

TO STUDY THE EFFECT BILVADI CHURNA (Y.R.) IN THE MANAGEMENT OF GRAHANI DOSHA

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INTRODUCTION

Now a day's Sedentary life style, defective dietary habits and stress play a key role in the development of all disease. These all factors primarily initiate GI tract disturbances leading to poor digestion, absorption and retention capacity of gut. One of the most common digestive disorders prevalent in the society is "Grahanidosha". Acharya Vagbhatta described Agnimandya as the root cause of Arsha, Atisara and Grahanidosha, while Acharya Sushruta considered Atisara as one of the predisposing factor of "Grahani Roga". Grahani has inter related with Agni. According to Ayurveda Vata, Pitta and Kapha are susceptible to imbalance and vitiation. In turn, they vitiate other structural and functional elements of the body. Samana Vayu, Pachaka Pitta and Kledaka Kaph are the main doshas confined to the organ

Grahani. Samana Vayu always move throughout Koshtha and responsible for Annam Gruhanati, Pachayati, Vivechayati Munchati. helps in Agni Sandhukshana. Pachaka Pitta participates in the digestion of food. Kledaka Kapha is said to be located in the Amashaya, moistens the food brought to this place, disintegrates and liquefies it.

The distinction between Grahani Dosha and Grahani Roga.

The functional aspects of Grahani is Agni. Therefore all the etiological factors of Agni Dushti may cause Grahani Dosha and finally results in Grahani Roga. Grahani Dosha is the first stage of Grahani Roga. Acharya Charaka, has said Tikshna, Manda, Vishama - Agnis may cause Grahani Dosha but Grahani Roga is the outcome of only Mandagni. Grahani Dosha can be linked to disorders of small intestine and Grahani Roga to Malabsorption Syndrome. Hence Bilvadi churna is commonly prescribed which balance Vata- Kapha and improves the Pitta. It is mainly used in digestive disorders such as Ama and Mandagni.

AIMS AND OBJECTIVES

To evaluate the effect of Bilvadi churna along with Takra in the management of Grahanidosha.

MATERIALS AND METHODS

Total 30 were examined out of which 24 patients were fulfilling the criteria for Diagnosis of Disease.

A) Inclusion Criteria

1. Patient having age between 20 years to 60 years.
2. Patients having symptom of Grahanidosha, i.e. Muhur Baddha / Drava Mala Pravritti Durgandhita / Picchila Mala Pravritti, Madhur/ Tikkat/ Amla Udgar Pravritti, Arochaka (Anorexia), Praseka (Hypersalivation), Vidaha (Burning sensation), Trishna (Thirst) etc
3. Uncomplicated cases with classical pictures of Grahanidosha have been selected irrespective of sex, caste, religion and profession.
4. Patients have been divided in two groups.

B) Exclusion Criteria

1. Patients > 20 & < 60 Age groups.
2. Disease like Acute diarrhea, cancer of Intestine and major illness like cardiac disease, Bleeding disorders, HIV, Tuberculosis of intestine Gastric and Peptic ulcer, uncontrolled D. M. and H.T etc., were excluded.

Investigations

Laboratory investigations were carried out before including the patients under the study to rule out any other pathological conditions.

1. Routine hematological investigations – Hemoglobin (Hb), total count (TC), differential count (DC), erythrocyte sedimentation rate (ESR), packed cell volume (PCV).
2. Urine examination – Routine and microscopic.
3. Stool examination – Routine and microscopic.

Above investigations has been done before and after treatment to see patients general condition and to rule out any other pathology. These investigations were not the part of diagnostic criteria for Grahani dosha.

Method of preparation of drug: Bilvadi churna contains:

Bilva, Chitrak, Chavak & Shunthi, all taken equal parts.

Anupan: Takra (Buttermilk).

Dose & Duration

Dose of 3 gm were administered along after meal two times a day for the duration of 4 weeks.

Criteria for Assessment

The patients were examined weekly and their status was noted. Assessment was done on the basis of progress in Rogabala, Dehabala, Chetasabala and Agnibala by specific scoring pattern. The results were analyzed statistically by Paired t-test.

Total effect of therapy

The obtained results were measured according to the grades given below,

1. Complete Remission 100% relief.
2. Marked Improvement 76% to 99% relief.
3. Moderate Improvement 51% to 75% relief.
4. Mild Improvement 26% to 50% relief.
5. Unchanged = & 0.05 Insignificant P.

