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Bilwa Taila in Granthibhuta Aartava Dushti - A Conceptual Study**Dr.Dnyaneshwar Ahire,**PG Scholar, 3rd year,

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Abstract :-

Background of the study: Granthibhutaartavadushti is the most common gynaecological disease found mainly during active female reproductive age. In developing country like India busy schedule, malnutrition and not following the code of conduct i.e. rajaswalaparicharya during menstrual period are the main causative factors of granthibhutaartavadushti. According to Ayurvedic classics Infertility is the manifestation of Artavadushti, so it is necessary to treat it immediately. Ayurveda has mentioned various medicines for Artavadushti; Bilwatailais one of the specialized medicines mentioned in Bhaishajya Ratnawali in Grahanirogadhikara. Bilwataila contains katu, tikta and ushnadravyas which are vata and kaphanashak. Hence an attempt is made through this presentation to highlight the clinical importance of bilwataila in Granthibhuta Artavadushti.

Keywords – Bilwataila, granthibhutaartavadushti, rajaswalaparicharya, vat and kaphanashak.

Introduction :-

Women are beautiful creatures of god. Not only by they look, but for what they do for. Women, by nature are made to be strong and resilient. These attributes are necessary components to enable them to bear and raise children. Women's bodies have been created to be healthy and in harmony and balance. Unfortunately, there exists a wide range of female health issues that are all too commonly regarded as an inevitable fact of life, and many women either suffer unnecessarily or resort to invasive procedures or prescription drugs to relieve their symptoms only. Ayurveda is health care system sensitive to women's special health needs. Women are far more sensitive to the rhythms and cycles of nature and Ayurveda is founded on the principle of keeping the body tuned with rhythm of nature.

Ayurveda advocates the concept of *rajaswalaparicharya*. Women's diet, her physical activities and emotional status during menstruation have their own effects on fertility. Ayurveda strongly recommends *rajaswalaparicharya* which signifies the effect of diet, physical and emotional behavior for healthy and safe reproductive life. But nowadays due to changes in life style and work load of women, it is difficult to follow a strict diet regimen or complete rest, hence gynaecological disorders like *aartavadushti*, *vandhyatwa*, PCOD are alarmingly increasing these days. *Granthibhutaartavadushti* (clotted menstrual bleeding) is one of the common gynaecological disorder caused due to vitiation of *vata* and *kaphadoshas* and *artava* (menstrual blood) becomes thick, frothy and clotted and expelled out with difficulty causes pain in lower abdomen, backache and restlessness. Ayurvedic classical text *bhaishajyaratnavali* has mentioned *bilwataila* for *artavadushti* which has properties to normalize the vitiated *vata* and *kapha*. *Bilwataila* can thus be considered as one of the most significant medication in accomplishment of the mentioned target.

Aim :- To evaluate the efficacy of *Bilwataila* in the management of *Granthibhutaartavadushti*.

Disease Review

Though the word *aartava* refers to menstruation or menstrual blood, ovum and ovarian hormones with reference to context, yet, under this heading of *aartavadushti* only menstrual disorders have been described.

Causative factors :-

Bruhatrayi's have not described any specific etiology of these *aartavadushti*. Only *Acharya kashyapa* mentioned that use of *nasya* during menstruation, *atiushnaannapansevan* and use of excessive medicines after *snehan – swedan* in *mrudukoshti* women.

Samprapti (Pathogenesis) :-**Types :-**

Acharya sushruta and *vagbhata* described 08 types of *aartavadushti*.

- 1) *Vataja* 2) *Pittaja* 3) *Kaphaja* 4) *Raktaja*
- 5) *Vata-pittaja* 6) *Pitta-kaphaja* 7) *Vata-kaphaja* 8) *Tridoshaja*

