



Applied aspects and critical analysis of Grahi and Stambhana Karma

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This critical review provides a comprehensive description of the basic concepts involving Grahi and Stambhana actions. In this study, the Grahi, Stambhana Karmas and the Grahi, Stambhana Dravyas mentioned in Bhavaprakasha Nighantu are thoroughly analysed. To extract pertinent information on Dravyas and Grahi and Stambhana activities from Bhavaprakasha Nighantu, a systematic methodology was used. The results were gathered by consulting a number of traditional Ayurvedic literatures. This review highlights the physiological principles that underlie the activities of Stambhana and Grahi, as well as their clinical value. This critical analysis provides insightful information about the therapeutic potential of related Dravyas in Ayurvedic medicine as well as the tenets of Grahi and Stambhana Karmas. Although there is need and scope for further research to validate the potential of these Dravyas.

Keywords: Grahi, Stambhana, Karma, Dravyaguna, Bhavaprakasha Nighantu

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Introduction

Grahi and *Stambhana* fall under the category of *Karma*. The factor that is responsible for executing any *Kriya* (Action) is called *Karma*. According to *Acharya Caraka*, *Karma* refers to the entities accountable for *Samyoga* (Union) and *Vibhaga* (Division). *Karma* exists within a *Dravya* and has no existence without *Dravya*, performing specific actions attributed to *Dravya*. [1]

Grahi and *Stambhana* are crucial in controlling excessive flow, though they apply to different situations and function through distinct mechanisms. A *Dravya*, which acts as *Deepana* (Enhances digestion), *Pachana* (Aids in digestive processes), and dries moisture due to its *Ushna Guna* (Hot quality), is called *Grahi Karma*. [2]. On the other hand, *Stambhana Karma* means *Dravyas*, owing to their *Ruksha* (Dry), *Sheeta* (Cold), *Laghu Paka* (Light), and *Kashaya Rasa* (Astringent taste) of *Vata*, inhibit movement. [3] *Stambhana* is one among *Shadupakarma* (six fundamental treatment principles) according to *Acharya Caraka*. [4]

Materials and Methods

Information was gathered from *Ayurvedic* classical texts, text books related to *Dravyaguna*, recent scholarly articles, and electronic databases containing both historical and current research.

Grahi Karma

The word *Grahi* means, one which grasp or hold tightly. A *Dravya* which does both *Deepana* (Enhances digestion), and *Pachana* (Aids in digestive processes) and does *Dravashoshana* (dries moisture) by virtue of *Ushnaguna* (Hot quality) is called as *Grahi*. *Acharya Sharangadhara* have given *Shunti* (*Zingiber officinale* Roscoe.), *Jeeraka* (*Cuminum cyminum* Linn.), and *Gajapippali* (*Scindapsus officinalis* Roxb.) as ex. for *Grahi*. [5]

Table 1: Guna and Mahabhuta of Grahi Dravya[6]

| Guna | Ushna |
|-----------|-------|
| Veerya | Ushna |
| Vipaka | Katu |
| Mahabhuta | Vayu |

Table 2: Drugs mentioned as Grahi in Bhavaprakasha Nighantu[7]

