



THERAPEUTIC EFFECT OF TAKRA BASTI IN VATAJA GRAHANI W.S.R TO IRRITABLE BOWEL SYNDROME(IBS) – A CASE STUDY

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ABSTRACT

Jatharagni is situated in Grahani, which holds, start digestion and assimilation of food before passing it into Pakwashaya. Factors like ahara, vihara, mansik bhav etc are responsible for wellbeing of the agni. Any incapacitation in these factors leads to impaired Agni (Agnidosha) which is said to be responsible for all type of diseases and one of which is Grahaniroga. In abnormal condition due to agni dushti, grahani gets vitiated and releases the food in undigested form. Due to improper digestion of food, there is vitiation of the dosha and agni which includes symptoms like alternate constipation and diarrhoea which is the major symptom of grahani roga along with associated symptoms. This is collectively called as Grahani Roga. In allopathic system of medicine vataja grahani can be compared with Irritable bowel syndroms. IBS is a symptom-based disorder, includes abnormalities involving motility, visceral sensation, brain-gut interaction, and psychosocial distress. Treatment goals are aimed at resolving symptoms such as pain, bloating, cramping, and diarrhoea or constipation.

A case of 39 years old male with complaints of altered bowel habits, abdomen pain, bloating came to the panchkarma opd. He was diagnosed with Vataja Grahani Roga after detailed history taking and thorough clinical examinations and using Rome IV criteria. Patient was administered takra basti alternatively with til taila anuvasan basti in yog basti form along with shaman aushadhi. After completion of panchkarma treatments, there was a marked improvement in the condition of the patient in terms of symptoms.

KEYWORDS – Takra, Grahani, Basti, Anuvasan, IBS, Yog Basti.

INTRODUCTION

Ayurveda emphasises the importance of shad rasatmak Aahara. According to Ayurveda, the growth, nourishment, procreation, and dissolution of living beings are all the result of food consumed.^[1] Acharya Kashyapa even considered Aahara as Mahabhaishajya^[2] which promotes health in both diseased and normal people. If the Aahara is not taken properly in terms of quantity or quality, it will eventually lead to various diseases. In Ayurveda, Grahani is the location of the digestive fire (Agni) that is responsible for the digestion and metabolism of food.

In Shabdakalpadruma, the root word of "Grahani" is derived from "Grah Dhatu," which means to catch, hold, or obtain. Jatharagni's seat is the organ Grahani, which holds onto the food until it is completely digested before passing it into Pakwashaya (intestine)^[1]. Impaired Agni (Agnidosha) results in Grahaniroga, which is characterized by gastrointestinal symptoms and improper digestion. Grahani Roga is one of the Mahagadas according to Ayurveda^[3]. Because of its direct connection to bad eating habits and a stressful lifestyle in the modern era. Grahani Dosha and Grahani Roga respectively, might be thought of as functional disintegration caused by Agni dysfunction and organic disintegration caused by improper dynamics of the interior mucosa. In contemporary science, Grahani can be correlated to Irritable Bowel Syndrome.

Irritable Bowel Syndrome (IBS) is a functional disorder that is common in almost all parts of the world. The prevalence of IBS all over the world is estimated to be 11.2%

whereas in India, it is estimated to be between 4.2% to 7.7%. The pathophysiology of IBS is broad and includes abnormalities involving motility, visceral sensation, brain-gut interaction, and psychosocial distress. IBS is a symptom-based disorder, and thus treatment goals are aimed at resolving symptoms such as pain, bloating, cramping, and diarrhoea or constipation. For constipation, fibre supplements and laxatives can be helpful whereas, in those with diarrhoea, medications such as loperamide or probiotics can be helpful. Moreover, increased physical activity can increase colonic transit time and improve symptoms^[4]. In this case, the symptomatology of IBS mimics the symptoms explained in Grahani Roga Adhyaya (Charaka Samhita) with respect to Vataja Grahani. The treatment explained in Ayurvedic classics for Grahani Roga effectively manages the symptoms mentioned above.

