

**A CRITICAL REVIEW ON GRAHANI KAPATA RASA**

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ABSTRACT

Rasashastra is a part of Ayurveda that primarily describes herbal and mineral medications. This branch of Ayurveda became increasingly visible and prominent after the eighth century. Parada (Mercury) has been regarded as the most significant drug, and the aim of this study is to maximize its use as a means of achieving dehavada (body strength) and lohavada (conversion of lower metals to higher metals). Grahani kapata rasa (GKR) is a well-known formulation of Rasashastra that appears in several literature. It is a herbo-mineral formulation used to treat Grahani roga as well as a variety of other diseases. Though there are 28 references of Grahani kapata rasa, only three among them are in practice. Therefore, the aim of this review work was to investigate the many formulations compiled in other texts of Rasashastra.

KEYWORDS: Grahani kapata rasa, Parada, Grahani, formulation, Rasa yoga sagara.

INTRODUCTION

Grahani kapata rasa (GKR) is a herbo-mineral formulation that is in practice and an important formulation of Rasashastra. It has been explained in various textbooks like Rasa Yoga Sagara (RYS), Bhaishajya Ratnavali (BR), Rasendra Sara Sangraha (RSS), Rasa Chandamshu (RC), Yoga Ratnakara (YR), Ayurveda Sara Sangraha (ASS), Rasa Kamadhenu (RK), Rasendra Sambhava (RS), Brihat Yoga Tarangini (BYT) and Rasa Prakasha Sudhakara (RSP). There are many references of GKR with a combination of different ingredients. Among the various

formulations, a majority of them are indicated in Grahani roga. According to Ayurveda, Agni (digestive fire) is the prime factor responsible for the digestion of Ahara (food). Properly digested Ahara (food) results in good health, longevity, strength, intellect, good voice and complexion.^[1] Grahani is considered as the seat of Agni (digestive fire) that helps in metabolism and digestion of food. In Ayurveda, Mandagni (weak digestive fire) is considered as the fundamental cause of several ailments.

Grahani roga is a common gastro-intestinal condition observed in daily practice. Mandagni (weak digestive fire) causes Ama dosha (indigestion), which can eventually lead to Grahani roga. According to Vagbhata, Grahani roga is considered as one among the Ashtamahagada (eight major diseases). Grahani roga is associated with symptoms like atisruta malapravrutti (diarrhea), vibaddha malapravrutti (constipation), arochaka (anorexia), vairasya (distaste in mouth), praseka (excessive salivation), tamaka (respiratory discomfort), udara shoola (abdominal pain), asthi parvaruk (pain in bones and joints), chardi (vomiting), jwara (fever).^[2]

Some of these symptoms can be seen in diseases like Irritable bowel syndrome (IBS), mal absorption syndrome, celiac disease, tropical sprue, worm infestations like Amoebiasis and Giardiasis, which are very common in India and developing countries.^[3] Hence, a need to explore several other varieties of GKR is essential.

MATERIALS AND METHODS

The ingredients of GKR explained in different texts of Rasashastra are reviewed and tabulated (Table 2). There are 28 formulations mentioned under the name “Grahani kapata rasa” among which, 18 formulations contained Visha dravyas (poisonous drugs) either as an ingredient or as a bhavana dravya (levigation medium).

It is challenging to evaluate all the features of these formulations due to differences in number of ingredients, bhavana dravyas (levigation medium), matra (dose), anupana (adjuvant) and method of preparation. Hence, the formulations will be classified into list of drugs, bhavana (levigation medium), matra (dose), and indications.

Table 1: References of GKR according to different authors.

Sl. No.	Textbooks	No. of yogas (Formulations)
1	Rasa yoga sagara	26
2	Yogaratanakara	3

3	Rasa kamadhenu	4
4	Rasendra sambhava	4
5	Rasendra sara sangraha	7
6	Bhaishajya Ratnavali	7
7	Rasa Chandamshu	4
8	Brihat yoga tarangini	2
9	Rasa parakasha sudhakara	1
10	Ayurveda sara sangraha	2

Table 2: Detailed description of GKR according to different references.