| SN | Name of the drug | Botanical Name and Family | Name of the Varga |
|-----|------------------|---|-------------------|
| 1. | Sunthi | Zingiber officinale Roscoe. Zingiberaceae | Haritakyadi Varga |
| 2. | Chitraka | Plumbago zeylanica Linn. Plumbaginaceae | Haritakyadi Varga |
| 3. | Parasika Yavani | Hyoscyamus niger Linn. Solanaceae | Haritakyadi Varga |
| 4. | Dhanyaka | Coriandrum sativum Linn. Apiaceae | Haritakyadi Varga |
| 5. | Lodhra | Symplocos racemose Roxb. Symplocaceae | Haritakyadi Varga |
| 6. | Pattani Lodhra | Symplocos crataegoides Buch-Ham. Symplocaceae | Haritakyadi Varga |
| 7. | Bhanga | Cannabis sativa Linn. Cannabaceae | Haritakyadi Varga |
| 8. | Khakhasa | Papaver somniferum Linn Papaveraceae | Haritakyadi Varga |
| 9. | Ahiphena | Papaver somniferum Linn Papaveraceae | Haritakyadi Varga |
| 10. | Rala | Shorea robusta Gaertn.f Dipterocarpaceae | Karpuradi Varga |
| 11. | Jatiphala | Myristica fragrans Houtt. Myristicaceae | Karpuradi Varga |
| 12. | Musta | Cyperus rotundus Linn. Cyperaceae | Karpuradi Varga |
| 13. | Gandha Palashi | Hedychium spicatum Ham. Ex smith. Zingiberaceae | Karpuradi Varga |
| 14. | Bilwa | Aegle marmelos Corr. Rutaceae | Guduchyadi Varga |
| 15. | Syonaka | Oroxylum indicum Vent. Bignonaceae | Guduchyadi Varga |
| 16. | Vartaki | Solanum indicum Linn. Solanaceae | Guduchyadi Varga |
| 17. | Laghu Panchamula | A group of roots of five small herbs (Bruhati, Kantakari, Prishnaparni, Shalaparni, Gokshura) | Guduchyadi Varga |
| 18. | Jeevanti | Leptadenia reticulata W.&A. Apocynaceae | Guduchyadi Varga |
| 19. | Mudgaparni | Phaseolus trilobus Ait. Fabaceae | Guduchyadi Varga |
| 20. | Mashaparni | Teramnus labialis Spreng. Fabaceae | Guduchyadi Varga |
| 21. | Mahanimba | Melia azedarach L. Meliaceae | Guduchyadi Varga |
| 22. | Kanchanara Twak | Bauhinia variegata Linn. Fabaceae | Guduchyadi Varga |
| 23. | Kovidara Twak | Bauhinia purpurea Linn. Fabaceae | Guduchyadi Varga |
| 24. | Balachatustayam | Group of four Bala | Guduchyadi Varga |
| | 1. Bala | 1. Sida cordifolia L. | |
| | 2. Atibala | 2. Abutilon indicum(L.) Sweet | |
| | 3. Mahabala | 3. Sida veronicifoliaLam. | |
| | 4. Rajabala | 4. Sida rhombifolia L. | |

