

## Cha. Chi. 15. Grahani dosha Chikitsitam

### Cha. Chi. 15. Grahaṇī Doṣa Chikitsitam (Grahani Dosha—Diagnosis & Management)

**Scope of this chapter:** Ajeerna (indigestion)—hetu & lakṣaṇa; Grahaṇī—pūrvarūpa, lakṣaṇa, prakṛta karma, bheda with doṣa-wise hetu-lakṣaṇa-cikitsā; Takra & Takrāriṣṭa prayoga; significance of **sneha** prayoga in **mandāgni**; Agni—factors, **atyāgni** samprāpti-lakṣaṇa-cikitsā; and **śamana yogas** frequently used in Grahaṇī.

## 1) Ajeerna (Indigestion): Hetu and Lakṣaṇa

**Concept:** Ajeerna is failure or delay of proper paka (digestion) of ingested āhāra, leading to **ama** formation and Grahaṇī doṣa if persistent.

### 1.1 Hetu (Key causes)

- **Āhāra doṣa:** Adhyāśana (eating over undigested food), viruddhāhāra, guru-abhīṣyandī bhojana, ati-rūkṣa/ati-snigdha; atiyoga of **śīta**, **amla** & **lavaṇa**; **ati-mātra** or **hīna-mātra**.
- **Vihāra doṣa:** Diva-svapna, nīśi-jāgaraṇa, avyāyāma or ativyāyāma, vegadhāraṇa, chinta-śoka.
- **Kāla-deśa-vayā-prakṛti asāmya:** Irregular meal timing (viśama āhāra-kāla), unsuitable season or place, agni-bala kṣaya in bāla-vṛddha, and doṣa-prakṛti predominance.
- **Roga-auśadha:** Recurrent atisāra/pravāhana, krimi, long use of **śīta/manda** auśadha suppressing agni.

#### Ajeerna lakṣaṇa (Cha. Sa. Chi. 15/45-46):

“तस्य लिङ्गमजीर्णस्य विष्टम्भः सदनं तथा ।  
शिरसो रुक् च मूच्छा च भ्रमः पृष्ठकटिग्रहः ॥४५॥  
जुम्भा ऽङ्गमर्दस्तृष्णा च ज्वरश्छर्दिः प्रवाहणम् ।  
अरोचको ऽविपाकश्च, घोरमन्नविषं च तत् ॥४६॥”

**Clinical framing:** viṣṭambha (abdominal blockage/constipation), sadana (lassitude), śiraḥśūla, bhrama, pṛṣṭha-kaṭi-graha, jṛmbhā, aṅgamarda, tṛṣṇā, jvara, chardi, pravāhana (tenesmus), **arocaka** and **avipāka**—food itself behaves like **anna-viṣa** when putrefying.

## 2) Grahaṇī: Definition, Physiology & Clinical Spectrum

### 2.1 Prakṛta karma (Normal function)

**Grahaṇī** is **agnyāśrayā**; it retains food till proper paka and releases only after full digestion (samyāhñiveśa of rasa-kitta). Hence **Grahaṇī**—seat of **jatharagni**.

“ग्रहणी तु अग्न्याश्रया... धारणात् ‘ग्रहणी’” (sense conveyed) and:

#### Functions & definition (Cha. Sa. Chi. 15/56-57):

“अग्न्याश्रया च ग्रहणी... पचमानं धत्ते ;

अपक्तमन्नं मुचति दोषदूषितम्...” (translational essence in the cited section)

### Premonitory features (pūrvarūpa):

“पानभोजनवibhramaḥ... aruci, gaurava, atisṛṣṭa-baddha-mala, klama...” summarized from **Cha. Sa. Chi. 15/55**.



## 2.2 Grahaṇī doṣa—Bheda

Charaka enumerates **four types—Vātaja, Pittaja, Kaphaja, Sannipātaja** (Cha. Sa. Chi. 15/58).

### (A) Vātaja Grahaṇī

- **Hetu:** Ati-rūkṣa-laghu-kāṭu-tikta-kaṣāya sevana; ati-upavāsa; atipravṛtta vyāyāma/śrama; vega-dharaṇa.
- **Lakṣaṇa (essence):** Āṭopa (gurgling), vāta-udgāra, śūla, śūnya-hṛdaya, viṣṭambha-krūra-mala alternating, rukṣatā, alpāgnitā.
- **Cikitsā: Vāta-anulomana & dīpana-pācana with sneha-manda:** warm **takra** with śunthī-pippalī; **hingvāṣṭaka** cūrṇa; ghr̥ta-siddha with **dasha-mūla/tryūṣaṇa** (see yogas below). Gentle **anuvāsana** after **nirūha** when āma cleared.

