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.

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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, niśi-jāgaraṇa, avyāyāma or ativyāyāma, vegadhāraṇa, chinta–śoka.
- **Kāla-deśa-vayā-prakṛti asāmya:** Irregular meal timing (viṣama āhāra-kāla), unsuitable season or place, agni-bala kṣaya in bāla–vṛddha, and doṣa-prakṛti predominance.
- **Roga–auṣadha:** Recurrent atisāra/pravāhana, krimi, long use of **śītala/manda** auṣadha suppressing agni.

Ajeerna lakṣaṇa (Cha. Sa. Chi. 15/45–46):
“तस्य लिङ्गमजीर्णस्य विष्टम्भः सदनं तथा।
शिरसो रुक् च मूर्च्छा च भ्रमः पृष्ठकटिग्रहः ॥४५॥
जृम्भाऽङ्गमर्दस्तृष्णा च ज्वरश्छर्दिः प्रवाहणम्।
अरोचकोऽविपाकश्च, घोरमन्नविषं च तत् ॥४६॥”

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

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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 (samyaṅniveśa of rasa–kitta). Hence **Grahani—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 मुंचति दोषदूषितम्…” (translational essence in the cited section)

Premonitory features (pūrvarūpa):

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

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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 śunṭhī–pippalī; **hingvāṣṭaka** cūrṇa; ghṛta–siddha with **dasha-mūla/tryūṣaṇa** (see yogas below). Gentle **anuvāsana** after **nirūha** when āma cleared.

(B) Pittaja Grahaṇī

- **Hetu:** Atyuṣṇa, atyamla–lavaṇa–kāṭu; madyapāna; tīkṣṇa–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 pittaṃ prakopayet**) per Charaka; **candanādyaghṛta/kṣīra**.

(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-śāmaka dīpana-pācana: panchakola** śṛta kāla, **yavāgu** with kaṭu–amla–lavaṇa; **vamana** prathama then dīpana with kaṭu–amla–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.

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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-amla-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)

> "यवान्य्-आमलके पथ्या मरिचं त्रिपलंशिकम् ।
> लवणानि पलांशानि पञ्च चैकत्र चूर्णयेत् ॥१२०॥
> तक्रे तदासुतं जातं तक्रारिष्टं पिबेन्नरः ।
> दीपनं शोथ-गुल्म-र्शः-क्रिमि-मेह-उदरापहम् ॥१२१॥"
> **(Cha. Sa. Chi. 15/120–121)**

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

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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–pācaniya 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.

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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 milieus tune agni. (See Cha. Sa. Chi. 15/67 summary section).

5.2 Atyāgni: Samprāpti & Lakṣaṇa

> **Samprāpti (Cha. Sa. Chi. 15/217–219):**
> "नरे क्षीणकफे पित्तं कुपितं मारुतानुगम्...
> ...तदा लब्धबलो देहे विरूक्षे 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, mūrcchā, 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-śītala-drava ahāra at **short intervals** (do not keep agni without fuel), **kṣīra-payasa-kṛśara**, **māṃsa rasa** of *audaka/anūpa* jantu, **āvika māṃsa** as per bala & doṣa.

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6) Cikitsā-Sūtra (Doṣānusāra) & Avasthika Yogas

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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–śītala** 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.
Citrakādya Guṭikā	Chi. 15/96–97	Citraka, pippalī–mūla, **2 kṣāra**, salts, trikatu, hiṅgu, ajamodā, chavya; bound with **mātuluṅga/dāḍima** rasa	**Āma-pācana**, rapid **agni-dīpana**.
Bhunimbādya 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–bṛṃhaṇa**, **kapha–pitta-jit**; helpful in **grahaṇī**, śotha, kuṣṭha, kilāsa, prameha.
Pindāsava	Chi. 15/… (list)	Āsava of piṇḍa-dravya (per list)	Post-śodhana rasāyana-like bṛṃhaṇa with mild deepana.
Mūlāsava	Chi. 15/… (list)	Root-dominant āsava	Kapha–vāta grahaṇī with manda agni.
Madhvārīṣṭa	Chi. 15/163–167	Honey-based ariṣṭa: pippalī, viḍaṅga, tvak–elā–patra–śaṭī…	**Kindles mandāgni**, balances viṣamāgni; **hṛd–pāṇḍu–grahaṇī–kuṣṭha–arśaḥ–śotha–jvara** per text.
Takrāriṣṭa	Chi. 15/120–121	Yavānī, āmalakī, harītakī (pathyā), marica, pañca-lavaṇa fermented in **takra**	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).

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7) Avasthika Cikitsā—Practical outline

- **Tarunāvasthā (āma-dominant):** Light **yavāgu** (kaṭu–amla–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 mātrā; **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, kṛśara, māṃsa-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-saṁskāra.

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 = kṣīṇa-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. Madhvārīṣṭa—composition & indications.

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C) MCQs (Select one best answer)

1. **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).
2. **Citrakādya Guṭikā** primarily targets:
   A. Rasāyana B. Śodhana C. Āma-pācana & Agni-dīpana D. Stambhana
   Ans: C.
3. **Daśamūlādyaghṛta** is described in Charaka for Grahaṇī with actions including:
   A. Śūla-vardhana B. Vātaghna & bhuktapācana C. Pitta-vardhana D. Kṛmi-janana
   Ans: B.
4. **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.
5. 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.
6. **Madhvārīṣṭa** according to Charaka is specifically helpful in (choose most inclusive):
   A. Hṛt–pāṇḍu–grahaṇī–kuṣṭha–arśaḥ–śotha–jvara
   B. Only Hṛt & Pāṇḍu
   C. Only Jvara
   D. Only Kuṣṭha
   Ans: A.
7. **Sneha** is *contra-indicated as first line* when mandāgni is due to:
   A. Rūkṣa-atiyoga B. Ati-sneha C. Viṣama-āhāra-kāla D. Alpāhāra
   Ans: B—then prefer cūrṇa–ārīṣṭa–āsava.
8. **Takrāriṣṭa** contains all **except**:
   A. Yavānī B. Āmalakī C. Marica D. Madhuṣigru
   Ans: D.
9. 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.
10. **Tryūṣaṇa** stands for:
    A. Triphala B. Trikaṭu (Pippalī–Marica–Śuṇṭhī) C. Trisugandhī D. Trijātaka
    Ans: B (Trikaṭu), used with Triphala in Tryūṣaṇādyaghṛta.

D) Case Vignettes (Write short management outlines)

1. 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.
2. 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-grāhi** (esp. kaphaja).
- **Sneha** correct when **rūkṣa** blunts agni; avoid **ati-sneha–mandāgni**.

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- **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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