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| | | | |
|-----|----------------------------------|---|-------------------|
| 25. | Gandadurva | Cynodon dactylon Pers. Poaceae | Guduchyadi Varga |
| 26. | Raktha Punarnava | Trianthema portulacastrum Linn. Aizoaceae | Guduchyadi Varga |
| 27. | Akashavalli | Cuscuta reflexa Roxb. Convolvulaceae | Guduchyadi Varga |
| 28. | Matsyakshi | Alternanthera sessilis (Linn) Amaranthaceae | Guduchyadi Varga |
| 29. | Gojihwa | Elephantopus scaber L. Asteraceae | Guduchyadi Varga |
| 30. | Veerataru | Dichrostachys cinerea W.& A. Fabaceae | Guduchyadi Varga |
| 31. | Kinchalka (Kamala Kesara) | Nelumbo nucifera Gaertn. Nelumbonaceae | PushpaVarga |
| 32. | Kalharam (Red variety of Kumuda) | Nymphaea rubra Roxb. Nymphaeaceae | PushpaVarga |
| 33. | Shatapatri | Rosa centifolia Linn. Rosaceae | PushpaVarga |
| 34. | Asoka | Saraca asoca (Roxb.)Willd Fabaceae | PushpaVarga |
| 35. | Bandhujiva | Pentapetes phoenicea Linn. Malvaceae | PushpaVarga |
| 36. | Vata | Ficus benghalensis Linn. Moraceae | Vatadi Varga |
| 37. | Nandi Vruksha | Ficus retusa Linn Moraceae | Vatadi Varga |
| 38. | Panchavalkala | Bark of 5 Kshrivruksha | Vatadi Varga |
| 39. | Babbula | Acacia arabica Willd. Fabaceae | Vatadi Varga |
| 40. | Tooni | Cedrela toona Roxb. Meliaceae | Vatadi Varga |
| 41. | Palasha | Butea monosperma (Lam.) Taub. Fabaceae | Vatadi Varga |
| 42. | Palasha (Fruit) | Butea monosperma (Lam.) Taub. Fabaceae | Vatadi Varga |
| 43. | Mocharasa | Bombax ceiba L. Malvaceae | Vatadi Varga |
| 44. | Moksha | Schrebera swietenoides Roxb. Oleaceae | Vatadi Varga |
| 45. | Amra (Puspa) | Mangifera indica Linn. Anacardiaceae | Amradiphala Varga |
| 46. | Rajamra | Mangifera indica Linn. Anacardiaceae | Amradiphala Varga |
| 47. | Chirbhitam | Cucumis melo L. Cucurbitaceae | Amradiphala Varga |
| 48. | Kalindam | Citrullus vulgaris Schard. Cucurbitaceae | Amradiphala Varga |
| 49. | Bilwa (Unripe) | Aegle marmelos (L.) Correa, Rutaceae | Amradiphala Varga |
| 50. | Kapittha | Limonia acidissima L. Rutaceae | Amradiphala Varga |
| 51. | Tintuka | Diospyros embryopterisPers. Ebenaceae | Amradiphala Varga |
| 52. | Kupilu | Strychnos nux-vomicaL. Strychnaceae | Amradiphala Varga |
| 53. | Badara | Zizyphus jujubaMill. Rhamnaceae | Amradiphala Varga |
| 54. | Padmabheeja | Euryale feroxSalisb. Nymphaeaceae | Amradiphala Varga |
| 55. | Sringatakam | Trapa bispinosaRoxb. Lythraceae | Amradiphala Varga |
| 56. | Dadima | Punica granatum Linn. Lythraceae | Amradiphala Varga |
| 57. | Karmaranga | Averrhoa carambolaL. Oxalidaceae | Amradiphala Varga |
| 58. | Srotoanjana | Lead sulphide | Dhatuvadi Varga |
| 59. | Shastika | Oryza sativa Linn Gramineae | Dhanya Varga |
| 60. | Vanamudga | Phaseolus aconitifoliusJacq. Fabaceae | Dhanya Varga |
| 61. | Adhaki | Cajanus indicusSpreng. Fabaceae | Dhanya Varga |
| 62. | Chanaka | Cicer arietinum subsp. Fabaceae | Dhanya Varga |
| 63. | Triputa | Lathyrus sativus var. Fabaceae | Dhanya Varga |
| 64. | Tila | Sesamum indicum Linn. Pedaliaceae | Dhanya Varga |
| 65. | Tuvari | Eruca sativa(L.) Mill. Brassicaceae | Dhanya Varga |
| 66. | Kodrava | Paspalum scrobiculatum Linn Poaceae | Dhanya Varga |
| 67. | Nivara | Hygroryza aristata Nees Poaceae | Dhanya Varga |
| 68. | Changeri | Oxalis corniculata Linn. Oxalidaceae | Shaka Varga |
| 69. | Sheetavara | Marsilea minuta Linn. Marsileaceae | Shaka Varga |
| 70. | Kasamarda | Cassia occidentalis Linn. Fabaceae | Shaka Varga |
| 71. | Shalmali Puspa and Shaka | Bombax ceiba Linn. Bombacaceae | Shaka Varga |
| 72. | Karkati | Cucumis utilissimus Roxb. Cucurbitaceae | Shaka Varga |
| 73. | Kemukam | Costus speciosus(J.Koenig) Sm. Costaceae | Shaka Varga |
| 74. | Kaseru | Scirpus kysoorRoxb. Cyperaceae | Shaka Varga |
| 76. | Sasha | Indian hare | Mamsa Varga |
| 77. | Lava | Jungle bush quail | Mamsa Varga |
| 78. | Tittira | Grey Partridge | Mamsa Varga |
| 79. | Sashkuli | A type of fish | Mamsa Varga |
| 80. | Sevika | Crispy gram flour fried noodles | Kritanna Varga |
| 81. | Manda along with Anupana | Rice gruel | Kritanna Varga |
| 82. | Mudga | Green gram | Kritanna Varga |
| 83. | Shali Saktu | Rice malt | Kritanna Varga |
| 84. | Aja Dugdha | Goat's Milk | Dugdha Varga |
| 85. | Dadi | Curd | Dadhi Varga |