### (B) Pittaja Grahaṇī

- **Hetu:** Atyuṣṇa, atyāmla-lavaṇa-kāṭu; madyapāna; tikṣṇa-uṣṇa dravya; dāha-kara vihāra.
- **Lakṣaṇa:** Dāha, tṛṣṇā, hāridra-pīta varṇa of mala, amlōdgāra, kṣut-tṛṣṇā bādha, kṣutkṣaya after meal, sāda.
- **Cikitsā: Pitta-śamana** first—**virecana/vamana** when needed; śītala-madhura-snigdha āhāra; **takra** (madhura-vipāka—**na pittam prakopayet**) per Charaka; **candanādyaghr̥ta/ksīra**.

### (C) Kaphaja Grahaṇī

- **Hetu:** Ati-guru-snigdha-madhura-śītala; diva-svapna; avyāyāma.
- **Lakṣaṇa:** Gaurava, manda-jatharāgni, śleṣma-pravṛddhi (mucus-laden mala), alasya, aruci, praseka.
- **Cikitsā: Kapha-śamaka dīpana-pācana: panchakola** śṛta kāla, **yavāgu** with kaṭu-āmla-lavaṇa; **vamana** prathama then dīpana with kaṭu-āmla-lavaṇa-kṣāra-tikta; **takra/takrāriṣṭa** after meals.

### (D) Sannipātaja

- **Mixed features; chikitsā** tailored to **pradhāna doṣa**, clear **āma** first, then **sneha-basti-virecana** judiciously; pathya-apathya strictly.

## 3) Takra Prayoga & Takrāriṣṭa

### 3.1 Why Takra in Grahaṇī?

Charaka praises **Takra (buttermilk)** as **deepana-grāhi-lāghava-kara; madhura-vipāka—so does not aggravate pitta; kaṣāya-uṣṇa-vikāśitva** and **rūkṣa-guṇa—kapha-hita; svādv-āmla-sāndratva—vātahara**.

“तक्रं तु ग्रहणीदोषे दीपनग्राहि-लाघवात्...  
...न च पित्तं प्रकोपयेत्... कफे हितम्... वाते... हितम्”  
(Cha. Sa. Chi. 15/117-119)

**Use:** Pathya pāna after meals, as **anupāna** for **cūrṇa**, as base for **yavāgu**, or fermented to **Takrāriṣṭa**.

### 3.2 Takrāriṣṭa Yoga (Text)

“थवान्य-आमलके पथ्या मरिचं त्रिपलंशिकम् ।  
लवणानि पलाशानि पञ्च चैकत्र चूर्णयेत् ॥१२०॥  
तत्रे तदासुतं जातं तक्रारिष्टं पिबेन्नरः ।  
दीपनं शोध-गुल्म-शो-ः-क्रिमि-मेह-उदरापहम् ॥१२१॥”  
(Cha. Sa. Chi. 15/120-121)



**Indications (per text):** Deepana; useful in **śoṭha, gulma, arśas, krimi, meha, udara**—and especially **kaphaja grahaṇī** (after initial śodhana as indicated). Dose in practice follows general **āriṣṭa** patterns (post-prandial, titrated).

## 4) Significance of Sneha Prayoga in Mandāgni

**Clinical reasoning from Charaka:** When **agni** is **suppressed due to excess rūkṣa-guṇa**, administer **ghṛta** or **taila siddha** with deepanīya-pācanīya dravya to restore **agni**; but if **agni** is **mandā** due to **ati-sneha**, prefer **cūrṇa-āriṣṭa-āsava** (not more sneha).

“अतिस्नेहात्तु मन्देऽग्नौ चूर्णारिष्टासवा हिताः” (Cha. Sa. Chi. 15/206)

**Takeaway:** Choose **sneha** when rūkṣa has blunted agni; avoid atisneha in **snigdha-kapha** states. Sneha is delivered intelligently via **ghṛta-siddha** yogas below.

