

EFFECT OF BHUNIMBADI VATI IN THE MANAGEMENT OF GRAHANI DOSHA IN CHILDREN – A CASE STUDY

Sonam Chaudhary¹, Chuman Lal Bhaskar², Vishal Prajapati³, K.S. Patel⁴, V. K. Kori⁵

^{1,2}PG Scholar, ³PhD Scholar, ⁴Prof. & H.O.D., ⁵Asso. Prof., Dept. of Kaumarbhritya, IPGT&RA Jamnagar, Gujarat (India)

Email: drsonam1@gmail.com

ABSTRACT

Background: *Grahani* is a disease related with *Agnidushti*. This condition is more seen in childhood period due to faulty dietary habits and changing lifestyle which leads to many digestive diseases. So, it should be mainly treated for correction of *Agni* by drugs with *Deepana* and *Pachana* properties. Ingredients of *Bhunimbadi Vati* has properties of *Deepana* and *Pachana* mentioned in *Charaka Samhita*. **Aim:** To evaluate the effect of *Bhunimbadi Vati* in the management of *Grahani Dosha* in Children. **Material and Method:** A 5-years-old female patient of *Grahani Dosha* with complaints of defecation just after taking meal, Bowel frequency 3-4 times/day, Irregular bowel habit, loss of appetite, generalized weakness, occasional pain in abdomen, slow weight gain for 5-6 months was treated by *Bhunimbadi Vati* in three divided doses of 6 *Vati* per day after meal for 8 weeks with *Sukhoshna Jala*. **Result:** Marked improvement was found after 8 weeks of treatment i.e. Bowel frequency reduced to 1 time/day, no weakness, abdominal pain relieved, 1 kg body weight gained. Hematological parameters along with Routine & microscopic investigations of stool and urine were done before and after the treatment, all found normal. *Mala Parikshana* was done before treatment which shown sinking of stool in water and foul smell and after 8 weeks of treatment again *Mala Parikshana* was done where floating of stool in water and no foul smell were found. **Conclusion:** This case study has shown that *Bhunimbadi Vati* is effective in *Grahani Dosha*. Marked improvement found in all the symptoms of *Grahani Dosha* in Children.

KEYWORDS: *Grahani Dosha*, *Bhunimbadi Vati*, *Mala Parikshana*.

INTRODUCTION

Childhood is a period in which growth and development is on peak. Any factors affecting it in this period will not only disturb the growth of the child but its activities, social behaviour, immunity, concentration power and school performance too. If above mentioned problems are remaining untreated or unnoticed, they may turn into malnutrition that can

hamper the overall growth and development of child. All the phases of growth and development are easily affected by unfavorable conditions like *Mithya Ahara Vihara* i.e. use of contaminated foods, water and faulty food habits etc. Today's changing lifestyle is responsible for replacement of nutritious diet by preserved and fast food which leads to vitiation of

Agni. Improper function of *Agni* especially *Mandagni* is responsible for *Grahani Dushti*. The *Grahani* is the seat of *Jatharagni* both is interrelated. It's supported and nourished by the strength of *Agni*. Normally, it receives the ingested food, which is retained by restraining the downward movement. After digestion it releases the food through sides of lumen to next *Ashaya*. Due to weakness and vitiation of *Agni*, it releases food in indigested form.¹ It's called *Ama*. *Ama utpatti* leads to *Grahani Dosh*. So, it should be mainly treated for correction of *Agni* by drugs with *Deepana* and *Pachana* properties. Ingredients of *Bhunimbadi Vati* have properties of *Deepana* and *Pachana* mentioned in *Charaka Samhita*².

MATERIAL AND METHODS:

Place of Study: -

OPD of Kaumarbhritya department, Institute for Post Graduate Teaching & Research in Ayurveda Hospital, Jamnagar, Gujarat, India, 361008.

