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## A CRITICAL REVIEW OF GRAHI AND STAMBHANA KARMAS AND DRAVYAS IN KAIYADEVA NIGHANTU

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### Abstract

This critical review offers a comprehensive exploration of the fundamental concepts underlying Grahi and Stambhana actions within the realm of Ayurvedic pharmacology. The aim of this study is to conduct a thorough analysis of the efficacy, safety, and therapeutic potential of Grahi and Stambhana Karmas, while also compiling and analysing the Grahi and Stambhana Dravyas delineated in Kaiyadeva Nighantu. A systematic approach was employed to extract relevant information pertaining to Grahi and Stambhana actions and Dravyas from Kaiyadeva Nighantu. Various classical Ayurvedic texts were consulted to corroborate and contextualize the findings. Information regarding the pharmacological properties, indications, contraindications, and modes of administration of each Dravya was meticulously collected and synthesized. The review elucidates the physiological mechanisms underlying Grahi and Stambhana actions, highlighting their roles in maintaining homeostasis and managing pathological conditions. Grahi Dravyas, known for their absorbent properties, are evaluated for their efficacy in treating diarrhoea, dysentery, and excessive fluid secretion disorders. Stambhana Dravyas, characterized by their inhibitory effects, are assessed for their therapeutic applications in bleeding disorders, excessive secretions, and hyperactive bodily functions. The review critically analyses the evidence supporting the use of Grahi and Stambhana Dravyas, considering their traditional significance and contemporary relevance. Therefore, this

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critical review provides valuable insights into the principles of Grahi and Stambhana Karmas and the therapeutic potential of corresponding Dravyas in Ayurvedic medicine. Kaiyadeva Nighantu emerges as a rich repository of Dravyas exhibiting these actions, offering a wealth of Ayurvedic knowledge for contemporary healthcare. While further research is necessary to validate the efficacy and safety of these Dravyas in both traditional Ayurvedic and modern clinical practices.

**Keywords:** Ayurvedic pharmacology, Grahi and Stambhana actions, Kaiyadeva Nighantu, Therapeutic potential, Contemporary healthcare

## **Critical Review on Grahi and Stambhana**

### **Definition of Dravya**

Rasa, Guna, Virya, Vipaka, and Prabhava are the main attributes of a Dravya, through which its Karma or action is manifested [1]. Generally, these attributes possess equal strength; however, Vipaka supersedes Rasa, while Rasa and Vipaka are surpassed by Virya, and Prabhava supersedes Rasa, Virya, and Vipaka [2]. The inherently potent quality perpetuates the operation or action.

### **What is Karma?**

According to Acarya Caraka, the factor responsible for the association (Samyoga) and dissociation (Vibhaga), inherent in the drug (Dravya) with integral relation, is known as 'Karma' [3]. The element responsible for the action of a drug is also referred to as 'Karma' [4].

### **Grahi Karma**

The term 'Grahi' is derived from the Sanskrit word 'Grahana', meaning 'to seize' or 'to hold' [5]. It refers to substances or herbs with the ability to absorb or retain, also known as 'absorbents'. Grahi constitutes one of the significant Karmas (Actions) mentioned by the Acaryas, aiding in maintaining bodily homeostasis [6].

Acarya Sharngadhara states that Grahi dravyas act as both Agni Deepana (Appetizer) and Pacana (Digestive), while simultaneously absorbing fluids from the intestines due to their Ushna Guna. Examples of such drugs include Shunti (*Zingiber officinale* Roscoe.), Jiraka

(*Cuminum cyminum* L.), and Gaja-Pippali (*Piper chaba* Hunt.) [7]. Deepana primarily increases digestive fire, while Pacana enhances digestive power [8]. Ushna, whether in terms of Virya or Guna, increases body temperature and induces thirst, thereby enhancing absorption [9].

Furthermore, Ushna Guna and Ushna Virya stimulate food digestion and increase sweating [10], aiding in water reabsorption from the large intestines. Additionally, Grahi dravyas, through their Ushna Virya, bind or halt Malas by Drava Shoshana, with Shunti as a notable example [11]. Grahi Karma refers to dravyas that digest ingested food and improve the function of the first part of the intestine, characterized by Ushna Virya and Katu Rasa properties. Examples include Jiraka (*Cuminum cyminum* L.) and Jatiphala (*Myristica fragrans* Houtt.) [12].

Grahi dravyas act in Amashaya by facilitating Deepana and Pacana, and in Pakvashaya by absorbing water from the intestine. Conversely, Stambhana drugs solely target the Pakvashaya, absorbing water from the intestines while arresting intestinal motility and preventing excessive Mala flow from the body.

In summary, Grahi and Stambhana actions play pivotal roles in Ayurvedic pharmacology, contributing to the maintenance of bodily equilibrium and addressing various digestive disorders. These concepts underscore the intricate interplay between herbs, bodily functions, and therapeutic outcomes in Ayurvedic medicine.

### **Stambhana Karma**

The term 'Stambha' denotes 'to obstruct', 'restrain', or 'stop' [13]. This Karma aids in halting the movement of fluids eliminated from the body in conditions such as Atisara and Chardi [14].

According to Acarya Sharngadhara, dravyas that increase Vata due to their Ruksha and Shita Gunas, Kashaya Rasa, and Laghu Paka, cause Stambhana in the body. Examples include Kutaja (*Holarrhena antidysenterica* L.) and Syonaka (*Oroxylum indicum* L.) [15]. Kashaya Rasa is responsible for Sangrahi (Constipative), Shoshana (Dries up), and Sharirakledopayukta (Fluid absorption) [16]. Laghu's primary action is Langhana, the best

method to increase Agni [17]. Ruksha Guna facilitates fluid absorption [18], while Shita Virya induces Stambhana and exacerbates Vata-Kapha doshas [19].

According to Adhamalla, the predominance of Anila (Vata) leads to Stambhana action due to Vata's drying property [20]. Acarya Caraka suggests that Stambhana dravyas possess properties such as Shita, Manda, Mridu, Ruksha, Sukshma, Drava, Sthira, and Laghu [21]. In Stambhana drugs, Vayu Mahabhuta predominates, drying excess fluids due to Vayu's drying property [22].

Stambhana drugs primarily exhibit Kashaya rasa (with Vayu and Prithvi as predominant Mahabhutas), Sita virya, and Laghu-Ruksha guna. These properties aggravate Vata, potentially acting as Vata Pratilomana, halting excessive Drava mala flow. Ruksha guna enhances absorption of Drava mala from the Pakvashaya (large intestine).

Stambhana drugs specifically target the Pakvashaya, absorbing water from the intestines and halting intestinal motility to prevent excessive Mala flow from the body. These actions illustrate the significance of Stambhana in managing various gastrointestinal disorders in Ayurvedic medicine.

