

GRAHI (ABSORBENT) DRAVYA (DRUGS) S OF BHAVAPRAKASHA NIGHANTU: A LITERARY REVIEW

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Abstract:

Improper diet and unhealthy food regimens can cause Jataragnimandya (loss of appetite) which in turn produces Ama (intoxication). This can lead to mal-absorption of food materials and increase the Dravatwa (water content) lost by the body. Loss of fluids from the body can cause muscle cramps, headache, thirst, rapid heartbeats, sunken eyes and dry skin. Grahi (absorbent) is the property of the drug which promotes the power of absorption. Various drugs are mentioned in our classics with Grahi (absorbent)property. This is an attempt to find and analyse the Grahi (absorbent)Dravya (drugs) mentioned in Bhavaprakash Nighantu written by Bhavamishrawhich is one of the authentic texts inAyurveda.

Keywords: *Grahi, Absorption, BhavaprakashaNighantu, Literature, Review.*

Introduction:

The pharmacological action of a Dravya (drugs) is decided by its Karma (actions). Sharangadhar Acharya has mentioned about Karma (actions) in Sharangadhara Samhita, Purvardha, 4th chapter, Deepan-Pachanadi Kathanam. Grahi (absorbent) is one of the basic

Karma (actions) of Dravya (drugs) told in Ayurveda classic. Grahi (absorbent) Dravya (drugs) are having the property to do Agni Deepan (increases digestive fire), Aam Pachana (Digestion of toxic material) and due to the Ushna Veerya (Hot potency) does the Shoshana (drying the liquid portion) of the Dosha-Dhatu and Mala which are in the Drava form. Sangrahi (absorbent) is due to the Shoshana (drying the liquid portion) property of Vata. Shunti (*Zingiber officinale* Roscoe), Jeeraka (*Cuminum cyminum* Linn), Gagapippali (*Scinsapsus officinalis* Schoott) are the best examples told by Sharangdhara Acharya. Grahi (absorbent) is of two types based on its action.

Dravya (drugs) which does Aam Pachan (digest the toxic material), increases the Jatharagni (digestive fire), acts as Shoshana (drying the liquid portion) and causes Stambhana (stops watery secretions) is termed as Ushna Grahi (absorbent with hot potency) and those Dravya (drugs) which does the Stambhana (stops watery secretions) of Apakwa mala is called Sheeta Grahi (absorbent with cold potency). Grahi (absorbent) Dravya (drugs) are Ushna Veerya (Hot in potency) Katurasa (pungent in taste) and Katuvipaka (pungent after digestion) and does the Agni Deepthi (Appetizer) and Dravashoshan. This helps to regain the normalcy of purisha.¹

Diarrhoeal diseases are a major cause of hospitalizations and child deaths globally. Together they account for approximately one in six deaths among children younger than five years. Of India's more than 2.3 million annual deaths among children, about 334000 are attributable to diarrhoeal diseases.²

Correction of body water and electrolytes forms an important aspect of therapy in clinical practice. According to age and gender the amount of body water changes. The water content of new-born, middle aged adult and elderly are 75%, 60% and 50%. Distribution of body fluids is broadly divided into:

- Intracellular fluid
- Extracellular fluid

As pointed out by Robinson and McCance (1952), ECF is a continuous phase while ICF is like the dispersed phase of an emulsion. ECF, being continuous, plays an important role as a transport medium for various substances moving into and from the cells, while the confinement of ICF in the cells provide the basis for individual cellular functions. In a healthy 70 kg man total body water (TBW) comprises about 40 litres. Body fluid contains various substances some of which are vital for normal functioning of life. Some of these exist as ionised particles carrying a positive or negative charge when placed in an electrical field, they migrate to the cathode (cat ion) or the anode (anion), and hence they are known as electrolytes.³

Cations	Na ⁺ , K ⁺ , Ca ⁺⁺ , Mg ⁺⁺ ,
Anions	Cl ⁻ , HCO ₃ ⁻ , PO ₄ ⁻ , SO ₄ ⁻ , Protein