Sl. No.	Ingredients	Bhavana dravya	Indications, Dose and Anupana	Reference
1	Vatsanabha, Guduchi, Hingula, Vanga, Bilwa, Jatiphala, Mocharasa, Sita, Dhatuki, Sarjarasa, Lodhra, Ahiphena	Jeeraka kwatha, Dadhi masthu, Dhattura swarasa	Dushtatisara, Grahani <u>Dose</u> - 3-6 ratti (375-750mg) <u>Anupana</u> - Shaali jala	RYS ^[4]
2	Rajata bhasma, Muktha bhasma, Swarna bhasma, Loha bhasma, Gandhaka, Parada	Swarasa of Kapittha, Bala, Apamarga, Lodhra, Ativisha, Musta, Dhataki, Indrayava and Guduchi	Sarvatisara, Sarva Grahani, Agni-deepaka <u>Dose</u> - 1 Masha (750mg-1g) <u>Anupana</u> - Madhu and Maricha churna	RYS ^[4] YR ^[5] RK ^[8] RS ^[12] BR ^[23]
3	Parada, Gandhaka, Abhraka bhasma, Dhattura beeja, Ahiphena	Swarasa of Nagavalli, Bhringaraja and Ankola	Grahani <u>Dose</u> - 1-3 Mudga mathra vati <u>Anupana</u> - Takra	RYS ^[4]
4	Karka, Varata, Bhallataka, Babbula, Parada, Gandhaka	Vijaya rasa	Grahani <u>Dose</u> - 1 Valla (375mg)	RYS ^[4] YR ^[7]
5	Parada bhasma, Abhraka bhasma, Gandhaka, Yavakshara, Tankana, Agnimantha, Vacha, Ativisha, Mocharasa	Swarasa of Jayanthi, Jambeera, Bhringaraja, Kapittha, Vijaya, Dhataki, Indrayava, Musta, Lodhra, Bilwa and Guduchi	Sarva Grahani <u>Dose</u> - 1 Masha (750mg-1g) <u>Anupana</u> - Madhu, Chitraka, Shunti, Vida lavana, Bilwa, Saindhava lavana along with Ushna jala	RYS ^[4] RK ^[9]
6	Parada, Gandhaka, Jatiphala, Lavanga,	Swarasa of Suryavarta, Bilwa patra and Shringataka	Jwara, Grahani, Atisara, Pandu, Shotha <u>Dose</u> - 2 ratti (250mg) <u>Anupana</u> - Bilwa patra rasa	RYS ^[4] BR ^[24]
7	Tankana, Yavakshara, Gandhaka, Parada, Jatiphala, Bilwa, Khadira saara, Shwetha Jeeraka,	Swarasa of Bilwa patra, Karpasa phala, Shaali leaves and moola,	Grahani, Amashoola, Jwara, Kasa, Shwasa, Shotha, Pravahika. <u>Dose</u> - 1 Masha	RYS ^[4] RSS ^[16] BR ^[25] RS ^[13]

