

AN OPEN LABELLED, SINGLE ARM STUDY TO OBSERVE EFFICACY OF BALALAIKI (IMMATURE FRUITS OF TERMINALIA CHEBULA FRUCTUS RETZ) IN VISHTTABDHAIJIRNA (INDIGESTION).

Ayurveda

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ABSTRACT

Purpose: Ayurveda explained Dincharya, Ritucharya, Aachar-Rasayana etc. to maintain healthy life. People crossed over limits, these health guidelines in the name of fashion, routine, urge, need etc. in present era, over or less eating, physical, mental stress, day sleeping, late night working are routinely followed, which directly reflects on GIT with symptoms of acidity, constipation, gases, indigestion etc, which can be diagnosed as *Vishttabdhajirna*, one type of *Ajirna* caused by *Mandagni* (less digestive fire). In Ayurveda, to improve or maintain good digestion simple remedies are advised like Balharitaki (immature fruit of *Terminalia Chebula*) which act as *Deepan*, *Pachan*, *Anuloman* (carminative digestive laxative). Hence the study was selected to observe the efficacy of Balharitaki in *Vishttabdhajirna*. **Method:** From Maharashtra community, age group of 18-60 years, irrespective of gender; 30 patients with classical signs and symptoms of *Vishttabdhajirna* were selected. 5 gms of Balharitaki powder was administered orally with *Koshnaja* at *Annadau kal* (before meal) for 8 days. After approval of IRC and IEC; consent was taken from each patient willing to participate before study. According to presence of symptom, scoring was done and intensity of disease was classified as below. **Results:** 25% patients had given a history of *Sheetashan*. 28% patients were suffering from *Mala-apravritti* among symptoms of *Vishttabdhajirna*. 95% were relieved from *Vatapravritti* 100% patients were relieved from *Mala-apravritti* and *Vata-vedana* after administration of Balharitaki. Two tailed paired 't' test shows significant results on symptoms of *Vishttabdhajirana*. **Conclusion:** Balharitaki has *Deepan*, *Pachan*, *Anuloman* (carminative digestive laxative) capacity. Efficacy of Balharitaki shows significant results on *Vishttabdhajirna*. There are many factors that require attention before medication and they are *Desha*, *Matra*, *Kala*, *Bala* etc.

KEYWORDS

Intensity of disease	Present Symptoms
Mild	0-2
Moderate	3-5
Severe	6-8

INTRODUCTION

Ayurveda is a science which believes in maintaining health rather than cures the diseases. [1] Dincharya, Ritucharya, Aachar-Rasayana etc. are advised to maintain healthy life. People crossed over limits, these health guidelines in the name of fashion, routine, urge, need etc. in present era, over or less eating, physical, mental stress, day sleeping, late night working are routinely followed, which directly reflects on GIT with symptoms of acidity, constipation, gases, indigestion etc, which can be diagnosed as *Vishttabdhajirna* [2], one type of *Ajirna* caused by *Mandagni* (less digestive fire). [3]

In Ayurveda, to improve or maintain good digestion simple remedies are advised like Balharitaki (immature fruit of *Terminalia Chebula*) which act as *Deepan*, *Pachan*, *Anuloman* (carminative digestive laxative). [4] Hence the study was selected to observe the efficacy of Balharitaki in *Vishttabdhajirna*.

OBJECTIVE:-

To observe efficacy of Balharitaki in *Vishttabdhajirna*.

Hypothesis

H₀ - there is no effect of Balharitaki on *Vishttabdhajirna*.

H_a - there is effect of Balharitaki on *Vishttabdhajirna*.

MATERIAL & METHOD:

I. MATERIAL-

a. 30 Patients of *vishttabdhajirna* were selected for study. Table-1

Inclusion Criteria:	Exclusion Criteria:
Age group : 18-60yrs.	Ajirna except <i>Vishttabdhajirna</i> .
Sex : Male & Female.	Chirkali <i>Vishttabdhajirna</i>
Community: Maharashtra	Patients along with other diseases

b. Balharitaki- 5 mg powder was administered orally with *Koshnaja* (warm water) at *Annadau kal* (before meal).

II. METHOD-

Criteria of assessment:

After approval of Institutional Research Committee and the Ethical Committee, consent was taken from each patient willing to participate.

Patients with classical signs and symptoms of *Vishttabdhajirna* were selected and according to presence of symptom, scoring was done:

Criteria of assessment For *vishttabdhajirna* :- Table - 2

Symptoms	Absent/ Once a week	Twice a week	Thrice a week	Four or more times a week
Shool (Pain in abdomen)	1	2	3	4
Addhaman (Bloating)	1	2	3	4
Vata-Apravritti (abdominal gaseous)	1	2	3	4
Mala-Apravritti (Constipation)	1	2	3	4
Vata Vedana (Spasmodic pain)	1	2	3	4
Stambha (Stiffness)	1	2	3	4
Moha (Syncope)	1	2	3	4
Angapidan (Bodyache)	1	2	3	4

Intensity of disease was classified as below- Table : 3

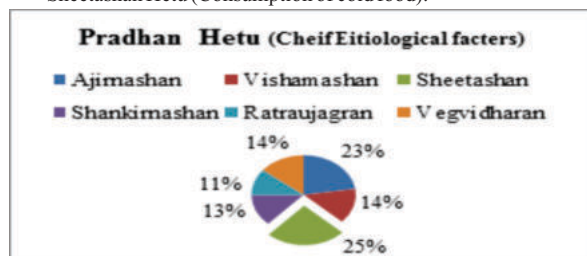
No. of Symptoms Present	Intensity
Any 1 or 2 symptoms	Mild.
Any 3 symptoms	Moderate
Any 4 or symptoms	Severe.