Function of electrolytes:

1. Maintenance of osmotic pressure
2. Maintenance of electro neutrality

3. Production of energy
4. Impulse transmission
5. Miscellaneous: Calcium and potassium in blood clotting, calcium and phosphorus for bone formation

Materials and methods

Bhavaprakash Nighantu of Shri Bhavamishra which is translated by Prof K.C Chunekar has been used for screening out the Dravya (drugs). Bhavaprakash Nighantu has been thoroughly foraged to find the Grahi (absorbent)Dravya (drugs) and the result is listed out from each Varga (Groups).The terms Grahi, Grahak, Grahini and Sangrahi (absorbent)are screened out. Those drugs are made into tables and are examined.

Table No. 1: Percentage of Dravya (drugs) in each Varga (group) with Grahi (absorbent) property⁴

Sl no	Name of the Varga(Groups)	No. of Drugs	Percentage
1	Haritakyadi Varga(Groups)	9	7.62
2	Karpuradi Varga(Groups)	5	4.23
3	Guduchyadi Varga(Groups)	21	17.79
4	Pushpadi Varga(Groups)	7	5.93
5	Vatadi Varga(Groups)	8	6.77
6	Aam radi Varga(Groups)	16	13.55
7	Dhatuvadi Varga(Groups)	1	0.84
8	Dhanya Varga(Groups)	12	10.16
9	Saka Varga(Groups)	11	9.32
10	Mamsa Varga(Groups)	10	8.47
11	Krutanna Varga(Groups)	2	1.69
12	Vari Varga(Groups)	0	0
13	Dugdha Varga(Groups)	1	0.84
14	Dadhi Varga(Groups)	3	2.54
15	Takra Varga(Groups)	1	0.84
16	Navneeta Varga(Groups)	3	2.54
17	Ghrita Varga(Groups)	2	1.69
18	Mutra Varga(Groups)	0	0
19	Taila Varga(Groups)	3	2.54
20	Sandana Varga(Groups)	1	0.84
21	Madhu Varga(Groups)	2	1.69
22	Ikshu Varga(Groups)	0	0
	Total	118	100

Table No. 2:Drugs of Haritakyadi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Shunti	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Grahi (absorbent) grahini	1/46, 47
2.	Chitrak	<i>Plumbago zylanica</i> Linn	Plumbaginaceae	Grahi	1/71

3.	Parasika yavani	<i>Hyoscyamus niger</i> Linn	Solanaceae	Grahini	1/80
4.	Dhanyak	<i>Coriandrum sativum</i> Linn	Apiaceae	Grahi	1/88
5.	Indrayava	<i>Holarrhena antidysentrica</i> wall	Apocyanaceae	Sangrahi	1/158
6.	Lodra	<i>Symplocos racemosa</i> Roxb	Symplocaceae	Grahi	1/216
7.	Bhanga	<i>Cannabis sativa</i> Linn	Cannabinaceae	Grahini	1/234
8.	Khakhas	<i>Papaver somniferum</i> Linn	Papaveraceae	Grahi	1/236
9.	Ahiphena	<i>Papaver somniferum</i> Linn	Papaveraceae	Grahi	1/238

Table No 3: Drugs of Karpuradi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Ral	<i>Shorea robusta</i> Roth	Dipterocarpaceae	Grahak	2/49
2.	Jatiphala	<i>Myristica fragrance</i> Houtt	Myristicaceae	Grahi	2/54
3.	Musta	<i>Cyperus rotundus</i> Linn	Cyperaceae	Grahi	2/93
4.	Sati	<i>Hedychium spicatum</i> Sm.in A.Rees	Scitaminaceae	Grahini	2/100
5.	Priyangu	<i>Callicarpa macrophylla</i> Vahl	Verbenaceae	SanGrahi (absorbent)	2/104

