

## ROLE OF CHITRAKADI VATI IN GRAHANI ROGA

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## ABSTRACT

*Chitrakadi Vati* is commonly practiced Ayurvedic formulation to treat various gastrointestinal disorders mainly arises from *Mandagni*. *Grahani roga* is one of the disorders which occur due to *Mandagni* which leads to *Ama* (Undigested Food Residue) formation in the body. Drugs present in the *Chitrakadi Vati* mainly of *Katu rasa*, *Laghu*, *Tikshana Guna*, *Usna Virya*, *Katu Vipaka*, *Deepana- Pachana- Anulomana- Rochana* properties and have *Kapha-Vata hara* action, which improves the *Jatharagni* by relieving *Ama*. So *Chitrakadi Vati* shows *Amahara* action (expels metabolites and detoxifies the system) which can cure *Grahani Roga*.

**Keywords:** - *Chitrakadi Vati*, *Ama*, *Grahani*

## INTRODUCTION:

In current era faulty dietary habits, sedentary lifestyle and stress are key causative factors for diseases. All these disturb in the function of digestion and absorption, leads to many digestive disorders. *Grahani roga* is one of the digestive disorders.

Malfuction of *Agni* i.e. *Mandagni* causes improper digestion which leads to *Grahani Dosha*. The word *Grahani* is derived from *Dhatu* 'Graha' which means, to catch, to hold or to get. According to *Ayurveda Vata*, *Pitta*, and *Kapha* are susceptible to imbalance and vitiation. In turn, they vitiate other structural and functional elements of the body. *Samana Vayu*, *Pachaka Pitta* and *Kledaka Kapha* are the main *Doshas* confined to the organ *Grahani*.

*Samana Vayu* always move throughout *Koshtha* and responsible for *Annam Gruhanati* (Enterogastric Reflexes), *Pachati* (helps in *Agni Sandhukshana* i.e the secretion of digestive enzymes increased by enteric nervous system), *Vivechayati* (Absorbption of digested food) *Munchati* (Progression and to spread out the chyme along the intestinal mucosa)<sup>1</sup>.

*Pachaka Pitta* participates in the digestion of food and supports the functions of the remaining *Pitta* are present elsewhere in the body. *Kledaka Kapha* is said to be located in the *Amashaya*, moistens the food brought to this place, disintegrates and liquefies it. *Chitrakadi vati* is commonly prescribed Ayurvedic tablet. It balance *Vata- Kapha* and improves the *Pitta*. It is mainly used in digestive disorders such as *Ama* (altered digestion and metabolism) and *Mandagni* (depleted digestion strength).

**Difference between *Grahani Dosha* and *Grahani Roga***

The impairment of *Grahani* will impair the functional aspects of *Agni* and vice versa. Therefore all the etiological factors of *Agni Dushti* may cause *Grahani Dosha* and finally results in *Grahani Roga*.

*Grahani Dosha* is the primary stage of *Grahani Roga*. *Acharya Charaka*, while explaining *Grahani Dosha* has said *Tikshna*, *Manda*, *Vishama - Agnis* may cause *Grahani Dosha* but *Grahani Roga* is the consequence of only *Mandagni*<sup>2</sup>. *Grahani Dosha* can be correlated

to Disorders of small intestine and Grahani Roga to Mal absorption Syndrome<sup>3</sup>.