### **Sangrahi Dravyas**

Dravyas which have properties include Kashaya Rasa, Ruksha Guna, they aggravate Vayu which inturn causes Drava Soshana are said to be Sangrahi Dravyas, Example Mocharas [23]. According to Acarya Adhamalla, Grahi manifests in two forms: Pakva (Shita) and Apakva (Ushna) Sangrahi. Apakva Sangrahi or Ushna Sangrahi aids in digesting Ama in Grahani roga and absorbs fluids from the intestines. Conversely, Pakva Sangrahi or Shita Sangrahi prevents the expulsion of Pakva Malas through Drava Shoshana [24].

Drugs exhibiting properties of Kashaya, Shita virya, and Ruksha-Laghu guna are categorized as Shita Grahi or Pakva Grahi drugs. Examples include Gambhari (*Gmelia arborea* Roxb.), Nimbuka (*Citrus limon* L.), Jambu (*Syzygium cumini* L.), Hastikola (*Ziziphus sativa* Gaertn.), and Tinduka (*Diospyros tomentosa* Roxb.), which solely act on digested Mala, requiring only water absorption. Conversely, drugs with Ushna virya, such as Guduci (*Tinospora cordifolia* Miers.), Brihati (*Solanum indicum* Linn), Amlika (*Embllica officinalis* Gaertn.), and Shigru

(*Moringa oleifera* Lam.), act through Deepana, Pacana, and fluid absorption due to Ushna guna.

Acarya Sushruta suggests that Sangrahi dravyas primarily involve Vayu Mahabhuta, which absorbs fluid concentration through its drying property [25]. According to Rasa Vaisheshika, Sangrahi exhibits diverse actions, encompassing all Rasas except Lavana, and excluding Ushna and Tikshna Gunas. Prithvi and Vayu are the main Mahabhutas involved [26].

In conditions involving Ama, Grahi or Apakva Sangrahi drugs are administered to digest Ama and absorb fluids. Conversely, in the absence of Ama, Stambhana or Pakva Sangrahi drugs are prescribed for fluid absorption purposes only.

### Grahi and Stambhana Drugs in Kaiyadeva Nighantu

#### Significance of Kaiyadeva Nighantu

The original name of the Kaiyadeva Nighantu is Pathyapathya Vibodhaka, although it is commonly known and practiced as the Kaiyadeva Nighantu. Authored by Kaiyadeva Paṇḍita, the son of Shārṅga, it was written in 1425 A.D. Kaiyadeva Paṇḍita's endeavour focused on maintaining normal health and preventing diseases, articulating the principles of Ayurveda in his work. He classified the Dravyas (substances) into 9 Vargas, introducing concepts such as Vihara Varga and Nanartha Varga, which offered new perspectives on classification within Ayurvedic literature. The text's organization revolves around three main categories: Aushadha Dravya, Anna Dravya, and Vihara Dravya. Aushadha Dravya (medicinal substances) is detailed in the 1<sup>st</sup> and 2<sup>nd</sup> Vargas, while Anna Dravya (dietary substances) is discussed in the 3<sup>rd</sup> to 6<sup>th</sup> Vargas. Vihara Dravya (lifestyle substances) is covered in the 7<sup>th</sup> Varga.

**Table 01: List of Grahi Dravya in Kaiyadeva Nighantu**

Scientific name	Family	Sanskrit name	Common name
<i>Aegle marmelos</i> Corr	Rutaceae	Bilwa	Wood apple
<i>Alternanthera sessilis</i> L.	Amaranthaceae	Matsyakshi	Sessile joyweed

<i>Azadirachta indica</i> A Juss	Meliaceae	Nimba	Neem tree
<i>Bauhinia purpurea</i> L.	Fabaceae	Kovidara	Purple bauhinia
<i>Bauhinia variegata</i> L.	Fabaceae	Kanchanara	Wild orchid tree
<i>Biancaea sepiaria</i> Roxb	Fabaceae	Karanjika	Mysore thorn
<i>Bombax malabarica</i> DC	Bombacaceae	Shalmali	Silk cotton tree
<i>Brassica campestris</i> Var. Sarson	Brassicaceae	Sarsapa	Mustard
<i>Butea monosperma</i> Lam	Fabaceae	Palasa	Flame of the forest
<i>Cajanus indicus</i> Spreng	Fabaceae	Adaki	Pigeon pea
<i>Calamus tenuis</i> Roxb	Arecaceae	Vetraka	Cane palm
<i>Callicarpa macrophylla</i> Vahl	Verbenaceae	Priyangu	Large leaf beauty berry
<i>Calotropis procera</i> Ait R Br	Apocynaceae	Arka	Gaint milkweed
<i>Canarium strictum</i> Roxb	Burseraceae	Surala	Raal dhup
<i>Cannabis sativa</i> L.	Cannabaceae	Bang	Hemp
<i>Capparis decidua</i> Edgew.	Capparidaceae	Karira	Bare caper
<i>Cassia fistula</i> L.	Fabaceae	Aragwada	Golden shower tree
<i>Cissampelos pareira</i> L.	Menispermaceae	Pata	Velvet leaf
<i>Citrullus vulgaris</i> Schrad	Cucurbitaceae	Kalingaka	Watermelon
<i>Citrus medica</i> L.	Rutaceae	Bijapura	Citron fruit
<i>Citrus medica</i> Var acida	Rutaceae	Nimbuka	Lemon
<i>Coccinia indica</i> W&A	Cucurbitaceae	Bimbi	Ivy gourd
<i>Cordia dichotoma</i> Forst.	Boraginaceae	Slemataka	Glue berry
<i>Costus speciosus</i> Koen SM	Zingiberaceae	Kebuka	Crepe ginger

<i>Crataeva nurvala</i> Buch Ham	Capparidaceae	Varuna	Three leaved caper
<i>Crotalaria verrucosa</i> L.	Fabaceae	Sanapushpa	Blue-flowered rattlepod
<i>Cucumis Momordica</i> Roxb.	Cucurbitaceae	Chirbitam	Snap melon
<i>Cucumis utilissimus</i> Roxb.	Cucurbitaceae	Yeravaruka	Armenian cucumber
<i>Cucurbita pepo</i> L.	Cucurbitaceae	Karkaru	Pumpkin
<i>Cuminum cyminum</i> L.	Apiaceae	Jiraka	Cumin
<i>Cuscuta reflexa</i> Roxb	Convolvulaceae	Akasavalli	Giant dodder
<i>Cyclea peltate</i> H. F&T	Menispermaceae	Kuchelika	Indian moon seed
<i>Cynodon dactylon</i> L.	Poaceae	Ganda durva	Bermuda grass
<i>Cyperus rotundus</i> L.	Cyperaceae	Musta	Nut grass
<i>Daucus carota</i> L.	Apiaceae	Grunjanah	Carrot
<i>Dichrostachys cinerea</i> L.	Fabaceae	Virataru	Bell mimosa
<i>Dillenia indica</i> L.	Dilleniaceae	Bhavya	Elephant apple
<i>Diospyros tomentosa</i> Roxb	Ebenaceae	Tinduka	Gaub persimmon
<i>Elephantopus scaber</i> L.	Asteraceae	Gojihwa	Ironweed
<i>Ervum lens</i> L.	Fabaceae	Masura	Lentil
<i>Eugenia jambolana</i> Lam.	Myrtaceae	Jambu	jamun
<i>Feronia limonia</i> L.	Rutaceae	Kapittha	Wood apple
<i>Ficus benghalensis</i> L.	Moraceae	Vata	Banyan tree
<i>Ficus hispida</i> L.	Moraceae	Kakodumbara	Hairy fig
<i>Ficus ramphii</i> Blume	Moraceae	Asmanthaka	Mock peepul tree
<i>Ficus retusa</i> L.	Moraceae	Nandivriksha	Indian laurel fig

