Clinical Evaluation of *Bilvadi Yoga* in the Management of *Grahani Roga*.

Namartha Raina ¹ Rajesh sharma²

1. Assistant Professor Dept of Swasthvrit & Yoga Jammu Institute of Ayurveda & Research, Jammu
2. Medical officer Govt of J&K

**ABSTRACT:**

*Grahani* is related to *Agni* which helps in digestion of food. The pathogenies of *Grahani Rog* works around *Agni Dosha* which is associated with the improper food habits along with stressful life style; people initially neglect these problems and don’t take any medication. This is a functional disorder characterized by alteration in the bowel habits, discomfort, bloating, abdominal pain without any organic cause. These symptoms resemble with the symptoms of *Grahani Rog* described in *Ayurvedic* texts. This article is about clinical evaluation of *Bilvadi yoga* in the management of *Grahani Rog*. Patients can be diagnosed with *Grahani Rog* on the basis of: Patients with complaints of *Muhurbadh* or *Drava mala pravriti*, *Aruchi*, *Udara shool*, *Vishtamba* etc. were selected for study. Most of ingredients of this yoga have qualities like to *Agni Dirgani Ama*, *Pachana* anti spasmodic and anti diarrhoeal and anti inflammatory properties.

**Keywords:** Grahni, Yoga, Ayurveda

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**INTRODUCTION**

*Ayurveda* is the symbol of golden period that has mentioned the relation between humans and nature. *Ayurveda* is the science of life, which is more connected with the maintenance and promotion of positive health as well as curing the disease. *Ayurveda* defines ‘Health’ as a state where all ‘Doshas’, ‘Dhatus’, ‘Mala’ and ‘Agni’ are in equilibrium, ‘Malakriya’ is in ‘Sama- avastha, Atma, Indriya and Mana in Prasanna-avastha’[¹]. Health is said to be the proper balance of *Dosha*, *Dhatu*, *Agni* and *Mala* with their right functions in the body. Today, man is subjected to all those things which are harmful to his body constitution, thereby increasing the incidence of his susceptibility to diseases. In the era of fast food, there is change, irregularity in diet and lifestyle, one is always under tremendous mental stress. All these causes lead to nutritional deficiency diseases, depression, insomnia, poor digestion and bowel diseases that result in Digestive and Absorptive disorders, that is, Irritable Bowel Syndrome. Irritable Bowel Syndrome is a term used for variety of diseases causing discomfort in the Gastro-Intestinal tract. These symptoms resemble with the symptoms of *Grahani Rog* described in *Ayurvedic* texts.[²]

According to Acharya Vaghbhatta, *Atisara*, *Arsha* and *Grahani vikaras* are due to vitiated *Agni*; especially *Agnimandhya*. *Agnimandhya* is said to be the root cause of all diseases. Functionally weak *Agni – Mandagni* cause improper digestion that leads to all diseases [²]. This
statement emphasizes the importance of Agni. Agni is the digestive fire present in all the living beings. The manner in which the nutrition ingested is digested, metabolized and assimilated into Dhatu and how sum of its constituents is broken down for being utilized for the production of energy required for vital activities depend on factors, which are grouped under the term Agni. As per Acharya Charaka’s view, “Better health depends upon the increased and decreased functional capacities of Pachaka Pitta.” Because of this, kayachikitsa is also explained as ‘Antharagni chikitsa’. The seat of Agni is Grahami. Acharya Sushruta says, “the integrity of Grahami depends upon the Agni and Grahami is located in Grahami. Any impairment of Agni involves the vitiation of Grahami.”

The relation between Agni and Grahami is reciprocal and inter-dependent. Grahami is described as Agni Adhishthana - the seat of Agni. The dependent nature of the two is responsible for the proper functioning of both Agni and Grahami. Normally, Grahami holds up the food till it is digested and releases it from the site after digestion. But when it is deranged due to Mandagni release the ingested food even in unripe condition. This condition or working of Grahami is called Grahami Rog. Grahami is ‘Tridoshatmaka’ disorder of digestive system which occurs due to vitiation of Pachaka Pitta, Samana Vayu and Kledaka Kapha. The general symptoms of Grahami Rog are abdominal pain, anorexia, altered bowel habits, incomplete evacuation of stools, lethargy, dyspepsia, nausea, vomiting, etc. In modern science, it can be correlated with IRRITABLE BOWEL SYNDROME. Irritable Bowel Syndrome is viewed as nothing more than a somatic manifestation of psychological stress. The role of psychological factors in pathogenesis of Irritable Bowel Syndrome is strongly suggested in clinical association of emotional and stress disorders.

