

**Rewiew the study of *Bilva Majja with Lajambu Pan* in Garbhini Chardi
 Bharati Sanjay Patil*¹, Pallavi Lokesh Fule², Prabhakar S. Salunke³**

1. Professor-Striroga Prasutitantra
2. Professor-Agadtantra Dept.
3. Professor-Rasashastra and B.K.Dept.

KDMGs Ayurved College & Research Center, Chalisgaon,
 Dist. Jalgaon, Maharashtra, India

*Corresponding author: M. 9422336878 E-mail: patilbharati2601@gmail.com

Abstract :-

Vedas are main i.e. Adya Vadanymaya of all human beings. In all veda's Maharshi told us to live & how to behave in our routine life. All veda's are written by great Maharshi in Upanishada's all are giving us to how to live of behave in our life Satyam Wada, Dharmamchar with these they explain how to reproduce same human from same human beings, that is generating same type of species. In Ayurveda we say that is to maintain "Vansh Satatya". To maintain "Vansha Satatya" there is first main event is woman so at most importance should be given to woman rather than man. To become a mother is very important event for any woman. Motherhood is fulfilment of her life. Physically and mentally woman is very much sensitive. During pregnancy physical changes are seen with company of mental health. Garbhawastha and Prasava are important phases these are prakrut phases. During this physical and mental changes occur, this vikruti is found in pregnant woman as Garbhini Vhyadhi. Garbhini

Chardi is one of them which will affilict the pregnant woman. Many drugs are tried on Garbhini Chardi of here we select Bilva Majja and Lajambu Pan for Garbhini Ghardi. I got referance from Yogaratnakar for Garbhini Chardi. Aim and Objective: To critically study the review of Bilva Majja tablet with Lajambu Pan with special referance to Yogratakarm Samhita. Design: In this study Ayurvedic books were throughly searched to compite information about the drug on "Garbhini Ghardi". Result: As per requirement of Vhyadi drug was given. In main complaint of Nausea and Vomitting reduced or stop. Feeling of hunger increased Bilva Majja which was taken with Lajambu that Lajambu because of it's property patient feels fresh and due to its Laghawatva and Prinankarma Garbhini feels laghawatwa in body and trushna was stopped from this we can under stand how this drug was effective in "Garbhini Chardi". Conclusion: As result we found that patient feel good by reducing chardis Lakshana's.

Keywords :- Garbhini, Chardi , Bilva Majja, Lajambu Pan

Introduction :-

Maharshi Harita enlisted eight disorder which afflict the pregnant woman, out of these eight "Chardi" is one of them. Causes of Garbhini Chardi are many of - these are classified in elow three parts.

- 1) Vyakta Garbha Lakshana swaroop
- 2) Garbhopa Drawaja.
- 3) Sarvdehic Vydhi Janya.

After taking food by mother that food is digested by mother and rasa is form, that Rasa is vikshepit from mother's heart to placent. (i.e. apara) by dhamani. That Rasa reach at pakwashaya of Garbha and there by the helpof Pakwashayagni (kaya agni) it get digest and convert in Sarbhoot Rasa. This Rasa helps in development of Garbha but mithya aahar-vihar which taken by mother is result in Garbhopdrawa. In Garbhini because of garbha peedana "Dauhrudaja Chardi" is seen. Bhavamishra, Yogratnakar described daubrudaja as. Agantu Chardi. Ashtang hridaykar describes looking bad and dirty sights, to listen bad because of this mana become Dushit and Dwistharahaja Chardi is seen.

In this way while studying Garbhini chardi three main causes are clear to as they are

- 1) Vatavaigunya
- 2) Dauhrud Vaman
- 3) Garbha Nimittaja

And all these causes are treated by choosen drug therapy.

Material and Methods :-

In "Sartha Yogratnakar" Bilva Majja with Lajambu Pan in Garbhini Chardi is described According to Author this preparation can be used safely in Garbhini Chardi. Maharshi Yogratnakar told in his

grantha that pulp of bilra fruit mixed with liquid prepared from Lajambu (parched paddy) releives pregnancy vomitting this reference of drug is found in P.V. Tiwaris book of Prasuti Tantra. As previously mentioned garbhini treatment should be too soft and pleasing. I made tablets of 250 mg of Bilva Majja which was easy to take preparation of Lajambu made by adding 10 gm of laja in a glass of water. So 250 mg of tablet Bilva Majja with Lajambu Pan given after observing patients bala and her chardis bala that is in 'Vegas'.

Preparation of drug :-

Bilva fruit name as Sandilya, Shailoosh, Shriphala, Malur, Gandh Garbh, Sadaphala, Shivdum Gandha phala. Bel in Marathi - Bela. Fruit of Bilva is used, which is big round yellowish in colour while riped converts in Orange Colour outer covering is hard 8 to 15 parts in between small good, flowers occurs in month of may after 10 to 11 months fruits are seen. Seeds are small and plenty. Fruits are two types I used pakwa Bilva.