<i>Fumaria indica</i> Pugsley	Fumariaceae	Parpata	Indian fumitory
<i>Garcinia indica</i> L.	Clusiaceae	Vrikshamla	Kokum
<i>Gmelina arborea</i> Linn	Verbenaceae	Gambhari	White teak
<i>Gnetum scandens</i> Roxb	Gnetaceae	Mrugalindika	Joint fir
<i>Gynandropsis gynandra</i> L. Briq	Cleomaceae	Tila parni	Wild spider flower
<i>Hedychium spicatum</i> Buch Ham	Zingiberaceae	Sati	Spiked ginger lily
<i>Holarrhena antidysentrica</i> Wall	Apocynaceae	Kutaja	Kurchi
<i>Lagenaria vulgaris</i> Ser	Cucurbitaceae	Raja alabu	Bottle gourd
<i>Lathyrus sativus</i> L.	Fabaceae	Kalaya	Grass pea
<i>Leea macrophylla</i> Horn	Vitaceae	Gaja karna	Elephant's ear
<i>Leptadenia reticulata</i> W & A	Apocynaceae	Jivanti	Cork swallow wort
<i>Mallotus philippinensis</i> Muell Arg.	Euphorbiaceae	Kampillaka	Red kamala
<i>Mangifera indica</i> L.	Anacardiaceae	Amra	Mango
<i>Manilkara hexandra</i> Roxb. Dubard	Sapotaceae	Rajadhanah	Ceylon iron wood
<i>Marsilea minuta</i> L.	Marsileaceae	Sunishanaka	Pepperwort
<i>Melia azedarach</i> L.	Meliaceae	Maha nimba	China berry
<i>Mimusops elengi</i> L.	Sapotaceae	Bakula	Spanish cherry
<i>Moringa oleifera</i> Lam	Moringaceae	Shigru	Drumstick plant
<i>Moringa pterygosperma</i> Gaertn	Moringaceae	Madhu shigru	Drumstick plant
<i>Musa paradisiaca</i> L.	Musaceae	Kadali	Banana



<i>Nymphaea alba</i> L.	Nymphaeaceae	Kamala	White Lotus
<i>Nelumbo nucifera</i> Gaertn	Nymphaeaceae	Padma	Red Lotus
<i>Neolamarckia cadamba</i> Miq	Rubiaceae	Kadamba	Burflower-tree
<i>Oroxylum indicum</i> Vent	Bignoniaceae	Syonaka	Indian trumpet flower
<i>Oryza sativa</i> L.	Poaceae	Paravat dhanya	Rice
<i>Paspalum scrobiculatum</i> L.	Poaceae	Vana kodrava	Kodo millet
<i>Pentapetes phoenicea</i> L.	Sterculiaceae	Banduka	The noon flower
<i>Phaseolus aurens</i> Roxb	Fabaceae	Mudga	Green gram
<i>Phyla nodiflora</i> Rich	Verbenaceae	Jala pippali	Turkey tangle frog fruit
<i>Pisum sativum</i> L.	Fabaceae	Satina	Common garden pea
<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Chitraka	Leadwort
<i>Punica granatum</i> L.	Punicaceae	Dadima	Pomegranate
<i>Rosa alba</i> L.	Rosaceae	Taruni	Rose
<i>Saccharum</i> species	Poaceae	Koshakara	Sugarcane
<i>Salix tetrasperma</i> Roxb	Salicaceae	Jala vetasa	Indian willow
<i>Saraca indica</i> L.	Fabaceae	Ashoka	Ashoka tree
<i>Schleichera oleosa</i>	Sapindaceae	Koshamra	Ceylon oak
<i>Schrebera swietenoides</i> Roxb	Oleaceae	Mokshaka	Weaver's beam tree
<i>Scirpus grossus</i> Roxb	Cyperaceae	Kaseruka	Deer grass
<i>Semecarpus anacardium</i> L.	Anacardiaceae	Bhallataka	Marking nut
<i>Shorea robusta</i> Gaertn F	Dipterocarpaceae	Shala	Sal tree

<i>Sida cordifolia</i> L.	Malvaceae	Bala	Country mallow
<i>Solanum indicum</i> Linn	Solanaceae	Brhati	African egg plant
<i>Spondias pinnata</i> Kurz.,	Anacardeacea	Amrataka	Hog plum
<i>Strychnos nuxvomica</i> L.	Loganiaceae	Vishamusti	Nux vomica
<i>Symplocos racemose</i> Roxb	Symplocaceae	Rodra	Lodh tree
<i>Tamarindus indica</i> L.	Fabaceae	Amlika	Tamarind
<i>Teramnus labialis</i> Spreng	Fabaceae	Mashaparni	Blue wiss
<i>Tinospora cordifolia</i> .Miers	Menispermaceae	Guduci	Giloy, Indian bitter
<i>Trianthema portulacastrum</i> L.	Aizoaceae	Katillaka	Black pigweed
<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Sunti	Ginger
<i>Ziziphus jujuba</i> Lam	Rhamnaceae	Badara	Common jujube
<i>Ziziphus sativa</i> Gaertn	Rhamnaceae	Hasti kola	Jujube

**Table 02: List of Stambhana Dravya in Kaiyadeva Nighantu**

Scientific name	Family	Sanskrit name	Common name
<i>Acacia arabica</i> Willd	Fabaceae	Babula	Babool
<i>Coccinia indica</i> W&A	Cucurbitaceae	Bimbi	Ivy gourd
<i>Dipterocarpus alatus</i> Roxb	Dipterocarpaceae	Aswakarna	Hairy leafed apitong
<i>Ficus glomerata</i> Roxb	Moraceae	Udumbara	Indian fig tree
<i>Ficus hispida</i> L.	Moraceae	Kakodumbara	Cluster fig tree
<i>Sida cordifolia</i> L.	Malvaceae	Bala	Country mallow
<i>Vetiveria zizanioides</i> Nash	Poaceae	Ushira	Kush grass

Special Note: Bala and Bimbi are mentioned to possess both Stambhana and Grahi properties.