Nidana and samprapti:
The etiological factors stated to be responsible for Grahami can be divided into 2 groups – Samanya & Vishista Hetu. According to Acharya Sushruta, after the subsidence of Atisara, the patient will have Mandagni. In this stage if the patient takes injudicious food and drinks the Agni once again gets deranged and results in Grahami Rog. In Acharya Vijayarakshita he has stated that even in the stage of Atisara or without Atisara if the man is in Mandagni takes Ahitrasa will cause Grahami Roga. Acharya Vagbhatta has also described the same.

In Bhela Samhita, causes for Grahami Roga like Bhajatam Gura, Rukstha, Adhyashana, Ajirnanna, Aitisneha, Madya sevana, Asatmaya, Ahrdyam. All the Samanya Nidanas are classified into groups as:

1. Aahirajya Nidana (Table 1)
2. Viharaja Nidana (Table 2)
3. Mansika Nidana (Table 3)

Samprapti:
Process of pathogenesis of a disease begins with vitiation of Doshas with consumption of Nidanas. Doshas pass through different stages i.e. Shatkriya Kala to ultimately produce disease. The etiological factors cause vitiation of Doshas which ultimately cause the disease in the body. This Dosha-Dushya Sammurchchana is called as “Samprapti” of disease. Acharya Charaka has described - When a person with Agnimandhya indulges in consumption of injudicious Ahara & Vihara the Grahami Rog engenders. Agni-Dushti leads to indigestion of ingested food resulting in Apachana & Ama formation. Thus, the food attains Shukta. At this stage, Doshas- Kledaka Kapha, Pachaka Pitta, & Samana Vayu residing in the organ Grahami get vitiated. The Shukta Paka stage leads to Anna Visha formation. This Annavisha thus produced, may remain localized i.e; in Grahami or it may spread in the whole body through Rasa & mixes with Doshas Dhatus.

Samprapti ghataka:
Dosha - Kledaka Kapha, Pachaka Pitta, Samana Vayu
Dushya - Rasa
Agni - Agni mandhya
Ama - Amanvisha
Strotas - Annavaha, Purishvaha
Strotodushti - Sanga, Vimarga-gamana, Atipravritti
Udbhavsthana - Ama-Pakvashaya
Rogamarga - Abhyantra
Vyadhi-Swabhava - Chirkari
Adhishthana - Grahami

AIMS AND OBJECTIVES
1. To evaluate the clinical effects of herbo-mineral compound (Bilvadi yog) in management of Grahami Rog w.r.t to Irritable Bowel Syndrome.
2. To provide a better life to the patients of Grahami Rog.
3. To provide safe, less costly, without side effect treatment to the patients of Grahami Rog.

[10]
MATERIALS AND METHODS:

Source of data:
Patients attending O.P.D & I.P.D OF JAMMU INSTITUTE OF AYURVEDA AND RESEARCH HOSPITAL. Also, special camps were conducted for the study. Patients were randomly selected irrespective of their socio-economic, educational and religious status.

Source of literature:
Literary aspect of study was collected from classical Ayurvedic and Modern texts and updated with recent medical journals.

Study Group:
Single study group of 30 patients falling under the diagnostic criteria will be selected.

Criteria for diagnosis:
Patients can be diagnosed with Grahani Rog on the basis of: Patients with complaints of Muhurbadh or Drava mala pravriti, Aruchi, Udara shool, Vishtamba etc. will be selected for study.

Criteria for selection of patients
Inclusion criteria:
1. Patients belonging to the age group of 16-45 years.
2. Uncomplicated cases of IBS (Grahani rog).
3. Subjects with clinical features of IBS and classical lakshanas of Grahani rog.
4. Chronicity- more than 6 months less 5 years.

Exclusion criteria:
1. Patients associated with systemic disorders like TB, Malignancy, metabolic disorders.
2. Subjects presenting with IBD which includes Crohn’s disease and ulcerative colitis.
3. Acute conditions like Cholera and Gastroenteritis.
4. Pregnancy and lactating mothers.
5. Chronicity less than 6 months and more than 5 years..

Laboratory investigation:

Haemogram: Blood for Hb gm%, Total Leucocytes Count (TLC), Erythrocytes Sedimentation Rate (ESR), Differential Leucocytes count(DLC).

Urine: Routine and Microscopic examinations were done.

Stool: Routine and Microscopic examination was done

Criteria for assessment
Subjective parameters
Pakva, Apakva mala pravriti (altered bowel habits)
Trishna(polydypsia)
Vairasya
Praseka
Chardi(vomiting)
Jwara(fever)
Udara shool (abdominal pain)

Postprandial urgency in defecation
Feeling of incomplete evacuation of stools (tenesmus)

Objective parameters
Based on various investigations like blood, urine and stool are done before and after treatment.