Takra (buttermilk), a fermented milk product that is "ready to serve," drink has a wide range of potential benefits for both nutrition and health. Takra is suggested in classics as a probiotic and a regulator of the microbiome in the human gut. In *Charaka Samhita*, Chikitsa Sthana (Grahani Chikitsa Adhyaya), Takra has been described as a highly beneficial formulation with wide therapeutic applications, particularly emphasized as the most suitable dietary and therapeutic intervention for Grahani Roga. Takra (buttermilk) has deepan, pachan and vaat shamak properties^[5]. Administering takra via rectal route in sufficient doses can also alter gut flora, which has positive effects on health. Thus, takra basti along with



anuvasan basti alternatively along with shaman aushadi. was used in this case and has shown good symptomatic relief in patient. when used

Case report

A 39 years old male visited to Panchkarma OPD of seth. R.V Ayurveda Hospital, with the complaints of altered bowel habits (8-10 episodes of watery, loose sticky stools associated with foul smell everyday with occasional evacuation of hard stools every 3 or 5 days once) associated with severe lower abdominal pain, persistent bloating of abdomen, occasional nausea following food intake which aggravates on taking non veg, junk food, stress, ratri jagaran and relieves on taking oral medications for the same. Patient was suffering from 2 years and taken conservative treatment but has no relief months. patient had approached our management for the same.

History of past illness - Avishesha

On physical examination - he looked pale and afebrile.

- Heart rate - 86 /min Blood pressure- 110/70mm of Hg
- Respiratory rate- 18/min
- Height - 153 cm weight - 59 kg.

Ashtavidha pariksha

- Nadi: regular. Vatapatik
- Jihva- Saam
- Sparsh- Anushan shit
- Akriti- madhyam
- Mala: Asamyak
- Shabd - Aspasht
- Drika- Prakrut

Systemic examination

- CVS - S1/S2, Heard
- CNS - Conscious and well oriented
- RS - AEBE and Clear
- P/A - soft, mild tenderness present in lower abdomen but there was no guarding & no organomegaly.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
A	A	N	A	N	A	N	A

Next 8 days

Anuvasan - 120ml til tail.

Niruha - Takra basti

- Madhu (Honey) - 30 ml. Saindhava Lavana - 10 grams
- Sneha - til tail - 60 ml. Kalka- shatavha churna 10gm
- Kashaya - Mustadi kwath (musta, ajamoda, kutaj, mochas, bilva) - 300ml
- + Takra (freshly prepared) - 300 ml.

9	10	11	12	13	14	15	16
A	T	A	T	A	T	A	A

Shaman aushadi

Aushadh	matra	kaal	anupan	days
Kutaja ghan vati	250mg	TDS (after meal)	Koshna jal	8 days
Shankh vati	250mg	TDS (after meal)	Koshna jal	15days
Sanjeevani vati	250mg	TDS (after meal)	Koshna jal	15 days
Hingvastak churna	2gm	TDS (after meal)	Koshna jal	30days

Stool (routine/ microscopic) - NAD (undigested food particles found in stool)

Diagnosis - After taking detailed history and examining the patient, as per symptoms mentioned in classical text vataj grahani was diagnosed. Correlating it with IBS as per Rome IV criteria.

Rome IV Criteria

Recurrent abdominal pain on average at least 1 day/week in the last 3 months, associated with two or more of the following criteria

1. Related to defecation - yes
2. Associated with a change in the frequency of stool - yes
3. Associated with a change in the form (appearance) of stool - yes

Samprapti - Due to Nidana Sevana such as untimely food intake, excessive spicy and non-vegetarian diet, tea on empty stomach, and stress, Jatharagni becomes impaired leading to Agnimandhya. This results in formation of Vidagdha Anna Rasa, which circulates and causes Annavaha, Purishavaha, and Rasavaha Srotodushti. Aggravated Vata Dosha localizes in Grahani, producing symptoms like frequent and irregular stools (drava/sushka/tanu), shabda-phena yukta mala, adhmaana, avipaka, trushna, dourbalya, karshyata, and manosada, ultimately leading to Vataja Grahani Roga.