Utpatti→ Shukta-Paka →Annavisha Or Amavisha → Grahani Dosha → Grahani Roga

**Samprapti of Grahani Roga<sup>4</sup>:** Etiological Factors → Agni Dushti → Apachana →Ama

**Table1. Rasa panchaka of Chitrakadi Vati**<sup>5, 6, 7, 8, 9</sup>

S.no	Dravya	Rasa	Guna	Virya	Vipaka
1	Chitraka	Katu, Tikta	Laghu, Ruksha, Tikshana	Usna	Katu
2	Pippali moola	Katu	Laghu, Snigdha, Tikshana	Anushnasita	Madhura
3	Yava kshara	Katu	Laghu, Snigdha, Sara	Usna	Katu
4	Sarji kshara	Katu	Laghu, Ruksha, Tikshna,	Usna	Katu
5	Saurvachala lavana	Lavana, Madhura	Laghu, Snigdha, Sukshma, Vishada,	Usna	Katu
6	Saindhava lavana	Lavana	Laghu, Snigdha, Sukshma	Sita	Madhura
7	Vida lavana	Lavan, Kshara	Laghu, Sukshma, Tikshna, Vyavayi	Usna	Madhura
8	Samudra lavana	Lavana, Kshara Madhura, Tikta	Guru, Snigdha	Anushnasita	Madhura
9	Audbhida lavana	Lavana, Tikta, Katu, Kshara	Laghu, Tikshna	Usna	Madhura
10	Shunthi	Katu	Laghu, Snigdha, Tikshna	Usna	Madhura
11	Maricha	Katu	Laghu, Ruksha, Tikshna	Usna	Katu
12	Pippali	Katu	Laghu, Snigdha, Tikshna	Anushnasita	Madhura
13	Hingu	Katu	Laghu, Snigdha, Tikshna	Usna	Katu
14	Ajamoda	Katu, Tikta	Laghu, Ruksha, Tikshna	Usna	Katu
15	Chavya	Katu	Laghu, Ruksha,	Usna	Katu
16	Matulunga rasa	Amla	Laghu, Snigdha, Tikshna	Usna	Amla
17	Dadima rasa	Madhura, Amla	Laghu, Snigdha	Anushnasita	Madhura

**Table2. Karma of Chitrakadi Vati ingredients**<sup>5, 6, 7, 8, 9</sup>

S.no.	Dravya	Karma
1	Chitraka	<b>Kapha-vata hara, Deepana, Pachana, Pitta saraka, Grahi</b>
2	Pippali moola	<b>Kapha-vata hara, Deepana, Triptighna, Vata-Anulomana, Mrudu Rechana</b>
3	Yava kshara	<b>Kapha-vata hara, Deepana, Pachana, Shoola-Anaha-Adhmana-Amlapitta hara</b>
4	Sarji kshara	<b>Deepana, Pachana, Gulma-Adhmana hara</b>
5	Saurvachala lavana	<b>Kaphavata hara, Deepana, Pachana, Rochana, Anulomana, Bhedi, Gulma Vibandha- shoolahara</b>
6	Saindhava lavana	<b>Tridosahara, Deepana, Pachana, Rochana, Avidahi</b>
7	Vida lavana	<b>Kapha-vata hara, Anulomana, Deepana, Pachana, Rochana, Pit-tasaraka</b>
8	Samudra lavana	<b>Kapha-vata hara, Deepana, Bhedana, Anulomana, Shoolahara, Avidahi</b>
9	Audbhida lavana	<b>Kapha-vata hara, Deepana, Pachana</b>

10	Shunthi	<b>Kapha-vata hara, Deepana, Pachana, Rochana, Vatanulomana, Shoolahara</b>
11	Maricha	<b>Kapha-vata hara, Deepana, Pachana, Vatanulomana, Lalasrva janaka</b>
12	Pippali	<b>Kapha-vata hara, Deepana, Pachana, Shoola-Anaha-hara, Vatanulomana, Mrudurechaka</b>
13	Hingu	<b>Kapha-vata hara, Deepana, Pachana, Rochana, Anulomana, Shoolahara</b>
14	Ajamoda	<b>Kapha-Vata Hara, Deepana, Vatanulomana, Shoolahara</b>
15	Chavya	<b>Kapha-vata hara, Deepana, Pachana, Triptighna, Anulomana, Shoolahara</b>
16	Matulunga rasa	<b>Kapha-vata hara, Deepana, Rochana, Anulomana, Yakrut ut-tejaka</b>
17	Dadima rasa	<b>Kapha-vata hara, Deepana, Ruchi karaka, Grahi</b>

**PROBABLE PHARMACODYNAMICS OF CHITRAKADI VATI**

**Table3. STUDY OF RASA IN COMBINATION**

<b>Rasa</b>	<b>No of drugs</b>	<b>Percentage</b>
Madhura	2/17	11.76%
Amla	2/17	11.76%
Lavana	5/17	29.41%
Katu	11/17	64.70%
Tikta	4/17	23.52%
Kashaya	0/17	0%