| | | | |
|-----|----------------------------|----------------------------------|-----------------|
| 86. | Aja Dadi | Curd prepared out of Goat's milk | Dadhi Varga |
| 87. | Takra | Butter milk | Takra Varga |
| 88. | Dugdhotha Navaneeta | Milk cream | Navaneeta Varga |
| 89. | Sadhyo Nisaritha Navaneeta | Fresh milk cream | Navaneeta Varga |
| 90. | Dugdha Nirsrutha Ghrita | Ghee | Ghrita Varga |
| 91. | Taila | Oil | Taila Varga |
| 92. | Tuvari Taila | Hydnocarpus laurifolia | Taila Varga |
| 93. | Sura | Alcoholic beverage | Sandana Varga |
| 94. | Madhu | Honey | Madhu Varga |
| 95. | Purana Madhu | Honey stored for long time | Madhu Varga |

Stambhana Karma

The meaning of *Stambhana* is *Jadikaranatwa* which means motionless, that which obstructs, hinders or restrains.[8] *Stambhana* refers to checking excess flow of *Drava*. It is one among *Shadupakrama* mentioned by *Acharya Charaka*. *Labdha Bala* (Gaining of strength), *Yathokta Amaya Jita* (to overcome afflicted diseases) are advantages of *Stambhana Chikitsa*. When it is performed in excess it leads to *Shyavata*, *Stabdhatra*, *Udvega*, *Hanugraha*, *Hrudgraha*, *Varcho Nigraha*. Person suffering from *Pittaja Rogas*, who has undergone *Kshara*, *Agnikarma* therapy, one who is suffering from *Atisara*,

Chardhi, *Vishavega*, and *Sweda Atiyoga* are said to be eligible for *Stambhana Karma*. Drugs which are *Drava*, *Tanu*, *Asara*, *Stira*, and have *Madhura*, *Tikta*, *Kashaya Rasa* are known to have *Stambhana* property. In this context *Tanu* refers to *Abahula* which is not too thick or dense and *Asara* implies which is stable and not having any movement.[9]

Table 3: Guna and Mahabhuta of Stambhana Dravya[10]

| Rasa | Kashaya |
|-----------|---------|
| Guna | Ruksha |
| Veerya | Sheeta |
| Vipaka | Katu |
| Mahabhuta | Vayu |

Table 4: Drugs mentioned as Sangrahi in Bhavaprakasha Nighantu[11]