### Properties of Grahi Dravya in Kaiyadeva Nighantu

**Table 03: Grahi drugs in Ousadha Varga** <sup>[27]</sup>

SN	Drug	Useful Part	Properties	Shloka
1.	Guduci	Kanda	Kashaya-Katu-Tikta rasa, Madhura vipaka, Ushna virya, <b>Sangrahi</b> , Tridosha shamaka, Agni deepaka and Rasayana.	10
2.	Bilva	Patra	<b>Sangrahi</b> and Vatahara.	19-23
		Phala-Majja	Kapha-Vata shamaka, Shoolaghna and <b>Grahini</b> .	
		Bala Phala	Katu-Kashaya-Tikta rasa, Ushna virya, Snigdha-Tikshna-Laghu Guna, <b>Grahi</b> , Kapha-Vata shamaka, Deepana and Pacana.	
		Pakva Phala	Madhura Anurasa, Guru-Vidahi-Vishtambhi guna, Dosha kara, <b>Grahi</b> and Agnimandya kara.	
3.	Gambhari	Pushpa	Madhura-Tikta-Kashaya rasa, Shita virya, Madhura vipaka, Vata vardhaka, Pitta nashaka and <b>Sangrahi</b> .	31
4.	Syonaka	Mula Twak	Madhura-Kashaya-Tikta rasa, Katu vipaka, Shita virya, Deepana and Pitta shamaka.	42
5.	Brihati	Mula	Katu-Tikta rasa, Ushna virya, Vata-Kapha shamaka, Deepana, Pacana and <b>Grahini</b> .	51

6.	Jeevanti	Mula	Madhura rasa, Shita virya, Snigdha-Laghu guna, Cakshusya, Tridoshaghna, Balya, Rasayana and <b>Grahi</b> .	100
7.	Mashaparni	Mula	Madhura rasa, Shita virya, Ruksha guna, Kapha karaka, Vata-Pitta shamaka; Shukra vardhaka and <b>Grahi</b> .	106
8.	Koshakara	Kanda	Guru guna and <b>Grahi</b> .	149
9.	Matyandi	Kanda	Kashaya rasa, Guru guna, Bala vardhaka, Vata shamaka and <b>Grahini</b> .	156
10.	Madhu	Flower nectar collected by bees	Madhura rasa, Kashaya Anurasa, Shita virya, Ruksha-Laghu guna, Deepana, Chakshusya, Shukra vardhaka and <b>Grahi</b> .	175-178
11.	Purana Madhu	Flower nectar collected by bees & stored in metal container	Ruksha guna, Tridosha nashaka, Abhishyandi, Lekhana and <b>Grahi</b> .	200-202
12.	Bijapura	Phala Keshara	Laghu guna, Deepana, Medhya, <b>Sangrahi</b> and Rocaka.	257
		Pushpa	Shita guna, Vata shamaka and <b>Grahi</b> .	261
13.	Kadali	Jala	Shita guna and <b>Grahi</b> .	285-287
		Pushpa	Tikta-Kashaya rasa, Ushna virya, Kapha shamaka and <b>Grahi</b> .	
		Kaccha Phala	Tikta, Kashaya rasa, Ruksha guna and <b>Sangrahi</b> .	
14.	Dadima	Madhura Phala	Madhura-Amla rasa, Tridosha shamaka and <b>Sangrahi</b> .	307
15.	Nimbuka	Phala	Madhura-Kashaya-Amla rasa, Ruksha-Guru-Vishada guna, Shita virya, Vata	330

			vardhaka, Kapha-Pitta samaka, <b>Grahi</b> and Vishtambhi.	
16.	Bhavya	Phala	Madhura-Kashaya-Amla rasa, Ruksha-Guru guna, Shita virya, Vata vardhaka, Rucikara, Hridya and <b>Grahi</b> .	332-333
17.	Amra	Pushpa	Shita virya, <b>Grahi</b> , Kapha-Pitta shamaka and Vata vardhaka.	343
		Bija majja	Kashaya-Madhura rasa, <b>Sangrahi</b> and Vata vardhaka.	
		Twak	<b>Grahini</b> .	
18.	Jambu	Phala	Madhura-Amla-Kashaya rasa, Guru-Ruksha-Vishtambhi guna, Shita virya, Kapha-Pitta nashaka, Vata Vibandha kara and <b>Sangrahi</b> .	350
19.	Hastikola	Pushpa	Madhura-Kashaya rasa, Shita virya, Guru-Snigdha guna, Pitta shamaka, Vibandha and <b>Sangrahi</b> .	357
20.	Badara	Phala	Kashaya rasa, Ushna virya, Laghu guna, Vata shamaka, Kapha vardhaka and <b>Grahi</b> .	359-360
21.	Amlika	Phala majja	Ushna virya, Agni deepaka, Kapha-Vata nashaka and <b>Grahi</b> .	366
22.	Vrikshamla	Pakva Phala	Katu-Kashaya rasa, Laghu guna and <b>Grahi</b> .	370
23.	Karira	Phala	Katu-Tikta-Kashaya-Madhura rasa, Katu vipaka, Ushna virya, Vikashi guna and <b>Sangrahi</b> .	379-380
24.	Koshamra	Phala	Amla rasa, Ushna virya, <b>Grahi</b> , Vata nashaka and Kapha karaka.	384
25.	Rajadhanah	Phala	Kashaya-Madhura rasa, Amla vipaka, Snigdha-Guru guna, Shita virya,	388-389

			Vishtambhi, <b>Sangrahi</b> , Dhatu vardhaka, Rocaka and Tridosha nashaka.	
26.	Tinduka	Apakva Phala	Madhura-Kashaya rasa, Laghu-Ruksha guna, Shita virya, Vata vardhaka, Vibandha and <b>Sangrahi</b> .	402
		Kakatendu	Tikta rasa, Katu vipaka, Shita virya, Laghu guna, Vata vardhaka, Kapha-Pitta-Rakta shamaka and <b>Grahi</b> .	
27.	Tanka	Phala	Kashaya-Madhura rasa, Vishada-Guru guna, Vibandha and <b>Grahi</b> .	408-409
28.	Amrataka	Pravala	<b>Grahi</b> and Deepana.	412
29.	Kapittha	Apakva Phala	Kashaya-Amla rasa, Laghu-Ruksha guna, Kapha shamaka, Vata-Pitta vardhaka and <b>Sangrahi</b> .	416
		Pakva Phala	Kashaya-Amla rasa, Tridosha shamaka and <b>Sangrahi</b> .	
30.	Vata	Valkala	Kashaya rasa, Shita virya, Guru-Ruksha guna, <b>Grahi</b> and Kapha-Pitta nashaka.	423
31.	Nandi Vriksha	Valkala	Madhura-Kashaya rasa, Shita virya, Guru guna, Visha, Kapha-Pitta-Rakta shamaka and <b>Grahi</b> .	447
32.	Kakodumbara	Phala	Madhura-Kashaya rasa, Shita virya, Guru-Snigdha guna, Rakta shamaka and Tarpaka and <b>Grahi</b> .	451
33.	Mrugalindika	Pakva Phala	Madhura-Amla rasa, Ushna virya, Laghu guna, Pitta vardhaka, Agni vardhaka and <b>Sangrahi</b> .	493
34.	Bhallataka	Bija	Madhura-Tikta-Kashaya rasa, Katu vipaka, Shita virya, Snigdha-Tikshna-Ushna-Laghu guna, <b>Grahi</b> , Vata vardhaka, Pitta-Kapha-Rakta shamaka.	496