Table No 4: Drugs of Guduchyadi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Bilva	<i>Aegel marmelos</i> Corr	Rutaceae	Grahi	3/13
2.	Syonaka	<i>Oroxylum indicum</i> Linn	Bignoniaceae	Grahi	3/26
3.	Vartaki	<i>Solanum indicum</i> Linn	Solanaceae	Grahini	3/36
4.	Laghupanchamul a	Root of (<i>Solanum indicum</i> Linn <i>Solanum</i>	Solanaceae Solanaceae	Grahi	3/48

		<i>xanthocarpum</i> Schrad <i>Desmodium gangeticum</i> DC <i>Uraria picta</i> Desv. <i>Tribulus terrestris</i> Linn	Fabaceae Fabaceae Zygophyllaceae		
5.	Jeevanti	<i>Leptadenia reticulata</i> W.& A.	Asclepiaceae	Grahini	3/51
6.	Mudgaparni	<i>Phaseolus trilobus</i> Ait	Fabaceae	Grahini	3/54
7.	Mashaparni	<i>Teramnus labialis</i> Spreng	Fabaceae	Grahini	3/56
8.	Arka	<i>Calotropis procera</i> Ait	Asclepiaceae	Sangrahi	3/71
9.	Parpat	<i>Fumaria parviflora</i> Lam	Fumariaceae	Sangrahi	3/92
10.	Nimba	<i>Azardirachta indica</i> A. Juss	Meliaceae	Grahi	3/94
11.	Mahanimba	<i>Melia azardirach</i> Linn	Meliaceae	Grahi	3/98
12.	Kanchanar	<i>Bauhinia variegata</i> Linn	Fabaceae	Grahi	3/103
13.	Shobhanjan	<i>Moringa pterygosperma</i> Gaertn	Moringaceae	Sangrahi	3/106
14.	Balachatushtaya	<i>Sida cordifolia</i> Linn <i>Sida rhombifolia</i> Linn <i>Abutilon indicum</i> Linn <i>Sida veronicaefolia</i> Lam	Malvaceae	Grahi	3/144
15.	Durva (Ganda durva)	<i>Cynodon dactylon</i> Linn.	Poaceae	Grahini	3/175
16.	Punarnava	<i>Boerrhaevia diffusa</i> Linn	Nyctagianaceae	Grahini	3/233
17.	Aakashavalli	<i>Cuscuta reflexa</i> Roxb	Convolvulaceae Convolvulaceae	Grahini	3/259
18.	Matsyakshi	<i>Alternanthera sessilis</i> (L) R.Br	Amaranthaceae	Grahini	3/266
19.	Jalapippali	<i>Lippia nodiflora</i> Linn	Verbenaceae	Sangrahi	3/296
20.	Gojihva	<i>Launaea asplenifolia</i> Hook.f	Asteraceae	Grahini	3/297
21.	Veerataru	<i>Dicrostachys cinerea</i> Linn	Mimosaceae	Grahi	3/303

Table No 5:Drugs of Pushpadi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Referenc e
1.	Kamalam	<i>Nelumbium speciosum</i> Willd	Nymphaeaceae	Grahak	4/11
2.	Kumudam	<i>Nymphaea alba</i> Linn	Nymphaeaceae	Grahi	4/18
3.	Satapatri	<i>Rosa centifolia</i> Linn	Rosaceae	Grahini	4/23
4.	Asok	<i>Saraca asoka</i> (Roxb.) De wiilde	Caesalpiaceae	Grahi	4/48
5.	Bandhuka	<i>Pentapetes phonicea</i> Linn	Sterculiaceae	Grahi	4/57
6.	Japapushpa	<i>Hibiscus rosasinensis</i> Linn	Malvaceae	Sangrahini	4/58
7.	Damanaka	<i>Artemesia vulgaris</i> Linn	Asteraceae	Grahanat	4/68