	Kapihasta beeja, Avakpushpi beeja,	Dugdhika, Kutaja twak and Kanchata patra	(750mg-1g) <u>Anupana</u> - Dadhi manda, Peya	
8	Mukta bhasma, Swarna bhasma, Parada, Gandhaka, Tankana, Abhraka bhasma, Kaparda bhasma, Vatsanabha, Shankha churna	Swarasa or kwatha of Ativisha, Dhattura, Chitraka and Musali	Grahani, Kshaya, Jwara, Arshas, Vit vikara, Samaathisara, Aruchi, Peenasa, Moha, Mutrakrcchra, <u>Dose</u> - 2 Gunja (250mg) <u>Anupana</u> - Vataja- Maricha and Ghrita Pittaja- Madhu and Pippali Kaphaja- Vijaya rasa or Trikatu churna	RYS ^[4] RSS ^[17] RC ^[30] RS ^[14] BR ^[26]
9	Parada, Gandhaka, Ativisha, Haritaki, Abhraka bhasma, Sarjikshara, Yavakshara, Mocharasa, Vacha, Vijaya	Jambeera rasa	Grahani, Agnimandya, Kshaya, Shwasa, Urah-kshata. <u>Dose</u> - 8 valla (3g) <u>Anupana</u> - Madhu, Shambuka bhasma, Ghrita	RYS ^[4] YR ^[6] RK ^[10] BYT ^[34] ASS ^[37]
10	Ahiphena, Gandhaka, Parada, Kaparda bhasma, Vatsanabha, Maricha, Dhattura beeja		Atisara, Sangrahani, Ama-pachaka <u>Dose</u> - 1 valla (375mg) <u>Anupana</u> - Madhu, Jeeraka	RYS ^[4] RK ^[11] RC ^[31] BYT ^[35] ASS ^[38]
11	Parada, Gandhaka, Trikatu, Ajaji, Tankana, Dhanyaka, Hingu, Jeeraka, Yavani, Vida lavana, Kaparda bhasma		Agni deepaka, Grahani nashaka <u>Dose</u> - 2 Masha (1.5- 2g) <u>Anupana</u> - Takra	RYS ^[4]
12	Kanta bhasma, Parada, Haratala, Makshika, Tankana, Kaparda bhasma, Gandhaka	Jambeera rasa	Grahani, Gulma, Kshaya, Kushta, Prameha <u>Dose</u> - 1-2 Masha (1- 2g)	RYS ^[4] RSS ^[18]
13	Parada, Abhraka bhasma, Gandhaka, Yavakshara, Tankana, Eranda taila	Swarasa of Kakajangha, Jayanthi, Bhringaraja, Kalambi, Guduci, Shalmali, Vijaya	Sarva Grahani <u>Dose</u> - 1 Shaana (3g) <u>Anupana</u> - Maricha, Madhu, Dadhi	RYS ^[4] RSS ^[19]
14	Shwetha Sarja, Gandhaka, Parada	Swarasa of leaves of Suryavartha, Bilwa, Shringataka	Sarva Grahani <u>Dose</u> - 3-6 ratti (375- 750mg)	RYS ^[4] BR ^[25] RC ^[32]
15	Jatiphala, Tankana, Abhraka bhasma,	Gandhalika (Bilwa) patra	Sama, Saraktha, Sashoola, Pakwa or	RYS ^[4] RSS ^[20]

	Dhattura beeja, Ahiphena		Apakwa Grahani roga and Guda roga <u>Dose</u> - Chanaka matra vati ³⁹ <u>Anupana</u> - Madhu	RC ^[33]
16	Abhraka bhasma, Parada, Gandhaka, Tankana, Vijaya, Vacha	Swarasa of Jayanthi, Bhingaraja, Jeeraka, Shalmali, Ativisha, Rambha (Kadali)	<u>Dose</u> - ½ Nishka (1.5g) <u>Anupana</u> - Madhu, Vidanga, Shunti, Chitraka, Vida lavana along with Ushna jala	RYS ^[4]
17	Lavanga, Jatiphala, Hingula, Ahiphena, Sita, Mocharasa		Sarvathisara, Sarva Grahani <u>Dose</u> - Chanaka matra (250mg) ^[39]	RYS ^[4]
18	Parada, Gandhaka, Jatiphala, Lavanga,	Swarasa of Suryavarta, Bilwa patra, Shringataka	Grahani, Pandu, Atisara, Shotha, Jwara <u>Dose</u> - 2 ratti (250mg) <u>Anupana</u> - Dadhi	RYS ^[4] RSS ^[21]
19	Trikatu, Tankana, Parada, Gandhaka, Kaparda bhasma, Vatsanabha	Nimbu rasa	Sangrahani <u>Dose</u> - 1 Masha (750mg) <u>Anupana</u> - Maricha, Ghrita, Sharkara	RYS ^[4]
20	Abhraka bhasma, Parada bhasma, Swarna bhasma, Gandhaka, Kanta loha patra, Kadali patra,	Swarasa of Bhingaraja, Ativisha, Vijaya moola, Pata	<u>Dose</u> - 2 Valla (750mg) <u>Anupana</u> - Ativisha, Madhu, Guda, Dadhi, Takra	RYS ^[4]
21	Parada, Loha bhasma, Abhraka bhasma, Haratala, Makshika, Gandhaka, Swarjikshara, Yavakshara, Tankana, Shukti bhasma, Shankha bhasma, Kaparda bhasma, Vatsanabha	Swarasa of Musta, Ushira, Indrayava, Shringa, Vijaya, Dhattura, Ajamoda, Nimba twak, Bala	Grahani, Rakthatisara, Jwara, Vami, Agnimandya, Kshaya, Pleeha, Arshas <u>Dose</u> - 1 Valla (375mg) <u>Anupana</u> - Pippali, Madhu	RYS ^[4]
22	Parada, Abhraka bhasma, Makshika, Kaparda bhasma, Loha bhasma, Haratala, Gandhaka, Ativisha	Swarasa of Musta, Ativisha, Indrayava, Bilwa, Bala, Sugandhabala, Vijaya, Patu (Lavana), Nimba, Mocharasa	Grahani <u>Dose</u> - 1 Gunja (125mg) <u>Anupana</u> - Madhu, Dadhi	RYS ^[4]
23	Hingula, Gandhaka, Tugaksheeri, Ahiphena, Kaparda bhasma	Ksheera	Vividha Grahani <u>Dose</u> - 2 Ratti (250mg)	RYS ^[4]
24	Parada, Abhraka bhasma,	Kapittha swarasa	Amagrahani, Deepana	RYS ^[4]

