



# ***An Ayurvedic Approach To Grahani Roga Using Panchamruta Parpati Kalpana: A Case Report***

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## **Abstract**

### **Introduction:**

*Grahani Roga* is a common gastrointestinal disorder described in Ayurveda, mainly caused by *Mandagni* leading to improper digestion and malabsorption. Clinically, it resembles malabsorption syndrome and chronic functional bowel disorders. *Panchamruta Parpati Kalpana*, a unique *Rasashastra* formulation, is traditionally due to its *Deepana*, *Pachana* and *Grahi* properties.

### **Methods:**

A 38-year-old male patient suffering from chronic *Grahani* symptoms such as frequent loose stools, undigested food in stool, anorexia, abdominal bloating, weight loss and weakness since 2 years was treated with *Panchamruta Parpati* 125 mg twice daily with *Takra* as *Anupana* for 45 days. *Hingwashtak Churna* and *Bilva Avaleha* were used as adjuvant medicines. Assessment was done based on subjective and objective parameters before and after treatment.

### **Results:**

After 45 days of treatment, significant improvement was observed in bowel habits, appetite, bloating, weakness and body weight. Stool frequency reduced from 3–4 times/day to 1–2 times/day and body weight increased from 58 kg to 61 kg. No adverse effects were observed.

### **Discussion:**

*Panchamruta Parpati* acts by improving *Agni*, digesting *Ama* and enhancing intestinal absorption. The *Parpati Kalpana* makes the formulation potent even in small doses and *Takra* further supports gut health.

## Conclusion:

*Panchamruta Parpati Kalpana* can be an effective and safe therapeutic option in chronic *Grahani Roga* (malabsorption syndrome).

**Keywords:** *Grahani Roga*, Malabsorption Syndrome, *Panchamruta Parpati*, *Mandagni*, *Parpati Kalpana*, *Ayurveda*

## Introduction

*Grahani* is described in Ayurvedic classics as the seat of *Jatharagni* and plays a vital role in digestion and absorption of food. Impairment of *Agni* leads to formation of *Ama* and results in *Grahani Roga*. *Charaka* states that when *Agni* becomes weak, *Grahani* fails to hold food properly and leads to alternate loose and formed stools, undigested food, weakness and weight loss.

In modern medicine, *Grahani* can be correlated with malabsorption syndrome, chronic enteritis and functional bowel disorders. *Panchamruta Parpati Kalpana* is a unique *Rasashastra* formulation specially indicated.

## Case Report

### Patient Information

- Age: 38 years
- Sex: Male
- Occupation: Office worker

### Chief Complaints

#### Chief Complaints (Updated):

- *Muhurbaddha muhurdrava mala pravrutti*
- Undigested food particles in stool
- Loss of appetite (*Aruchi*)
- Abdominal bloating (*Adhmana*)
- Generalized weakness (*Daurbalya*)
- **Mansik lakshana:**
  - Irritability (*Chidchidapan*)
  - Mental fatigue (*Manasik thakva*)
  - Reduced concentration (*Alpa manodhairya*)

### History of Present Illness

Patient was apparently normal 2 years back. Gradually he developed irregular bowel habits with bloating and weakness. He took modern treatment intermittently with temporary relief.

### Personal History

- Diet: Mixed, irregular, outside food
- Appetite: Poor
- Bowel: Irregular, loose, sticky
- Sleep: Disturbed

## Clinical Findings

### General Examination

- Weight: 58 kg
- Pallor: Mild
- Pulse: 76/min
- BP: 118/76 mmHg

### Ashtavidha Pariksha

- *Nadi: Vata-Kapha*
- *Mala: Muhurbaddha muhurdrava, Saama*
- *Mutra: Prakrita*
- *Jihva: Saama*
- *Akruti: Madhyama*

### Investigations

- Hb: 11.2 g/dl
- Stool: Undigested food particles present
- RBS, LFT, KFT: Within normal limits

### Diagnosis

**Ayurvedic:** *Grahani Roga (Mandagni janya, Ama dominant)*

**Modern:** Malabsorption syndrome / chronic functional bowel disorder

### Treatment Given

- **Panchamruta Parpati** – 125 mg twice daily between the meals for the Duration of 45 days.
- **Bilva Avaleha**: 10 g twice daily after food.
- **Sanjivani Vati** – 250 mg twice daily after food.
- **Sutshekhara Rasa** – 125 mg twice daily before food.

The patient was treated with **Panchamruta Parpati 125 mg twice daily with Takra as Anupana between the meal** for a period of 45 days. To enhance *Deepana–Pachana* and *Ama nashana*, **Sanjivani Vati 250 mg twice daily after food** was administered. **Sutshekhara Rasa 125 mg twice daily before food** was added to manage associated Pitta involvement and mental symptoms. *Pathya–Apathya* was strictly advised.