35.	Nadi Bhallataka	Fruit	Tikta-Kashaya-Madhura rasa, Shita virya, <b>Sangrahi</b> , Vata vardhaka and Rakta-Pitta-Kapha nashaka.	502
36.	Karkaru	Phala	Madhura rasa, Madhura vipaka, Shita virya, Ruksha-Guru guna, <b>Grahi</b> , Vishtambhi, Dosha janaka and Pitta shamaka.	534
37.	Kalingaka	Apakva Phala	Shita virya, Guru guna, Pitta samaka and <b>Grahi</b> .	535
38.	Raja Alabu	Shaka	Shita virya, Kapha vardhaka and <b>Grahi</b> .	539
39.	Yeravaruka	Apakva Phala	Madhura rasa, Shita virya, Guru-Ruksha guna, Vata-Kapha vardhaka and <b>Sangrahi</b> .	545
40.	Chirbitam	Bala Phala	Madhura-Katu rasa, Madhura vipaka, Ushna-Guru guna, Kapha-Pitta shamaka, Vata karaka, Vishtambhi and <b>Grahi</b> .	552
41.	Aranyatrapu sha sirnavrunta m	Phala	Tikta rasa, Ruksha guna, Kapha shamaka and <b>Sangrahi</b> .	559
42.	Bimbi	Shaka	Madhura-Tikta-Kashaya rasa, Katu vipaka, Shita virya, Laghu guna, Vata vardhaka, Kapha-Pitta shamaka and <b>Sangrahi</b> .	584
43.	Vishamusti	Phala	Ushna virya, Pitta vardhaka, Kapha shamaka; Agni vardhaka and <b>Grahi</b> .	602
44.	Shleshmatak a	Phala	Madhura-Tikta rasa, Katu vipaka, Shita virya, Laghu guna, Vata vardhaka, Pitta-Kapha-Rakta shamaka and <b>Grahi</b> .	616
45.	Tilaparni	Bija	Ushna virya, Agni vardhaka, <b>Grahini</b> and Kapha-Vata shamaka.	654

46.	Grinjanah	Kanda	Katu-Tikta rasa, Katu vipaka, Tikshna-Ushna-Laghu-Vidahi-Ruksha guna, Vata-Kapha shamaka, Agnideepaka and <b>Grahi</b> .	675
47.	Patha	Patra	Shita virya, Guru-Ruksha guna and <b>Grahi</b> .	681
48.	Kucelika	Mula	Tikta rasa, Madhura vipaka, Shita virya, Laghu guna and <b>Grahi</b> .	680
49.	Sunnisanaka	Pancanga	Madhura-Kashaya rasa, Shita virya, Laghu-Vidahi-Ruksha guna, Tridosha nashaka, Deepana and <b>Grahi</b> .	687
50.	Matyakshi	Pancanga	Kashaya-Madhura-Tikta rasa, Shita virya, Katu vipaka, Laghu guna, Vata vardhaka, Kapha-Pitta-Rakta shamaka and <b>Grahini</b> .	729
51.	Jala Pippali	Patra	Tikta-Kashaya-Katu rasa, Katu vipaka; Shita virya, Laghu-Ruksha-Tikshna guna, Vata vardhaka, Tridosha shamaka and <b>Sangrahi</b> .	732
52.	Gojihva	Patra & Mula	Kashaya-Tikta-Madhura rasa, Shita virya, Madhura vipaka, Laghu guna, Kapha-Pitta shamaka, Vata vardhaka and <b>Grahini</b> .	734
53.	Shigru	Bija	Katu-Tikta-Madhura rasa, Katu vipaka, Ushna virya, Laghu-Tikshna-Ruksha guna, Kapha-Vata shamaka, Rakta-Pitta vardhaka, Agnideepaka and <b>Sangrahi</b> .	745
54.	Madhu Shigru	Pushpa	Kashaya rasa, Guru guna, <b>Grahi</b> and Cakshusya.	748
55.	Katillaka	Patra	Tikta rasa, Katu vipaka, Laghu guna, Shita virya, <b>Sangrahi</b> , Vata vardhaka and Pitta-Kapha-Rakta shamaka.	756
56.	Jalavetasa	Pancanga	Kashaya rasa, Shita virya, Ruksha guna and <b>Sangrahi</b> .	763



57.	Shala	Niryasa	Kashaya rasa, Shita virya and <b>Grahi</b> .	809
58.	Palasha	Pushpa	Madhura-Tikta-Kashaya rasa, Katu vipaka, Shita virya, Kapha-Pitta-Rakta shamaka and <b>Grahi</b> .	835
59.	Varuna	Pushpa	Rakta-Pitta shamaka and <b>Grahi</b> .	850
60.	Virataru	Sara & Mula	Tikta rasa, Katu vipaka; Kapha shamaka and <b>Grahi</b> .	853
61.	Mokshaka	Pushpa	Katu-Tikta rasa, Tikshna guna, Ushna virya, <b>Grahi</b> and Kapha-Pitta shamaka.	875
62.	Nimba	Twak	Tikta rasa, Katu vipaka, Shita virya, Laghu guna, Vata vardhaka, Kapha-Pitta shamaka and <b>Grahi</b> .	881
		Pravala	Vata vardhaka, Kapha shamaka and <b>Grahi</b> .	
63.	Maha Nimba	Patra	Tikta-Kashaya rasa, Shita virya, Ruksha guna, Kapha-Pitta-Rakta shamaka and <b>Grahi</b> .	888
64.	Kutaja	Beeja	Katu-Tikta rasa, Ushna guna, Kapha-Pitta-Rakta shamaka, Agnideepaka and <b>Grahi</b> .	896
65.	Shalmali	Pushpa	Madhura-Tikta-Kashaya rasa, Madhura vipaka, Shita virya, Guru-Ruksha guna, Vata vardhaka, Kapha shamaka and <b>Grahi</b> .	912
		Niryasa	Kashaya rasa, Shita virya, Snigdha guna, Kapha shamaka and <b>Grahi</b> .	
66.	Ashmanthaka	Valkala	Amla-Kashaya rasa, Shita virya, Kapha-Vata shamaka and <b>Grahi</b> .	932

