

Takra (Buttermilk) A wholesome Probiotic Therapy in Grahani W.S.R to Irritable Bowel Syndrome

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Abstract

Background: An extremely common, chronic, and frequently disabling condition of the gut-brain connection, is irritable bowel syndrome (IBS). It is characterised by recurring stomach pain and changes in bowel habits. *Grahani* is the seat of *Jatharagni* and *Grahani Dosha* is one among the *Mahagadas*. *Grahani* is a disease of great clinical relevance in today's modern era because of its direct link with the improper food habits and stressful lifestyle of the present time. Vitiation of Agni affects the digestion process and vitiates proper formation of further dhathus, so one should give importance to the management of Agni.

Aim: Ayurveda described various treatment modalities for the management of *Grahani Roga*. In this article we tried to summarize the effect of *Takra* (buttermilk) in *Grahani Roga* with the help of Ayurvedic principles and pharmacodynamics.

Methods and Materials: Various Ayurvedic texts like *Charaka Samhita*, *Susruta Samhita*, *Astang-Hridaya* and relevant modern medical science books.

Conclusion: *Shamana* and *Shodhana chikitsa* modalities are adopted to treat *Grahani* but diet and lifestyle are the most important modalities to be followed to control or cure the condition. *Takra* is compared with *Amrita* because of its qualities. *Acharya Vagbhata* states that *Takra* does *Srotoshodhana* and helps the *rasa* to reach the *srotas*. *Takra* by its different *gunas* acts as *tridosha shamaka*, it is very helpful in the patients suffering from *agni vikriti* have different types of dosha dushti.

Keywords: *Grahani dosha*; *Grahani roga*; *Agni*; *Takra*; *Shamana chikitsa*; Irritable Bowel Syndrome (IBS)



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INTRODUCTION

In this current era, faulty dietary habits and a sedentary lifestyle are key causative factors for diseases. *Grahani Roga* is *Tridoshatmaka*, which occurs because of the vitiation of *Pachakagni*, *Samana vayu* & *Kledaka Kapha*. The word *Grahani* is derived from Dhatu "Graha" which means, to catch, to hold, or to get.

“Annasya grahanaad grahani mata”(Ch.Chi.15)

The word *Grahani* is derived from *Dhatu* “*Graha*” which means, to catch, to hold, or to get.

Due to its function of *Annagrahana* (holding), it is known as *Grahani*, so *grahana*, *dhara*, *pachana*, *shoshana* and *munchana* are the functions of *Grahani*.

Ayurveda defines *Grahani* as the location of *jatharagni* which absorbs the *prasada bhaga* and pushes down the *kitta bhaga* for expulsion (*Dharana* of *apakwaanna* and *Visarjana* of *pakwa anna*). It is the *shasti pitha dhara kala* between the *amashaya* and *pakwashaya*. The disease that is affecting the *grahani adisthana* is known as *grahani roga*. Improper food habits lead to *Agni dooshana*, *agnimandhya*, and causes *grahani vikara*. Because *grahani* is *agnimandya* *janya roga*, *deepana*, *pachana*, and *agni chikitsa* should be prioritized.

Takra (buttermilk) is one of the *aharadravyas* described in Ayurveda with lots of medicinal properties. The use of *Takra* is indicated as a single drug or as an *Anupan* or as a *pathya* (wholesome) in various diseases like *Grahani* (sprue), *Arsha* (piles), *Atisara* (diarrhea), etc.

Takra is given equal importance to that *Amrita*. Acharya Vagbhata states that *Takra* does *Srotoshodhana* as a result of this, *Rasa* reaches the *Srotas*. *Takra* by its different *Gunas* acts as *Tridosha shamaka* because of its specific property it is very helpful for patients suffering from *Agni Vikriti*.

Thus *Takra* is a very important component in treating patients suffering from diseases connected with *Agni* among which *Grahani Roga* is one.

Irritable Bowel syndrome [IBS] is a chronic, often debilitating, and highly prevalent disorder of Gut-Brain interaction. It is characterized by recurrent abdominal pain and changes in bowel habits in the absence of structural abnormalities of the gut.