**Pathya:** *Takra*, light diet, rice gruel, moong dal.

**Apathya:** Fried food, spicy food, bakery items, and cold drinks.

## Assessment Criteria

Table 1: Subjective Symptoms

Symptom	Before Treatment	After Treatment
Bowel pattern	<i>Muhurbaddha &amp; muhurdrava</i>	Regular, formed
Stool consistency	Irregular, sticky	Well formed
Undigested food	Present	Absent
Appetite	Poor	Normal
Abdominal bloating	Moderate	Absent
Weakness	Moderate	Absent
Mental irritability	Present	Absent
Mental fatigue	Present	Absent

Table 2: Objective Parameters

Parameter	Before Treatment	After Treatment
Body weight	58 kg	61 kg
Hemoglobin	11.2 g/dl	12.4 g/dl
Tongue	<i>Saama</i>	<i>Niraama</i>
General condition	Weak	Improved

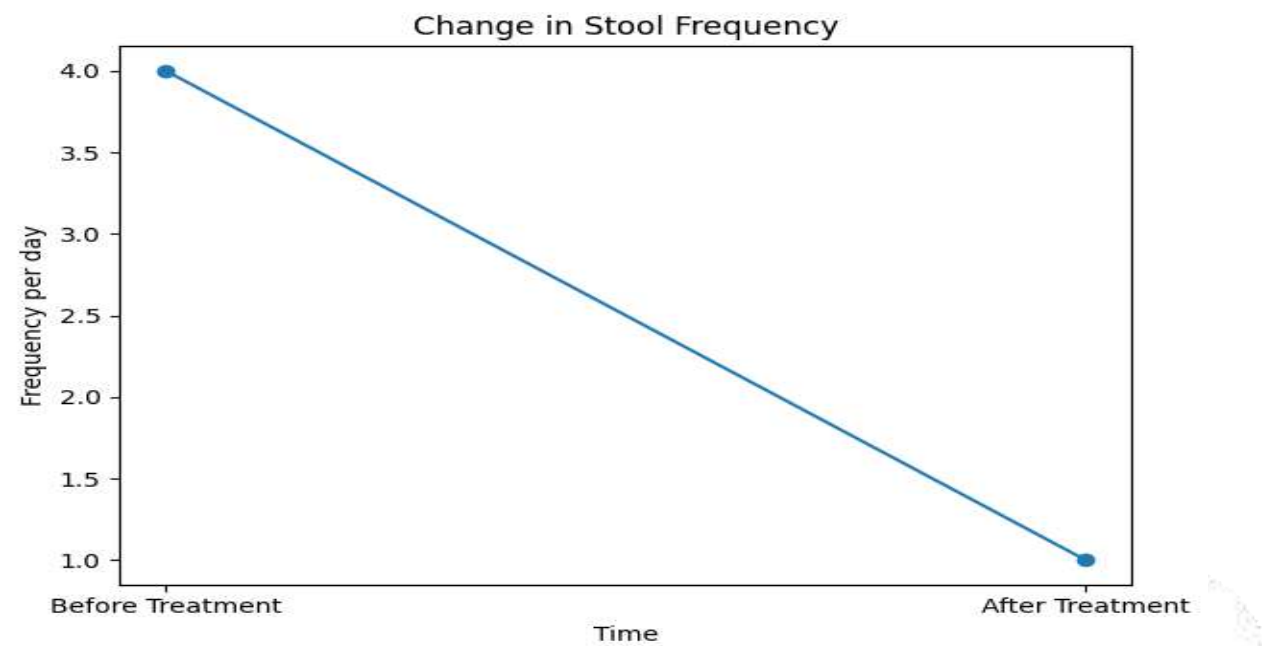
Table 3: Symptom Score

Parameter	BT	AT
Stool frequency	3	1
Appetite	2	0
Bloating	2	0
Weakness	2	0
Undigested food	2	0

