.7%–53.8%) and fat (5.7%–13.1%)⁵

A one-cup serving of cultured 1% buttermilk contains:⁶

- 110 calories.
- 9 grams of protein.
- 3 grams of fat.
- 13 grams of carbohydrates.
- Less than 1 gram of fiber.
- 12 grams of sugar.

Table 3

Nutrition facts of Buttermilk (1cup 245gm)⁷

Calories	99	
Total Fat	2.2 g	3%
Saturated fat	1.3 g	6%
Cholesterol	9.8 mg	3%
Sodium	257.3 mg	10%
Potassium	370 mg	10%
Total Carbohydrate	12 g	4%
Dietary fiber	0 g	0%
Sugar	12 g	
Protein	8 g	16%
Vitamin C		4%
Iron		0%
Vitamin B6		5%
Magnesium		6%
Calcium		28%
Vitamin D		0%
Cobalamin		8%

Uses:

Buttermilk is a boon for our digestive system. Healthy bacteria and lactic acid in buttermilk help digestion and improve our metabolism. It also helps maintain regular bowel movements and helps people who suffer from constipation. Buttermilk is also helpful to treat irritable bowel syndrome (IBS).

Health benefits of drinking buttermilk⁸

- Enhances metabolism. Probiotics found in buttermilk help in fostering the development of healthy gut bacteria.
- Increases immunity.
- Hydrates the body.
- Enhanced bone health.
- Minimises inflammation.
- Helps with weight reduction.
- Blood pressure reduction.

2. Discussion

- The Grahani-roga is best treated with drug possess qualities like Agni-deepaka, Ama-pachaka, Grahi guna, Shoshana,

Tridosha-shamaka. Takra having *Ushna veerya, Madura-Amla rasa pradhana, Kashaya anu-rasa, Madhura vipaki, Ruksha guna* and *Srotoshodaka* by which it pacifies *Vata, Pitta, Kapha* and does the *shoshana karma* by removes vitiated *kledaka kapha* in the *Grahani* by which it potentiates the *Agni* and digests as well as improves the *Grahana, Pachana, Vivechana* and *Munchana karma* of *Grahani*, relieves the symptoms and treat the disease in a generous way.

- *Rasa* of *Takra* is *Madhura, Amla* and *Kashaya Anurasa* which is having *Laghu, Ruksha Guna, Virya* is *Ushna* and *Madhura Vipaka*. It does *Agni Deepana, Hridya, Kapha-Vata Shamaka* and acts as *Grahi*. *Grahani Dosha* is a condition related with an *Agnivikriti*. In this condition *Takra* is useful by means of its *Deepana Grahi Laghuvat* property.
- *Takra* acts as *Tridoshagna* by means of its different *Gunas* as follows,
 - Due to its *Deepana, Pachana Grahi* and *Laghu gunas* it is very useful in *Grahani-roga* due to its *Deepana guna* corrects the *Agni vikriti*, by *Pachana Guna* does the *Ama pachana*, By *Grahi guna* helps in the improving *Grahana karma* of *Grahani* as hampered in the *Grahani-roga* and removes the vitiated *Kledaka kapha* by which increases the *Rukshata* in the *kosta* helps in *Agni Varadhana*.
 - *Aacharya Sharangadhara* explains *Grahi* as – The drug which Stimulates *Agni (Deepana)*, digest the *Ama (Pachana)* and by virtue of its *Ushna guna* it causes *drava Shoshana*.
 - Even though *Takra* has *Amla rasa* it will not provoke *Pitta* because it is having *Madhura vipaka*.
 - Due to *Kashaya Anurasa, Ushna Virya* and *Ruksha, Vikasi Guna*, it brings down aggravated *Kapha* even though it is having *Abhishyandadi guna*.
 - By virtue of its *Madhura, Amla Rasa, Sandra Gunas*, it will not vitiate *Vata* even though it possesses *Kashaya Ruksha guna*.
 - *Takra* is *Srotoshodhaka*, helps in the scrapping of vitiated *Kledaka Kapha* in *Grahani* by which helps in the proper absorption of *Aahara rasa*.
 - *Takra* contains almost all vitamins, minerals, energy,

proteins, it can be considered as a wholesome diet to maintain the health. As it contains Probiotic which facilitates proper digestion and absorption process, it maintains proper metabolism keeps the *Jatharagni* in *prakruta*.

- *Takra* is one of the “*Vyadhi viparita anna kalpana*”, all acharyas in generally mentioned *takra* as important *pathya* in *Grahani-roga prakarana*, and also *Acharya Charaka* has mentioned in *Sutrasthana, Agrya prakarana*, that *TAKRA* as *AGRYA-OU SHADI* in *grahani-roga Chikitsa*.

3. Conclusion

- *Takra* is best for *kaphaja (20)* and *vataja (80) vyadhies*.
- *Takra* is *tridoshagna, Deepana, pachana* and *srotoshodaka* so it is more effective in *grahani*.
- Acc. To *Sushruta, Takra* is best to use in weakness of digestive fire, in diseased caused by *kapha*, obstruction of channels of tissues and aggravation of *vaata*.
- So, role of *takra* in *grahani* w.s.r. to paediatric conditions is more beneficiary because *takra* neither allivates *dosha* nor aggravates *dosha*, but clears obstructed *srotas* and improves *bala, varna* and *harsh*.

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