**Table4. STUDY OF GUNA IN COMBINATION**

<b>Guna</b>	<b>No of drugs</b>	<b>Percentage</b>
Laghu	16/17	94.11%
Guru	1/17	5.88%
Ruksha	5/17	29.41%
Snigdha	10/17	58.82%
Tikshna	11/17	64.70%
Sukshma	3/17	17.64%
Grahi	1/17	5.88%
Vyavyi	1/17	5.88%
Sara	1/17	5.88%
Vishada	1/17	5.88%

**Table5. STUDY OF VIRYA IN COMBINATION**

<b>Virya</b>	<b>No of drugs</b>	<b>Percentage</b>
Usna	13/17	76.47%
Sita	1/17	5.88%
Anushnasita	3/17	17.64%

**Table6. STUDY OF VIPAKA IN COMBINATION**

<b>Vipaka</b>	<b>No of drugs</b>	<b>Percentage</b>
Madhura	4/17	23.52%
Amla	2/17	11.76%
Katu	11/17	64.70%

**Table7. STUDY OF KARMA IN COMBINATION**

<b>Karma</b>	<b>No of drugs</b>	<b>Percentage</b>
<i>Deepana</i>	17/17	100%
<i>Pachana</i>	12/17	70.58%
<i>Anulomana</i>	11/17	64.70%
<i>Rochana</i>	7/17	41.11%
<i>Shoolahara</i>	7/17	41.11%
<i>Grahi</i>	2/17	11.76%
<i>Pitta Saraka</i>	2/17	11.76%

**Table8. STUDY OF DOSHAGNATA IN COMBINATION**

<b>Doshagnata</b>	<b>No of drugs</b>	<b>Percentage</b>
<i>Kapha-vata hara</i>	15/17	88.23%
<i>Tridosahara</i>	1/17	5.88%

**PROBABLE MODE OF THE ACTION OF CHITRAKADI VATI AT DIFFERENT LEVELS:-**

Acharya Charaka states that, certain drugs act through *Rasa*; some through *Virya*; some through their *Gunas*; some through their *Vipaka* and some through their *Prabhava*. On the basis of physiochemical properties of *Chitrakadi Vati*, probable mode of action can be understood as follows,

**1. At the level of Dosha:-**

- In *Grahani Roga*, *Samana Vayu*, *Pachana Pitta* and *Kledaka Kapha* these three are the main culprits. Because of its *Laghu*, *Tikshna*, *Ruksha Gunas* and *Katu*, *Tikta - Rasa* (dominant with *Agni*, *Vayu* and *Akasha Mahabhuta*) it subsides the aggravated *Kapha*.
- While, by *Usna Virya* and *Tikshna*, *Snigdha Guna* it counteracts *Vata*.
- Due to *Madhura rasa* (11.76%), *Snigdha guna*, *Anushnasita virya*, *Madura vipaka* it balance the *Pitta*.

**2. At the level of Dushya:-**

- From the *samprapti* of *Grahani Roga*, it is clear that the main *Dushya* involved is *Rasa Dhatu*. The combination shows, about 65% of total drugs have a *Katu Rasa*, 29% of *lavana rasa* and 24% have got *Tikta Rasa*. *Tikta and Katu Rasa* improves the Digestion and made first *Dhatu* in proper form, so the combination will act on the *Rasa Dhatu*.