Statistical Analysis

The Paired t-test is applied to the statistical data for evaluating the difference in the B.T. and A.T. Scores of subjective parameters. The obtained results were interpreted as: P >0.05 Insignificant P.

OBSERVATION AND RESULTS

Evaluating the overall effect of therapy, it was observed relief by Bilwadi churna in 15 patients had Moderate improvement i.e. (62.50%), in 08 patients i.e 33.34%. had Marked improvement & 01 patients i.e 4.16%. had mild improvement., it was observed that none of the patients showed complete remission and remained unchanged. (Table No. 3).

Table 1. Karma of Bilwadi Churna ingredients.

S.N.	Dravya	Latin Name	Karma/Action
1	Bilwa	Aegle marmelos corr	Kashaya, tikta Laghu, ruksha Usna Katu Kapha-vata shamaka, mrudurechaka
2	Chitraka Katu	Plumbago zeylanica	Tikta Laghu, Ruksha, Tikshana Usna Katu
3	Shunthi	Zingiber officinale	Katu Laghu, Snigdha, Tikshna Usna Madhura
4	Chavya	Piper chaba	Katu Laghu, Ruksha, Usna Katu

Table -2 Effect of therapy on signs and symptoms of Grahanidosha.

S.N.	Symptoms	N	Mean Score		Difference D	% Relief	S.D	S.E.	t	P	Significant
			BT	AT							
1	Muhurbaddha-Muhurdrava Mala Pravitti	24	3.29	0.61	2.68	79.5 %	0.95	0.26	10.25	<0.001	S
2	Durgandhit/Pichhila Mala Pravitti	24	3.49	0.87	2.62	75.4%	0.77	0.19	14.46	<0.001	S
3	Udgara Pravritti-Madhur/ Tikta/ Amla	17	2.27	0.72	1.55	68.8%	0.54	0.20	7.77	<0.001	S
4	Bala-Kshaya	11	2.51	0.87	1.64	65.1%	0.50	0.13	13	<0.001	S
5	Vidaha	16	2.54	0.48	2.06	81.4%	0.75	0.18	11.36	<0.001	S
6	Chardi	09	1.84	0.62	1.22	66.7%	0.6	0.17	7.41	<0.001	S

Table - 3: Overall effect of therapy on 24 Patients of Grahanidosha.

Drug Complete remission	Marked Improvement	Moderate Improvement	Mild improvement	Unchanged
00%	33.34%	62.50%	4.16%	00%

DISCUSSION

Agni situated in Jathara is significant from all of agni because it nourish to all Agni in the body. Impaired the function of Jatharagni leads to various diseases. Grahani Roga is an larger and chronic condition of Grahani Dosha. When the vitiated Doshas get restricted to only the organ Grahani, then could be known as Grahani Dosha. When the vitiated Doshas pass through the Rasadi Sapt Dhatus then it could be known as Grahani Roga. Grahani Dosha is vitiation of Agni i.e. functional deformity of Grahani regarding production of Pachaka Pitta

and Ama for digestion, but when it converts in structural deformity then it can be considered as Grahani Roga. Therefore here drug was given having Deepana and Pachana properties. The drugs in Biwadi Churna has Katu- Tikta, Laghu- Usna- Sukshma- Snigdha guna, Usna virya, Katu vipaka which lead to Shoshana of drava part of pitta and normalize the Agneya part of pitta. Usna Virya, Katu Rasa, Katu vipaka which perform as Deepana Pachana. After pachana due to usna virya they absorb the diluted portion from the mala. As the Takra is Laghu in Guna, having Deepana properties and attains Madhura Paka, it does not aggravate and increase Pitta; due to Kashaya Rasa, Ushna Veerya, Vikasi and Ruksha Gunas it is useful in Kapha; as fresh made Takra is Madhur, slightly Amla, it will not produce Daha in the Kosta and it is also Vatahara. Hence it found good relief in Grahani dosha.

CONCLUSION

This particular kalpa contains mostly those drugs which have Deepana-Pachana, Vata-anulomana, Shoolahara, properties which are, Katu Tikta-Madhura-, Laghu- ushna- Snigdha guna prominent with Katu vipaka & Usna virya. The research studies regarding ingredients of Biwadi Churna also prove results on gastrointestinal tract. So the kalpa is to be approved in case of Grahani Dosha or Ama arise diseases by observing Prakruti, Desha, Kala, Vaya and Avastha of the patient and Roga Bala.

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