	Rasasindura, Vatsanabha, Jatiphala, Kutaja beeja, Dhattura beeja, Tankana, Trikatu, Musta, Haritaki, Chutha phala beeja, Bilwa, Matanga (Ajamoda) beeja, Dadima, Aralu, Jeeraka		<u>Dose- 1</u> Gunja (125mg) <u>Anupana-</u> Kutaja moola twak swarasa Raktha grahani- Takra and Madhu Atisara- Shunti Kashaya	BR ^[28] RS ^[15]
25	Jatiphala, Parada, Trikatu, Vatsanabha, Gandhaka,	Sahakara komala phala drava (raw mango juice)	Grahani, Arshas <u>Dose- 1</u> Gunja (125mg)	RYS ^[4]
26	Rala, Ajamoda, Vidanga, Mocharasa, Bhringaraja, Kesara, Jatipatri phala, Naga bhasma, Hingula		Grahani, Sarva roga, Sarvatisara <u>Dose- 1</u> Masha (750mg-1g)	RYS ^[4]
27	Gandhaka, Parada, Kutaja bhasma	Ardraka swarasa	Sangrahani <u>Dose- 4</u> Gunja (500mg) <u>Anupana-</u> Aja ksheera or Kutaja kwatha	RSS ^[22] BR ^[29]
28	Rajata bhasma, Swarna bhasma, Makshika bhasma, Loha bhasma, Shuddha Gandhaka, Shuddha Parada, Lodhra churna, Musta churna, Madahva (Dhava), Guduchi churna, Patha churna, Indrayava churna	Jala, Bhringaraja swarasa, Kapiththa swarasa/kashaya	Vatajadi Grahani <u>Dose- 1</u> Masha (750mg-1g) <u>Anupana-</u> Madhu and Pippali churna	RPS ^[36]

RYS- Rasa Yoga Sagara, YR- Yoga Ratnakara, BR- Bhaishajya Ratnavali, RSS- Rasendra Sara Sangraha, RS- Rasendra Sambhava, RC- Rasa Chandamshu, RK- Rasa Kamadhenu, ASS- Ayurveda Sara Sangraha, RPS- Rasa Prakasha Sudhakara, BYT- Brihat Yoga Tarangini.

Table 3: Pharmacological properties of market available GKR.