| SN | Name of the drug | Botanical Name and Family | Name of the Varga |
|-----|------------------------|--|-------------------|
| 1. | Swinna Haritaki | Terminalia chebula Retz. Combretaceae | Haritakyadi Varga |
| 2. | Jeeraka | Cuminum cyminum Linn. Apiaceae | Haritakyadi Varga |
| 3. | Krishanajeeraka | Carum carvi Linn. Apiaceae | Haritakyadi Varga |
| 4. | Upakunjika | Nigella sativa Linn. Apiaceae | Haritakyadi Varga |
| 5. | Indrayava | Holarrhena antidysentrica Wall. Apocyanaceae | Haritakyadi Varga |
| 6. | Priyangu | Callicarpa macrophylla Vahl. Lamiaceae | Karpuradi Varga |
| 7. | Guduchi | Tinospora cordifolia Wild. Menispermaceae | Guduchyadi Varga |
| 8. | Arka Puspa | Calotropis procera (Ait.)R.Br. Apocynaceae | Guduchyadi Varga |
| 9. | Parpata | Fumaria parviflora Lam. Papaveraceae | Guduchyadi Varga |
| 10. | Kanchanara Puspa | Bauhinia variegata Linn. Fabaceae | Guduchyadi Varga |
| 11. | Kovidara Puspa | Bauhinia purpurea Linn. Fabaceae | Guduchyadi Varga |
| 12. | Shobhanjana | Moringa oleifera Lam. Moringaceae | Guduchyadi Varga |
| 13. | Jalapippali | Lippa nodiflora Mich Lamiaceae | Guduchyadi Varga |
| 14. | Mrunala (Kamala Kanda) | Nelumbo nucifera Gaertn. Nelumbonaceae | PushpaVarga |
| 15. | Japa | Hibiscus rosasinensis Linn. Malvaceae | PushpaVarga |
| 16. | Jambu | Eugenia heyneana Wall. Myrtaceae | Amradiphala Varga |
| 17. | Vrukshamalam | Garcinia indica Chois. Clusiaceae | Amradiphala Varga |
| 18. | Kulattha | Dolichos biflorusL. Fabaceae | Dhanya Varga |
| 19. | Parpata | Fumaria parviflora Papaveraceae | Shaka Varga |
| 20. | Guduchi Patra | Tinospora cordifolia Menispermaceae | Shaka Varga |
| 21. | Grnjanam | Daucus carota var. sativa DC. Apiaceae | Shaka Varga |
| 22. | Shalooka | Nelumbium speciosum | Shaka Varga |
| 23. | Ena | Indian antelop | Mamsa Varga |
| 24. | Panduka | Ring dove | Mamsa Varga |
| 25. | Mayura | Peacock | Mamsa Varga |
| 26. | Paravata | Blue rock peogeon | Mamsa Varga |
| 27. | Navaneeta | Milk cream | Navaneeta Varga |

Table 5: Drugs mentioned as *Sthambana* in *Bhavaprakasha Nighantu* [12]

| SN | Name of the drug | Botanical Name and Family | Name of the Varga |
|----|------------------|--|-------------------|
| 1. | Veerana | Chrysopogon zizanioides (L) Roberty. Poaceae | Karpuradi Varga |

