

A REVIEW OF *PATAKARANJADI* DECOCTION, USED IN *GRAHANI ROGA*

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Grahani roga is a digestive disorder commonly correlated to the irritable bowel syndrome in modern medicine. In Ayurveda *Grahani roga* is a one of *Maha roga* and *Patakaranjadi* decoction has been used for the treatment of *Grahani roga*. It included *Pata*, *Karanja*, *Puuthikaranja*, *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Shunti*, *Kalashaka*, *Harithaki*, *Pila*, *Bilva*. This study has focused to explore the pharmacodynamic and pharmacokinetic properties of *Patakaranjadi* decoction for treating *Grahani roga*, a condition marked by digestive issues and malabsorption. The data has been collected, from monographs, research articles, books and the results revealed that significant pharmacodynamic characteristics, including a dominant *Katu rasa* (66.67%) and prominent *Guna* is *Laghu guna* (91.67%). Further, ingredients of decoction's having *Ushna veerya* (100%) while the *Vipaka* of *Katu* (75%). Additionally, the therapeutic actions such as *Deepana* (91.66%), *Pachana* (91.66%), *Shothahara* (100%), *Krimihara* (100%), and *Rasayana* (58.33%) illustrate a holistic approach to managing *Grahani roga*, addressing both symptoms and underlying imbalances. Findings suggest that decoction *Katu rasa* stimulates digestive activity, *Laghu guna* enhances metabolic functions, the majority of the studied ingredients exhibit *Ama pachana* and *Agni dipana* properties, which help address the underlying causes of *Grahani roga*. These properties work by detoxifying *Ama*, stimulating the digestive fire, and correcting digestive imbalances, thereby eliminating the etiological factors associated with the condition. Although the results highlight the decoction's potential as an effective treatment option, further clinical research is needed to confirm its efficacy and safety. This study underscores the value of combining traditional medicinal practices with modern scientific research, positioning *Patakaranjadi* decoction as a promising intervention for digestive disorders.

Keywords: Ayurveda, *Grahani*, *Patakaranjadi* decoction, Digestive disorders