

STANDARDISATION OF *BINDU* FOR *PANCHAGAVYA GHRITA* A PILOT STUDY

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ABSTRACT

Ayurveda is the rich storehouse of time-tested and effective recipe for the treatment of diseases. Four major factors contributing to success or failure in a treatment protocol are the Physician, drug, attendant and the patient himself. Out of these *Acharya* Charaka has laid stress over the fact that the *Siddhi* or success in treatment is largely based upon the drug dosage and the timing of the drug used. Dosage of the drug administered is a very important factor in any of the *Panchakarma* procedures to produce optimum efficacy of the therapy. *Nasya* is one of the important procedures in *Panchakarma*. *Nasya karma* is considered to be the most specific procedures for diseases of the head or the diseases of *Urdhwajatrugata* (supraclavicular region). *Bindu* is

the unit of measurement explained for the dose of *Nasya*. *Bindu* is not equal to drop as mentioned in classics that it is the quantity of *Drava* that dribbles down when the first two digits of index finger are dripped into it and taken out. So, in current attempt one pilot study was conducted in 10 subjects before starting the clinical trial on Generalized Anxiety disorder in which *Panchagavya Ghrita* was used for *Nasya Karma* in dose of 8 *Bindu*. Quantity of one *Bindu* for *Panchagavya Ghrita* was 0.53ml.

KEYWORDS: Bindu, Nasyakarma, Panchagavya Ghrita, Panchakarma.

INTRODUCTION

Panchakarma is therapeutic measure which services the body and soul in a seasonal and disease specific manner so that body can combat the diseases. The *Nasya Karma* (Errhine therapy) is one of the *Panchakarma* in which medicaments are administered through nose.^[1] In classics dose of *Nasya* Procedure was in form of *Bindu*. *Bindu* is the unit of measurement for *Drava Nasya* medicine and it is defined as the quantity of *Drava* that dribbles down when the first two digits of index finger are dipped into it and taken out. In context of food^[2], Purifactory procedures^[3], medicine *Acharyas* Gave prime importance to dose. If dose is less we can't get proper effect of medicine and if dose of medicine is more complications can occur. Change in dose can change the result. *Acharya Charak* has mentioned features of efficient medicine^[4], one of them is optimum dose. So, it is important to ensure efficient dose of medicine. The present paper deals with standardization of *Bindu* for *Panchagavya Ghrita*.

AIM: To standardize the dose of *Bindu* for *Panchagavya Ghrita*.

MATERIAL AND METHOD

Subjects registered in the clinical trial of Generalized Anxiety Disorder were recruited for the study. 10 patients were asked to immerse the two digits of index finger and total drops fallen after dipping, were counted separately and the average was calculated. Sum of each and every single drop which dribbles down from the first two parts of index finger is considered as one *Bindu*.

Concept of *Bindu*

Commentary of Arundatta on *Bindu* clears the doubt that not just the first drop is one *Bindu*, but it is the total quantity dribbling down from the index finger when immersed in the liquid should be considered as one *Bindu*^[5] *Acharya Sharangadhara* calculated and cleared all the doubts by mentioning exact quantitative calculation of one *Bindu* as follows.^[6]

Sharangadhara has stated that, 8 *Bindu* is equal to one *Shana* and further the dose of *Marsha Nasya* is explained in multiples of *Shana* itself, as 8 *Shana*, 4 *Shana* and 2 *Shana* for *Pradhaana*, *Madhyama* and *Heena Maatra* respectively.^[7]

According to *Sharangdhara*^[8]

1 *Shana* = 4 *Maasha*.

4 *Maasha* = 4 gm = 4ml^[9] (Ayurvedic Formulary of India).

Thus, 8 Bindu = 1 Shana = 4 ml. 1 Bindu = 0.5 ml.

According to Ayurvedic Formulary of India,

1 drop = 0.05ml.

10 drops = 0.5 ml.

It can be stated from the above explanation that standardized quantity of one *Bindu* for *Nasya* is 0.5 ml (10 drops).

OBSERVATION AND RESULT

A study was conducted in 10 subjects to assess the quantity of one *Bindu* of *Panchagavya Ghrita*. Following observations were made.

Subjects	Measurement in ml
1.	0.4ml
2.	0.3ml
3	0.4ml
4	0.7ml
5	0.6ml
6	0.6ml
7	0.5ml
8	0.7ml
9	0.4ml
10	0.7ml
Average- 1 Bindu-0.53ml for <i>Panchagavya Ghrita</i>	

DISCUSSION

Dose is the prime factor responsible for maximum efficacy of therapy. Optimum dose is required for accurate effect of therapy. From the present pilot study, it is clear that dose for *Nasya* differs from patient to patient and for every *Nasya* medicine. But it is quite difficult to count dose of *Nasya* for every patient. As every *Sneha* (oil or ghee) has different viscosity, the dose of *Sneha* for *Nasya* can't be fixed for each *Sneha*. Hence, the dose standardization in form of *Bindu* for ghee will be different from other *sneha* and vice versa. So, for all patients' quantity of one *Bindu* will not be the same. It is necessary to ascertain dose of different *Nasya* medicine for different studies before administration to get proper result.

CONCLUSION

Quantity of one *Bindu* for *Panchagavya Ghrita* was 0.53ml. According to classics, Dose of *Sneha* for *Nasya* is taken as 8 *Bindu* for this trial, which is equal to 4ml (1Bindu=0.5ml) as

per pilot study. So, 4ml dose of *Panchagavya Ghrita* was fixed to be administered in each nostril for clinical study on Generalized anxiety disorder.

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