Bilva majja contains -

Fixed Oil	- 10%
Volatile Oil	- 5%
Potassium Salt	- 3%
Starch	- 3%
Genous Mucilage	- 2%
Yellow colouring	- 77%
ligneous fibre	
Ash	- 10%

Tablet of 250 mg each size made and advised patient Bilva Majja tablet with Lajambu Pan.

Lajambu Pan :-

Laja + Ambu (Jala)

Laja was made from sali by the use of fire.

These laja are used in trushna, Kasa laghu, deepak, kaphapitthar. I used 10 gm laja in a glass of water with tablet of Bilva Majja.

Observations and Discussions:-

In every diseases while treating vhyadhi there are two main types to treat Vhyadhi.

- 1) Nidan Parivarjana.
- 2) Samprapti Bhanga.

1) Nidan Parivarjana :-

Nidan Parivarjana is in patients hand only we can tell them what is pathya and what is apathykar for them. So in this condition patient told pathykar aahar- vihar.

2) Samprapti Bhanga :-

For samprapti Bhanga vaidya can give medicine as karya-karan Bhava-sidhant. Bilva Majja with Lajambu breaks samprapti.

- Samprapti told us there is Vyan-Vdan vat prakopa this drug is Vatanulomak.
- Agnimandya in Chardi - this drug is Deepan Pachak.
- Chardi creates trushna and Lajambu Pan is Trushna Shamak.
- There is Kaphavrudhi but because of kashaya rasa and ushana virya kaphashaman occurs.
- This Bilva Majja is balya to garbha and garbhini. In short

Deepan + Pachana



Vatanu Lomana



Trushna Shamana



Balya

In Lajambu Pan, Laja is Kashaya

madhura and shit virya because of this pittaghna, laghu and ruksha so kaphaghna function can see. It is also balya and trushna shamak. So rasa kshaya lakshanas reduced.

Selection of Patient:-

- a) Garbhini who suffer chardi by Vyaktagarbha Lakshan swaroop.
- b) Garbhini who suffer Chardi as Garbhop drawa.
- c) Age group is between 20 to 30 years.
- d) 30 patients on tablet Bilva Majja and Lajambu Pan and other 30 patients were another Chardi drug.

Dose and Anupankal praman of drug:

Tab Bilva Majja 250 mg with Lajambu pan as apupan every day three times. In excess chardi vega tab Bilva majja was given for chewing with Lajambu. Pan to drink Mahur-mahur.

Aahar-Vihar :-

Aahar- Dry food like bhakeri, Lajja (Sali), Biscuits to be given at morning when patient wake up less liquid diet, Plenty of fruits should be eaten by her.

Vihar :- Rest

We gave patient 5 days medicine and follow up for 5 days to see releif of Lakshanas.

Result divided in further four type.

- 100% releif Uttam Upashaya
- 75 % releif - Sadharan Upashaya
- 50% releif - Alpa.
- As climate wise observation of patient from all six rutu only shishir and Hemant rutu no of chardi patient were less because naturally there is good bala. Maximum patients founds in sharad, Varsha, Grishma, Vasant rutu.
- As age wise we can understand that

18-20 years or 21-26 age group maximum patients found.

- From classification of age we can understand that primipara patient were maximum sufferer than second and third para.
- From classification of prakruti pitta pradhan prakruti patients were maximum than other prakruti.
- From classification of patients according chardi dosha maximum patients one is pitta and vata dosha.

Above all points are taken under classification.

- Age wise.
- According to prakruti.
- According to no of pervious prasava.
- Chardi according to rutus.
- Chardi according to dosha.
- According to Amenorrhoea.
- Vyakta Garbha Lakshan swaroop.
- According to Garbha Lakshan swaroop.
- According to OPD or IPD patients.
- According to Upashama.
- According to Upashama of Vyakta garbha lakshana chardi.
- According to upashana of Garbhopadrawa lakshana chardi.
- According to upashana of IPD patients.

And from above classification of Patients we can see below Symptoms.

- Main complaint of nausea and vomitting reduced or stop.
- Feeling of hunger increased.
- Moist tongue seen.
- Falling pulse rate and rising blood pressure.
- Increase in urine output with low

specific gravity.

- Burning chest was not occurred which was occurred it's due to mainly pittaja chardi.
- Aruchi decreased.
- Because of drug Garbhini feels laghawatwa and Prinankarma feels fresh.
- By reducing chardis all symptom garbhini feels fresh and chances of IUGR was less because intake of Garbhini was increased after taking this drug. and unto want side effects was not seen patient look changed and feels better.

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