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A CONCEPTUAL STUDY ON THE ROLE OF SAMBUKADI VATI IN GRAHANI ROGA WITH SPECIAL REFERENCE TO IBS

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ABSTRACT

Grahani Roga is a frequently encountered gastrointestinal disorder in Ayurveda that arises due to impairment of Agni, leading to defective digestion and absorption. The condition manifests with irregular bowel habits, abdominal discomfort, bloating, and systemic weakness. From the perspective of contemporary medicine, Grahani Roga closely resembles Irritable Bowel Syndrome (IBS), a functional bowel disorder characterized by chronic abdominal pain and altered bowel patterns. Sambukadi Vati, a classical Ayurvedic formulation comprising Sambuka Bhasma, Saindhava Lavana, and Madhu, has traditionally been employed in digestive disorders. The present article aims to analyze the probable mode of action and therapeutic relevance of Sambukadi Vati in the management of Grahani Roga with special reference to IBS.

KEYWORDS: *Sambukadi Vati, Agni, Grahani Roga, Irritable bowel syndrome, Sambuka Bhasma, Saindhava Lavana, and Madhu.*

INTRODUCTION

In Ayurveda, Grahani is described as the functional seat of Agni and is responsible for proper digestion, absorption, and assimilation of food. When Agni becomes weak or irregular, digestion remains incomplete, resulting in the formation of Ama, which plays a central role in the pathogenesis of Grahani Roga. Clinically, the disease presents with alternating bowel habits, diarrhea or constipation, abdominal pain, anorexia, fatigue, and features suggestive of malabsorption.

Changing dietary patterns, mental stress, irregular food intake, and consumption of incompatible foods (Viruddha Ahara) are recognized as major contributing factors in the development of Grahani Roga. These etiological factors closely parallel those implicated in Irritable Bowel Syndrome (IBS), thereby establishing a strong correlation between the two conditions. Ayurvedic management primarily focuses on restoration of Agni, elimination of Ama, and normalization of intestinal function.

CONCEPT OF GRAHANI ROGA IN AYURVEDA

According to classical Ayurvedic texts, Grahani Roga occurs due to:

- Mandagni (weak digestive fire)
- Vitiation of Vata, Pitta, or Kapha
- Improper dietary and lifestyle practices

The disease is chronic in nature and relapsing, much like IBS. Treatment focuses on strengthening Agni, regulating bowel movements, and preventing recurrence.

Sambukadi Vati: Composition and Properties

दग्धशम्बूकसिन्धूत्थं तुल्यं क्षौद्रेण मर्दयेत् ।
माषैकेण निहन्त्याशु वातसंग्रहणीगदम् ।।(B.R. 8/514)

1. SAMBUKA BHASMA

Sambuka Bhasma is prepared from apple snail shell and is rich in calcium compounds.

Properties and actions:

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"क्षुद्रशंखस्तु शूलघ्नो नेत्रामयनिषूदनः ।
रक्तातिसारशमनो दीपनः पाचनस्तथा ।।"(R.T. 12/60)

Sulaghna(diminish colic pain)
Deepana (enhances digestive fire)
Pachana(Promotes digestion)
Helps in controlling bloody diarrhea and improving intestinal tone.
It is especially beneficial in conditions involving frequent loose stools and malabsorption.

2. SAINDHAVA LAVANA (ROCK SALT)

- "रोचनं दीपनं वृष्यं चक्षुष्यं विदाहि च ।
  त्रिदोषघ्नं समधुरं सैंधवं लवणोत्रयम् ||"
  (Ca.Su.5/12)
- "चक्षुष्यं सैंधवं हृद्यं रुच्यं लघु अग्निदीपनम् ।
  स्निग्धं समधुरं वृष्यं शीतं दोषघ्नमुत्तमम् ||" (Su.Su.46/314)

Pharmaco-Therapeutic Properties

1. Synonyms- Sindhu Lavana, Sindhutha, Sindhudeshaja, Shiva, Sita Shiva
2. Guna - Laghu, Snigdha, Tikshna
3. Karma - Agnideepana, Pachana, Ruchya, Netriya, Hridya, Vrishya
4. Veerya- Sheeta
5. Doshakarma - Tridoshashamaka
6. Amayika Prayoga - Sothahara, Vibandagna, Vranadoshahara

As per Charaka Suthrasthana 27th Chapter it is having tridoshahara, deepana, rochana (improves taste), hrudya (great to heart), chakshusya (useful for eyes), vrishya (Spanish fly), avidahi. It fixes netra rogas (eye infections**),** in vranas and vibandha. Considered the best among salts in Ayurveda.

PROPERTIES AND ACTIONS

- Laghu (light) and Snigdha (unctuous)
- Deepana and Pachana
- Balances all three Doshas, especially Vata
- Reduces abdominal pain, bloating, and flatulenc

2. MADHU (HONEY)

Classical Ayurvedic References

मधु कषायानुरसं मधुरं लघु रूक्षं च। चक्षुष्यं कफपित्तघ्नं सन्धानं शोधनं परम्॥
(Ca.Su.27/242-243)

मधु लेखनं रूक्षं कषायं मधुरं गुरु। शीतं चक्षुष्यं सन्धानं व्रणानां रोपणं परम्॥
(Su.Su 45/132)

मधु कषायमधुरं रूक्षं लघु शीतलम् । कफपित्तहरं मेधः कृमिमेहविषापहम्॥
(A.H.Su.5/52)

PHARMACOTHERAPEUTIC EFFECTS (KARMA)

Rasa (Taste)-Madhura (sweet) with Kaṣāya anurasa (astringent undertone)
Guna (Qualities)-Laghu (light), Rūkṣa (dry), Visada (clear, non-slimy)
Virya (Potency)-Sita (cooling)
Vipaka (Post-digestive effect)-Madhura

Tridoṣa Modulation- Reduces Kapha (due to rukṣhya & kaṣaya qualities) Balances Pitta (sita virya) May aggravate Vata if overused or used improperly.

Yogavahi (Drug Carrier)- Enhances bioavailability of herbs without altering their properties. Commonly used as Anupana (vehicle) in formulations

Agni Dipana & Ama Pacana- Improves digestive fire, Helpful in indigestion, sluggish metabolism
Ama Pachana-Improves digestion and supports gut healing

PROBABLE MODE OF ACTION OF SAMBUKADI VATI IN GRAHANI ROGA

- Stimulates and normalizes Agni
- Reduces Ama formation

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- Improves intestinal absorption (Grahi action)
- Regulates bowel movements
- Relieves abdominal discomfort, bloating, and irregular stools
- Strengthens intestinal mucosa and digestive capacity
- The combined action of its ingredients helps in breaking the pathological cycle of Mandagni → Ama → Grahani Roga.

CLINICAL RELEVANCE IN IRRITABLE BOWEL SYNDROME

- Unlike conventional management of IBS, which is largely symptom-oriented, Ayurveda addresses the underlying digestive dysfunction. Sambukadi Vati may be particularly beneficial in IBS patients presenting with chronic diarrhea, alternating bowel patterns, abdominal pain associated with impaired digestion, and post-infectious IBS. When administered along with appropriate dietary and lifestyle modifications, the formulation offers a holistic approach to disease management.

CONCLUSION

Sambukadi Vati is a simple yet therapeutically effective Ayurvedic formulation in the management of Grahani Roga. Its Deepana, Pachana, and Grahi properties help restore digestive fire, improve absorption, and regulate bowel habits. Given the close resemblance between Grahani Roga and Irritable Bowel Syndrome, Sambukadi Vati holds promise as an Ayurvedic intervention for functional bowel disorders.

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