		Phala	Madhura-Kashaya rasa, Ruksha-Guru guna, Shita virya, <b>Sangrahi</b> and Vata-Kapha nashaka.	
67.	Kovidara	Valkala	Kashaya rasa, Shita virya, <b>Grahi</b> , Kapha-Pitta shamaka.	934
68.	Kancanara	Pushpa	Madhura-Kashaya rasa, Madhura vipaka, Shita virya, Guru guna and <b>Sangrahi</b> .	936
69.	Aragvadha	Pushpa	Madhura-Kashaya-Tikta rasa, Shita virya and <b>Grahi</b> .	946
70.	Kampillaka	Shaka	Tikta rasa, Shita virya, Vata karaka, <b>Grahi</b> and Agnideepaka.	950
71.	Nandi Vriksha	Valkala	Kashaya-Tikta-Madhura rasa, Katu vipaka, Shita virya, Laghu guna, Tridosha shamaka and <b>Grahi</b> .	952
72.	Kadamba	Valkala	Lavana-Kashaya rasa, Shita virya and <b>Grahi</b> .	957
73.	Karanjika	Patra	Tikta-Kashaya-Katu rasa, Katu vipaka, Ushna virya and <b>Grahini</b> .	971
74.	Akashavalli	Pancanga	Tikta rasa, Picchila guna and <b>Grahini</b> .	992
75.	Bala	Mula	Madhura rasa, Madhura vipaka, Shita virya, Tridosha shamaka, <b>Grahi</b> , Dhatu vardhaka and Bala karaka.	1056
76.	Abhababula	Patra	<b>Sangrahi</b> and Kapha-Vata shamaka.	1088
77.	Parpata	Pancanga	Tikta rasa, Katu vipaka, Shita virya, Laghu guna, <b>Sangrahi</b> , Vata vardhaka and Pitta-Kapha nashaka.	1109
78.	Rodhra	Pushpa	Madhura-Tikta-Kashaya rasa, Katu vipaka, Shita virya, <b>Sangrahi</b> and Kapha-Pitta nashaka.	1128

79.	Shunti	Kanda	Katu rasa, Madhura vipaka, Ushna virya, Snigdha-Laghu guna, <b>Sangrahi</b> , Pacaka, Agnideepaka, and Vata-Kapha shamaka.	1151
80.	Citraka	Shaka	Laghu guna, Kapha-Pitta shamaka and <b>Sangrahi</b> .	1181
81.	Jiraka	Phala	Katu-Tikta rasa, Katu vipaka, Ushna virya, Ruksha guna, Vata-Kapha shamaka, Pitta vardhaka, Agnideepaka, Pacaka and <b>Sangrahi</b> .	1187
82.	Gandha durva	Pancanga	Kashaya-Tikta-Madhura rasa, Katu vipaka, Shita virya, Laghu guna, Pitta-Kapha-Rakta shamaka, Vata vardhaka and <b>Grahi</b> .	1236
83.	Vetraka	Mula	Tikta rasa, Katu vipaka, Shita virya, Laghu guna, Pitta shamaka, Vata karaka and <b>Grahi</b> .	1252
84.	Priyangu	Phala	Madhura-Kashaya rasa, Shita virya, Guru-Ruksha guna, Kapha-Vata shamaka and <b>Sangrahi</b> .	1356
85.	Mustaka	Kanda	Tikta-Katu-Kashaya rasa, Shita virya, <b>Grahi</b> , Kapha-Vata shamaka, Agnideepaka and Pacaka.	1358
86.	Sati	Kanda	Tikta-Katu-Kashaya rasa, Ishat Ushna virya, Laghu-Tikshna guna, Tridosha shamaka and <b>Grahini</b> .	1392
87.	Surala	Niryasa	Madhura-Tikta-Kashaya rasa, Guru guna, Ishat Ushna virya, Tridosha shamaka and <b>Grahini</b> .	1422
88.	Kamala	Nava dalam (New leaf)	Tikta-Kashaya-Madhura rasa, Katu vipaka, Shita virya, Laghu guna, Vata vardhaka, Kapha-Pitta shamaka and <b>Grahi</b> .	1440

89.	Kalhara (Saugandhika)	Keshara	Sita virya, Guru-Ruksha guna, Vishtambhi and <b>Grahi</b> .	1457
90.	Kinjalaka (Kamala keshara)	Keshara	Kashaya rasa, Shita virya, Ruksha guna, Kapha-Pitta shamaka and <b>Grahi</b> .	1458
91.	Padma	Bija	Tikta-Kashaya-Madhura rasa, Shita virya, Guru-Ruksha guna, Vata vardhaka, Bala karaka and <b>Sangrahi</b> .	1461 & 1465
		Kanda, Bisa, Nala	Tikta-Kashaya-Madhura rasa, Madhura vipaka, Shita virya, Guru guna, <b>Grahi</b> , Vata-Kapha vardhaka.	
92.	Taruni	Pushpa	Katu-Tikta rasa, Shita virya, Laghu guna, Tridosha shamaka, Agnideepaka and <b>Grahi</b> .	1480
93.	Asoka	Valkala	Kashaya-Tikta rasa, Shita virya and <b>Grahi</b> .	1503
94.	Bakula	Phala	Madhura-Kashaya rasa, Shita virya, Snigdha-Vishada guna, Vata vardhaka, Kapha-Pitta shamaka, Hridya and <b>Sangrahi</b> .	1515
95.	Bandhuka	Mula	Laghu guna, Vata-Pitta shamaka, Kapha vardhaka and <b>Grahi</b> .	1523
96.	Arka	Pushpa	Madhura-Tikta rasa and <b>Sangrahi</b> .	1535
97.	Kebuka	Kanda	Tikta-Madhura rasa, Katu vipaka, Shita virya; Laghu guna; Kapha-Pitta shamaka, Vata vardhaka, Agnideepaka and <b>Grahi</b> .	1608
98.	Kaseruka	Kanda	Madhura-Kashaya rasa, Guru guna, Shita virya, Vata-Kapha shamaka, Pitta- Rakta vardhaka and <b>Sangrahi</b> .	1618

99.	Kelutam	kanda	Madhura rasa, Ruksha-Guru-Vishada guna; Shita virya, Tridosha shamaka, <b>Grahi</b> and Abhishyandi.	1630
100.	Galakarna	Kanda	Vikashi guna, Madhura vipaka, Vata-Pitta shamaka and <b>Sangrahi</b> .	1633
101.	Jangala Gajakarna	Mula	Madhura-Tikta rasa, Snigdha guna, Shita virya, Tridosha nashaka and <b>Grahi</b> .	1635
102.	Bang	Patra	Tikta rasa, Ushna virya, Tikshna-Laghu guna, Pitta vardhaka, Vata shamaka and <b>Grahi</b> .	1637

**Table 04: Grahi drugs of Dhatu Varga [28]**

SN	Drug	Properties	Shloka
103.	Souviranjana	Madhura-Kashaya rasa, Snigdha guna, Shita virya, Kapha-Pitta-Rakta shamaka, Lekhana and <b>Grahi</b> .	73