Clinical features :-

- 1) *Vataja aartavadushti* :- *Aartava* is *tanu* (thin), *ruksha* (dry), *phenil* (frothy), *krushna – arunvarniya*, *alpa* (less) and *vichchinna* (scattered) excreted slowly with pain.
- 2) *Pittaja Aartavadushti* :- *Aartava* is *neel* (blue), *pit* (yellow) *varniya*, *osha- choshdahyukt* (feeling of heat and burning), *putipuyagandhi* (blood, fungus, pus like smell).
- 3) *Kaphaja Aartavadushti* :- *Aartava* is *Shweta varniya* (whitish), *pichchil* (sticky), *majjopsamshrushta* (mixed with bonemarrow), *kanduyukt* (itching).
- 4) *Raktaja Aartavadushti (kunapgandhi)* :- *Aartava* is *kunapgandhi* (smell of dead body), *analpa* (excess in amount), *osha-choshvedanayukta* (feeling of heat and burning).
- 5) *Vata-Kaphaja Aartavadushti (Granthibhuta)* :- signs and symptoms of vitiation of *vata* and *kaphadosha*.
- 6) *Vata-Pittaja Aartavadushti (Kshina)* :- sign and symptoms of vitiation of *vata* and *pitta dosha*.
- 7) *Pitta-Kaphaja Aartavadushti (putipuya)* :- signs and symptoms of vitiation of *pitta* and *kaphadosha*.
- 8) *Tridoshaja Aartavadushti (mutrapurishagandhi)* :- signs and symptoms of vitiation of all the three *doshas*.

Chikitsa (Treatment) :-

Acharyas have mentioned the *chikitsasiddhant* (principles of treatment) in which *snehan*, *swedan*, *shodhan*, *pathyaaahar- vihar* and according to *doshas* to normalize the vitiated *doshas* are included.

Discussion :-**बिल्व तैल :-**

तुलार्थं शुष्कबिल्वस्य तुलार्थं दशमुलतः।
जलद्रोणे विपक्तव्यं चतुर्भागवशेषितम् ॥
आर्द्रकस्य रसप्रस्थमारनलं तथैव च ।
तैलप्रस्थं समादाय क्षीरप्रस्थं तथैव च ॥
धातकीबिल्वकुष्ठश्च शटी रास्ना पुनर्नवा ।
त्रिकटु पिप्पलीमुलं चित्रकं गजपिप्पली ॥
देवदारु वचा कुष्ठं मोचकं कटुरोहिणी ।

तेजपत्राजमोदे च जीवनीयगणस्तथा ॥
 एषामर्धपलान् भागान् पाचयेन्मुदुनाऽग्नि ।
 एतद्धि बिल्वतैलाख्यं मन्दाग्नीनां प्रशस्यते ॥
 ग्रहणी विविधां हन्ति अतीसारमरोचकम् ।
 संग्रहग्रहणी हन्ति अर्शसामपि नाशकम् ॥
 क्षीपदं विविधं हन्ति आन्त्रवृद्धिश्च नाशयेत् ।
 कफवातोद्भवमं शोथं ज्वरमाशु व्यपोहति ॥
 कासं श्वासश्च गुल्मश्च पाण्डुरोगविनाशनम् ।
 मक्कलशुलशमनं सूतिकाऽऽतंकनाशनम् ॥
 मूढगर्भं च दातव्यं मूढवातानुलोमनम् ।
 शिरोरोगहरश्चैव स्त्रीणां गदनिषूदनम् ॥
 रजोदुष्टाश्च या नार्यो रेतोदुष्टाश्च ये नराः ।
 तेऽपि तारुण्यशुक्राद्या भविष्यन्ति महाबलाः ॥
 वन्ध्याऽपि लभते पुत्रं शुरुं पण्डितमेव च ।
 बिल्वतैलमिति ख्यातमत्रेयेण विनिर्मितम् ॥

(भेषज्य रत्नावली ग्रहणीरोगाधिकार ८/५७२-५८२)

DRUG NAME	LATIN NAME	RASA	VIRYA	VIPAKA	GUNA	DOSHAGHNATA
Dhataki	Woodfordia fruticose	Kashaya	Sheeta	Katu	Laghuruksha	Kaphapittaghna
Ajmoda	Carumroxburghianum	Katutiktika	Ushna	Katu	Laghuruksha	kaphavataghna
Kushtha	Sassuralappa	Tiktakatu	Ushna	Katu	Laghuruksha	Kaphavataghna
Pippali	Piper longum	Katu	A.shita	madhur	Laghusnigdha	Kaphavataghna
Punarnava	Boerhaviadiffusa	Madhurtiktika	Ushna	Madhur	Laghuruksha	Tridoshghna
Kachur		Katutiktika	Ushna	Katu	Laghutikshna	Kaphavataghna
Katuki	Picrorrhizakurroo	Tikta	Sheeta	Katu	Ruksha Laghu	kaphapittaghna
Rasna	Vandaxroxburgee	Tikta	Ushna	Katu	Guru	Kaphavataghna
Til	Sesamumindicum	Madhur	Ushna	Madhur	Guru snigdha	Vataghna
Vacha	Acoruscalamus	Katutiktika	Ushna	Katu	Laghutikshna	Kaphavataghna
Devdaru	Cedrusdeodara	Tikta	Ushna	Katu	Laghusnigdha	Kaphavataghna
Trikatu		Katu	Ushna	Katu, Madhur	Laghusnigdha	Kaphavataghna
Ardrak	Zizimber officinalis	Katu	Ushna	Katu	Guru ruksha	Kaphavataghna
Chitraka	Plumbagozeylanica	Katu	Ushna	Katu	Laghuruksh	Kaphavataghna
Bilwa	Aegelmarmelos	Kashayatiktika	Ushna	Katu	Laghuruksh	Kaphavataghna
Tejpatra		Katutiktika	Ushna	Katu	Laghuruksh	Kaphavataghna

