

**INTERLINKED PATHOLOGIES OF ATISARA, GRAHANI, AND ARSHAS:
THERAPEUTIC SIGNIFICANCE OF TAKRAPRAYOGA****Dr. Chethana Kumari D. S¹, Dr. Tejaswini.N²**

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Article Received: 19/05/2026 - Peer Reviewed: 25/05/2026 - Accepted for Publication: 16/06/2026.**ABSTRACT**

Atisara, *Grahani*, and *Arshas* are *Nidanarthakara rogas* that act as etiological factors for the manifestation of one another¹. These diseases affect the *Mahasrotas* and arise due to impairment of *Agni*¹. The healthy and diseased states of the body depend on condition of the *Agni*¹. *Grahani* and *Agni* share an *Ashraya-Ashrayi ambandha*¹. Therefore, any disturbance in *Agni* leads to functional impairment of *Grahani* and vice versa¹. *Agni* is considered the *Bala* of *Grahani*¹. The common etiological factor (*Samanya nidana*) of *Atisara*, *Grahani*, and *Arshas* is *Mandagni*^{1,3}. Restoration of *Agnibala* reduces *Vyadhibala* and facilitates *Samprapti Vighatana*, thereby preventing disease progression¹. Although many drugs are described, *Takra* is mentioned as a common therapeutic substance in all three diseases^{2,5}.

Keywords: *Takra*, *Atisara*, *Grahani* and *Arshas***INTRODUCTION**

Ayurveda emphasises the importance of *Agni* in maintaining health and preventing disease. Proper

digestion, absorption, and metabolism depend upon the balanced functioning of *Agni*. A

disturbance in *Agni* results in the formation of *Ama*, which is the root cause of many diseases. Among diseases of *Mahasrotas*, *Atisara*, *Grahani*, and *Arshas* are closely associated with impaired *Agni* and derangement of *Doshas*. The concept of *Nidanarthakara Roga* explains the interrelationship between diseases in which one disease acts as the causative factor for another. *Atisara*, *Grahani*, and *Arshas* are classic examples of *Nidanarthakara Roga*. Thus, these diseases form a pathological continuum involving impairment of digestion and bowel function. *Ayurvedic* classics describe numerous therapeutic measures for these conditions; however, *Takra* is repeatedly mentioned as a common and effective therapeutic remedy. Its unique pharmacological properties make it beneficial in restoring *Agnibala* (digestive strength) and correcting bowel abnormalities. This article aims to analyse the interconnected pathology of *Atisara*, *Grahani*, and *Arshas* and to highlight the therapeutic significance of *Takra* in their management.

Concept of *Nidanarthakara Roga*

Concept of *Nidanarthakara Roga* refers to a condition in which one disease becomes the cause for another. Initially, a primary disease manifests independently and later acts as a causative factor for another disease. There are two types: *Ekarthakari* and *Ubhayarthakari*. *Atisara*, *Grahani*, and *Arshas* are interrelated, act as *Nidanarthakara Rogas*¹, and fall into the category of *Ubhayarthakari*. *Takra* is described as a commonly used therapeutic substance in their management to restore *Agni* and *Amapachana*^{2,5}.

Interrelationship of *Atisara*, *Grahani*, and *Arshas*

In *Charaka Samhita*, *Arshochikitsa* is explained after *Grahanidosha Chikitsa*, indicating *Arshas* as a *Karyarupa* of *Grahani*². This establishes *Grahani* as a causative factor for *Arshas*². In *Sushruta Samhita*, *Grahani* is described along with *Atisara*, indicating *Atisara* as a causative factor for *Grahani*⁴. Further explanations in *Ashtanga Hridaya* and *Ashtanga Sangraha* confirm that these diseases are interrelated and act as causative factors for one another^{5,6}. Acharya *Dalhana* also states that *Grahani* cannot manifest without *Atisara* due to *Agnisada*⁴. Thus, classical texts clearly establish the *Nidanarthakarata* among *Atisara*, *Grahani*, and *Arshas*^{2,5}.

