

TALISPATRADI GUTIKA AND ITS MODIFICATIONS ACCORDING TO CONDITIONS OF GASTROINTESTINAL DISORDERS

Santosh G. Girbide¹, Namrata U. Kulkarni^{2*}, Savita R. Gudade³,
Jyoti Meghdambar⁴, Milind Kamble⁵ and Sandeep Kale⁶

¹Professor and HOD, Department of Rognidan and Vikruti Vigyan, R. A. Podar Medical College, Worli, Mumbai, 400018, Maharashtra.

²P.G. Scholar, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli, Mumbai, 400018, Maharashtra.

³Professor & Head, Department of Rasashatra, Dr. Deepak Patil Ayurved Medical College, Borpadale, Kolhapur-416213, Maharashtra.

⁴Associate Professor, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli, Mumbai, 400018, Maharashtra.

⁵Assistant Professor, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli, Mumbai, 400018, Maharashtra.

⁶Assistant Professor, Department of Rognidan and Vikruti Vigyan, R.A. Podar Medical College, Worli, Mumbai, 400018, Maharashtra.

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***Corresponding Author**

Namrata U. Kulkarni

P.G. Scholar, Department of
Rognidan and Vikruti
Vigyan, R.A. Podar Medical
College, Worli, Mumbai,
400018, Maharashtra.

ABSTRACT

Talispatradi Gutika explained in *Ashtangahridaya GrahaniDosh Chikitsa Adhyaay*. In *Grahani*, *Agni dushti* is the main event which generates *Ama*, hence foremost step to treat *Grahani* is *Amapachana*. *Talispatradi Gutika* is a combination of all *Amapachana* and *Agnideepana dravyas*. It has a vast utilisation in Gastrointestinal Diseases ranging from *Chhardi* to *Arshas*. This *aushadhi yoga* has *laghu*, *teekshna* and *grahi guna*, *katu tikta rasa*, *ushna veerya*, acts on *Vata Kapha dosha* and in *Pittaja avastha* of above diseases with use of 4times *Sharkara* replacing *Guda*. Following article aims to understand the *Talispatradi Gutika* and its role in *Grahani* and other GI disorders.

KEYWORDS: *Talispatradi Gutika*, *Grahani*, *Ama*.

INTRODUCTION

Gastrointestinal Tract is a series of hollow organs joined in a long, twisting tube from the mouth to the anus.^[1] The main six functions of it are ingestion, propulsion, physical digestion, chemical digestion, absorption, excretion.^[2] Considering the anatomy and physiology of GI tract it can be correlated with *Annavaha* and *Purishvaha Strotasa* according to Ayurvedic parameters.

Annavaha And Pureeshvaha Strotasa

Some basic information about these two *strotasas* is stated in the given tables below.

Table no.1: *Mulasthana*.

<i>Annavaha strotasa</i> ^[3]	<i>Pureeshvaha Strotasa</i> ^[3]
<i>Amashaya</i>	<i>Basti</i>
<i>Vaama Parshva</i>	<i>Vankshana</i>

Table no. 2: *Dushti Karana* (Causes of vitiation)

<i>Annavaha strotasa</i> ^[4]	<i>Pureeshvaha Strotasa</i> ^[5]
<i>Atimatra bhojan</i>	<i>Ati-ashana</i>
<i>Akaale bhojan</i>	<i>Adhyashana</i>
<i>Ahita bhojan</i>	<i>Ajeerna</i>
<i>Paavaksya vaigunya</i> i.e., vitiation of digestive fire.	<i>Durbal agni</i> i.e., weak digestion
	<i>Sandhaaranaat</i>
	<i>Krusha</i>

Table no. 3: *Dushti Lakshana* (Symptoms)

<i>Annavaha strotasa</i> ^[3]	<i>Pureeshvaha Strotasa</i> ^[3]
<i>Ananna abhilasha</i> (aversion towards diet)	<i>Krucchrata</i> (difficulty in Excretion)
<i>Arochaka</i> (loss of Taste)	<i>Sa-shabda, Sa-shula Mala</i>
<i>Avipaka</i> (Indigestion)	<i>Ati-grathitam</i>
<i>Chhardi</i> (Vomiting)	<i>Ati-dravam.</i>

Considering the above causes and symptoms, *Ama Pachana* becomes a major step while treating pathologies of above two *strotasas*. Also, *Acharyas* has given treatment of *Annavaha strotasa* as treatment of *Amapradoshaj Vikara*^[6] and that of *Pureeshvaha Strotasa* as treatment of *Atisara*^[7], which includes *Amapachana*. And *Amapachana* is the main role of *Talispatradi Gutika*.