**Table 05: Grahi drugs of Dhanya Varga [29]**

SN	Drug	Useful Part	Properties	Shloka
104.	Paravata Dhanya	Bija	Katu vipaka, Guru guna, Vata karaka, Kapha vardhaka and <b>Grahi</b> .	21
105.	Shashtika Vrihi Dhanya	Bija	Madhura rasa, Mridu-Laghu guna, Shita virya, Tridosha nashaka and <b>Grahi</b> .	27
106.	Mudga	Bija	Kashaya-Madhura rasa, Shita virya, Ruksha-Laghu guna, Kapha-Pitta shamaka and <b>Grahi</b> .	53
107.	Satina	Bija	Madhura-Kashaya rasa, Madhura vipaka, Shita virya, Ruksha-Laghu guna, Vata vardhaka and <b>Grahi</b> .	66

108.	Harenu	Bija	Madhura rasa, Shita virya, Ruksha-Laghu guna and <b>Grahi</b> .	67
109.	Kalaya	Bija	Madhura-Tikta-Kashaya rasa, Shita virya, <b>Sangrahi</b> and Pitta nashaka.	68
110.	Masura	Bija	Kashaya-Madhura rasa, Madhura vipaka, Shita virya, Laghu-Ruksha guna, <b>Grahini</b> and Bala karaka.	72
111.	Adaki	Bija	Kashaya-Madhura rasa, Shita virya, Laghu guna and <b>Grahini</b> .	75
112.	Sarshapa	Shaka	Madhura-Katu rasa, Ushna virya, Tikshna-Ruksha-Vidahi guna and <b>Sangrahi</b> .	92
113	Shanapushpa	Bija	Kashaya-Madhura rasa, Madhura vipaka, Shita virya, Ruksha guna and <b>Grahi</b> .	94
114.	Vana Kodrava	Bija	Ushna virya and <b>Grahi</b> .	102

**Table 06: Grahi drugs of Dugdha Varga [30]**

SN	Drug	Properties	Shloka
115.	Aja-Dugdha	Madhura rasa, Shita virya, Laghu-Mridu guna, Bala karaka and <b>Sangrahi</b> .	133

**Table 07: Grahi drugs of Dadhi Varga [31]**

SN	Drug	Properties	Shloka
116.	Dadhi	Amla vipaka, Ushna virya, Snigdha guna, Deepana, Abhishyandi and <b>Grahi</b> .	183
117.	Nihsara Dugdha-Janita Dadhi	Kashaya rasa, Ruksha guna, Vata janaka and <b>Grahi</b> .	200

**Table 08: Grahi drugs of Takra Varga [32]**

SN	Drug	Properties	Shloka
118.	Takra	Madhura-Kashaya-Amla rasa, Madhura vipaka, Ushna virya, Ruksha-Tikshna guna, Agnideepaka and <b>Sangrahi</b> .	230
119.	Apakva Takra	Katu rasa and <b>Grahi</b> .	246

**Table 09: Grahi drugs of Navanita Varga [33]**

SN	Drug	Properties	Shloka
120.	Sadyo-Nihsarita Navanita	Kashaya-Amla rasa, Madhura vipaka, Laghu guna, Shita virya and <b>Sangrahi</b> .	252
121.	Gava-Navanita	Ojo vardhaka, Dhatu vardhaka, Tridosha nashaka and <b>Grahi</b> .	258
122.	Kshirota Navanita	Madhura rasa, Ati-Snigdha, Ati-Shitala and <b>Sangrahi</b> .	262

**Table 10: Grahi drugs of Ghrita Varga [34]**

SN	Drug	Properties	Shloka
123.	Dugdha-Nishruta Ghrita	Vata-Kapha shamaka; Shita virya and <b>Sangrahi</b> .	279

**Table 11: Grahi drugs of Taila Varga [35]**

SN	Drug	Properties	Shloka
124.	Atasi Taila	Madhura rasa, Ushna virya, Katu vipaka, Guru-Snigdha guna, Kapha-Vata karaka and <b>Grahi</b> .	320
125.	Kapittha Taila	Kashaya-Madhura rasa, Kapha-Pitta nashaka and <b>Grahi</b> .	337

**Table 12: Grahi drugs of Madya Varga [36]**

SN	Drug	Properties	Shloka
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126.	Navina Madya	Tridosha janaka, Vishada guna, Abhishyandi and <b>Grahi</b> .	358
127.	Surayah	Guru-Snigdha guna, Bala karaka, Pushti dayaka and <b>Sangrahi</b> .	366
128.	Jagala	Amla rasa, Ruksha guna, Agnideepaka and <b>Grahi</b> .	371

**Table 13: Grahi drugs of Mutra Varga [37]**

SN	Drug	Properties	Shloka
129.	Go-Avi-Mahisha Mutra	Laghu guna and <b>Grahi</b> .	430

**Table 14: Grahi drugs of Kritanna Varga [38]**

SN	Drug	Properties	Shloka
130.	Apasruta Oudana	Madhura vipaka, Kapha vardhaka, <b>Grahi</b> and Tarpaka.	9
131.	Vilepi	Madhura rasa, Laghu guna; Agnideepaka, Bala karaka, Santarpana and <b>Grahini</b> .	43
132.	Manda	Laghu guna, Agni vardhaka, Pacaka and <b>Grahi</b> .	48
133.	Shali Manda	Madhura rasa, Shita virya, Vata vardhaka, Pitta nashaka and <b>Grahi</b> .	50
134.	Vatya Manda	Kashaya rasa, Ushna virya, Vibandha, Pacana, <b>Grahi</b> and Agnideepaka.	53
135.	Godhuma Manda	Madhura rasa, Ushna virya and <b>Grahi</b> .	54
136.	Jovar Manda	Vata-Kapha vardhaka, Pitta nashaka and <b>Grahi</b> .	55
137.	Masura Yusha	Madhura rasa, Dhatu vardhaka and <b>Grahi</b> .	80
138.	Angara Mandaka	Agnideepaka, Tridosha shamaka and Grahi.	167
139.	Laja Shaktu	Madhura-Kashaya rasa, Shita virya and <b>Grahi</b> .	191



**Table 15: Grahi drugs of Mamsa Varga [39]**

SN	Drug	Properties	Shloka
140.	Jangala Pratuda	Madhura-Kashaya rasa, Snigdha-Laghu-Vishada guna, Shita virya and <b>Grahi</b> .	14
141.	Sasaka	Madhura-Kashaya rasa, Katu vipaka, Shita virya, Ruksha-Laghu guna and <b>Grahi</b> .	117
142.	Paravata	Madhura-Kashaya rasa, Madhura vipaka, Shita virya, Snigdha-Guru guna and <b>Sangrahi</b> .	149
143.	Lava	Kashaya-Madhura rasa, Shita virya, Agnideepaka and <b>Grahi</b> .	173
144.	Tittira	Madhura rasa, Snigdha-Guru guna, Agni vardhaka and <b>Sangrahi</b> .	176
145.	Lavanambu Jata Matsya	Ushna virya, Laghu guna, Agnideepaka, Vata nashaka, Pitta vardhaka and <b>Sangrahi</b> .	224
146	Shakuli Matya	Baladhayaka, <b>Grahi</b> .	232
147	Sukshma Mastya	Tikshna guna, Ruchikara, Agni vardhaka, Balakaraka, <b>Grahi</b> .	233

Based on the Table 03-15, the properties of Grahi drugs can be inferred as follows:

***Common Characteristics of Grahi Drugs:***

- Kashaya Rasa: Many of the listed drugs have astringent taste, which is associated with drying and binding properties.
- Shita Virya: Cold potency, indicating a cooling effect on the body, which may contribute to the absorption and retention of fluids.
- Guru Guna: Heavy or substantial quality, which may aid in stabilizing and retaining substances in the digestive tract.