Case Report: -

A girl aged 6 years old from Jamnagar city of Gujarat with Registration no. PG18082658 came with her mother in OPD of kaumarbhritya department IPGT & RA Hospital, Jamnagar on 13th November 2018 at around 9:30 am with the chief complaints of: -

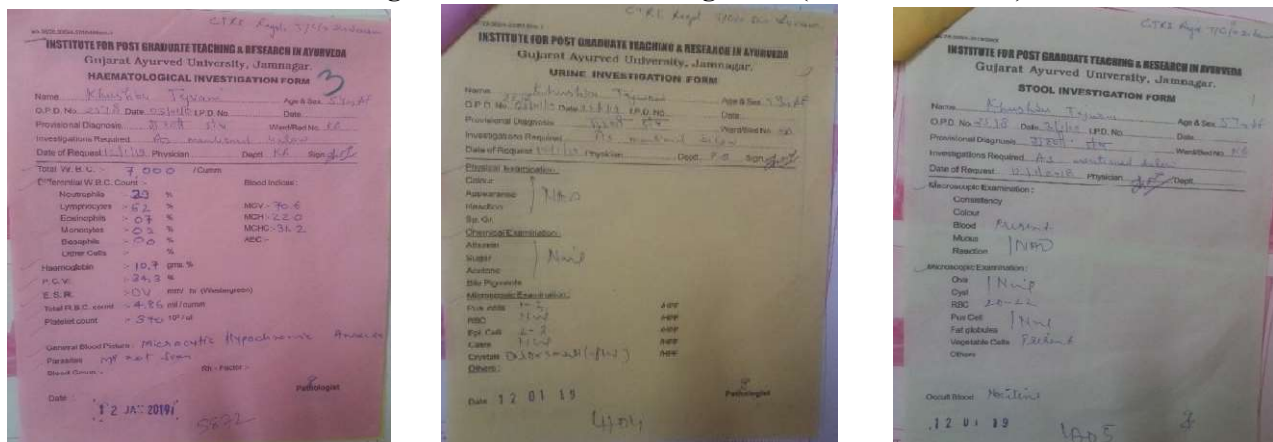
1. Irregular bowel habit, defecation just after taking meal
2. Bowel frequency 3-4 times/day
3. Occasional pain in abdomen
4. Loss of appetite
5. Generalized weakness
6. Not gaining weight

Patient had above symptoms for last 5-6 months.

Haematological, Stool, Urine Investigations (Before Treatment)



Haematological, Stool, Urine Investigations (After Treatment)



On Systemic Examination:-

Inspection: No abdominal distension present

Palpation: Abdomen soft & tenderness absent

Percussion: Dull sound present

Auscultation: Bowel sound present

History of present illness: -

According to her mother, patient was asymptomatic approx. 6 months back. But since then patient started complaints of irregular bowel habit, Bowel frequency 3-4 times/day, Occasional pain in abdomen, Loss of appetite, generalized weakness

and not gaining weight. They have consulted to allopathic doctor and taken treatment for the same and got relief for some months but again above complaints started. Hence, they came to Institute for Post Graduate Teaching & Research in Ayurveda Hospital, Jamnagar, Gujarat, India for management.

Past History: -

Not significant.

Family History: -

Her father also has same complain of irregular bowel habits.

Personal History: -

Name: XYZ	Appetite: Poor	Bowel: Irregular	Wt.: 19 kg
Age/Sex: 5 yrs/F	Dietary habits: Veg.	Urine: Regular	Ht.: 111cms
Habitat: Urban	<i>Prakriti: Vata-Kapha</i>	Sleep: Sound	BMI: 15.5 kg/m ²
Occupation: Student	<i>Agni: Mandagni</i>	<i>Bala: Avara</i>	Immunization: Proper as per age
SES: Middle Class	<i>Koshtha: Madhyam</i>	Addiction: None	Growth & Development: Proper as per age

Ashtavidha Pariksha: -

<i>Nadi</i> (Pulse): 72/min	<i>Shabda</i> (Speech): Clear
<i>Mala</i> (Bowel): <i>muhurbaddhama-muhurdravama</i>	<i>Sparsha</i> (Touch): Normal
<i>Mutra</i> (Urine): Regular	<i>Drika</i> (Eyes): Normal
<i>Jivha</i> (Tongue): Coated	<i>Akriti</i> (Built): <i>Krishna</i>

Treatment Plan: -

Patient was treated on OPD basis and drug prepared in Pharmacy of Gujarat Ayurved University, IPGT & RA, Jamnagar.