Mochrasa		Kashaya	Ushna	Katu	Laghupichichil	Kaphapittaghna
Kanji		Katu , tikta	Ushna	Katu	Laghu	Kaphavataghna
Godugdha		Madhur	Shita	Madhur	Guru snigdha	Tridoshghna
Dashamoola		Katutikta	Ushna	Katu	Laghu	Kaphavataghna
Jeevniyagana		Madhur	Shita	Madhur	Guru snigdha	Vatpittaghna

According to samhitasgranthibhutartavadushti causes due to vitiation of vata and kaphadoshas, again thosedoshas are vitiated due to malnutrition and non followingrajaswalaparicharya. In granthibhutartavdushtiartava becomes thick, frothy and clotted and expelled out with difficulty causes pain in lower abdomen, backache. If these artavadushtis are left untreated it may turns into the infertility, which is mentally, physically and socially depressive for females. Acharyas have mentioned the chikitsasiddhant (principles of treatment) in which snehan, swedan, shodhan, pathyaaahar- vihar and according to doshas to normalize the vitiated doshas are included. So keeping these siddhantas in mind we can propose bilwataila is significant medicine to achieve the treatment goals.

Probable Mode Of Action :-

The main content of bilwataila is dashamoola which has properties of shoolaprashaman,vatanulomak. It also acts as kaphaghna due to its ushnnavirya and katuvipaka. The other content of bilwataila is tiltaila which is snigdha in guna causes sandhan karma and act as balya. It also acts as artavajanan and vedanasthapan. Pippali is garbhashayasamkochaka and vedanasthapak. Pippali has the main property of yogvahi which enhances blood supply to uterus which leadsartavajanan.Trikatu, punarnava, chitraka, ardrak, bilwa, kutaki are katutiktarasatmaka and ushnnaviryatmaka act as bhedaniya, lekhanitya and kledashoshan which causes kaphashamak and vatanulomaka. Deodaru, kushta, ajmoda aregarbhashayashodhak and garbhashayauttejak. They also acts as raktashuddhikar, which purifies blood and Artava. Dhataki, Kanji, tejpatra, kachur,vacha, rasna acts as garbhashayasamkochaka, vedanasthapaka, vranshodhak and vranaropaka ,thus helping uterus to evacuate menstrual blood faster and with ease causing elimination of pain. Godugdha is tridoshashamak, kledaghna, medhya which acts balya and dhatupushtikar. Drugs in jeevniyagana are madhur, shita and snigdha which provides strength to uterus and decreases dhatukshaya. All the content of bilwataila may act synergicallyto break down the pathology of granthibhutartavadushti.

Conclusion :-

By studying the pathophysiology of *artavadushti* vitiated *vataandkapha* are the main causative factors for *granthibhutartavadushti*. *Rajaswalaparicharya* mentioned in *samhitas* not only has a close resemblance with health care but also had taken utmost care of future reproduction. Content of *bilwataila* mainly are *katu*, *tiktarasatmakaandushnnaviryatmaka* which act as a *vataandkaphashamak* which helps to break the pathology of *granthibhutartavdushti*. Other properties of *bilwataila* are *garbhashayasamkochaka*, *shoolaprashaman*, *bhedaniya*, *raktashuddhikara* which helps in *artavajanan* and to reduce the respective symptoms of disease. *Bilwataila* can be used for *basti*, *uttarbastikarma*, *yonipichu*and for oral consumption as well.*Bilwataila*is one of the best ayurvedic preparation available which is non-steroidal, non-toxic and cost effective.

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