**3. Probable action on Srotas:-**

- The disease exhibits three type of *Sroto Dusti* (*Sanga*, *Vimarga-gamana*, *Atipravritti*).
  - The combination by the virtue of *Deepana* (100%), *Pachana* (70.58%), *Anuloman* property, *Laghu*, *Snigdha*, *Sukshma guna*, *Katu*, *Lavana*, *Tikta Rasa* and *Usna virya* (76%) relieves *Sanga* type of *Dusti*.
  - *Anulomana* property relieve from *vimarga-gamana* type of *dusti*.
  - *Deepana*, *Pachana* and *Grahi* property and also by the virtue of *Ruksha Guna* (about 29 % of total drugs) decreases *Srotogata Ama* and *Pichhilata* and relieves *Ati Pravritti*.
- 4. Probable action on Agni level:-**
- By virtue of its *Deepana*(100%), *Pachana*, *Rochana* property, *Katu*, *Lavana*, *Tikta*, *Amla Rasa*, *Laghu*, *Tikshna*, *Ruksha guna*, *Usna virya* it stimulates *Jatharagni* which turn by turn stimulates all other *Agnis*.
- 5. Probable action on Ama level:-**
- An *Ama* means unripe and undigested *Annarasa*. It needs proper *Paka*. By virtue of its *Deepana*, *Pachana*, *Rochana* property, *Katu*, *Lavana*, *Tikta*, *Amla Rasa*, *Laghu*, *Tikshna*, *Ruksha guna*, *Usna virya*, will stop the further *Ama* production and help into break the basic pathology.
  - This *Ama Pachana* causes *Srotomukha Vishodhana*. Drugs like *Maricha*, *Shunthi*, *Chitraka*, etc. are proved as a best *Ama Pachaka*. So the *Yoga* will act as the *Ama Pachana* and *Agni Deepana*.

**6. Probable action on Grahani Rupa:-**

- The *Grahani Roga* acquires the *Ama* dominant *Samprapti*. All the symptoms of *Grahani Roga* are same as that of symptoms of *Annavaha Srotodushti*, *Rasavaha Srotodushti*, and *Purishavaha Srotodushti*, (*Muhur baddha Muhur Drava Mala*,

*Udara Gaurava, Daha, Praseka, Trishna, Tikta-Amla Udgara, Hrillas, etc).*

- The accumulation of *Ama* in *Grahani* and in various systemic regions should be considered as the ultimate reason for manifestation of symptoms of *Grahani Roga*.

**Table9. Probable action on Grahani roga Symptoms: -**

<b>Grahani roga Symptoms</b>	<b>Mode of action of Chitrakadi vati</b>
<i>Ati Srushta Vibaddham va dravam Mala Pravritti</i> (Irregular Bowel Habits)	It is due to <i>Ama</i> . <i>Deepana, Pachana, Rochana</i> property, <i>Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha guna, Usna virya</i> , cure the <i>Ama</i> . Due to <i>vatanulomana</i> action <i>prakupita vayu</i> is improved.
<i>Trishna</i> (Polydypsia)	Elevation of <i>Vata &amp; Pitta</i> level and decrease of <i>Kapha</i> level in the body leads to <i>Mukha Shosha</i> (Mouth dryness) and arise <i>Trishna</i> (Thirst). This yoga improves the <i>Kapha</i> level and have <i>Vatanulomana</i> properties. <i>Jathragni</i> is improved so ultimately balance the all five types of <i>pitta</i> . <i>Lavana</i> and <i>amla rasa</i> stimulates saliva secretion which subside the dryness of mouth.
<i>Arochaka</i> (Anorexia)	<i>Aruchi</i> is <i>Kapha</i> promidant <i>tridoshaja vikara</i> which ultimately change the taste. So this yoga having mainly <i>Kaphavata hara</i> action.
<i>Vairashaya</i> (Distaste of mouth)	It is due to impairment of <i>Bodhaka Kapha</i> . Due to <i>Kaphavata hara</i> action <i>Kledaka Kapha, Samana Vayu</i> will come in normal state. <i>Katu, Amla</i> and <i>Lavana</i> rasa will generate saliva secretion.
<i>Praseka</i> (Water Brash/ Sour taste in the mouth)	It is early stage of <i>Chardi</i> (vomiting) or <i>Udgara</i> (Eructation) due to <i>Ama</i> . This yoga acts as <i>Deepana pachana</i> which prevents <i>ama</i> formation in the body and also digest the already formed <i>ama</i> .
<i>Tamaka</i> (Breathing problem / Darkness in front of eyes)	<ul style="list-style-type: none"> <li>• Due to <i>Mandagni</i> the flow of <i>vata</i> become <i>pratiloma gati</i> and creates the breathing problem. In <i>Tamaka swasa</i> mainly <i>Kapha</i> and <i>vata dosha</i> involvement. This yoga is <i>Kaphavata hara</i> and <i>vatanulomana</i> action which can relieves the symptoms as in case of <i>Tamaka Swasa</i>.</li> <li>• Due to <i>ama, dhatus</i> doesn't get well nutrition and body become weak. So this yoga improves digestion and ultimately <i>dhatus</i> will nourish.</li> </ul>
<i>Shuna Padakara</i> (Oedema over extrimities)	Due to <i>Ama</i> , obstruction in <i>srotasa</i> takes place and <i>Doshas</i> starts accumulates in <i>Sakhas</i> (extrimities) and creates the <i>sotha</i> (Oedema). This yoga acts by its <i>Laghu, Tikshana guna</i> and <i>ama hara</i> properties. <i>Kshara</i> and <i>lavana</i> have <i>bhedana</i> properties and clears the obstruction and regulate the function of <i>Dosha</i> by <i>Anulomana</i> properties
<i>Aasthi parvaruka</i> (Pain in Bones)	Due to <i>ama</i> formation in body it leads to obstruction in <i>Srotasa</i> (channels) and impairment in the path of <i>Vata</i> takes place which ultimately create pain. This yoga acts by its <i>Laghu, Tikshana guna</i> and <i>ama hara</i> properties. <i>Snigdha guna</i> (58.82%) cures <i>vata dusti</i> .
<i>Chardana</i> (Vomiting)	Due to <i>Mandagni</i> proper <i>paka</i> of food does not takes place and that food become <i>Sukta</i> (undigested food) and due to <i>Prtiloma Gati</i> of <i>Vayu</i> undigested food comes out and named as <i>Chardi</i> . This yoga acts as <i>deepana pachana</i> and <i>vatanulomana</i> can relieve this symptoms.

