



ISSN 2456-3110

Vol 6 · Issue 5

Sept-Oct 2021

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Effect of *Bindu Ghrita* on external application over *Nabhi* in *Vibandha* w.r.t. Constipation - A Case Series

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## ABSTRACT

*Vibandha* as both the terminologies have similar features like *Purish Nigraha* (obstruction of stool), *Pakvashaya Shoola* (pain abdomen), *Parikartika* (pain during defecation) etc. Constipation can occur at any age and is more common among individuals who resist the urge to move their bowels at their body's signal. Body is originally composed of *Dosas*, *Dhatu*s and *Malas*. In Ayurveda there are so many preparations and *Karmas* to treat the constipation. By the application of *Bindu Ghrita* on *Nabhi* by penetrating into skin it enters *Pakwashaya* through *Srotas* due to *Virya* of the drug it expels the *Dosha* through *Adhobhagahara* and it expels *Mala* only in two external applications over *Nabhi*. By application over *Nabhi* expel the *Dosha* through *Pakwashaya* and relieves the *Vibandha*.

**Key words:** *Vibanda*, *Bindu Ghrita*, *Nabhi Pradesha*.

## INTRODUCTION

Constipation is one of the common prevalent disease. Constipation can be correlated with *Vibandha* as both the terminologies have similar features like *Purish Nigraha* (obstruction of stool), *Pakvashaya Shoola* (pain abdomen), *Parikartika* (pain during defecation) etc. Constipation can occur at any age and is more common among individuals who resist the urge to move their bowels at their body's signal. Body is originally

composed of *Dosas*, *Dhatu*s and *Malas*.<sup>[1]</sup> Consumed food as well as *Dhatu*s manifest *Malas* during the process of digestion and metabolism for example; *Vida* or *Varcha* or *Purisha* (Stool) and *Mutra* (Urine) are the waste product of *Anna* (food) etc.<sup>[2]</sup> It is called *Mala* because of having a tendency to vitiate others.<sup>[3]</sup> *Vibhanda* (constipation) is not described as a separate disease in our classical text. Description of *Vibandha* is found in *Vyapad* of *Vamana* and *Virechana*.<sup>[4]</sup> It is a side effect of *Samsodhan* (*Vamana* or *Virechana*) done in *Ajirna*.<sup>[5]</sup> symptoms of *Parikartika*.<sup>[6]</sup> It is *Apatarpanjanya Roga* (Diseases caused by nutritional deficiency)<sup>[7]</sup> and one of the complications of immediate haemostasis in *Raktarsha* (bleeding piles)<sup>[8]</sup> However symptoms of *Udavarta* (Retention of feces, flatus, urine) like *Anaha* (Obstruction), *Admana* (Distension), *Malaavastamba* (Hardness of faeces) due to the *Pratiloma Gati* (reverse flow) of *Apana* is mimic the symptoms of *Vibandha*.<sup>[9]</sup> In Ayurveda there are so many preparations and *Karma* to treat the patients of constipation which not only cures but also prevent remission of disease without any side

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Submission Date: 17/09/2021 Accepted Date: 19/10/2021

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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effect if done properly. As Acharya Sharandhara explained *Bindu Ghrita* in *Ghrita Kalpana* for *Shula*, *Udavartha*, *Shotha*, *Adhmana*, *Bhagandara* and in 8 kinds of *Udara*. As for reference it produces purgation equal in number to the number of *Bindu* (drops) of *Ghrita* taken along with *Go Dugdha*, *Kulatha Kwatha* or *Ushna Jala* as *Anupana* for internal use and even in external application over the *Nabhi Pradesha*.<sup>[10]</sup>

## METHODOLOGY

### Preparation of Bindu Ghrita

Under all aseptic measures *Bindu Ghrita* is prepared ingredients are *Chithraka*, *Shankini*, *Pathya*, *Kampilla*, *Trivrith*, *Vridadaru*, *Shyamaka*, *Danti*, *Dantiphala*, *Koshathaki*, *Devadalli*, *Nillini*, *Girikarnika*, *Satala*, *Pippalimula*, *Vidanga*, *Katuki* and *Hemakshiri* each one *Pichu* in quantity are made into a *Kalka*, One *Prastha Ghrita*, six *Palas* of *Snuhikshira*, two *Palas* of *Arkakshira* are taken and *Ghrita* was prepared. As per the *Ghrita Kalpana*.

SN	Drug	Pramana
1.	<i>Chitraka</i>	1 Pichu
2.	<i>Shankhini</i>	1 Pichu
3.	<i>Pathya</i>	1 Pichu
4.	<i>Kampila</i>	1 Pichu
5.	<i>Trivrith dwaya</i>	1 Pichu
6.	<i>Vridadaru</i>	1 Pichu
7.	<i>Shamyaka</i>	1 Pichu
8.	<i>Danti</i>	1 Pichu
9.	<i>Dantiphala</i>	1 Pichu
10.	<i>Koshataki</i>	1 Pichu
11.	<i>Devadali</i>	1 Pichu
12.	<i>Nilini</i>	1 Pichu
13.	<i>Girikarnika</i>	1 Pichu

14.	<i>Satala</i>	1 Pichu
15.	<i>Pippalimula</i>	1 Pichu
16.	<i>Vidanga</i>	1 Pichu
17.	<i>Katuki</i>	1 Pichu
18.	<i>Hemakshiri</i>	1 Pichu
19.	<i>Snuhikshira</i>	6 Pala
20.	<i>Arkashira</i>	2 Pala
21.	<i>Ghrita</i>	1 Prastha

### Application

*Ghrita* is applied over *Nabhi* in circular motion for 5 mins, left till get absorbed completely second application was done after 24hrs.