Follow up:

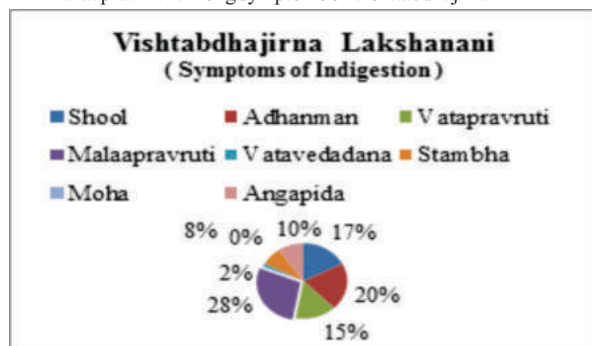
Follow up was taken for daily to observe any untoward effect of Balharitaki.

OBSERVATION AND RESULT

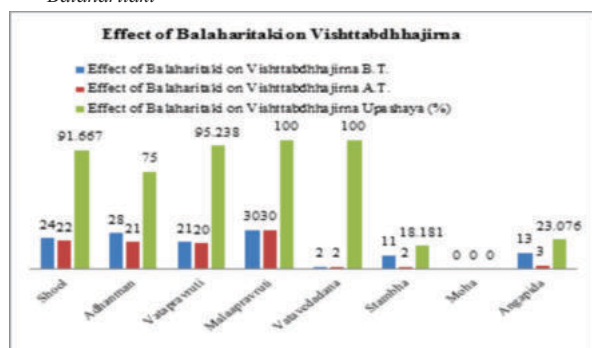
I. Maximum numbers of patients (25%) had given a history of *Sheetashan* Hetu (Consumption of cold food).



II. Maximum numbers of patients (28 %) were suffering from Malaapravrutti among symptoms of Vishttabdhajirna



III. Maximum numbers of patients (100%) were relieved from Malaapravrutti and Vatavedadana symptoms after administration of Balaharitaki



IV. Two tailed paired 't' test applied to observe efficacy if Balaharitaki on Vishttabdhajirna.

Effect of Balaharitaki on Vishttabdhajirna			
Symptoms	Table 't'	Calculated 't'	Significance
Shool	2.05	13.9	Significant
Adhanman	2.05	10.05	Significance
Vatapravruti	2.05	14.45	Significance
Malaapravruti	2.05	14.94	Significance
Vatavedadana	12.71	0	Significance
Stambha	2.18	3.715	Significance
Moha	-	-	-
Angapida	2.37	8.97	Significance

DISCUSSION:

Fruit of Haritaki (*Terminalia chebula Fructus Retz*) is constituted with Pancharasa (range of five tastes). Madhura (sweet), Amla (sour taste), Tikta (bitter), and Kashaya (dry). It shows the Laghu (light) and Rukhsana (dry) Gunas (Attributes), the Ushna Virya (hot potency), and the Madhura Vipaka (sweet metabolic property). Tridoshamak that is all bio physiological elements get alleviated special Vata Dosha by Prabhav (impact) property.[5]

Myrobalans contains astringent principles, tannin (tanic acid) 45 p.c and large amount of gallic acid, a brownish yellow coloring matter, chebulinic acid 'when heated in water splits up tannic and gallic acids. Myrobalans are safe and effective purgative & gentle laxative. Balharitaki (Unripe Fruit) is a mild and safe aperient and antibilious though it is astringent in nature.

Balaharitaki (immature fruits of *Terminalia chebula Fructus Retz*) is deep brown or black in color. Highly wrinkled. Dark or brown epidermis. It is a Mrudu Virechak (Mild Purgative) without any complications & there are no contraindications.() Though it is Kashaya it causes Pachan of Purish (Stool) and has laxative action. Its powder should be used for this purpose. It is the example of Vichitrapratyabhatva.[6] In Ayurveda this term explores, as and when Panchabhautika (five basic element) composition stuff converts in different from the original during gross digestion. It is improving appetite, good for digestion and Yakritottejana (Hepatonic) because of it is having attribute of Tiktarasa (Bitter in taste) and Ushna Veerya (hot Potency). It stimulates Agni if Balharitaki chewed. It stimulates the Jatharagni and Dhatwagni.[7]

With respect to pathophysiology of *Vishttabdhajirna*, mainly Dushya (Involved Vitiated factors) are Agni, Purish and Vata Dosha however due to Ushna and Tikshna property of Balharitaki it alleviates vitiated Vata Dosha and improves digestive capacity at macro & microlevel. It helps in regulation of Vatadosh from pelvic region and person relieves from constipation and blotting of abdomen.

CONCLUSION

Efficacy of Balaharitaki (immature fruits of *Terminalia chebula Fructus Retz*) in Vishttabdhajirna. has been proved.

It has been observed that Balaharitaki (immature fruits of *Terminalia chebula Fructus Retz*) has been Agni Deepana (Increase in Appetite) capacity in Vishttabdhajirna.

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