***Specific Properties of Grahi Drugs:***

- Tridosha Shamaka: Balancing all three doshas (Vata, Pitta, Kapha), suggesting a harmonizing effect on bodily functions.

- Agni Deepaka: Stimulating the digestive fire, which aids in proper digestion and absorption of nutrients.
- Dosha Shamaka: Balancing or pacifying specific doshas, particularly Pitta and Kapha, which may be involved in digestive disturbances.
- Pacana: Digestive and assimilative property, helping in the proper breakdown and absorption of nutrients.

### Properties of Stambhana Dravya in Kaiyadeva Nighantu

**Table 16: Stambhana drugs of Ousadha Varga [40]**

SN	Drug	Useful Part	Properties	Shloka
1.	Udumbara	Komala Phala	Kashaya rasa, Kapha-Pitta-Rakta shamaka and <b>Stambhana</b> .	427
2.	Kshiri Vriksha / Panca Valkala	Komala Patra	Kashaya rasa, Shita virya and <b>Stambhana</b> .	441
3.	Kakodumbara		Kashaya-Tikta rasa, Shita virya, Kapha-Pitta-Rakta shamaka and <b>Stambhana</b> .	449
4.	Bimbi	Madhura Phala	Shita virya, Lekhana, Guru guna, Vata vardhaka and <b>Stambhana</b> .	585
5.	Ashvakarna	Phala	Kashaya-Madhura rasa, Guru-Ruksha guna, Shita virya, Vata karaka, Pitta shamaka and <b>Stambhaka</b> .	846
6.	Bala	Phala	Kashaya-Madhura rasa, Madhura vipaka, Shita virya, Guru guna, <b>Stambhaka</b> and Vata-Pitta-Rakta shamaka.	1059
7.	Babbula	Phala	Ruksha-Vishada-Guru guna and <b>Stambhana</b> .	1088

8.	Vatapatri	Phala	Kashaya-Madhura rasa, Ruksha guna, Shita virya, <b>Stambhana</b> , Kapha-Pitta shamaka and Vata vardhaka.	1100
9.	Ushira	Mula	Madhura-Tikta rasa, Shita virya, Ruksha-Laghu guna, Pacana and <b>Stambhana</b> .	1370

**Table 17: Stambhana dravyas of Drava Varga (Madya Varga) [41]**

SN	Drug	Properties	Shloka
10.	Varuni (Medaka)	Madhura rasa, Shita virya, Guru guna and <b>Stambhana</b> .	372

Based on the Table 16 and 17, the properties of Stambhana drugs can be inferred as follows:

***Common Characteristics of Stambhana Drugs:***

- **Kashaya Rasa:** Many of the listed drugs have a Kashaya (astringent) taste, which is associated with drying and binding properties.
- **Shita Virya:** Cold potency, indicating a cooling effect on the body.
- **Guru Guna:** Heavy or substantial quality, which can help in stabilizing or grounding.
- **Vata-Pitta-Rakta Shamaka:** Balancing or pacifying Vata, Pitta, and Rakta (blood) doshas, which are associated with mobility and excessive movement in Ayurveda.

***Specific Properties of Stambhana Drugs:***

- **Kashaya-Madhura Rasa:** Combination of astringent and sweet tastes, indicating a balance between drying and nourishing qualities.
- **Madhura Vipaka:** Sweet post-digestive effect, suggesting a nourishing action.
- **Ruksha Guna:** Dry quality, contributing to the binding and stabilizing effects.
- **Kapha-Pitta Shamaka:** Pacifying Kapha and Pitta doshas, which are associated with excess moisture and heat respectively.

## **Exploring Ayurvedic Concepts of Grahi and Stambhana Actions in Modern Medical Contexts**

In Ayurveda, "Grahi" and "Stambhana" are concepts related to the actions of certain herbs on the body. In Ayurveda, "Stambhana" refers to the property of arresting or stopping various physiological processes, while "Grahi" refers to the property of absorbing or retaining substances. These properties are attributed to different herbs based on their effects on the body according to Ayurvedic principles. Here's a comparison of these concepts with modern perspectives:

**Grahi Karma (Absorptive Property):** Grahi herbs are believed to absorb excess fluids or secretions in the body, making them useful in conditions like diarrhoea, excessive sweating, or excessive menstrual flow. In modern terms, this concept aligns with the understanding of astringent properties. Astringents have the ability to constrict or shrink tissues, which can help in reducing secretions or fluid loss. For example, certain pharmaceuticals or over-the-counter remedies may contain astringent compounds to address symptoms like diarrhoea or excessive sweating.

**Stambhana Karma (Stabilizing Property):** Stambhana herbs are thought to stabilize or arrest certain physiological processes. They are used to control excessive movement or flux in the body, such as stopping bleeding, reducing excessive urination, or controlling diarrhoea. From a modern standpoint, this aligns with the concept of haemostasis or homeostasis. Haemostasis refers to the body's ability to stop bleeding, while homeostasis refers to the maintenance of stable internal conditions. Medications or treatments that promote haemostasis or stabilize physiological processes align with the concept of Stambhana Karma in Ayurveda.

Both Ayurvedic and modern perspectives recognize the importance of certain herbs or medications in controlling bodily functions and maintaining health. While Ayurveda describes these properties in terms of broader principles like Grahi and Stambhana Karma, modern medicine often approaches these concepts through the lens of pharmacology and physiology.

Despite the differences in terminology and conceptual frameworks, there can be overlap between Ayurvedic and modern approaches, especially in the identification of herbs or compounds with specific therapeutic actions.

In summary, while Ayurveda and modern medicine may use different terminology and frameworks, there are often similarities in their understanding of the actions of herbs and medications on the body, with both aiming to promote health and alleviate symptoms through the regulation of physiological processes.

### **Conclusion**

This critical review offers profound insights into the principles underlying Grahi and Stambhana Karmas, as well as the therapeutic potential of corresponding medicinal substances in Ayurvedic medicine. The Kaiyadeva Nighantu stands out as a comprehensive compendium, abundant with substances showcasing these actions, thereby serving as a treasure trove of Ayurvedic wisdom for present-day healthcare practitioners.

However, it is imperative to conduct further research to substantiate the effectiveness and safety of these medicinal substances, both within the traditional Ayurvedic context and in modern clinical settings.

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