Table 6: Drugs mentioned as *Sangrahi* in *Agyaprakarana*

| SN | Agrya | Caraka Samhita[13] | Astanga Samgraha[14] | Astanga Hrudaya |
|-----|---|--|---|-----------------|
| 1. | Ajaksheera (Goat's milk) | Soshagna Stanyasatmya Raktasangrahi Raktapitta Prasahamana (Relieves emaciation, galactagogue, and good for bleeding disorders) | Soshagna Stanyakara Raktasangrahi Raktapitta Prasahamana (Relieves emaciation, galactagogue, and good for bleeding disorders) | - |
| 2. | Mustha (Cyperus rotundus) | Sangrahika Deepana Pachana (Astringent, appetizers, digestives) | Sangrahika Deepana Pachana (Astringent, appetizers, digestives) | - |
| 3. | Katavanga (Oroxylum indicum) | Sangrahika, Pachana, Deepana (Astringent, digestive, appetizers) | Sangrahika, Pachana, Deepana (Astringent, digestive, appetizers) | - |
| 4. | Ananta (Hemidesmus indicus) | Sangrahika Raktapitta Prashamana (Astringent, cures bleeding disorders) | - | - |
| 5. | Amrita (Tinospora cordifolia) | Sangrahika Vatahara Deepaniya Sleshma Shonita Vibanda Prashamanam (Astringent, alleviates Vata, appetizer, alleviates Kapha and Rakta, cures constipation) | Sangrahika Deepaniya Vata Sleshma Shonita Vibanda Prashamana (Astringent, appetizer, alleviates Vata Kapha and Rakta, cures constipation) | - |
| 6. | Bilwa (Aegle marmelos) | Sangrahika Deepana Vatakapha Prashamanam (Astringent, appetizer, alleviates Vata and Kapha) | Sangrahika Deepana Vatakapha Prashamanam (Astringent, appetizer, alleviates Vata and Kapha) | - |
| 7. | Ativisha (Aconitum heterophyllum) | Deepana, Pachana, Sangrahika Sarvadoshaharanam (Appetizer, digestive, astringent, alleviates all the Doshas) | Deepana, Pachana, Sangrahika Sarvadoshaharanam (Appetizer, digestive, astringent, alleviates all the Doshas) | - |
| 8. | Utpala Kumuda Padma Kinjalaka (Nymphaea alba, Nelumbo nucifera) | Sangrahika Raktapitta Prashamana (Astringent, cures bleeding disorders) | Sangrahika Raktapitta Prashamana (Astringent, cures bleeding disorders) | - |
| 9. | Kutaja Twak (Holarrhena antidysenterica Bark) | Sleshmapitta Rakta Sangrahi Upashoshana (Alleviates Kapha Pitta Rakta, Astringent, Causes dryness) | Sleshmapitta Rakta Sangrahi Upashoshana (Alleviates Kapha Pitta Rakta, Astringent, Causes dryness) | - |
| 10. | Kashmarya Phala (Gmelina arborea) | Rakthasangrahi Raktapitta Prashaana (Stops bleeding and cures bleeding disorders) | Rakthasangrahi Raktapitta Prashaana (Stops bleeding and cures bleeding disorders) | - |
| 11. | Bala (Sida cordifolia) | Sangrahi, Balya Vataharanam (Astringent, strength promoting, alleviates vata) | Sangrahi, Balya Vataharanam (Astringent, strength promoting, alleviates vata) | - |

Table 7: Purisha Sangraheeya Mahakashaya[15]

| SN | Name of the drug | Botanical Name and Family |
|-----|------------------|---|
| 1. | Priyangu | Callicarpa macrophyllum Vahl (Lamiaceae family) |
| 2. | Ananta | Hemidesmus indicus (Apocynaceae) |
| 3. | Amrasthi | Mangifera indica (Anacardiaceae) |
| 4. | Katvanga | Oroxylum indicum (Bignoniaceae) |
| 5. | Lodra | Symplocos racemose (Symplocaceae) |
| 6. | Mocharasa | Salmalia malabarica (Malvaceae) |
| 7. | Samanga | Mimosa pudica (Fabaceae) |
| 8. | Dhataki puspa | Woodfordia floribunda (Lythraceae) |
| 9. | Padma | Nelumbo nucifera (Nelumbonaceae) |
| 10. | Padmakesara | Nelumbo nucifera (Nelumbonaceae) |

Table 8: Mutra Sangraheeya Mahakashaya[16]

| SN | Name of the drug | Botanical Name and Family |
|-----|------------------|---------------------------------------|
| 1. | Jambu | Eugenia jambolana (Myrtaceae) |
| 2. | Amra | Mangifera indica (Anacardiaceae) |
| 3. | Plaksha | Ficus lacor (Moraceae) |
| 4. | Vata | Ficus benghalensis (Moraceae) |
| 5. | Kapitana | Albizia lebeck (Fabaceae) |
| 6. | Udumbara | Ficus glomerata (Moraceae) |
| 7. | Ashwattha | Ficus religiosa (Moraceae) |
| 8. | Bhallataka | Semecarpus anacardium (Anacardiaceae) |
| 9. | Ashmanataka | Ficus rumphi (Moraceae) |
| 10. | Somavalka | Acacia catechu(Fabaceae) |

