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CLINICAL ASSESSEMENT OF 'BHAISHAJYA SEVAN KAAL' AS PER AYURVED MODALITY W.R.T. 'MALAVSHTAMBH'

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ABSTRACT

Ayurveda has its unique concepts and methods to deal with the disease. These concepts are as useful in present context as they were 5 thousand years back. Bhaishajya sevan kaal (Times of oral administration of medicine) is one of these concepts which is very unique & plays important role in treatment of any disease. Charak has mentioned 10 different Bhaishajya sevan kaal (Times of oral administration of medicine) with their indications and uses (Yadavaji Trikamji et al., 1984). While going through these Bhaishajya seven kaalas (Times of oral administration of medicine) we can observe that, this concept is totally different from the concepts advised by modern health science. Malavshtambh (Constipation) is one of the manifestations of Apan vayu vikriti which is very usual problem in society. Thousand of patients are prescribed Anuloman (laxatives) medicine daily. In modern science laxative medicine is generally prescribed Hora Somni i.e. at the bed time. But according to Ayurveda as it is Apan vayu vikriti medicine should be taken at Apan kaal (Oral administration of medicine) i.e. before meals (Ibidem, ?). For checking of more effective time of drug administration, oral Anuloman (Laxative) drug in Apan kala has been given to one group and in H.S. to other group and results were assessed. Anuloman medicine (laxatives) proved to be more effective in Apan kaal (Oral administration of medicine before meals) than Hora somni i.e. at bed time. Believe that Ayurvedic Practice can be successful if we use concept of Ayurveda rather blindly following modern medicine.

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INTRODUCTION

The area of influence of *Apan Vayu* in human body is below umbilicus especially large intestine (Anna Moreshwar Kunte and Krsna Ramchandra Shastri Navare, ?). Amongst several functions of *Apan Vayu*, excretion of feces & micturation are important functions (Ibidem, ?). It means that if *Apan Vayu* is disturbed by any cause it will interrupt the normal function of excretion of feces. Which will give rise to the symptom called 'constipation'. Now a day's our life style is developed in such way that, in many individuals we can observe *Apan Vayu vikriti*. Main manifestation of *Apan Vayu vikriti* is constipation which is seen in most of the individuals who came in *Ayurved* clinics.

For the treatment of various *Vayu* within our body & their manifestations, various timings of oral drug administration are stated. Amongst those timings, for treatment of *Apan Vayu vikriti* oral drug administration should be before meals (Ibidem, ?). In modern health sciences treatment of constipation is laxative medicine which is usually given Hora Somni i.e. at bed time. But according to *Ayurved* as it is symptom of *Apan Vayu vikriti* the *Anulomana* drugs should administrated before meals (Ibidem, ?). In case of constipation to check efficacy of drug administration amongst either timings; one should study the results drawn from two groups to which same drug is administrated the in either timing.

MATERIALS AND METHODS

To check more effective timing of drug administration, 2 groups of *Malavshtambh* (constipation) patients were formed.

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Pt. No.	Time of defecation urge after waking up.	Number of motions took place.
1	2.5 min.	2
2	4.5 min.	1
3	5 min.	1
4	6 min.	2
5	5.5 min.	1
6	3.5 min.	3
7	3 min.	1
8	2 min.	2
9	4 min.	1
10	4.5 min.	1
11	5.5 min.	1
12	6 min.	1
13	6 min.	1
14	5.5 min.	2
15	4.5 min.	1
16	3.5 min.	2
17	2.5 min.	1
18	3 min.	1
19	2.5 min.	1
20	2 min.	3
21	3.5 min.	1
22	4.5 min.	2
23	5 min.	1
24	5.5 min.	1
25	6 min.	3
26	5 min.	1
27	4.5 min.	1
28	3.5 min.	1
29	2.5 min.	1
30	4 min.	1

Pt. No.	Flatulence relieved.	Relieved abdominal heaviness.	Satisfaction.
1	++++	++++	+
2	++	++++	++++
3	++++	++++	++
4	++++	++++	++++
5	++++	++++	++
6	++++	+	++++
7	++++	++++	+++
8	++++	++++	++++
9	++++	++	+++
10	++++	++++	++++
11	+++	++++	++++
12	++++	+++	+
13	++++	++++	++++
14	++++	++++	++++
15	++++	++	++
16	++++	++++	++++
17	++++	++++	++++
18	++++	++++	++
19	++++	++	++++
20	++++	++++	++
21	++++	++++	++++
22	++++	+	++++
23	++++	++++	++++
24	++++	++++	++++
25	++++	++++	++++
26	++++	++++	++++
27	+	++++	++++
28	++++	++++	++++
29	+	++++	++++
30	++++	++++	++++

Each group contains 30 patients both male and female equally. Each patient is treated with *Haritaki (Terminalia chebula) Churna* (Powder) 2 gms.⁷ as *Anulomak* drug for treatment of *Malavashambh*. 1st group is treated with drug before meals, and drug given to 2nd group is at H.S. Results are observed and studied.

Results are observed by applying following criteria's:

- Time of defecation urge after waking up from bed.