Laboratory investigations
Blood- Hb gm%, TLC, DLC, ESR
Urine- routine examination, microscopic examination
Stool- ova/cyst, mucus in stools,
Sigmoidoscopy/ colonoscopy (if necessary

Intervention:

YOG - herbo-mineral compound (Bilvadi yog)
DOSAGE - one gram, BD
DURATION - 30 Days
ANUPAN - Takra (buttermilk) with cumin seeds (roasted) and salt
FOLLOW UP - 30 Days

Patients diagnosed with Grahani Rog and falling under the criteria were given BILVADI YOG (Herbo-mineral compound) for 30 days. The statistical analysis was done of these scores before starting the treatment and after completion of 30 days count.

DISCUSSION
The disease "Grahani Rog" is leading disorder of gastrointestinal tract. Agnidushti is mainly responsible for the creation and causation of Grahani Rog. For Grahani Dosha, all major classical texts have been screened and analyzed as a part of disease but no text has direct reference regarding Grahani Dosha as a separate disease. Acharya
Charaka has mentioned that the Grahani Rog is the consequence of Mandagni, Chakrapanidatta has commented that in Grahani Dosha, Grahani passes the food in the stage of Ama (Apakwa) because of weak Agni. It is very well known that Grahani is Ashraya and Agni is Ashrita and due to various etiological factor, the functions of Grahani becomes impaired. The interdependence of Grahani and Agni all the etiological factors of Agni Dushti can directly cause Grahani Dosha. Therefore, any impairment of integrity of Grahani may impair digestive function and state of Agni and vice versa. The condition of Jatharagni should be suitably and carefully maintained, because life and strength of individual are dependent on it. When the vitiated Doshas get confined only to the organ Grahani, then it should be called Grahani Dosha. When the vitiated Doshas travels throughout the Rasadi Dhatu i.e. Sarvasharira Gatavatva then it should be called ‘Grahani Rog’. The Grahani and Agni are having Adhara-Adheya Sambandha.

In the Samprapti of Grahani Rog, Acharya Charaka elaborated a cascade of events viz. indulgence in Agni Vikritikara Hetus → Agni Dushti → Apachana → Ama Utpatti → Shukta Paka → Anna Visha or Ama Visha → Grahani Dosha → Grahani Dushti → Grahani Rog. Regarding the Purvarupa of the disease, In Ashtanga Hridhay the Purvarupa are described i.e. ‘Pragrapam Tasya Sadanam’. Clinical features of Grahani Rog; the pathogenesis of the disease is confined to Anavaha Srotas. The symptoms, mentioned in Charaka which are manifested as Vistambha, Aruchi, Gaurava, Praseka, Arti, and Vidaha etc. Coming on the point, course of the disease, etiological factors lead to vitiation of Grahaniadhistha Doshas or disturbance in the functions of Grahani manifested as Grahani Dosha.

DISCUSSION ON RESULTS

All the 30 subjects were registered for this clinical study and were categorized randomly under one single group. All the 30 patients have completed their course of treatment. The criteria for assessment have been described under different sub headings, viz.

Discussion on effect of therapy on Ati srishtham Malapravriti:

Highly significant improvement was seen in all the 30 patients of Grahani rog with regard to Ati Srishtham Malapravriti (altered bowel movements) with (52.69%) relief. This is achieved due to the properties of Bilvadi yog used as a Shamana Aushadhi.

Discussion on effect of therapy on Udarshool:

Highly significant improvement was seen in all the 30 patients of Grahani rog with regard to the frequency of abdominal pain or udarshool with (74.11%) relief. The result indicates that the treatment selected for the clinical trial showed excellent therapeutic effect.

Discussion on effect of therapy on Tenesmus:

Highly significant improvement was seen in all the 30 subjects with (73.43%) relief. It is due to the synergistic effect of Bilvadi yog used as Shamana Aushadhi.

Discussion on effect of therapy on Praseka(Nausea)

Highly significant improvement was seen in all the 30 subjects with regard to the Nausea with (64.8%) relief. Bilvadi yog very effective on nausea.

Discussion on effect of therapy on Chardi(Vomiting)

Significant improvement was seen in all the 30 patients with (27%) relief. The treatment shows very good response in the patients heaving vomiting as a symptom.

Discussion on effect of therapy on Post Prandial Urgency of Passing Stools:

Highly significant improvement was seen in all the 30 patients of Grahani rog with regard to the post prandial urgency of passing stools with (66.80%) relief. This is achieved due to the properties of Bilvadi yog used as a Shamana Aushadhi.

Discussion on effect of therapy on Vibandha:

Significant improvement was seen in all the 30 patients of Grahani rog with regard to the Vibandha with (57.14%) relief.

Discussion on effect of therapy on associated symptoms.