Following Drug used for internal use: -

Bhunimbadi Vati: contains 9 ingredients- *Bhunimba, Maricha, Pippali, Shunthi, Chitraka, Mustaka, Kutaja, Katuki, Indrayava*.³

Posology: Dose prepared by following *Sharangdhara* guideline.⁴

Dose	6 <i>Vati</i>
Dosage form	<i>Vati</i> (500mg)
Route of administration	Oral
Time of administration	<i>Adhobhakta</i> (after meal)
<i>Anupana</i>	<i>Sukhoshna Jala</i> (luke warm water)
Duration	8 weeks
Follow up	4 weeks

Pathya-Apathya⁵ –

Patient is strictly advised to follow *Pathya Palana* (do's and don'ts)

<i>Pathya</i>		<i>Apathya</i>	
<i>Ahara</i>	<i>Vihara</i>	<i>Ahara</i>	<i>Vihara</i>
<ul style="list-style-type: none"> ✓ <i>Purana Shali, Shashitika</i> (1 yr. Old rice) ✓ <i>Takra</i> (Buttermilk) ✓ <i>Masura</i> (Red gram) ✓ <i>Mudga</i> (Green gram) ✓ <i>Arhara</i> (Split pigeon pea) ✓ <i>Ushna Jala</i> (luke warm Water) ✓ <i>Agnideepaka</i> (Appetizer) and <i>Laghu Ahara</i> (light diet) 	<ul style="list-style-type: none"> ✓ <i>Langhan</i> (fasting) ✓ <i>Vyayama</i> (Physical Exercise), ✓ <i>Kaleshayanam</i> (Sleeping on time) 	<ul style="list-style-type: none"> <i>Snigdha</i> (Oily), <i>Kathina</i> (hard), <i>Guru</i> (heavy), <i>Ahara</i> (diet), <i>Dugdha</i>, (milk), <i>Dushtambu</i> (Contaminated water), <i>Kanda</i> (Tuber). 	<ul style="list-style-type: none"> <i>Ratrijagrana</i> (late night awakening), <i>Viruddhashana</i> (Antagonistic food), <i>Atapasevana</i>, (Sun Bath) <i>Vegavinigraha</i> (Urges retention), <i>Shrama</i> (Labor), <i>Ativyayama</i> (Excessive exercise).

Subjective Criteria of Assessment-

Muhurbaddhama muhurdravama mala pravritti⁶ (Irregular bowel habit), *Udarashula⁷* (Abdominal pain), *Arochaka^{8,9}* (Anorexia), *Mukhavairasya^{10,11}* (Tastelessness), *Balakshaya^{12,13}* (weakness), *Jarana Shakti¹⁴* (Intake Capacity), *Abhyavarana Shakti¹⁵* (Digestive Capacity)

Objective Criteria of assessment-

Sama and *Nirama Mala Parikshana* done¹⁶ (before and after treatment), *Sama Mala* – Sinks in water and foul smell, *Nirama Mala* – Floats on water and no foul smell. Haematological, Stool and Urine investigations done before and after treatment in which not found any significant Findings.

Criteria for Assessment-

1. Muhurbaddhama Muhurdravama Mala Pravritti

- 0 - Passing of normal consistency stool (1time/day) in the morning.
- 1 - Passing stool irregular (1-2 times/day).
- 2 - Passing stool irregular (2-3 times/day).
- 3 - Passing stool irregular & just after meal (3-4 times/day).
- 4 - Passing stool irregular & just after meal (>4 times/day).