### CASE 1

A 50 year male patient presented with a complaint of hard stools since a week associated with lower abdomen pain. Applied *Bindu Ghrita* over *Nabhi* in circular motion.

### CASE 2

A 58 year female patient complaints of loss of strength in Rt upper and lower limb associate with hard stool since 5 days. Applied *Bindu Ghrita* over *Nabhi* in circular motion.

### CASE 3

A 60-year male patient complaints of difficulty in breathing associate with hard stool since 6 days. Applied *Bindu Ghrita* over *Nabhi* in circular motion.

**Table 1: Ghrita application and Number of Vega produce with timings.**

Case	1 <sup>st</sup> application time (Day 1)	Vega	2 <sup>nd</sup> application time (Day 2)	Vega		
Case 1	10AM	3 PM	10AM	12.30 PM	3.30 PM	10. PM

Case 2	10AM	2.45 PM	10 AM	1.00 PM	4.00 PM	12. AM
Case 3	10AM	3.30 PM	10 AM	2.00 PM	5.00 PM	4 AM

## RESULT

In the first case after 1<sup>st</sup> application 1<sup>st</sup> Vega was just 2 to 4 droplets after 5 hrs hardness of abdomen was reduced a bit after 1<sup>st</sup> Vega and after 2<sup>nd</sup> application it took 2 and half hour for 2<sup>nd</sup> Vega, it was liquid, 3<sup>rd</sup> Vega after 3 hrs watery, 4<sup>th</sup> Vega after 6 hrs that was also watery at the end abdomen pain was reduced and hardness was reduced.

In the second case after 1<sup>st</sup> application 1<sup>st</sup> Vega was just 2 to 4 droplets after 4 and half hrs hardness of abdomen was reduced a bit after 1<sup>st</sup> Vega and after 2<sup>nd</sup> application, it took 3 hour for 2<sup>nd</sup> Vega, it was liquid, 3<sup>rd</sup> Vega after 3 hrs watery, 4<sup>th</sup> Vega after 9 hrs that was also watery at the end abdomen pain was reduced and hardness was reduced.

In the third case after 1<sup>st</sup> application 1<sup>st</sup> Vega was just 2 to 4 droplets after 4 and half hrs hardness of abdomen was reduced a bit after 1<sup>st</sup> Vega and after 2<sup>nd</sup> application it took 4 hour for 2<sup>nd</sup> Vega it was liquid, 3<sup>rd</sup> Vega after 4 hrs watery, 4<sup>th</sup> Vega after 12 hrs that was also watery at the end the Vega breathless was reduced abdomen was soft.

## DISCUSSION

Vibandha is due to vitiation of Vata Dosha associated with Pitta Dosha due to Atiruksha, Atitikshna Ahara Sevana and Ratrijagarana causes Vata Prakopa leads to Vata Vridhi that causes Vibandha, if we see in treatment aspect of Vibandha, Acharya's explained many different types of Virechana Yogas and methods like Anulomana, Rechana, Sramsana, Bhedana apart from all these Acharaya Sharangadhara as explained Bindu Ghrita for internally with Kulatha Kwatha or with Ajakshira and for external application over Nabhi Pradesha, as Nabhi considered as one of the Marma and it is main connective part between mother and fetus for nutrition during pregnancy, in other aspect in Nabhi there is a Manipura Chakra which maintains

Agni even the Nabhi is called as Agni Sthana and it is connected to Pakwashaya through Sukshma Sthula Srotas by the application of Bindu Ghrita over Nabhi in circular motion it get absorbed through skin and Pakwashaya with the help of Srotas as Pakwashaya is the Sthana of Vata it does Vata Prashamana with its Snigdha Ushna Tikshana Guna and it expels the Purisha through Adhobhaga.<sup>[10]</sup>

## CONCLUSION

Vata Dosha is the main channel for any Vyadhi Uttipati even in the Vibandha it is due to Vata mainly here Vata Sthana is treated with application of Bindu Ghrita over Nabhi after absorption it penetrate into skin with help of Bhrajaka Pitta due to Ushna Tikshana Sukshma Guna of drug it enters Pakwashaya through Srotas and expels the Purisha through Adhobhaga. No complications were observed, so it can be practiced in OPD level also.

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**How to cite this article:** Ramya L, Manjunath Akki, Suresh Hakkandi. Effect of Bindu Ghrita on external application over Nabhi in Vibandha w.r.t. Constipation - A Case Series. J Ayurveda Integr Med Sci 2021;5:319-322.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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