Significant improvement was seen in all the 30 patients of Grahani rog with relief from Atop, Adhman, Udar Gaurvata, Gas or flatulence, Aruchi with the trial medicine Bilvadi yog and Vata-Anulomaka, Deepana, Rochana, Rasayana dravyas and also it relieves stress with the effects of Brahamang Bang in it. Also enhances Bala of patient because it has Mohrasa in it. Apart from these medications life style modifications are necessary as junk food, spicy food can aggravate the condition.
Discussion on Overall Effect of therapy

Complete Remission of disease was seen in 04 patients i.e., 13.33% relief was seen. 15 patients have shown Marked Improvement, 50% remission of disease was there. 04 patients had Moderate Improvement .13.33%. Mild Improvement was seen in 02 patients; about 6.66% mild improvement was seen. While there were no significant changes seen in 02 patients i.e., about 6.66%.

Bilvadi yog is a potent herbo-mineral drug. It is worth mentioning here that this compound contains several drugs having Tridoshashamaka, Deepan, Pachan, Grahi and Vednasthapana properties with very special effect of Brahmi and Bhang in relieving stress and improving mood. Along with the medicine, Pathya-Apathya also plays the major part in the treatment of Grahani Rog. Since no treatment can be thought of in Ayurveda without proper observation of Pathya-Apathya, so in the study we were very particular about the do's and don'ts. The possible etiological factors like outside food, fast foods, fried food, frequent use of non-veg items, etc. were strictly avoided. All the possible causative factors of Aiginmandya were effectively ruled out. It is evident from the results that lifestyle management and avoiding the etiological factors have the major role to play in the management of Grahani Rog.

Probable Mode Of Action Of Bilvadi Yog:

In IBS mainly, there is vitiation of Agni, - Mandagni is seen. This ultimately results in Ama formation and may lead to diarrhoea or constipation. Unripe Bilva fruit, due to its Tikta Rasa, Katu Vipaka, Ushan Virya and Laghu Guna acts as Agni Deepan and also Amapachaka. Kashaya Rasa helps in reducing the colonic motility, and there by helps in IBS. Chemical constituents like pectin, tannic acid are helpful in reducing the colonic motility, and thereby helps in IBS. Chemical constituents like pectin, tannic acid are good stool bulking agents and mucilage, marmalosin helps in IBS. CONESSINE, an anti-emetic, anti-anxiety, brain-tonic, analgesic while Bhang is tonic, astrigent, analgesic, antibiotic, sedative and neuro-protective ability. IBS is psychosomatic disorder; these drugs help in relieving psychological stress and its somatic manifestation. Mochras is Sheeta Virya, Laghu, Snigdha, Picchilla in Guna, Madhura, Kashaya in Rasa, and Madhura in vipaka. While catechu tannic acid & Gallic acid in Mochras are digestive stimulant and have astringent property. And umbelliferone present in Dhanya stimulates the secretion of gastric juices and is a carminative and spasmolytic. Rasa Parpate balances Vata, Pitta and Kapha. Also helps in proper secretion of digestive juices causing correction of digestion, enhances absorption of nutrients and minerals and therefore, provides Bal and reduces malnutrition.

CONCLUSION

Kayagni is the leader of all factors concerned with digestion and metabolism in the living body. All the factors are derived from it. If Agni will destroy, the Purusha will die. Vitiation of Agni leads to disease and Samagni state leads to health condition. The root cause of Bal, Varna etc. is due to Agni. Ama is the root cause of almost all diseases produced in the body. So, the treatment of any disease can be based on Sama and Nirama Avastha. When the vitiated Doshas get confined to only the organ Grahani (i.e. functional derangement), then it could be called Grahani Dosa. When the vitiated Doshas travel throughout the Rasadi Dhatu i.e. Sarvashirra Gatavya (may be structural derangement) then it could be called as Grahani Roja. A single disease entity cannot be correlated with Grahani as per modern science, even though Irritable Bowel Syndrome is more similar. Chronic colitis, tropical sprue, IBS, etc also show similarities. Improper dietary habits and stressful life style of modern era are the root causes for Agni Dushti and subsequently Grahani disease. On the basis of all results obtained in the study it can be concluded that Bilvadi yog works effectively on chief symptoms and Rasvaha, Annavaha and Purishavaha Strotas, to the patients of Grahani. No any hazardous effects have been reported by the patients during the study or in follow up. This is very important in acceptance of Ayurveda, worldwide. As the study sample was very small, further study of larger group of patients may help to
understand detail mode and site of action of the drugs. The present study was a humble try in search of a better management of this disorder and it is fulfilled up to some extent.

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**Conflict of Interest:** Nil

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Table 1. **AHARAJA NIDANA – ETIOLOGICAL FACTORS OF GRAHANI ROG**

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Table 2. **VIHARAJA NIDANA – Etiological Factors & Grahani Rog**

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Table 3. MANSIKA NIDANA - Etiological Factors for Grahani Rog

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