Table 9: Nyagrodadi Gana according to Acharya Vagbhata [17]

| SN | Name of the drug | Botanical Name and Family |
|-----|------------------|--------------------------------------|
| 1. | Nyagrodha | Ficus benghalensis (Moraceae) |
| 2. | Pippala | Ficus religiosa (Moraceae) |
| 3. | Sadaphala | Ficus racemosa (Moraceae) |
| 4. | Rajajambu | Eugenia jumbulona (Myrtaceae) |
| 5. | Kakajambu | Eugenia operculate (Myrtaceae) |
| 6. | Rodhra | Symplocos racemosa (Symplocaceae) |
| 7. | Shabararodhra | Symplocos crategoides (Symplocaceae) |
| 8. | Arjuna | Terminalia arjuna (Combretaceae) |
| 9. | Kapeetana | Spondias Mangifera (Anacardiaceae) |
| 10. | Somavalka | Myrica nagi (Myricaceae) |
| 11. | Plaksha | Ficus lacor (Moraceae) |
| 12. | Amra | Mangifera indica (Anacardiaceae) |
| 13. | Vanjula | Salix caprea (Salicaceae) |
| 14. | Priyala | Buchanania lanzan (Anacardiaceae) |
| 15. | Palasha | Butea monosperma (Fabaceae) |
| 16. | Nandi | Ficus rumphi (Moraceae) |
| 17. | Koli | Ziziphus jujuba (Rhamnaceae) |
| 18. | Kadamba | Anthocephalus cadamba (Rubiaceae) |
| 19. | Virala | Diospyros melanoxylon (Ebenaceae) |
| 20. | Madhuka | Glycerrhiza glabra (Fabaceae) |
| 21. | Madhooka | Madhuca indica (Sapotaceae) |

Table 10: Nyagrodadi Gana according to Acharya Sushruta [18]

| SN | Name of the drug | Botanical Name and Family |
|-----|------------------|---------------------------------------|
| 22. | Nyagrodha | Ficus benghalensis (Moraceae) |
| 23. | Udumbara | Ficus glomerata (Moraceae) |
| 24. | Ashwattha | Ficus religiosa (Moraceae) |
| 25. | Plaksha | Ficus lacor (Moraceae) |
| 26. | Madhuka | Glycyrrhiza glabra (Fabaceae) |
| 27. | Kapeetana | Thespesia populnea (Malvaceae) |
| 28. | Kakubha | Terminalia arjuna (Combretaceae) |
| 29. | Amra | Mangifera indica (Anacardaceae) |
| 30. | Koshamra | Scheleichera trijuga (Sapindaceae) |
| 31. | Chorapatra | Angelica glauca (Apiaceae) |
| 32. | Rajajambu | Eugenia jambolana (Myrtaceae) |
| 33. | Kakajambu | Eugenia operculate (Myrtaceae) |
| 34. | Priyala | Buchanania lanzan (Anacardaceae) |
| 35. | Madhooka | Madhuca indica (Sapotaceae) |
| 36. | Rohini | Myrica nagi (Myricaceae) |
| 37. | Vanjula | Salix caprea (Salicaceae) |
| 38. | Kadamba | Anthocephalus cadamba (Rubiaceae) |
| 39. | Badari | Ziziphus jujuba (Rhamnaceae) |
| 40. | Tinduki | Diospyros embryopteris (Ebenaceae) |
| 41. | Shallaki | Boswellia serrata (Burseraceae) |
| 42. | Rodhra | Symplocos racemosa (Symplocaceae) |
| 43. | Shabara lodhra | Symplocos cratagoides (Symplocaceae) |
| 44. | Bhallataka | Semecarpus anacardium (Anacardiaceae) |
| 45. | Palasha | Butea monosperma (Fabaceae) |
| 46. | Nandivruksha | Thespesia populnea (Malvaceae) |