The presentation may vary with diarrhea dominant or constipation dominant and some present with mixed symptoms. Acute psychological stress and psychiatric diseases also affect gut motility.

Young women are 2-3 times more prone to IBS than men. IBS symptoms are linked to *Grahani roga* in the Classics, as explained in Ch.Chi.15, Su.Ut.40, and AH.Ni.8.¹⁻³

Irritable bowel syndrome (IBS) is one of the most common functional bowel disorders, with a

prevalence of 11.2% globally and varying from 4.2% to 7.5% in India.⁴ IBS is a multifactorial disease, that presents with symptoms like abdominal pain, stool irregularities, and bloating associated with somatic, visceral, and psychiatric co-morbidities.

MATERIALS AND METHODS

Various Ayurvedic texts like *Charaka Samhita*, *Susruta Samhita*, *Astang-Hridaya*, and *Astang Samgraha* and relevant modern medical science books and websites have been referred for compilation of this article.

Grahi roga:***Nidanas:***

Improper food habits like *adhyashana*, *virudhanna*, *vishamasana*, *Desha*, *Kaal*, *Ritu Vega* *dhara*, *Virechana*, *Vaman*, *Asamya* *prayog* of *sneha*, *Abhojana*, *Ajirna*, *Atibhojan*, *Vishmashan*, *Guru*, *sheeta*, *Atiruksha*, *Dushit bhojan* leads to *Agni dooshana* which further causes *agnimandhya* and *grahani vikara*.

Lakshanas:⁵

Muhurdra-*muhurbadha mala*, *Ati Srushta Mala* *Pravritti*, *Vibbadha Mala* *Pravritti* i.e, occasional hard and soft stool, *Arochaka* (anorexia), *Vairasya* (altered taste in tongue), *Trishna* (polydipsia), *Tama Pravesha* (darkness in front of eye), *Shotha* (oedema), *Asthi Ruk* (pain in bones), *Chardi* (vomiting), *Jwara* (fever), *Tiktaamla Udgara* eruptions.

Bedha:⁶

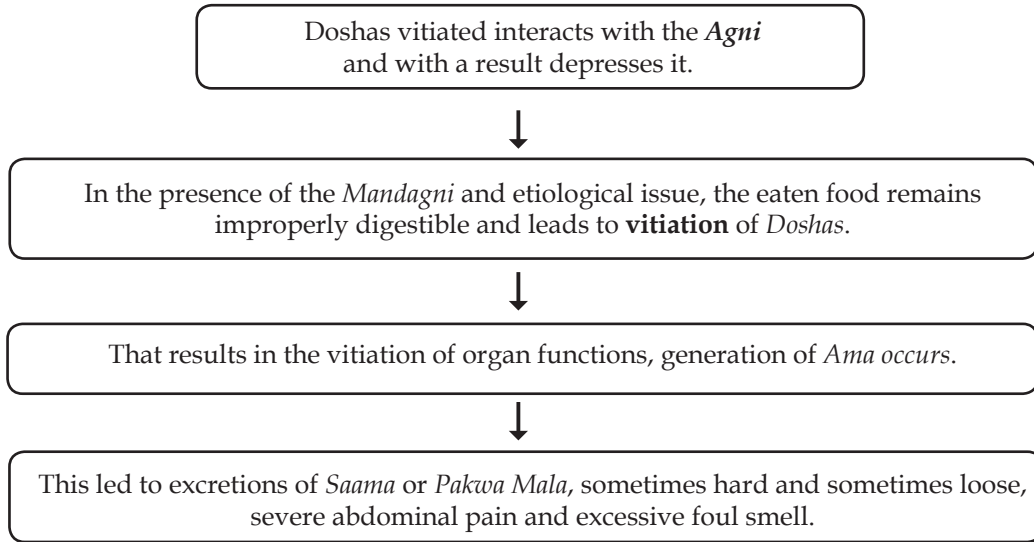
- **Acc. to Acharya Charaka 4 types:**

1. *Vatika*
2. *Paitika*
3. *Kaphaja*
4. *Sannipatika*

- **Acc. Madava Nidana 6 types:**

1. *Vatika*
2. *Paitika*
3. *Kaphaja*
4. *Sannipatika*
5. *Samgrahagrahani*
6. *Ghatiantra Grahani Roga*

