

6. GRAHAṆĪ (MALABSORPTION SYNDROME)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Takra (Butter Milk)	Takra	Q.S.	Saindhava Lavaṇa	C.S. Ci. 15

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citrakādi Guṭikā	Guṭikā	500 mg BD	Lukeworm water	B.R. Grahaṇī Cikitsā
2.	Kapithhāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Lukeworm water	B.R. Grahaṇī Cikitsā

3.	Laghu Gaṅgādhara Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	B.R. Grahaṇī Cikitsā
4.	Bṛhat Gaṅgādhara Cūrṇa	Cūrṇa	3 gm BD	Rice water, Honey	B.R. Grahaṇī Cikitsā
5.	Mustakādi Modaka	Modaka	3 gm BD	Lukeworm water	B.R. Grahaṇī Cikitsā
6.	Jīrakādi Modaka	Modaka	3 gm BD	Lukeworm water	B.R. Grahaṇī Cikitsā
7.	Agnikumāra Rasa	Vaṭī	250 mg BD	Lukeworm water	B.R. Grahaṇī Cikitsā
8.	Grahaṇīkapāṭa Rasa	Vaṭī	250 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā
9.	Nṛpativallabha Rasa	Vaṭī	250 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā

DISORDERS OF THE DIGESTIVE SYSTEM

10.	Pañcāmṛta Parpatī	Cūrṇa	125 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā
11.	Mustakāriṣṭa	Ariṣṭa	20 ml BD	Equal quantity of water after meals	B. R. Agnimā- ndya Cikitsā
12.	Cāṅgerī Ghr̥ta	Ghr̥ta	10 ml BD	Lukeworm water	B.R. Grahaṇī Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice	Wheat
Pulses	Green gram (mudga), masūra, pigeon pea (arahara)	Peas (maṭara)
Fruits & vegetables	Water chestnut (singhādā), banana, Jambo (jambū)	Garlic (lahasuna)
Others	Without cream curd, goat's milk, clarified butter, sesame oil,	Betel nut, sour vinegar (kāñjī), milk, jaggery, sour food, spicy food, laxatives

DISORDERS OF THE DIGESTIVE SYSTEM

	honey, soup (yūṣa), butter milk, cumin, coriander	and purgatives
Life style	Therapeutic emesis (vaman), fasting, therapeutic enema (vasti)	Therapeutic purgation (virecana), night awakening, excessive intake of water, suppression of natural urges, snuffing, Eye collyrium (añjana) smoking, excessive physical exercise, sun exposure

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.