<i>Jwara</i> (Fever)	In <i>Jawra jatharagni</i> become low and <i>dhatwagni</i> become <i>Tikshna</i> . Due to <i>mandagni</i> of <i>Jathragni rasa dhatu</i> get vitiated and <i>rasa dhatvagni</i> become more active which is in skin and lead to more warmth in the body. <i>Deepana pachana</i> leads to proper digestion and cure the function of <i>Jatharagni</i> . Due to <i>Vatanulomna Gati</i> the <i>Jathragni</i> will be in its place and will make <i>dhatvagni</i> in normal condition.
<i>Lohanugandhi Udgara</i> (Eructation)	Due to <i>Mandagni</i> , food is in undigested form which lead to <i>Ama</i> formation and <i>gati</i> of <i>Vayu</i> becomes <i>Pratiloma gati</i> . Along this <i>vayu</i> the <i>gandha</i> (smell) of <i>ama</i> comes out from mouth and results this symptom. <i>Deepana, Pachana, Rochana</i> property, <i>Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha guna, Usna virya</i> of this yoga cure the <i>Mandagni</i> and regulate the <i>Anulomana gati of Vayu</i> .

**Table10. Research studies about ingredients:-**

Drvyas	Research studies
<i>Chitraka (Plumbago zeylanica)</i>	Lipid metabolism activity <sup>10</sup> , Relieves internal piles, Relief from dysentery, abdominal disorders, peptic ulcers, piles and improves appetite <sup>11</sup> .
<i>Pippali moola (Piper longum)</i>	Analgesic activity <sup>12</sup> , Antiulcer activity <sup>13</sup> , Bioavailability enhancement <sup>14</sup>
<i>Yava kshara</i>	Treating bloating, abdominal pain, ascites <sup>15</sup> , Improves digestive powers <sup>16</sup> ,
<i>Sarji kshara</i> (Sodium bicarbonate)	Antacid, Reduce GI symptoms <sup>17</sup>
<i>Saurvachala lavana</i> ( Black salt)	Laxative and used in Digestive aid <sup>18</sup>
<i>Saindhava lavana</i> (Rock salt)	Antacid, Anti-flatulent, carminative, Digestive Stimulant <sup>19</sup>
<i>Vida lavana</i> (Vida salt)	Systemic acidifier <sup>20</sup> , Maintain pH and exerts a mild diuretic effect <sup>21</sup>
<i>Samudra lavana</i> (Common salt)	Releases saliva <sup>22</sup>
<i>Shunthi (Zingiber officinalis)</i>	Anti motion and anti nauseant effect <sup>23</sup> , Antiulcerogenic <sup>24</sup>
<i>Maricha (Piper nigrum)</i>	Antidiarrhoeal, Antimotility, Antisecretory effect <sup>25</sup>
<i>Pippali (Piper longum)</i>	Analgesic activity Antiulcer activity <sup>26</sup> , Bioavailability enhancement <sup>14</sup>
<i>Hingu (Ferula narthex)</i>	Analgesic, Anti-diarrheal & Spasmolytic effects <sup>27</sup>
<i>Ajamoda (Trachyspermum roxburghianum)</i>	Antidiarrheal, Antispasmodic activity <sup>28</sup> .
<i>Chavya (Piper chaba)</i>	Analgesic activity, Anti-diarrhoeal activity, Antimotility effect <sup>29</sup>
<i>Matulunga rasa (Citrus medica)</i>	Antiulcer Activity <sup>30</sup> , Digestive, Antiemetic, stomach tonic <sup>31</sup>
<i>Dadima rasa (Punica granatum)</i>	Antidiarrheal activity <sup>32</sup> , anti-inflammatory effect, improves gut microflora <sup>33</sup>