Table No 6:Drugs of Vatadii Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Vata	<i>Ficus benghalensis</i> Linn	Moraceae	Grahi	5/
2.	Nandivruksha	<i>Ficus retusa</i> Linn	Moraceae	Grahi	5/7
3.	Kshirivruksha	Nygroda(<i>Ficus benghalensis</i> Linn) Udumbara (<i>Ficus glomerata</i> Linn) Aswatha (<i>Ficus religiosa</i> Linn) Plaksha (<i>Ficus lacor</i> Buch.-Ham Parish (<i>Thespesia populnea</i> Sol.ex.Correa)	Moraceae Moraceae Moraceae Moraceae Malvaceae	Grahi	5/17
4.	Babool	<i>Acacia arabica</i> willd	Mimosaceae	Grahi	5/37
5.	Tuni	<i>Cedrella toona</i> Roxb.ex Rottler	Meliaceae	Grahi	5/46
6.	Palash	<i>Butea monosperma</i> Lam.	Fabaceae	Grahi	5/52
7.	Shalmali (mocharas)	<i>Bombax ceiba</i> Linn	Bombacaceae	Grahi	5/57
8.	Mokshak	Schrebera swietenoids Roxb	Oleaceae	Grahya	5/70

Table No 7: Drugs of Amraadi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Aam ra	<i>Mangifera indica</i> Linn	Anacardiaceae	Grahi	6/2
2.	Rajamra	<i>Spondias pinnata</i> kurz	Anacardiaceae	Grahi	6/22
3.	Koshamra	<i>Schleichera oleosa</i> Oken	Sapindaceae	Grahi	6/24
4.	Chirbhitam	<i>Cucumis melo</i> Linn	Cucurbitaceae	Grahi	6/37
5.	Kalindam	<i>Citrullus vulgaris</i> Schard	Cucurbitaceae	Grahi	6/43
6.	Bilva(Baala)	<i>Aegle marmelos</i> Linn	Rutaceae	Grahi Grahini	6/56, 57
7.	Kapitha	<i>Feronia elephantum</i> Linn	Rutaceae	Sangrahi	6/62
8.	Tinduk	<i>Diospyros embryopteris</i> Pers	Ebenaceae	Grahi	6/65
9.	Kupilu	<i>Strychnos nux-vomica</i> Linn	Loganiaceae	Grahi	6/68
10.	Jala jambu	<i>Eugenia heyneyana</i> Wall	Myrtaceae	Sangrahi	6/70
11.	Badar(Kola)	<i>Zizyphus jujube</i> Lam	Rhamnaceae	Grahi	6/75
12.	Padmaksha	<i>Nelumbium speciosum</i> Linn	Nymphaeaceae	Grahi	6/90
13.	Srungadak	<i>Trapa natans</i> Linn	Trapaceae	Grahi	6/93
14.	Dadim	<i>Punica granatum</i> Linn	Punicaceae	Grahi	6/103
15.	Karma (actions)rangam	<i>Averrhoa carambola</i> Linn	Oxalidaceae	Grahi	6/141
16.	Vrukshaml	<i>Garcinia indica</i> Chois	Clusiaceae	Sangrahi	6/148

Table No 8: Drugs of Datvadi Vargahaving Grahi (absorbent)action

Sl.No.	Name of the drug	Chemical formula	English name	Action	Reference
1.	Srotoanjan	Sb ₂ S ₃	Stybnitis	Grahi	7/138

Table No 9:Drugs of Dhanyadi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Sashtika	<i>Oryza sativa</i> Linn	Poaceae	Grahini	8/26
2.	Mudga	<i>Vinga radiate</i> Linn	Fabaceae	Grahi	8/38
3.	Makushtaka	Phaseolus aconitifolius Jaca	Fabaceae	Grahi	8/49
4.	Masur	<i>Lens culinaris</i> Medicus	Fabaceae	Sangrahi	8/50
5.	Aadhaki	<i>Cajanus</i>	Fabaceae	Grahini	8/52