Samprapti (Pathophysiology):

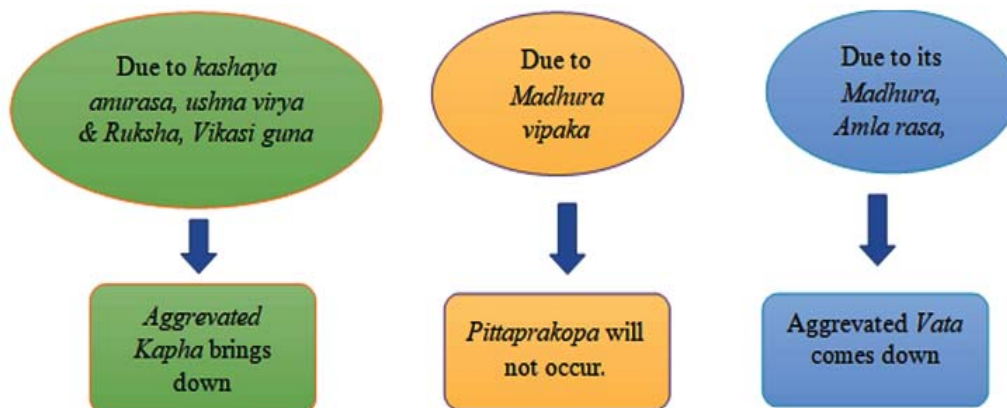


Samprapti Ghatak



Chikitsa:

- ✓ *Agnimandhya* is very important factor in the *Samprapti* of the disease *Grahani Dosha*. Thus, it thought to be mainly treated for *Agnivardhana* by *Deepana* and *Pachana* medication. All the treatment modalities of *Ajirna* and *Atisara* should be enforced within the management of *Grahani Ashrita Dosha*.
- ✓ Throughout this stage, the vitiated *Dosha* are still confined to the actual *Ashaya* (i.e. *Grahani*).
- ✓ *Grahani* roga general treatment is described by *Acharya charaka* are *Snehana*, *Svedana*, *Shuddi* (purificatory measure), *Langhana*, *Dipana*, *Churna*, *Lavana*, *Kshara*, *Madhvarista*, *Sura*, *Asava*, *Takra*, *Dipana*, *Ghrita* etc.
- ✓ Also, treatment principle of treatment *Grahani* is mainly based on the avastha of the vyadhi. *Grahanipresenting* with *Ama lakshana* is treated with *Vamana*.
- ✓ Whereas *grahani* with *Leena*, *pakwashayasthaana* is treated with *deepana* and *virechana*. *Shareeranugatasaama* is treated with measures of *langhana* and *pachana*.⁷
- ✓ Various *Deepana Pachana* drugs described in various classics should be administered along with follow of *Laghu* and *Supachya Ahara*.

Probable mode of Takra in Grahani:

- ✓ Rasa of takra is Madhura, Amla and Kashaya Anurasa which is having Laghu, Ruksha Guna, Ushna virya and Mdhura vipaka. It does Tridosahara, Agni deepana, Hrudyā, Kapahavata shamaka and acts as Grahi.
- ✓ Takra has been proved a great importance in udara and arsha rogas also. Grahani dosha is a condition related with a agnivikruti. In this condition takra is useful by means of its deepana grahi laghvāt property.⁸
- ✓ Takra is Grahi dravya which is better choice in Grahani dosha because it does the Deepana, Pachana which helps in rectifying Mandagni.
- ✓ Takra is Srotoshodhaka, helps in the proper absorption of Rasa. Hence the probable mode of action based on its properties & samskara.