## DISCUSSION

*Jatharagni* is situated in *Jathara* (stomach) important from all of *agni* because it gives nutrition to all *Agni* in the body. Impairment of *Jatharagni* leads to various diseases. *Grahani roga* is one of digestive disorder and its main cause is *mandagni* (indigestion).

*Grahani Roga* is an advanced and chronic condition of *Grahani Dosha*. When the vitiated *Doshas* get confined to only the organ *Grahani*, then could be called *Grahani Dosha*. When the vitiated *Doshas* travel throughout the *Rasadi Dhatus* i.e. *Sarvasharira Gatatva* then it could be called as *Grahani Roga*. *Grahani Dosha* is vitiation of *Agni* i.e. functional derangement of *Grahani* regarding production of *Pachaka Pitta* and also holding (*Grahana*) of *Ama* (food) for digestion, but when it converts in structural deformity then that chronic condition can be considered as *Grahani Roga*. *Usma* (*agni*), *Vayu*, *Kleda*, *Sneha* and *Kala* are the supportive element for digestion of food.

Saliva is made up of *Kapha* and *pitta*. If there is imbalance in *dosha* ie *Kapha-pitta*, it cause malfunction of saliva. *Amla* and *Katu* rasa stimulates the *Sanghyavaha nadi* and leads to saliva secretion and relieves from *Trishna* and *Aruchi* *Grahi drvyas* eg. *Chirtaka* is of *Usna Virya*, *Katu Rasa*, *Katu vipaka* which act as *Deepana Pachana*. After *pachana* due to *usna virya* they absorb the watery portion from the *mala* and relieves *Atidravata* of *mala* (loose stool).

*Pitta* is *Agneya* but is in *Drava* (liquid) form. If *Drava* part of *pitta* increases it leads to *Mandagni* and *Agneya* part increases it leads to *Tikshnagni* and *Dhatu Shoshana*. Due to more intake of *Katu*, *Ajirna*, *vidahi*, *amla*, *Kshara* etc *pitta vardhaka Ahara* it leads in increase in *drava* part of vitiated *pitta* and impairs the digestion. But the drugs in *Chitrakadi vati* has *Katu- Tikta- Lavana* rasa, *Laghu- Usna- Sukshma- Snighda* guna, *Usna virya*, *Katu vipaka* which lead to *Shoshana* of *Drava* part of *pitta* and increase the *Agneya* part of *pitta*.

This particular yoga contains mostly those drugs which have *Deepana-Pachana*, *Rochana*, *Vata-anulomana*, *Shoolahara*, properties which are *Usna virya*, *Katu-Lavana—Tikta-Madhura-Amla* rasa, *Laghu-tikshna- Snigdha* guna prominent with *Katu vipaka*. This yoga shows actions at different levels. The research studies regarding ingredients of *Chitrakadi Vati* also show results on gastrointestinal tract. So the yoga is to be prescribed in case of *Grahani Dosha/Roga* or *Ama* arise diseases by observing *Prakruti*, *Desha*, *Kala*, *Vaya*, and *Avastha* of the patient and *Roga Bala*.

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