Talispatradi Gutika

Talispatradi Gutika is a well-known combination used in *Grahani Vyadhi*. It is explained in *Ashtanghridaya*, *Chikitsasthan*, *Grahanidoshchikitsa* under *Sama-Grahani Chikitsa*

Adhikarana.^[8] *Grahani* is a disease in which *Agni* derangement is the main event in *Samprapti*. *Talispatradi Gutika* is a combination of all *Amapachana* and *Agnideepana dravyas*. It has a vast utilisation in Gastrointestinal Diseases ranging from *Chhardi* to *Arshas*. Also useful in Respiratory ailments like *Peenasa*, *Shwasa*, *Kasa*. This *aushadhi yoga* has *dravyas* of *laghu*, *teekshna* and *grahi guna*, mainly *katu tikta rasa*, and *ushna veerya*. It mainly acts on *Vaata Kapha dosha*. It can be also used in *Pittaja avastha* of above diseases when used with use of 4times *Sharkara* or Sugar replacing *Guda*. This is the beauty of this *yoga* that it can be used in various conditions by just altering some *dravyas*.

Contents

Table no. 4: Contents of *Talispatradi Gutika*.

Name of <i>dravya</i>	Quantity
<i>Talisapatra</i> – <i>Abies webbiana</i>	48 gm (1 pal)
<i>Chavika</i> – <i>Piper chaba</i>	48 gm
<i>Maricha</i> – <i>Piper nigrum</i>	48 gm
<i>Krushna-Pippali</i> – <i>Piper longum</i>	96 gm (2 pal)
<i>Anantamoola</i> – <i>Hemidesmus indicus</i>	96 gm
<i>Shunti</i> – <i>Ginger</i> – <i>Zingiber officinalis</i>	144 gm (3pal)
<i>Chaturjata</i> – <i>Tvak</i> (<i>Cinnamomum zeylanicum</i>), <i>Patra</i> (<i>Cinnamomum tamala</i>), <i>Ela</i> - <i>Cardamom</i> (<i>Elettaria cardamomum</i>), <i>Nagakeshara</i> (<i>Mesua ferrea</i>)	12 gm (1Karsha)
<i>Usheera</i> – <i>Vetiveria zizanioides</i>	12 gm

The fine powder of above mixed with three times of jaggery, and rolled into tablet or *gutika*.

Mode of Action

Sr. No.	<i>Dravya</i>	<i>Rasa</i>	<i>Vipaka</i>	<i>Veerya</i>
1.	<i>Talisapatra</i>	<i>Tikta, Madhur</i>	<i>Madhur</i>	<i>Ushna</i>
2.	<i>Chavika</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>
3.	<i>Maricha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>
4.	<i>Pippali</i>	<i>Katu</i>	<i>Madhur</i>	<i>Ushna</i>
5.	<i>Anantamula</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheeta</i>
6.	<i>Shunthi</i>	<i>Katu</i>	<i>Madhur</i>	<i>Ushna</i>
7.	<i>Tvak</i>	<i>Katu, Tikta, Madhur</i>	<i>Madhur</i>	<i>Ushna</i>
8.	<i>Patra</i>	<i>Katu, Tikta, Madhur</i>	<i>Madhur</i>	<i>Ushna</i>
9.	<i>Ela</i>	<i>Katu, Madhur</i>	<i>Katu</i>	<i>Sheeta</i>
10.	<i>Nagkeshara</i>	<i>Kashaya, Tikta</i>	<i>Katu</i>	<i>Ushna</i>
11.	<i>Usheera</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>
12.	<i>Guda</i>	<i>Madhur</i>		