2. Udarashula

- 0 - No pain.
- 1 - Occasionally pain.
- 2 - 3 to 4 days/week, pain ignored by child.

3 - 5 to 6 days/week, pain ignored by child.

4 - All the 7 days, which affect the activity of child, forced child to take medicine.

3. Arochaka

- 0 - Taking normal diet with interest.
- 1 - No interest in taking normal diet.
- 2 - Food has taken forcefully.
- 3 - Not taken a food even forcefully.

4. Balakshaya

- 0 - No weakness.
- 1 - Weakness but performs day to day activities.
- 2 - Weakness and difficulty in performing day-to-day activities.
- 3 - Child cannot able to get up from the bed.

5. Mukha Vairasya

- 0 - No complaint.
- 1 - Occasionally.
- 2 - Frequently.
- 3 - Continually.

6. Abhayavarana Shakti

- 0 - Good quantity thrice a day
- 1 - Good quantity twice a day
- 2 - Normal quantity twice a day
- 3 - Less quantity twice a day
- 4 - Less quantity once a day

7. Jarana Shakti

Scoring according to *Jeerna Aahara Lakshana* present after 6 hours after taking food. They are *Utsaha*,

Laghuta, Udgara Shuddhi, Kshudha Trishna Pravritti, and Yathochit Malotsarga.

0 - Presence of 5 symptoms.

1 - Presence of 4 symptoms.

2 - Presence of 3 symptoms.

3 - Presence of 2 symptoms.

4 - Absence of all the symptom.

RESULT

No.	Parameters	B.T.	A.T.
1	<i>Muhurbaddhama muhrdravama mala pravritti</i>	3	0
2	<i>Arochaka</i>	3	0
3	<i>Udarashula</i>	2	0
4	<i>Balakshaya</i>	2	0
5	<i>Mukhavairasya</i>	2	0
6	<i>Abhyavarana Shakti</i>	3	0
7	<i>Jarana Shakti</i>	3	0

Bowel frequency reduced to 1 time/day in morning.

Abdominal pain relieved

Appetite increased

2 kg body wt. gained

ON MALA PARIKSHANA - *Nirama mala lakshana* found i.e. Stool floats on water & no foul smell.

ON INVESTIGATIONS (HAEMATOLOGICAL, STOOL & URINE): No any significant findings found.

DISCUSSION

Because of *Mithya Ahara Vihara Sevana, Samana Vayu* and *Pachaka Pitta* vitiate that interrupt the normal function of *Grahani* by which indigestion of food occurs that leads to *Amotpatti* and cause *Shukta Paka* that resulting in *Annavisha* formation, these all leads to *Grahani Dosha* and when further *dosha dushti* occurs it leads to *Grahani Roga*. *Bhunimbadi Vati* (Charaka *Chikitsasthana* Chapter 15) contains ingredients *Bhunimba, Maricha, Pippali, Shunthi, Chitraka, Mustaka, Kutaja, Katuki, Indrayava* which have *Katu Tikta Rasa, Katu Vipaka, Ushna Virya* and *Deepana, Pachana, Rochaka* and *Sangrahaka* properties. So, it mollifies *Pachaka Pitta* and *Samana Vayu* that resulting in *Agni pradipti*. Due to increase in *Agni*, improvement is seen in *Abhyavarana* and *Jarana shakti* and finally helps to get relief in symptoms of *Grahani Dosha*.

CONCLUSION

Due to faulty dietary habits & modified life style pattern, this disease is more common in children. So, by changing diet pattern, lifestyle modification and consumption of *Bhunimbadi Vati*, had shown better result in reducing the symptoms of *Grahani Dosha*. But, to confirm the efficacy of above treatment protocol needs further larger sample clinical evaluation.

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