## 5) Agni: Factors, Atyāgni Samprāpti-Lakṣaṇa-Cikitsā

### 5.1 Factors affecting Agni

- **Guṇa-rasa of āhāra:** rūkṣa vs. snigdha; uṣṇa vs. śīta; guru vs. laghu; doṣa-aligned rasas.
- **Kāla & anupāna:** meal regularity, quantity, order, day-night cycle; proper anupāna enhances agni.
- **Vihāra & manas:** vyāyāma (moderate), nidrā, stress; psychic doṣa (rāga-bhaya-krodha) disturb agni.
- **Deśa-ṛtu-prakṛti-vayaḥ:** external/internal milieu tune agni. (See Cha. Sa. Chi. 15/67 summary section).

### 5.2 Atyāgni: Samprāpti & Lakṣaṇa

**Samprāpti (Cha. Sa. Chi. 15/217-219):**

“अग्ने क्षीणकफे पित्तं कुपितं मारुतानुगम्...  
...तदा लब्धबलो देहे विरुक्षे सानिलोऽनलः...  
...पचत्यन्नं... पक्त्वाऽन्नं स ततो धातून्... पचत्यपि”

**Interpretation:** In **kṣīṇa-kapha**, **pitta** with **vāta** allies to over-empower **agni**, which digests food **too fast & repeatedly**; when fuel is lacking, **dhātu-pāka** ensues—tissue depletion, dāha, tṛṣṇā, mūrccā, śūnyatā after digestion.

**Management (Cha. Sa. Chi. 15/223-224):**

“पायसं, कृशरां स्निग्धं पैष्टिकं गुडवैकृतम्...  
औदक-अनूप-मांस (भृत), श्लक्ष्ण-स्थिरतोय-मत्स्य...  
आविक-भृत-मांस—अत्यग्निनाशनम्”

**Plan:** **Guru-snigdha-madhura-śīta-drava** ahāra at **short intervals** (do not keep agni without fuel), **kṣīra-payasa-kṛśāra, māṃsa rasa** of *audaka/anūpa* jantu, **āvika māṃsa** as per bala & doṣa.

## 6) Cikitsā-Sūtra (Doṣānusāra) & Avasthika Yogas

## 6.1 General Sūtra

1. **Āma-pācana** first (when āma present): **citrakādi guṭikā**, **panchakola śṛta-pāna**, **yavāgu** (doṣa-anusāra).
2. **Dīpana-pācana** with **takra/takrāriṣṭa**; **kaṭu-tikta-kaṣāya** rasapradhāna cūrṇa for **kapha**; **madhura-sītala** for **pitta**; **snigdha-uṣṇa** for **vāta**.
3. **Śodhana** only after āma nirharaṇa & bala parīkṣā—**vamana** in **kaphaja**, **virecana** in **pittaja**, **basti** for **vāta/sannipāta**.

## 6.2 Key Śamana Yogas from Charaka (Grahaṇī context)

Yoga	Text lines (Charaka)	Core contents (essentials)	Indications/Actions
<b>Daśamūlādyaghṛta</b>	Chi. 15/82-86	Daśamūla + sarala, devadāru, nāgara, pippalī-mūla, citraka, hastipippalī; <b>kṣāra</b> (svarjikā-yavakṣāra) & lavana (saindhava etc.)—then ghṛta-pāka	<b>Dīpana-bāla-varṇa-vātaghna</b> , bhuktapācana; grahaṇī with vāta-kapha, post-āma stage.
<b>Tryūṣaṇādyaghṛta</b>	Chi. 15/87	<b>Trikatu + Triphala</b> paste, jaggery; ghṛta siddhi	<b>Mandāgni</b> , śrotośuddhi after āma relief; snigdha-dīpana.
<b>Pañcamūlādyaghṛta &amp; cūrṇa</b>	Chi. 15/88-92 (context)	Pañcamūla dominants	Vāta-kapha grahaṇī; pācana with grahaṇī-sthira.
<b>Citrakādyā Guṭikā</b>	Chi. 15/96-97	Citraka, pippalī-mūla, <b>2 kṣāra</b> , salts, trikatu, hiṅgu, ajamodā, chavya; bound with <b>mātuluṅga/dāḍīma</b> rasa	<b>Āma-pācana</b> , rapid <b>agni-dīpana</b> .
<b>Bhunimbādyā Cūrṇa</b>	Chi. 15/132-136	Bhūnimba (kalmegha/kirātatikta group), kaṭuki, trikatu, musta, indrayava, + chitraka & vatsaka tvak etc.	Grahaṇī-gulma-kāmala-jvara-pāṇḍu-prameha-aruci-atisāra (as per text).
<b>Madhūkāsava</b>	Chi. 15/146-149	Madhūka puṣpa with viḍaṅga, citraka, bhallātaka, mañjiṣṭhā; fermented with madhu	<b>Deepana-br̥mhaṇa</b> , <b>kapha-pitta-jit</b> ; helpful in <b>grahaṇī</b> , śoṭha, kuṣṭha, kilāsa, prameha.
<b>Pindāsava</b>	Chi. 15/... (list)	Āsava of piṇḍa-dravya (per list)	Post-śodhana rasāyana-like br̥mhaṇa with mild deepana.
<b>Mūlāsava</b>	Chi. 15/... (list)	Root-dominant āsava	Kapha-vāta grahaṇī with manda agni.
<b>Madhvāriṣṭa</b>	Chi. 15/163-167	Honey-based ariṣṭa: pippalī, viḍaṅga, tvak-elā-patra-śaṭī...	<b>Kindles mandāgni</b> , balances viṣamāgni; <b>hṛd-pāṇḍu-grahaṇī-kuṣṭha-arśah-śoṭha-jvara</b> per text.
<b>Takrāriṣṭa</b>	Chi. 15/120-121	Yavānī, āmalakī, harītakī (pathyā), marica, pañca-lavaṇa fermented in <b>takra</b>	Deepana-grāhi; <b>kapha-pitta-vāta</b> balancing via takra qualities; good in <b>kaphaja grahaṇī</b> .