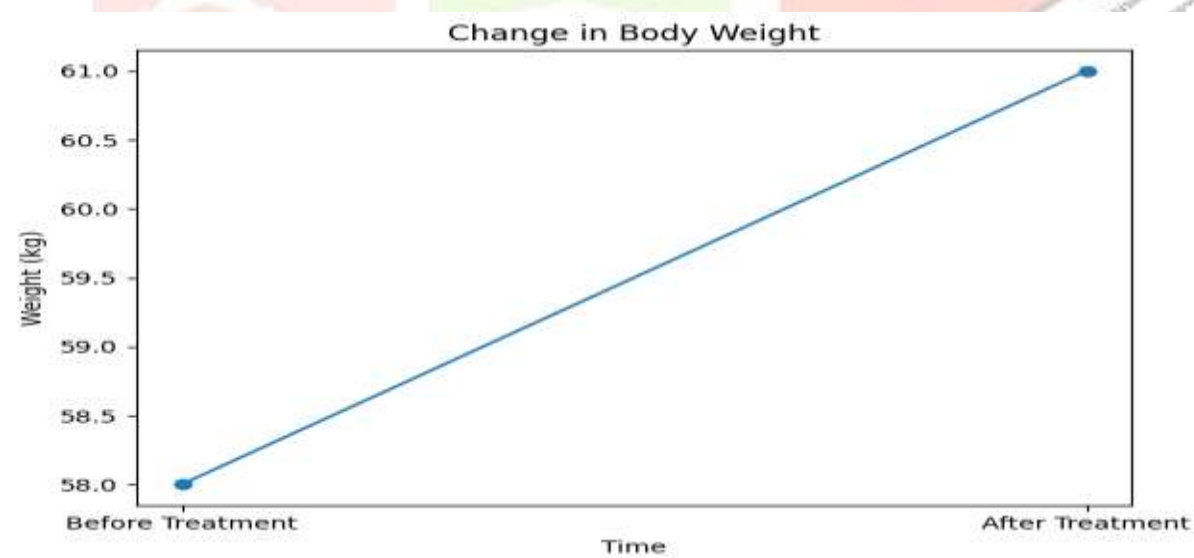
(0 = Absent, 1 = Mild, 2 = Moderate, 3 = Severe)

Graph Data

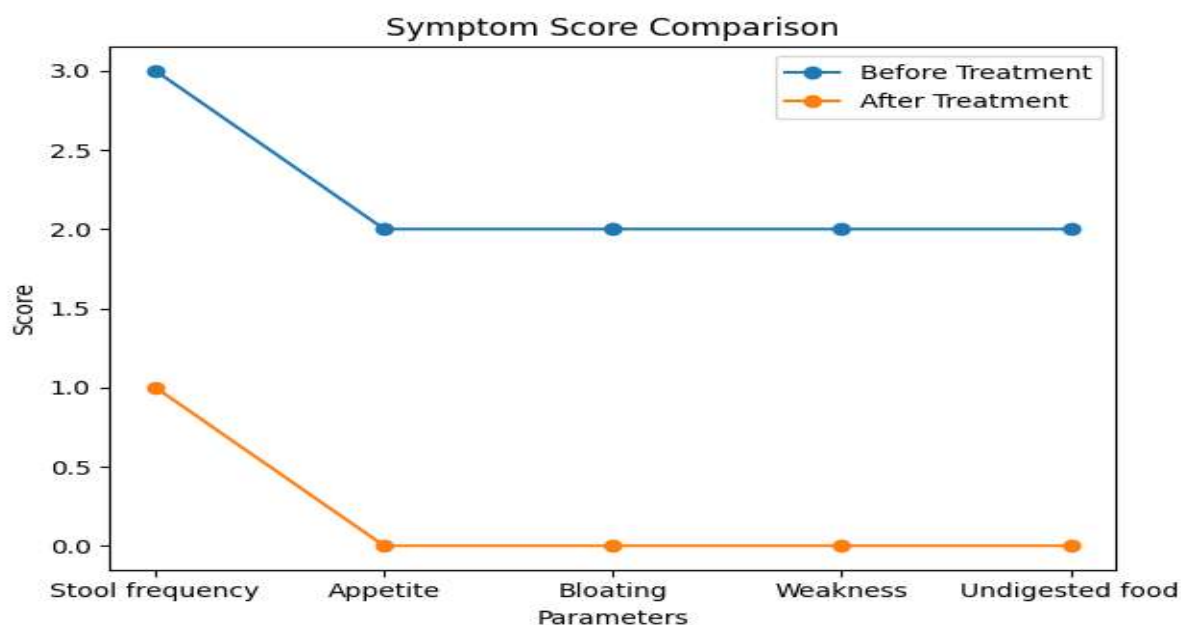
- **Stool frequency:** Before = 4/day, After = 1/day



- **Body weight:** Before = 58 kg, After = 61 kg



- **Symptom scores:** Use Table 3 values



## Results

Patient showed marked improvement in digestion, bowel habit, appetite, strength and weight. No adverse effects were observed.

## Discussion

*Grahani Roga* occurs due to *Mandagni* and *Ama*. *Panchamruta Parpati* has *Deepana*, *Pachana* and *Grahi* properties and acts mainly on gastrointestinal tract. *Parpati Kalpana* makes the drug potent in small dose. *Takra* is the best *Anupana* in *Grahani* as it improves digestion and gut flora.

*Panchamruta Parpati* is classically indicated in *Grahani Roga* due to its *Deepana*, *Pachana* and *Grahi* properties. *Sanjivani Vati* helps in *Ama pachana* and correction of *Agni*, while *Sutshekhar Rasa* acts on *Pitta dosha* and associated *manasika lakshanas* like irritability and mental fatigue. Thus, the combined formulation acts at both *Sharirika* and *Manasika* levels, leading to complete symptomatic relief.

## Conclusion

This case demonstrates that *Panchamruta Parpati Kalpana* is effective and safe in the management of chronic *Grahani Roga*.



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