Treatment

The Ayurvedic management planned was Basti along with Deepana (Increase digestive power), Pachana (Digestant), Stambhana (Astringent), Grahi (Anti-Diarrhoeal)

First 8 days - yog basti

Anuvasan - til tail 120 ml.

Niruha - • Madhu (Honey) - 30 ml. Saindhava Lavana- 10 gm • Sneha - til tail - 60 ml. Kalka- shatavha churna 10gm • Kashaya - Dasmool kwath 600ml



Madhu + Saindhav + Til taila + Stavha churna kalka + Kwath + Takra

Figure no 1: Basti sammelan vidhi

Observation

Symptoms	1 st day	8 th day	16 th day	24 rd day
Stool with mucus	+++	++	-	-
Frequency in a day	8-10	5-6	2	2
Abdomen pain	+++	+	-	-
bloating	++	+	-	-

Discussion – Traditional buttermilk (takra), produced by churning curd, contains a rich population of naturally occurring lactic acid bacteria (LAB) such as *Lactococcus lactis*, *Lactococcus lactis* various *Pediococcus* species. These lactic acid bacteria (LAB) exert multiple beneficial effects on human gut health. They improve gut microbial balance by increasing beneficial bacteria and suppressing harmful pathogens through competitive inhibition, lactic acid production that lowers gut pH, and secretion of bacteriocins.^[6]

LAB modulate the immune system by interacting with gut-associated lymphoid tissue (GALT), increasing IgA secretion, enhancing macrophage and NK cell activity, promoting anti-inflammatory cytokines like IL-10, and reducing pro-inflammatory cytokines such as TNF- α , supporting conditions like IBS, mild IBD, allergies, and viral infections.

They also aid digestion and nutrient absorption by improving lactose digestion, increasing calcium, magnesium, and B12-vitamin absorption, and assisting in the breakdown of complex carbohydrates. Furthermore, LAB help alleviate gastrointestinal symptoms such as bloating, gas, diarrhoea, and constipation, and contribute to detoxification by binding and degrading toxins, carcinogens, and harmful amines while promoting antioxidant enzyme activity.^[7]

Mode of action - Takra consist of Deepana, Grahi and Laghu Guna's, it is highlighted as the best aushadhi Dravya in the management of Grahani Roga. Laghu Guna and Deepana properties of Takra helped to correct the Agni. Due to its Madhura Vipaka helped in the balance of Pitta. Also, its Vatahara property helped to correct the vitiated Samana Vayu. The Grahi action of Takra subsided Drava Mala Pravrutti which has been proved to restore the bacterial flora of the intestinal mucosa. Takra can be correlated with butter milk, which is rich in potassium, phosphorus, Vitamin B12 and riboflavin.^[8] Acharya Charaka explains Takra as Basti Dravya under Amlaskanda which is one among Shad Asthapana Skanda^[9].

Acharya Sushruta has mentioned Takra as Avapa Dravya for Grahi Basti.^[10] But classical preparation of niruha basti using takra is lacking in Samhita and as basti Karma is considered to be superior among Panchakarma due to its wide applicability in various conditions in various forms. Here an attempt is made to use takra along with mustadi kwath in niruha basti form in vataja grahani patient. which has resulted in great symptomatic relief.

Kwath

Ingredients: Musta, Bilva, Ajamoda, Kutaj, Mochras

- Musta (*Cyperus rotundus*)- Musta is Deepana, Pachana, Amanashaka, and Grahi. It helps in reducing diarrhea, inflammation, and pain, while improving digestion and absorption.^[11]

- Bilva (*Aegle marmelos*): Bilva is Stambhana (astringent) and Grahi. It strengthens intestinal mucosa, helps in stool formation, and is effective in conditions of Atisara (diarrhea) and grahani disorders.^[12]

- Ajamoda (*Carum copticum*): Ajamoda acts as a Deepana and Vatahara. It helps relieve gas, bloating, colic pain, and stimulates digestion. It also reduces Krimi (intestinal worms).^[13]

- Kutaj (*Holarrhena antidysenterica*): Kutaj is Ati-stambhaka, Grahi, and Krimighna (anti-parasitic). It is especially beneficial in chronic diarrhea, dysentery, and intestinal inflammation. It regulates bowel movements and strengthens intestinal muscles.^[14]