Ingredients	Rasa	Guna	Veerya	Doshaghnatha	Karma	Rogaghnatha
GKR - 6 of RYS						
Shuddha Parada ^[40]	Shadrasa	Snigdha Sara Guru	Ushna	Tridoshahara	Agnideepana Rasayana	Grahani, Atisara, Kshaya, Shosha roga
Shuddha Gandhaka ^[41]	Madhura	Ruksha	Ushna	Kapha- Vatahara	Pachana, Rasayana	Kushta, Kasa, Shwasa
Jatiphala ^[42]	Katu, Tikta	Laghu, Tikshna	Ushna	Kapha- Vatahara	Deepana Grahi	Atisara, Grahani, Kasa,

						Shwasa, Chardi
Lavanga ^[43]	Katu, Tikta	Laghu, Tikshna	Sheetha	Kapha-Pitta hara	Deepana, Pachana, Shulahara	Amlapitta, Adhmana, Kasa, Shwasa
Bilwa ^[44]	Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Vata- Kaphahara	Deepana, Grahi, Pachana	Pravahika, Grahani, Agnimandya
GKR - 9 of RYS						
Shuddha Parada ^[40]	Shadrasa	Snigdha Sara, Guru	Ushna	Tridoshahara	Agnideepana, Rasayana	Grahani, Atisara, Kshaya, Shosha roga
Shuddha Gandhaka ^[41]	Madhura	Ruksha	Ushna	Kapha- Vatahara	Pachana, Rasayana	Kushta, Kasa, Shwasa
Ativisha ^[45]	Katu, Tikta	Laghu, Ruksha	Ushna	Kapha- Pittahara	Deepana, Pachana, Sangrahika	Amatisara, Jwara, Kasa, Chardi
Haritaki ^[46]	Madhura Amla, Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Tridoshahara	Deepana, Anulomana, Rasayana	Vishama jwara, Jeerna jwara, Aruchi, Udavarta, Vibandha, Shwasa
Abhraka bhasma ^[47]	Madhura	Snigdha	Sheetha		Deepana	Grahani
Sarjikshara ^[48]	Katu	Tikshna	Ushna	Vatahara	Pachana,	Kasa, Shwasa, Udara, Krimi
Yavakshara ^[49]		Laghu, Snigdha		Kapha- Vatahara	Deepana, Pachana	Amlapitta hara
Mocharasa/ Shalmali ^[50]	Madhura, Kashaya	Laghu, Picchila Snigdha	Sheetha	Vata-Pittahara	Shothahara	Raktapitta, Daha
Vacha ^[51]	Katu, Tikta	Laghu, Tikshna	Ushna	Kapha- Vatahara	Deepana, Mala-mootra vishodhani, Vamaka	Shula, Adhmana, Shwasa, Kasa
Vijaya ^[52]	Tikta	Laghu, Tikshna	Ushna	Kaphahara	Deepana, Pachana, Grahi	Grahani, Agnimandya, Atisara
Jambeera ^[53]	Amla	Laghu	Ushna	Vata- Kaphahara	Deepana, Pachana	Agnimandya, Aruchi, Vibandha, Visuchika, Chardi
GKR - 13 of RYS						
Shuddha	Shadrasa	Snigdha	Ushna	Tridoshahara	Agnideepana	Grahani,

Parada ^[40]		Sara Guru			Rasayana	Atisara, Kshaya, Shosha roga
Shuddha Gandhaka ^[41]	Madhura	Ruksha	Ushna	Kapha- Vatahara	Pachana, Rasayana	Kushta, Kasa, Shwasa
Abhraka bhasma ^[47]	Madhura	Snigdha	Sheetha		Ruchikara, Deepana	Grahani
Tankana ^[54]	Katu	Ruksha Tikshna Saaraka	Ushna	Kapha- Vatahara	Deepana	Kasa, Shwasa
Yavakshara ^[49]		Laghu, Snigdha		Kapha- Vatahara	Deepana, Pachana	Amlapitta hara
Vijaya ^[52]	Tikta	Laghu, Tikshna	Ushna	Kaphahara	Deepana, Pachana, Grahi	Grahani, Agnimandya, Atisara
Shalmali ^[50]	Madhura Kashaya	Laghu, Picchila Snigdha	Sheetha	Vata-Pittahara	Shothahara	Raktapitta, Daha
Guduchi ^[55]	Tikta, Kashaya	Laghu	Ushna	Tridoshahara	Deepana, Sangrahi, Rasayana	Jwara, Pandu, Kamala

Table 4: Specific names given to the formulation GKP in different texts.