Considering the *rasa-vipaaka-veerya* of *Ghatak-dravyas*, *Talispatradi Gutika* is a balanced *Aushadhi Yoga*. Its placing in *Grahanidosh Chikitsa Adhyaaya*, *Sama Grahani Adhikaran* of *Ashtanghridaya* is at last position, that indicates that when *Saamata* is minimal, *Rugna bala* and *Dosh bala* is also less this *Aushadhi Yoga* can be administered. Most of the *deepana-pachana yogas* cause *Pittaprakopa*, but *Talispatradi Gutika* has a dual benefit of *Amapachana-Agnideepana* and does not cause *Pittaprakopa*. Undoubtedly, it acts on *Vata Kapha* as *Vata-Kapha prashamana*. Considering the *dravyas*, it possesses *Laghu*, *Grahi*, *Naati-Ushna gunas*. It mainly acts on *koshtastha* i.e., abdominal *Samprapti*, but also on *Rasa*, *Rakta*, *Mansa*, *Meda dhatu* indirectly. *Shithil Mala* or loose stools can also be treated, due to its *Grahi Guna*. It also helps to remove *strotovibandha*, harmonizes the *gati* of *Pratilom Vatadosha*.

It is indicated in *Vata-Kaphaj Chhardi* (Vomiting), *Grahani* (Sprue), *Parshvaruja* (Pain in Flanks), *Hrudruja* (Heartache), *Jwara* (Fever), *Shvayathu* (inflammation), *Pandutva* (whitish discoloration), *Gulma*, *Paanaatyay*, *Arshas*, *Prasek*, *Peenas*, *Shwas*, *Kasa*.

Some very important principles regarding *aushadhikarana* are explained in this *aushadhi yoga*. Some alterations or modifications can be made in same *yoga* for different conditions. *Haritaki* instead of *Shunthi* should be used in *Vitgraha* or obstructed stools. When all the *vyadhis* in *Phalashruti* are caused due to *Pitta* vitiation, same formulation should be prepared by adding 4times Sugar instead of *Guda*. If all the ingredients are given *Agnisanskara* and cooked with Jaggery or Sugar, formulation becomes more *Laghu*, which adds to its effectiveness.

Aushadkaal, Matra, Anupana

Aushadhi kaal:

Before meals in *Apana-Dushti*. After meals in Chronic and *Shakha-gat samprapti*. Between the meals specifically in *Grahani*.

Maatra: 2-4 *gutika* (250mg each), as per *Dosh-Vyadhi-Rugna Bala*.

Anupana: *Asava-Arishta*, Gruel, Meat-soup, Milk, Warm-water.

Samaan Yogas

- *Talispatradi Gutika* no.2: Using same formulation just by changing one *dravya*. *Haritaki* in the place of *Shunthi*, useful in *Vitgraha*.

- *Talispatradi Gutika* no.3: When all the *vyadhis* in *Phalashruti* are caused due to *Pitta* vitiation, same formulation should be prepared by adding 4times Sugar instead of 3times *Guda*.
- *Talispatradi Gutika* no.4: if all the ingredients are given *Agni-sanskara* and cooked with Jaggery or Sugar, formulation becomes more *Laghu*, which adds to its potency, increases its *Deepana-Pachana* efficiency.

CONCLUSION

Gastrointestinal disorders or *Vyadhis* of *Annavaha* and *Purishvaha strotasas* as explained by Ayurveda can be corrected with Correction of *Agni*. *Talispatradi Gutika* is a mainly *deepana-paachana* formulation and has role in *Kosthastha* and also *Shakhagat* diseases. It also acts on *Mala*, in Loose stools and also *Vitgraha*. It has role in acute diseases like *Chhardi* and chronic diseases like *Peenasa*. Its ill effects on *Pitta* can also negated with the use of *Sharkara*. With the help of minor modification suggested, by changing a single drug, whole *Aushadhi* yoga can be used in many other conditions too, this increases the verstality of the *Aushadhi* Yoga. Considering the contents and their mode of action, this yoga can also be used as an add on treatment in Gastrointestinal disorders like Ulcerative colitis, Crohns Disease, Diarrhoea, Constipation, etc. Thus, *Talispatradi Gutika* serves to be very useful medicine in Gastrointestinal Disorders.

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