- Mochras (*Salmalia malabarica* resin): Mochras has Stambhana (astringent), Vrana-ropana (healing wounds), and Grahi properties. It helps in intestinal irritation and inflammation and restores bowel integrity.^[15]

Madhu (Honey): Honey acts as Yogavahi, improving the delivery and potency of other drugs. It has Ropana (healing), Lekhana (scraping), and Kapha-Vata shamak properties. It soothes inflamed tissues, balances aggravated doshas, and helps in wound healing.^[16]



Saindhava Lavana (Rock Salt): Saindhava improves Agnidipana, relieves Vata, and reduces Ama. It helps in softening and eliminating toxins, enhances digestion, and alleviates spasms or cramps in the intestinal tract.^[17]

Til Tail (Sesame Oil): Sesame oil is Vatahara, nourishing, lubricating, and strengthening to tissues. It helps relieve dryness, spasms, and pain in the intestines. It also supports the absorption of nutrients and protects mucosal integrity.^[18]

Satavha (Fennel – *Foeniculum vulgare*): Fennel acts as Deepana, Pachana, and Vatahara. It helps alleviate bloating, colic, flatulence, and abdominal pain. It also has mild laxative effects, improving bowel movement.^[19]

This formulation collectively:

- Enhances digestive fire (Agnidipana),
- Corrects malabsorption and intestinal weakness,
- Provides Grahi action, helping with loose stools and diarrhea,
- Balances aggravated Vata and Kapha doshas,
- Soothes inflammation and irritation,
- Strengthens intestinal walls and promotes healing,
- Acts as a Rasayana, helping in long-term restoration of gut function.

Til Tail Anuvasana Basti in Vataja Grahani

Til Tail Anuvasana Basti pacifies aggravated Vata, reducing abdominal cramps and irregular bowel movements. Its Snigdha and Brimhana properties stabilize the intestines, control diarrhea through Grahi action, enhance Agni, and promote healing of intestinal mucosa. Regular use improves absorption and strengthens the digestive tract.

Dashmoola Kwatha Niruha Basti

Dashmoola Kwatha Niruha Basti alleviates Vata through its anti-inflammatory and analgesic properties. Administered rectally, it helps in Dosha expulsion, reduces inflammation, improves circulation, and enhances Jatharagni and Dhatvagni, supporting overall gastrointestinal health.^[21]

Kutaj Ghan Vati - Holarrhena antidysenterica (Kutaj) is a main drug in Atisara and Grahani. It has Stambhana, Grahi, Krimighna, Deepana and Pachana properties. It strengthens intestinal mucosa, regulates bowel movements, reduces excessive secretions and inflammation, and corrects Vata-Kapha imbalance in Grahani.^[22]

Sanjeevani Vati- It enhances digestive fire, reduces ama, alleviates weakness, and supports absorption of nutrients. It helps control symptoms of Agnimandya, atisara, grahani, and fatigue associated with chronic intestinal dysfunction.^[23]

Sutshekar Ras: It balances Vata-Kapha, reduces intestinal spasms, and aids in nutrient absorption. It is particularly beneficial in Agnimandya, bloating, irregular digestion, and the intestinal weakness seen in Grahani.^[24]

Hingvastak Churna: It is a combination of hingu (asafoetida), ajwain, black pepper, ginger, and other digestive spices. It relieves bloating, abdominal pain, flatulence, and sluggish digestion by stimulating agni and reducing trapped vata. It is supportive in managing Grahani by promoting regular bowel movements and enhancing enzymatic activity in the gut.^[25]

CONCLUSION

The observed improvements in pain, bloating, and irregular bowel habits support the role of *Takra Basti* as a beneficial and targeted intervention in the management of Grahani Roga, particularly in cases associated with IBS-like symptoms. This case reinforces the classical understanding of Grahani and validates the therapeutic efficacy of basti in balancing doshas and restoring intestinal health. Further clinical studies are encouraged to establish standardized protocols for broader application.

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