		<i>cajan</i> Spreng			
6.	Chanaka	<i>Cicer arietinum</i> Linn	Fabaceae	Grahi	8/56
7.	Tripuda	<i>Lathyrus sativus</i> Linn	Fabaceae	Grhak	8/59
8.	Kulatha	<i>Dolicchos biflorus</i> Linn	Fabaceae	Sangrahak	8/62
9.	Til	<i>Sesamum indicum</i> Linn	Pedaliaceae	Grahi	8/65
10.	Tuvari	<i>Eruca sativa</i> Mill	Brassicaceae	Grahini	8/68
11.	Kodrava Vanakodrava	<i>Paspalam scrobiculatum</i> Linn	Poaceae	Grahi	8/80
12.	Nivara	<i>Hygroryza ariststata</i> Ness	Poaceae	Grahi	8/86

Table No 10: Drugs of SakaVargahaving Grahi (absorbent)action

Sl.No	Name of the drug	Botanical name	Family	Action	Reference
1.	Sitivar	<i>Marsilea minuta</i> Linn	Rhizocarpeae	Grahi	9/31
2.	Parpat	<i>Fumaria parviflora</i> Linn	Fumariaceae	Sangrahi	9/38
3.	Guduchipatra	<i>Tinospora cordifolia</i> wall.ex Seringe	Menispermaceae	Sangrahi	9/42
4.	Kasamard	<i>Cassia occidentalis</i> Linn	Caesalpinaceae	Grahak	9/44
5.	Shalmali pushp	<i>Salmalia malabarica</i> D.C	Bombocaceae	Grahi	9/52
6.	Kushmandi	<i>Cucurbita pepo</i> Linn	Cucurbitaceae	Grahini	9/56
7.	Karkati	<i>Cucumis melo</i> Linn	Cucurbitaceae	Grahini	9/61
8.	Grunchanam	<i>Daucas carota</i> Var .sativa DC	Apiaceae	Sangrahi	9/104
9.	Kemukam	<i>Costus speciosus</i> (Koln) Sm	Costaceae	Grahi	9/111
10.	Kaseru	<i>Scirpus kysoor</i> Roxb	Cyperaceae	Grahi	9/113
11.	Shaluk(Roots)	<i>Nelumbo nucifera</i> Linn	Nelumbonaceae	Sangrahi	9/116

Table No 11: Drugs of MaamsaVargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English Name	Action	Reference
1.	Ena	Black Buck	Sangrahini	10/42
2.	Kuranga	Pale coloured deer	Grahi	10/43
3.	Prushata	Spotted deer	Grahak	10/45
4.	Bileshaya Sasha	Burrowers	Grahi	10/50

5.	Lava	Common quail	Grahak	10/55
6.	Tittira	Partridge	Grahi	10/59
7.	Pandu	Pigeon	Sangrahi	10/68
8.	Mayura	Peacock	Sangrahi	10/70
9.	Paravta	Pigeon with spotted legs	Sangrahi	10/71
10.	Shashkuli	Fish	Grahini	10/112

Table No 12: Drugs of Krutanna Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English Name	Action	Reference
1.	Sevika	Vermicelli	Grahini	11/20
2.	Mandaka	Mandaka	Grahak	11/25

Table No 13: Drugs of Dugdha Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Aja dugda	Goats milk	Grahi	13/16

Table No 14: Drugs of Dadhi Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Dadhi	Curd	Grahi	14/1
2.	Ajadadhi	Goats Curd	Grahi	14/12
3.	Asaaram dadhi	Skimmed milk	Sangrahi	14/14

Table No 15: Drugs of Takra Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Mathitam takra	Buttermilk without cream	Grahi	15/4

Table No16: Drugs of Navaneeta Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Navaneeta	Butter	Sangrahi	17/2
2.	Dughotha navaneeta	Butter from milk	Grahi	17/4
3.	Sadyanavaneeta	Freshly extracted butter	Grahi	17/5

Table No17: Drugs of GhritaVargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Dugdhani Srutam Grita	Ghee from milk	Grahi	18/14