Various formulations of Takra in different diseases:

1. In vataja disorders like Vataja atisara: Takra + saindava lavana
2. In pittaja disorders like Dakodara (Acitis): Takra + sharkara
3. In kaphaja conditions like Stholaya (Obesity): Takra + kshara and Trikatu
4. In grahani Takra acts as Rochana, Pustiprada, Balya, Bastishoolavinashana Along with Hingu, Jeeraka, Saindava lavana.

MEDICINAL PREPARATION OF TAKRA

Takrarista prepared with takra along with Yavani, Amalaki, Pathya, Maricha each 3 pala i.e, 144 gms and Saindhava, Sauvarchala, Vid, Oudbhida, Samudra lavana (five types of salts) each 1 pala i.e, 48 gms acts as Agniddeepanartha. It helps in relieving conditions

of shotha, Gulma, Prameha, Krimi, Arsha & Udara roga.⁹

Role of buttermilk (Takra) as per modern understandings.

Buttermilk is rich in potassium, vitamin B-12, calcium, phosphorous and probiotics which help strengthen the digestive system and the immunity of the body. Thus buttermilk plays an important role in many conditions of the body.¹⁰

Fatty and amino acids are produced with the aid of vitamin B12. It transforms the body's glucose into energy. B12 helps to generate new nerve cells and wards off anaemia and stress.

Effects of caseins on human health are: increase of amino acid oxidation and protein synthesis, strongly inhibit proteolysis, appetite suppression, anti-hypertensive, immunomodulatory activities, anti-thrombotic, ACE-inhibitory activity.¹⁰

Potassium and calcium, both of which are abundant in buttermilk and are known to be helpful for bone health. Because buttermilk is relatively easy to digest, it is advised for gastrointestinal problems. Lactic acid in buttermilk is far more gastrointestinal friendly than lactose in whole milk.¹¹

The protein contents of buttermilk, with a percentage of 3.2% corresponds approximately to the content of skim milk. Caseins cover 77-81% of all the existing proteins in buttermilk.

DISCUSSION

The word Grahani can be understood in three ways in which. Grahani Avayava, Grahani Dosha & Grahani Roga. The impaired Agni results in structural defect & functional impairment of Grahani leading to Grahani Roga.

Unwholesome dietary pattern & stressful lifestyle are the main contributory factors to the development of *Grahani Roga*. The main symptom is change in bowel Habits (*Atisrusta Mala Paraavrutti & Atibaddha Malapravrutti*) beside other symptoms based on Dosha treatment principles of *Grahani Roga* is *Deepana & Pachana* during which *Takra* acts as *Tridoshagna*, *Deepana*, *Pachana & Srotoshodhaka*. Organic process values of *Takra* additionally recommend that *Takra* also strengthen the immunity and helps to take care of the health by preventing diseases.

CONCLUSION

Buttermilk is a complete food since it contains all the necessary macronutrients. It is nutritious and has every component needed for a well-balanced diet. It is a complete meal that may be consumed anywhere at any time because it contains proteins, carbs, minimum fats, vitamins, and necessary enzymes. Every diet should include it, and daily consumption is recommended.¹²

Regular consumption of a buttermilk recipe also eases digestive issues. Buttermilk has been known to treat a variety of digestive issues, including: Incontinence in bowel motion, Chronic diarrheal syndrome, colon cancer and stomach infections.¹²

Increases Immune Levels By Preventing Illnesses
Lactic acid bacteria are prevalent in *Takra*. This bacterium strengthens the immune system and aids the body in warding off harmful diseases found in common meals.¹³

Probiotics can moderate gut motility by a direct action on enteric nervous system or via epithelial cells. It has been known that probiotics could interact with the enteric nervous system to attenuated diarrhea from infectious or secretory diarrhea. In experimental studies, *Lactobacillus* inhibited post infective intestinal hypercontractility through an unidentified, heat labile fermentation product and by blocking calcium dependent potassium channels.^{14,15}

It's used as *Aushadhi* within the form of *Takrarista* & acts as a *Pathya* in the form of different dietary preparations. It may be used as each preventive & curative within the patients of *Grahani*.

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