**Buttermilk & beverages (support):** **Pañcakola-kayūṣa**, **mūlaka-soṣaṇa**, **jāṅgala-saṁskṛta** rasa; **takra-araṇāla-madya**, **āriṣṭa** as pānīya where indicated (Chi. 15/115-116).



## 7) Avasthika Cikitsā—Practical outline

- **Tarunāvasthā (āma-dominant):** Light **yavāgu** (kaṭu-amlā-lavaṇa for kapha; tikta for pitta; uṣṇa-snigdha for vāta), **citrakādī guṭikā**, **pachana** cūrṇa; avoid heavy sneha.
- **Nirāma-mandāgni:** **Tryūṣaṇādyaghṛta/Daśamūlādyaghṛta** in small, supervised vṛddhimāna mātṛā; **Takra** post-prandially (except in active pitta-dāha).
- **Doṣa-prādhānya:**
  - **Vāta:** Snigdha-uṣṇa pathya; **anuvāsana-basti** after āmaśuddhi.
  - **Pitta:** **Virecana** (or **vamana** if pitta utkliṣṭa); **śītala-madhura** āhāra; **candana-ghṛta**, **kṣīra**.
  - **Kapha:** **Vamana** first, then **dīpana-pācana**; **takra/takrāriṣṭa**, kaṭu-tikta-kṣāra dravya.
- **Atyāgni:** Small, frequent **guru-snigdha-madhura-śītala** feed; **payasa**, **kṣāra**, **māmsa-rasa** as per text.

## 8) Pathya-Apathya (Student-friendly checklist)

**Pathya:** Regular meal timing; warm, freshly cooked, easy-to-digest grains; **takra** post-meal; **yavāgu**; **hingvāṣṭaka** in vāta-kapha; mild vyāyāma; nidrā-saṃskāra.

**Apathya:** Day sleep (esp. kapha-pradhāna), late nights, cold-stale foods, excess curd at night, viruddhāhāra, over-exercise in pitta-vāta, stress-eating, alcohol indiscriminately in pitta.

## Key Memorization Nuggets

- “**Takra—deepana-grāhi-lāghava; madhura-vipāka → na pitta prakopa.**” (15/117-119)
- “**Daśamūlādyaghṛta**”—**deepana + vātaghna + bhukta-pācana.** (15/82-86)
- **Atyāgni samprāpti = kṣīna-kapha + pitta-anugata vāyu → tikṣṇāgni → dhātu-pāka.** (15/217-219)
- **Sneha in mandāgni?** Only when rūkṣa-suppressed agni; **avoid atisneha**—prefer cūrṇa-āriṣṭa-āsava then. (15/206)

## Assessment

### A) Long Answer Questions (LAQ)

1. Explain the physiology of Grahaṇī as agnyāśraya, its pūrvarūpa and functions, and discuss doṣa-bheda (V, P, K, Sannipāta) with principles of management.
2. Describe Ajeerna—hetu and lakṣaṇa with textual references; outline the role of Takra & Takrāriṣṭa in Grahaṇī and justify sneha-prayoga in mandāgni.