Properties of *Takra*

Takra possesses *Madhura*, *Amla*, and *Kashaya rasa*, along with *Laghu* and *Ruksha Guna*, *Ushna Veerya*, and *Madhura Vipaka*.⁹ It pacifies *Vata* and *Kapha* and does not aggravate *Pitta*⁹. It enhances *Agni* (*Agnideepana*) and is indicated in *Atisara*, *Grahani*, *Arshas*, *Pandu*, and other conditions.⁹

Role of *Tridosha* in *Pachana Karma* and Effect of *Takra*

Pachana Karma is mainly attributed to *Pachaka Pitta*, while *Vata* and *Kapha* support its function¹. *Sushruta* explains the roles of *Prana*, *Apana*, and *Samana Vata* in digestion⁴. *Kashyapa* describes the role of *Udana* and *Samana Vata* in stimulating *Agni*⁸. *Charaka* states that *Vata* stimulates *Agni*¹. *Kledaka Kapha* helps moisten food and facilitate digestion¹. Thus, equilibrium of *Tridoshas* is essential for proper *Agni* function¹. *Mandagni* plays a pivotal role in the pathogenesis of *Atisara*, *Grahani*, and *Arshas*^{1,3}. Hence, treatment focuses on *Agnideepana* and *Ama Pachana*. Though *Takra* is sour, its *Madhura Vipaka* prevents *Pitta*

*Prokopa*⁹. Its *Ruksha* and *Kashaya* properties help counteract *Kapha*, while also pacifying *Vata*⁹.

Takra Prayoga in Atisara, Grahani and Arshas

Atisara is characterised by *Drava Malapravrutti*^{1,3}. *Mandagni* is the primary cause, hence *Agni* restoration is essential¹. *Takra* has *Deepana*, *Pachana*, and *Grahi* properties and is indicated in *Atisara*⁵. It also acts as a *tarpana* to compensate for fluid loss.

DISCUSSION

Atisara *Grahani* and *Arshas* represent different stages of gastrointestinal dysfunction arising from impaired *Agni*. The progression from one disease to another reflects the concept of *Nidanarthakara Roga* described in *Ayurveda*. Proper management during the early stages of disease is therefore essential to prevent progression and complications.

CONCLUSION

Atisara, *Grahani* and *Arshas* are interconnected diseases involving *Mandagni* and dysfunction of the *Mahasrotas*. *Mandagni* acts as the principal pathological factor linking *Grahani*, *Atisara*, and *Arshas*^{1–3}. Therefore, therapeutic management includes restoration of *Agni* and *Amapachana*. *Takra*, owing to its unique pharmacological properties, plays a significant role in correcting *Agni*, does *Amapachana*, and restoring the functions of *Mahasrotas*. Classical literature repeatedly

Grahani is characterised by alternating *Baddha* and *Drava Malapravrutti*⁷. *Ama* is involved in its pathogenesis⁷. Management includes treatments for *Ajeerna* and increased frequency of *Mala*¹. *Takra* stimulates *Agni* and acts as *Grahi*, making it beneficial to decrease the frequency of *Mala*⁵. *Arshas* results from the aggravation of *Tridoshas* affecting *Gudavalli*². Symptoms include *Vistambha*¹. *Takra* performs *Agnideepana* and *Vatanulomana*² and relieves symptoms such as itching and swelling².

Takra serves as an ideal therapeutic substance because it addresses the fundamental pathology of these diseases—*Mandagni* and *Ama*. Its multidimensional actions, including *Agnidipana*, *Pachana*, *Grahi*, and *Vatanulomana*, help to restore *Agni* and thereby the normal function of *Mahasrotas*. In addition, *Takra* is economical, easily available, and suitable for long-term use when administered appropriately.

emphasises the importance of *Takra* in the management of these diseases, highlighting its therapeutic relevance in maintaining health and considering it *Amruta* for human beings. *Mandagni* is the

common factor in the manifestation of *Atisara*, *Grahani*, and *Arshas*. Hence, *Takra* is indicated in the management of these diseases to restore *Agni*^{2,5,9}.

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