Stambhana as Shadupakrama

Of all the treatment modality listed in *Ayurveda*, *Shadvidopakrama* holds prime importance. It is said that one who is specialized in all six types of *Upakrama* like *Snehana*, *Swedana*, *Langhana*, *Brihmana*, *Rukshana* and *Stambhana* is said to be real Physician. *Stambhana* is one of the *Upakrama* mentioned in *Shadvidhopakrama* which is explained by *Acharya Charaka*. [19]

Sheeta Guna Lakshana: *Hladana*, *Stambhana*, and power to overcome *Murcha*, *Daha*, *Trushna* are said to be properties of *Sheeta Guna* and predominantly constituted by *Vayu* and *Jala Mahabhuta*. [20]

Ruksha Guna Lakshana: *Dravya Shoshana*, *Stambhana* and *Kharatwa* are the properties of *Ruksha Guna*. [21]

Kashaya Rasa Guna: *Sheeta*, *Shoshana*, *Stambhana*, *Ruksha* and *Laghu*. Drugs which possess *Kashaya Rasa*, *Ruksha*, *Sheeta*, *Laghu Guna* act as *Stambhana Dravyas*. [22]

Analysis of Grahi and Sthambhana Karma

Acharya Sushruta opines that *Grahi Dravyas* are *Vayu Mahabhuta Pradhana*.

According to *Acharya Sharangadhara*, the *Dravashoshana* of *Grahi* is brought by *Ushna Guna*. To resolve this discrepancy, *Adamalla* says that *Grahi* can be understood in two ways, *Ama Grahi*, and *Pakwa Grahi*. This is also known as *Ushna Grahi* and *Sheetha Grahi* respectively. [23] In the case of *Amamala* or *Apakwamala*, *Deepana*, *Pachana* followed by *Dravashoshana* happens with the help of *Ushna Guna*. So, this is called *Grahi* or *Ushna Grahi*. In the case of *Pakwamala*, there is no need for *Deepana* and *Pachana Karma*, only *Dravashoshana* is needed, attained by *Vata Dosha*. Hence called *Sheetha Grahi*. *Sheetha Grahi* is also known as *Sthambhana*. [24] Therefore, *Grahi Karma* differs from *Sthambhana Karma* in performing *Deepana* and *Pachana*.

Discussion

Sthambhana is applicable in excess flow of all *Srotas* and *Grahi* is restricted to *Purishavaha*, *Udakavaha* and *Annavaha Srotas*. *Grahi* does *Deepana* and *Pachana Karma* followed by *Dravashoshana*. Therefore *Grahi Dravya* aids in digestion along with the absorption of water and electrolytes from the gut. Whereas *Sthambhana Dravyas* do the absorption of excess water as well as decreases the intestinal motility in case of diarrhoea. *Stambhana Karma* can also be employed in cases of excessive bleeding. *Stambhana Dravyas* due to *Sheeta* and *Ruksha Guna* helps in the vasoconstriction of the vessels and there by checking the bleeding. These are used in case of conditions, when there is *Atipravritti* of *Dosha*, *Dhatu* and *Mala*. Eg: *Atipravritti* in case of *Atisara*, *Grahani*, *Shweta Pradara* etc.

Conclusion

Both *Stambhana* and *Grahi Karma* helps in checking excess flow, but the mode action depends upon the *Panchamahabuta* and the *Rasapanchaka* of the drugs. The application part of *Grahi* and *Stambhana* is emphasized by *Adamalla* commentary of *Sharangadhara Samhitha*. *Stambhana* which means arresting excess flow can be employed in *Atipravrutthi* of *Mala*, *Raktasrava* etc. While *Grahi Karma* mainly revolves around absorption of excessive fluids especially in *Annavaha Srotas*. Various *Dravyas* mentioned under *Stambhana* and *Grahi Karma* in *Bhavaprakasha Nighantu* have been enlisted in this study.

However, it is imperative to conduct further research to substantiate the effectiveness and safety of these *Dravyas* in further clinical utility.

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