

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-snidgha; 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, घोरमन्निविषं 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 (samyāhṇiveśa 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; **vanana** 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 पलांशानि पञ्च चैकत्र चूर्णयेत् ॥१२०॥
तत्रे तदासुतं जातं तक्रारिष्टं पिबेन्नरः ।
दीपनं शोध-गुल्म-शोः-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 śrta-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
Daśamūlādyaghṛta	Chi. 15/82-86	Daśamūla + sarala, devadāru, nāgara, pippalī-mūla, citraka, hastipippalī; kṣāra (svarjikā-yavakṣāra) & lavana (saindhava etc.)—then ghṛta-pāka	Dīpana-bāla-varṇa-vātaghna , bhuktapācana; grahaṇī with vāta-kapha, post-āma stage.
Tryūṣaṇādyaghṛta	Chi. 15/87	Trikatu + Triphala paste, jaggery; ghṛta siddhi	Mandāgni , śrotośuddhi after āma relief; snigdha-dīpana.
Pañcamūlādyaghṛta & cūrṇa	Chi. 15/88-92 (context)	Pañcamūla dominants	Vāta-kapha grahaṇī; pācana with grahaṇī-sthira.
Citrakādyā Guṭikā	Chi. 15/96-97	Citraka, pippalī-mūla, 2 kṣāra , salts, trikatu, hiṅgu, ajamodā, chavya; bound with mātuluṅga/dāḍīma rasa	Āma-pācana , rapid agni-dīpana .
Bhunimbādyā Cūrṇa	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).
Madhūkāsava	Chi. 15/146-149	Madhūka puṣpa with viḍaṅga, citraka, bhallātaka, mañjiṣṭhā; fermented with madhu	Deepana-br̥mhaṇa , kapha-pitta-jit ; helpful in grahaṇī , śoṭha, kuṣṭha, kilāsa, prameha.
Pindāsava	Chi. 15/... (list)	Āsava of piṇḍa-dravya (per list)	Post-śodhana rasāyana-like br̥mhaṇa with mild deepana.
Mūlāsava	Chi. 15/... (list)	Root-dominant āsava	Kapha-vāta grahaṇī with manda agni.
Madhvāriṣṭa	Chi. 15/163-167	Honey-based ariṣṭa: pippalī, viḍaṅga, tvak-elā-patra-śaṭī... Yavānī, āmalakī, harītakī (pathyā), marica, pañca-lavaṇa fermented in takra	Kindles mandāgni , balances viṣamāgni; hṛd-pāṇḍu-grahaṇī-kuṣṭha-arśah-śoṭha-jvara per text.
Takrāriṣṭa	Chi. 15/120-121		Deepana-grāhi; kapha-pitta-vāta balancing via takra qualities; good in kaphaja grahaṇī .

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), **citrakādi 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); **śīta-madhura** āhāra; **candana-ghṛta**, **kṣīra**.
 - **Kapha:** **Vamana** first, then **dīpana-pācana**; **takra/takrāriṣṭa**, kaṭu-tikta-kṣāra dravya.
- **Atyāgni:** Small, frequent **guru-snigdha-madhura-śīta** 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. Citrakādyā 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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