- Number of motions took place.
- Subjective criteria
 - Relevance of Flatulence.
 - Relevance of abdominal heaviness.
 - Satisfaction.

Null hypothesis of 1st criteria: Time of defecation urge after waking up from bed remains same in both groups.

Pt. No.	Time of defecation urge after waking up.	Number of motions took place.
1	7.5 min.	2
2	6.5 min.	3
3	7 min.	2
4	8 min.	4
5	9 min.	1
6	11 min.	3
7	15 Min.	1
8	7 min.	4
9	5.5 min.	1
10	5 Min.	2
11	6 min.	1
12	7.5 min.	2
13	12 min.	1
14	14.5 min.	2
15	15 min.	1
16	10 min.	4
17	12 min.	3
18	11 min.	3
19	11.5 min.	1
20	12.5 min.	2
21	9.5 min.	1
22	8.5 min.	2
23	7.5 min.	1
24	5.5 min.	1
25	6.5 min.	4
26	6 min.	2
27	7 min.	2
28	8 min.	1
29	9.5 min.	3
30	10 min.	4

Pt. No.	Flatulence relieved.	Relieved abdominal heaviness.	Satisfaction.
1	++++	++++	++++
2	+	+	+
3	++++	++++	++++
4	++	++	++
5	++++	++++	+++
6	+++	+	++++
7	++++	++++	+++
8	+	+++	++++
9	++++	++++	+
10	++	+	++++
11	++++	++++	+
12	++	++	++++
13	++++	++++	++
14	+	++	++++
15	++++	++++	++
16	++++	++	++++
17	++++	++++	+++
18	++++	++	++++
19	+++	++++	+++
20	++++	+++	++++
21	++++	++++	+
22	++++	+++	+
23	++++	++++	++++
24	++++	+	+
25	++++	++++	+
26	+	+++	++++
27	++++	++++	+++
28	++	+	+
29	++++	++++	++
30	++++	+++	++

Alternative hypothesis: Time of defecation urge after waking up from bed will be less in first group.

Null Hypothesis for 2nd criteria: If drug is given before meals the no. of motions will be less.

Alternative Hypothesis: If drug is given before meals the no. of motions will remain same as second group.

Selection Criteria: Following patients have been selected.

- Age group more than 18 years, because below 18 years the dose of *Haritaki Churna* (*Terminalia chebula*) will vary as per age.
- Male/Female both have been selected for experiment.

Rejection criteria: Following patients have been rejected

- Patient who were on multiple drug therapy.
- Age below 18 years.

- Critical illness.

Observations: Shown in tubular form

Patients who have been given drug before meals

Patients who have been given in H.S.

RESULTS

- Patients who have been administrated drug before meals have 1st defecation urge after waking up is between 2minits to 6 min.
- In above said patients number of motions took place ranges 1 to 3.
- 70% individuals have only one urge of defecation.
- 85% individuals have +++++ grade in relieved flatulence.
- 80% individuals have +++++ grade in relieved abdominal heaviness.
- 70% individuals have +++++ grade in satisfaction.
- Patients who have been administrated drug in H.S. form have 1st defecation urge after waking up were ranges 5 to 15 min.
- Number of motions took place ranges 1 to 4.
- 60% individuals have more than 1 urge of defecation.
- 65% individuals have +++++ grade relieve in flatulence.
- 50% individuals have +++++ grade relieve in abdominal heaviness.
- 40% individuals have +++++ grade satisfaction.
- When we compare 1st criteria of both groups, calculated t value is 3.81. The absolute t value is greater than table value at 5% and 1% which is very significant⁸. Hence null hypothesis is rejected. It means that time of defecation urge after waking up from bed is significantly less in 1st group than 2nd group.
- When we compare 2nd criteria of both groups, calculated t value is 0.284 absolute t value is less than table value at 5% and 1%.⁹ Hence null hypothesis is accepted. Hence it can be said that number of motions are less in 1st group than 2nd group.

DISCUSSION AND CONCLUSION

Manifestation of *Apan vayu vikriti* is *Malavshambh*. If one has to treat that symptom, the treatment should give in *Apan kal*. *Apan kal* means time of oral drug administration before meals¹⁰. On the other hand treatment of constipation in modern health science is laxative which is usually given H.S.

In *Ayurved* practice, *Anuloman* drugs are usually given H.S. which is wrongly timed treatment. When the drug is given it should act in such a way that, defecation urge will arrive most early after waking up. Because motivation of *Apan Vayu* along with gravity results early urge of defecation. Also on other hand number of motions should be less because all of the feces should be excrete out from body in fewer attempts. Along with subjective symptoms like lowered abdominal flatulence, lowered abdominal heaviness, and satisfaction as well. If all above said results obtain from specific drug administration time, then it would be more effective for *Apan Vayu* motivation. For checking more effective time of drug administration, which will result more intensely and appropriately, *Anuloman* drug in *Apan Kal* have been given to 1st group, And in H.S. to 2nd group of *Malavshambh* patients. The results obtained were shown previously.

Conclusion

For *Apan Vayu Vikriti* the time of oral drug administration should be *Apan Kal*. i. e. before meals, for more effective results.

In *Ayurved* practice methods stated by *Ayurveda* should be followed instead of other indications.

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