Sl. No.	Textbooks	Formulation Number	Specific names	Reference in RYS
1	Rasa yoga sagara (RYS)	RYS-24	Grahani kapata rasa -Swalpa	RYS-24
		RYS- 25	Grahani kapata rasa - Jatiphalarasah	RYS-25
2	Yogaratanakara (YR)	YR-1	Grahani kapata rasa	RYS- 2
		YR-2	Anyad Grahani kapata rasa	RYS-9
		YR-3	Grahani kapata rasa triteeya- (Rajalakshmyah)	RYS-18
3	Rasa kamadhenu (RK)	RK-1	Sangrahani Vajra kapata rasa	RYS-5
		RK-2	Sangrahani Vajra kapata rasa	RYS-10
		RK-3	Grahani kapata rasa	RYS-9
		RK-4	Sangrahani kapata rasa	RYS-2
4	Rasendra sambhava (RS)	RS-1	Swalpa Grahani kapata rasa	RYS-24
		RS-2	Grahani kapata rasa	RYS-7
		RS-3	Brihad Grahani kapata rasa	RYS-2
		RS-4	Sangrahani kapata rasa	RYS-8
5	Rasendra sara sangraha (RSS)	RSS-1	Grahani kapata rasa (Jatiphaladi)	RYS-15
		RSS-2	Grahani kapata rasa (dwiteeya)	RYS-7
		RSS-3	Vividha grahanyam Grahani kapata rasa	RYS-18
		RSS-4	Sangrahani kapata rasa	RYS-8
		RSS-5	Grahani kapata rasa (dwiteeya)	-
		RSS-6	Grahanyam grahani kapatah (anya)	RYS-12
		RSS-7	Maha grahani kapata rasa	RYS-13
6	Bhaishajya Ratnavali (BR)	BR-1	Grahani kapata rasa swalpa (prathama)	RYS-24

		BR-2	Grahani kapata rasa (dwiteeya)	RYS-6
		BR-3	Grahani kapata rasa (triteeya)	RYS-14
		BR-4	Grahani kapata rasa (chaturtha)	-
		BR-5	Grahani kapata rasa (panchama)	RYS-7
		BR-6	Grahani kapata rasa (Brihad)	RYS-2
		BR-7	Sangraha grahani kapata rasa	RYS-8
7	Rasa Chandamshu (RC)	RC -1	Grahani kapata rasa	RYS-15
		RC-2	Sangrahani kapata rasa	RYS-8
		RC-3	Grahani kapataa rasa (dwiteeya)	RYS-14
		RC-4	Grahani kapata rasa (triteeya)	RYS-10
8	Brihat yoga tarangini (BYT)	BYT-1	Grahani kapatah	RYS-10
		BYT-2	Grahani kapatam	RYS-9
9	Rasa parakasha sudhakara (RPS)	RPS-1	Grahani kapata rasa	-
10	Ayurveda sara sangraha (ASS)	ASS-1	Grahani kapata rasa	RYS-10
		ASS-2	Grahani kapata rasa (doosra)	RYS-9

DISCUSSION

Grahani kapata rasa is a popular formulation, which is mentioned in Rasa Yoga Sagara, Bhaishajya Ratnavali, Rasendra Sara Sangraha, Rasa Chandamshu etc. A literary analysis of the various yogas described above reveals that many of these formulations are useful in the treatment of Grahani roga. Out of 28 formulations analyzed, 18 include vishadravyas (poisonous drugs) like Vatsanabha, Ahiphena, Vijaya and Dhatura beeja either in the form of an ingredient or bhavana dravya (levigation medium).