### B) Short Notes (SAQ)

1. Ajeerna—clinical markers from **Cha. Sa. Chi. 15/45-46.**
2. Premonitory symptoms of Grahaṇī (pūrvarūpa).
3. Tryūṣaṇādyaghṛta—yoga & indications.
4. Citrakādya Guṭikā—contents & action.
5. Buttermilk qualities and indications in Grahaṇī.
6. Doṣa-wise āhāra-vihāra in Grahaṇī.
7. Atyāgni—samprāpti & lakṣaṇa with textual quote.
8. Madhvāriṣṭa—composition & indications.



### C) MCQs (Select one best answer)

- Takra** is *least likely* to aggravate which doṣa because of its **madhura-vipāka**?  
A. Vāta B. Pitta C. Kapha D. All doṣa  
**Ans:** B (Pitta).
- Citrakāḍya Guṭikā** primarily targets:  
A. Rasāyana B. Śodhana C. Āma-pācana & Agni-dīpana D. Stambhana  
**Ans:** C.
- Daśamūlādyaghṛta** is described in Charaka for Grahaṇī with actions including:  
A. Śūla-varhdhana B. Vātaghna & bhuktapācana C. Pitta-varhdhana D. Kṛmi-janana  
**Ans:** B.
- Atyāgni** arises classically when:  
A. Kapha is increased and Vāta decreased  
B. Pitta increases with Vāta in **kṣīṇa-kapha** state  
C. All doṣa decreased  
D. Only Kapha decreased without Pitta-Vāta change  
**Ans:** B.
- In **Kaphaja Grahaṇī**, the initial śodhana of choice generally is:  
A. Virecana B. Vamana C. Basti D. Raktamokṣaṇa  
**Ans:** B (Vamana), followed by dīpana-pācana.
- Madhvāriṣṭa** according to Charaka is specifically helpful in (choose most inclusive):  
A. Hṛt-pāṇḍu-grahaṇī-kuṣṭha-arśaḥ-śoṭha-jvara  
B. Only Hṛt & Pāṇḍu  
C. Only Jvara  
D. Only Kuṣṭha  
**Ans:** A.
- Sneha** is *contra-indicated as first line* when mandāgni is due to:  
A. Rūkṣa-atiyoga B. Ati-sneha C. Viśama-āhāra-kāla D. Alpāhāra  
**Ans:** B—then prefer cūrṇa-āriṣṭa-āsava.
- Takrāriṣṭa** contains all **except**:  
A. Yavānī B. Āmalakī C. Marica D. Madhuśigru  
**Ans:** D.
- In **Pittaja Grahaṇī**, Charaka advises primarily:  
A. Vamana only B. Virecana (or vamana if needed) + śītala-madhura pathya C. Rūkṣa upakrama D. Ati-uṣṇa dravya  
**Ans:** B.
- Tryūṣaṇa** stands for:  
A. Triphala B. Trikaṭu (Pippalī-Marica-Śuṅṭhī) C. Trisugandhī D. Trijātaka  
**Ans:** B (Trikaṭu), used with Triphala in Tryūṣaṇādyaghṛta.

### D) Case Vignettes (Write short management outlines)

- A 28-year-old with **gurgling, flatulence, colicky pain**, alternating constipation & loose stools; hates cold foods; cravings for warm liquids; coated tongue. Diagnose the doṣa type and outline **nirāma** and **āma** stage management with two Charaka yogas.
- A 35-year-old with **rapid digestion, weakness when stomach empties, burning & thirst**, relief on eating but **blackouts** when fasting. Explain **atyāgni** samprāpti & frame a dietetic plan quoting textual foods.

### End-of-Chapter Quick Recap

- **Ajeerna** breeds **ama**; text signs at **15/45-46**.
- **Grahaṇī** is **agnyāśraya**; retains until paka; doṣa-wise bheda guides therapy.
- **Takra/Takrāriṣṭa**—central for **deepana-grāhī** (esp. kaphaja).
- **Sneha** correct when **rūkṣa** blunts agni; avoid **ati-sneha-mandāgni**.



- **Atyāgni** needs **guru-snigdha-madhura-śītala-drava** foods at short intervals.

**Study tip:** Build your answer around **three pillars**—(i) **Agni state** (sama/manda/viṣama/tīkṣṇa), (ii) **Doṣa-prādhānya**, (iii) **Āma-nirāma** status. Then place **textual yogas** appropriately.

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