Table No 18: Drugs of TailaVargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Tila	Seasame oil	Grahak	20/11
2.	Tuvari	Pigeon pea	Grahi	20/13
3.	Atasi	Lin seed	Grahi	20/18

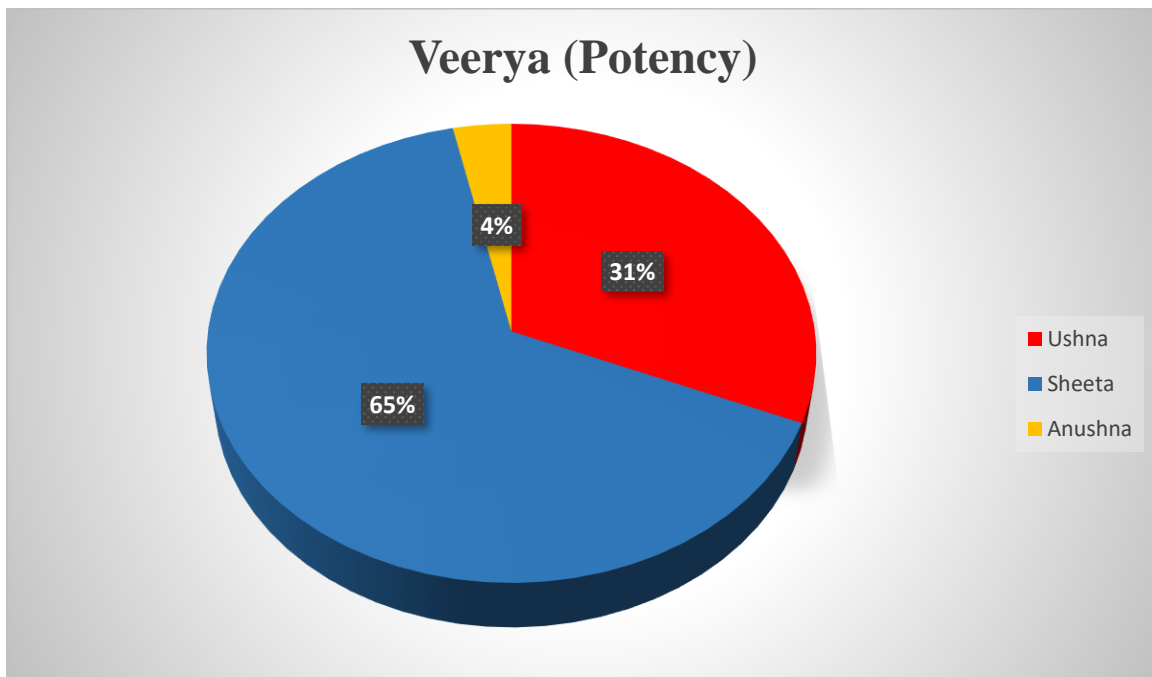
Table No 19: Drugs of Sandhana Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Sura	Alcoholic preparation	Grahi	21/23

Table No 20: Drugs of Madhu Vargahaving Grahi (absorbent)action

Sl.No	Name of the drug	English name	Action	Reference
1.	Madhu	Honey	Grahi	22/2
2.	Puranamadhu	One year old honey	Grahak	22/25

Chart No.1: Percentage of Grahi (Absorbent) Dravya (drugs) based on Veerya (Potency).



Discussion

Out of 426 drugs mentioned by Bhavaprakasha Nighantu 118 were found which possess the Grahi (absorbent) Karma (actions). Bhavamishra has mentioned the Karma (actions) of drugs as Grahi. He has mentioned about herbal drugs, animal origin drugs and minerals drugs. Out of 118 Grahi (absorbent) drugs mentioned by Bhavaprakasha 9(7.62%) drugs of Haritakyadi Varga (Groups), 5(4.23%) of Karpuradi Varga (Groups), 21(17.79%) from Guduchyadi Varga (Groups), 7(5.93%) from Pushpadi Varga (Groups), 8(6.77%) from Vatadi Varga (Groups), 16(13.55%) from Aam radi Varga (Groups), 1(0.84%) from Dhatvadi Varga (Groups), 12(10.16%) from Dhanya Varga (Groups), 11(9.32%) from Saka Varga (Groups), 10(8.47) from Mamsa Varga (Groups), 2(1.69%) from Krutanna Varga (Groups), 1(0.84%) from Dugdha Varga (Groups), 3(2.54%) from Dadhi Varga (Groups), 1(0.84%) from Takra Varga (Groups), 3(2.54%) from Navaneeta

