Bilwa Taila in Granthibhuta Aartava Dushti - A Conceptual Study

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Abstract :-
Background of the study: Granthibhuta aartavadushti 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 granthibhuta aartavadushti. According to Ayurvedic classics Infertility is the manifestation of Aartavadushti, so it is necessary to treat it immediately. Ayurveda has mentioned various medicines for Aartavadushti; Bilwatalaiais one of the specialized medicines mentioned in Bhaishajya Ratnavali Grahanirogadhikara. Bilwatalaiais contains katu, tikta and ushnadravyas which are vata and kapha nashak. Hence an attempt is made through this presentation to highlight the clinical importance of bilwatalaiais Granthibhut Aartavadushti.

Keywords – Bilwatalaiais, granthibhutartavadushti, 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 recommend srajaswalaparicharya 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. Granthibhuta aartavadushti (clotted menstrual bleeding) is one of the common gynaecological disorder caused due to vitiation of vataand 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 bilwatalaiais for aartavadushti which has properties to normalize the vitiated vataand kapha. Bilwatalaiais can thus be considered as one of the most significant medication in accomplishment of the mentioned target.

Aim :- To evaluate the efficacy of Bilwatalaiais in the management of Granthibhuta Aartavadushti.
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, attushnaannapanevan and use of excessive medicines after snehan – swedan in mrudukoshti women.

Samprapti (Pathogenesis) :-

Types :-

Acharya sushrutaand vagbhata described 08 types of aartavadushti.

1) Vatajaaartavadushti :
Aartava is tanu (thin), ruksha (dry), phenil (frothy), krushna – arunvarniya, alpa (less) and vichchinna(scattered) excreted slowly with pain.

2) PittajaAartavadushti: 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) RaktajaAartavadushti (kunapgandhi): Aartava is kunapgandhi (smell of dead body), analpa (excess in amount), osha-choshvedanayukt (feeling of heat and burning).

5) Vata-Kaphaja Aartavadushti (Granthibhuta): signs and symptoms of vitiation of vataandkaphadosha.

6) Vata-PittajaAartavadushti (Kshina): signs and symptoms of vitiation of vata and pitta dosha.

7) Pitta-KaphajaAartavadushti (putipuya): signs and symptoms of vitiation of pitta and kaphadosha.

8) TridoshajaAartavadushti (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, pathyaahar-vihar and according to doshas to normalize the vitiated doshas are included.

Discussion :-

चिकित्सा तत्त्व :-

तुलार्थ शुष्कवित्सवस्य तुलार्थ दशमुलतः।
जलद्रोण चिकित्स्या च शुष्कवित्सवस्यानेन च।
आदर्शस्य रसप्रस्थमारणलं तद्धच्छव पुनर्विहार ।
तैलप्रस्त्य समादायं क्षीरप्रस्त्य तद्धच्छव ।
धातकमित्तुमकृषिकं श्री रास्ता पुनर्विहार ।
त्रिकुटिकिम्मलिंगी चित्रकं गमयित्वसच।
देयदारं वचा कृषि मोचकं कहुदर्शित्तिः।
### DRUG NAME | LATIN NAME | RASA | VIRYA | VIPAKA | GUNA | DOSHAGHNATA
--- | --- | --- | --- | --- | --- | ---
Dhataki | Woodfordia fruticose | Kashaya | Sheeta | Katu | Laghuruksha | Kaphapittaghna
Ajmoda | Carumroxburghi anum | Katutikta | Ushna | Katu | Laghuruksha | Kaphavataghna
Kushtha | Sassuralappa | Tiktakatu | Ushna | Katu | Laghuruksha | Kaphavataghna
Pippali | Piper longum | Katu | A.shita madhur | Laghusnigdha | Kaphavataghna
Punarnava | Boerhaviadiifusa | Madhurtikta | Ushna | Madhur | Laghuruksha | Tridoshghna
Kachur | Katutikta | Ushna | Katu | Laghutikshna | Kaphavataghna
Katuki | Piccrorrhizakurro o | Tikta | Sheeta | Katu | Ruksha Laghu | kaphapittaghna
Rasna | Vanda roxburgee | Tikta | Ushna | Katu | Guru | Kaphavataghna
Til | Sesamumindicum | Madhur | Ushna | Madhur | Guru snigdha | Vataghna
Vacha | Acoruscalamus | Katutikta | 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 | Kashyatikta | Ushna | Katu | Laghuruksh | Kaphavataghna
Tejpatra | Katutikta | Ushna | Katu | Laghuruksh | Kaphavataghna

(भेषज ज्ञानी ग्रहणीरोगचिकार ५९७२-५८२)
According to samhitas, granthibhutartavadushti causes due to vitiation of vata and kapha, and these doshas are vitiated due to malnutrition and non-following of rajaswalaparicharya. In granthibhutartavadushti, the artava becomes thick, frothy, and clotted and expelled out with difficulty, causing pain in the lower abdomen and backache. If these artavadushtis are left untreated, it may turn into infertility, which is mentally, physically, and socially depressive for females. Acharyas have mentioned the chikitsasiddhant (principles of treatment) in which snehan, swedan, shodhan, pathyaahar-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 ushnavirya and katuvipaka. The other content of bilwataila is til taila which is snigdha in guna causes sandhan karma and acts 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 the uterus which leads to artavajanan. Trikatu, punarnava, chitraka, ardrak, bilwa, kutaki are katutiktarasatmaka and ushnaviryatmaka which act as bhedaniya, lekhaniya and kledashoshan which causes kaphashamak and vatanulomaka. Deodaru, kushtha, ajmoda aregarbhshayashodhak and garbhashayujjwal. They also act as raktashuddhikar, which purifies blood and Artava. Dhataki, Kanji, tejpatra, kachur, vacha, rasna acts as garbhashayasamkochaka, vedanasthapaka, vrashodhak and vrnaropaka, thus helping the uterus to evacuate menstrual blood faster and with ease causing elimination of pain. Godugdha is tridoshshamak, kledaghna, medhya which acts balya and dhatupushtikar. Godugdha acts as garbhashayasamkochaka, vedanasthapak, vranshodhak and vranaropaka, thus helping the uterus to evacuate menstrual blood faster and with ease causing elimination of pain. Godugdha is tridoshshamak, kledaghna, medhya which acts balya and dhatupushtikar. Drugs in jeevaniyagana are madhur, shita and snigdha which provides strength to the uterus and decreases dhatukshaya. All the content of bilwataila may act synergistically to break down the pathology of granthibhutartavadushti.

Conclusion:

By studying the pathophysiology of artavushti vitiated vata and kapha, 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, tiktarasatmaka and ushnaviratmaka which act as vataandkaphashamak which helps to break the pathology of granthibhutartavadushti. Other properties of bilwataila are garbhashayasamkochaka, shoolaprasanam, bhedaniya, raktashuddhikara which helps in artavajanan and to reduce the respective symptoms of disease. Bilwataila can be used for basti, uttarbastikarma, yonipichu and oral consumption as well. Bilwataila is one of the best ayurvedic preparations which is non-steroidal, non-toxic and cost-effective.
References:

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