The textbook Rasa Yoga Sagara compiles references from the texts of Rasendra Sara Sangraha, Rasa Chandamshu, Yoga Ratnakara, Ayurveda Sara Sangraha, Rasa Kamadhenu, Rasendra Sambhava, Bhaishajya Ratnavali and Brihat Yoga Tarangini. However, Rasa Prakasha Sudhakara and Rasendra Sara Sangraha present unique formulations not found in other textbooks of Rasashastra. Nevertheless, Bhaishajya Ratnavali adopts formulations from Rasendra Sara Sangraha. In Rasa Yoga Sagara, GKR-6 and GKR-18 share identical ingredients, indications, anupana (adjuvant), and so on. The reason behind the repetition is not known. Certain formulations known as Grahani Vajra kapata rasa, Grahani Vajra kapata rasa brihat and Sangrahani Vajra kapata rasa in various texts are listed in Rasa Yoga Sagara under the name GKR (Table 4).

Upon reviewing the ingredients from all the sources (Table 2), Parada (Mercury) and Gandhaka (Sulphur) are commonly mentioned, with Parada (Mercury) being primarily indicated in Grahani roga. In the absence of Parada (Mercury) and Gandhaka (Sulphur),

Hingula (HgS) is noted, as it is beneficial for enhancing jataragni (digestive fire). Additionally, kshara (alkaline salts) and purified bhasma (mineral powders) from sudha varga (calcium group) substances are also commonly referenced. These substances aid in deepana (kindling digestive fire), pachana (promoting digestion), and calming Vata and Kapha doshas due to their kshareeya (alkaline) properties. Most of the bhavana dravya (levigation medium) possess katu (pungent), tikta (bitter) and amla (sour) tastes. Katu (pungent) and tikta (bitter) tastes enhances Agni (digestive fire). Amla (sour) taste is ushna (hot) in nature and aids in kindling Agni (digestive fire) and helps pacify Vata dosha. It also facilitates effective binding of ingredients during bhavana (levigation) and enhances absorption in the body.

Few market available formulations are based on the references from Bhaishajya Ratnavali, Rasendra Sara Sangraha, Brihat Yoga Tarangini, and Rasa Yoga Sagara. Out of these, 6th, 9th, and 13th formulations (Table 3) are currently in use. Grahani (Grahani roga), a disease where Agni (digestive fire) plays a crucial role, primarily manifests due to Agni and Vata dosha imbalances. The majority of market-available formulations contain ingredients that promote Agni-deepana (kindling digestive fire), pachana (digestion), and possess Vatahara (alleviating Vata) properties. Consequently, these formulations primarily aid in correcting imbalances related to Agni and Vata dosha.

Apart from these market samples, there are many other formulations, which seemed to be effective in Grahani roga and its complications, on analyzing their ingredients. Some of the formulations are mentioned as deepaka (Appetizers) and ama pachaka (Digestives). Hence, they can be indicated in the initial stage of Grahani roga associated with agnimandya (Digestive impairment), ajeerna (Dyspepsia), amashoola (Pain due to indigestion), visuchika (Gastro-enteritis with piercing pain), amatisara (Diarrhea due to indigestion), etc. where ama pachana (Digestion of undigested metabolites) is the first line of treatment. Many other formulations are indicated in Grahani roga associated with the complications such as Pandu roga (anaemia), Kshaya (pthisis), Arshas (piles), etc. In addition, some are mentioned in Jwara (fever), Atisara (diarrhea), Pravahika (dysentery), Ajeerna (dyspepsia) etc. This suggests that these formulations are effective in the symptomatic management of Grahani roga. Therefore, there is significant potential for exploring and testing alternative formulations through clinical and pharmacological trials to evaluate their efficacy compared to those currently in use.

CONCLUSION

Grahani kapata rasa is a yoga explained under grahani roga by different authors. Each of the reference differs from each other by either ingredients or bhavana dravya (levigation medium). All the formulations are indicated in different types of Grahani (grahani roga) and in other conditions like Agnimandya (digestive impairment), Jwara (fever), and Atisara (diarrhea) etc. There is need for more research in this area because there has not been much works done on this.

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