Varga(Groups), 2(1.69%) from Ghrita Varga(Groups), 3(2.54%) from Taila Varga(Groups), 1(0.84%) from Sandana Varga(Groups), and 2(1.69%) from Madhu Varga are Grahi. Whereas Vari (water) and Mutra Varga (animal urine group) doesn't have any drug which is Grahi (absorbent).

Mode of action of UshnaGrahi (absorbent)Dravya (drugs):

Taking UshnaGrahi (absorbent)Dravya (drugs) intensify Agni by its Ushna-Veerya and act as Deepaniya



Rasas like Katu, Amla play a role of digestion of Aam by secreting digestive juices in small intestine and act as Pachana-Karma (actions)



Food in large intestine- Shoshan-Karma (actions) and Shaman of vitiated Vata due to Ushna-Veerya



Act main work as a Katu-avasthapak due to Vayu-Pruthvi mahabhut and absorption of extra fluid



ProducePrakruta Vata



Fluid loss is prevented by shaman of vitiated Vata



Nourished Apaana-Vata help in proper excretion by its Shoshan and Vatanuloman-Karma



Subside the disease

Mode of action of Sheeta Grahi (absorbent) Dravya (drugs)

Taking SheetaGrahi (absorbent)Dravya (drugs) intensifyVata by Sheeta Veerya act as Sthambhan



Rasas like Tikta, Kashayaplaya role in decreasingdigestivejuices in small intestine



Sheeta Grahi (absorbent) Dravya (drugs)Increase Vata



Act mainly as a Katu-avasthapak and Vayu-Pruthvi mahabhut and absorption of extra fluid



Fluid loss is prevented by Rooksh and khara guna of Vata



Subside the disease.

Conclusion

Dravyas (drugs) which are UshnaVeerya (hot potency), Anuloman (carminatives) and Gandhavath (with odour) are UshnaGrahi (absorbent with hot potency) and those having Sheeta verya (cold potency) and Kashaya Rasa (astringent taste) are Sheeta Grahi (absorbents with cold potency). Due to UshnaVeerya (hot potency), Katu Rasa (pungent taste) and Katu Vipaka (pungent taste after digestion) it leads to Agni Deepthi (increases digestive fire) which in turn results in the Aam Paachan (digestion of toxic material). Later due to the Ushnatwa (hotness), Drava Shoshan (absorption of fluids) occurs. This results in proper formation of stools. Ushnata (hotness) does Vatashamana (pacify Vatashamana) in Pakvashaya (large intestine). Because of its UshnaVeerya (hot potency) and Aam paachan (digestion of toxic material) property, Grahi (absorbent) is also known as UshnaGrahi (absorbent with hot potency) and Aam Grahi. Grahi (absorbent) Dravya (drugs) are used in diseases like Grahani (mal-absorption, IBS), Pravahika (amoebiasis), Atisara (Acute diarrhoea). Seeta Grahi (absorbents with cold potency) or Stambhan Dravya (drugs which stops or blocks) are those Dravya (drugs) which have Ruksha Guna (roughness) Kashay Rasa (astringent taste) and Sheeta Veerya (cold potency) that increases Vata (one of tridoshas), Drava Shoshan (absorption of fluids) and Kashaya Rasa (astringent taste) does the Dhathu Kshaya (depletion of tissue). Sheeta Grahi (absorbents with cold potency) does not do Aam Pachan (digestion of toxic material). It can be used in conditions where Sthambhan (drugs which stops or blocks) is required.

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