



CLINICAL STUDY TO EVALUATE BRIHAN PROPERTY OF AHARDRAVYA KHARJUR

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ABSTRACT:

Ayurved – A science of life where all the fundamental doctrine have been isolated from Darshanas, that teaches us an outlook on health problems. Person who wants to achieve Purushartha i.e. dharma, artha, kama & moksha should have faith in ayurved & must follow dincharya, rutucharya, aharvidhi as per ayurved in his daily life. Due to imbalance of Tridosas in body, it get disturbed & occurrence of disease is there. When ruksha, laghu, khara etc. gunas of vat dosha increase in body, condition of Apatarpan (body doesn't get proper nutrition) occur. The Apatarpan is corrected by Samtarpana (Brihankarma). There should be constant & steadily increase in height & weight as child grows. But when it doesn't happen & there is no gain in height & weight of child. In Ayurved it is described under heading of Kuposhanjanya vyadhi. Acharya Vagbhatt named it as Balshosh. Acharya has stated Brihniya yog i.e. balya aushadhi, Ahar should be used in treatment of Balshosh. Acharya Charak described 12 aharvargas. Phalavarga is group of fruits which provide nutrition to body. I have chosen ahardravya Kharjur as brihniya dravya. This fruit is easily available & can be used as brihniya dravya in treatment of Balshosh. Kharjur makes body stout & it improves digestion. I did clinical study to evaluate Brihan property of Ahardravya Kharjur.

KEYWORDS: Kharjur, Balshosh, brihan karma,

INTRODUCTION:

Modern Medicine deals with therapeutic treatment. In 'balshosh' modern science prescribes protein supplement, vitamin tablets, Calcium syrup etc. But Ayurved being Science of life gives treatment of 'balshosh' on principle of

“ सर्वदा सर्वभावानाम सामान्यम बुद्धिकारणम् । ”

Acharya Vagbhatt states 2 types of treatment because according to him patients are of 2 types krisha & sthula so treatment are also of 2 types,

1. Santarpan 2. Apatarpan

1. Brihan karma is included under santarpan chikitsa. According to this, components which are deficient in body are replaced by same components. Brihan is meant to make the body stout. It is caused by predominance of prithvi & aap mahabhut. Brihan chikitsa means one should consume diet of prithvi &

aap mahabhut, sarvrasukta, diet which increases Human beings dhatu. Daily use of meat, milk, sugar, ghee, sweets, fatty substance, oil massage makes person stout. That's why Balya & Brihniya dravyas are used for correction of Balshosh.

Acharya Charak describes 12 groups of Aharvargas ' Annapanvidhi' in Sutrasthana.

Aim & Objectives

To study ayurvedic & modern aspects of Balshosh, its etiology, study of brihan karma, study regarding literature of Ahardravya Kharjur, to evaluate Brihan property of Ahardravya Kharjur on clinical base & analyse the data according to standard statistical methods.

METHODOLOGY

Selection of 50 children was done between the age group – 6 to 15yrs

Assesment Critteria:

Height

Weight

Mid Arm Circumfernce

Chest Circumfernce

Calories Intake

BMI

Hb%

Kharjur Matra: 6 to 10 yrs – 25gms

11 to 15 yrs – 50gms

Criteria of rejection – children who suffered from acute or chronic diseases.

Acharya Charaka stated causes of krisha are less diet, tikta & kashaya ras atiyoga & digestive system disorder. According to Acharya sushrut vatvrudhhi is the cause. Acharya Vagbhatt stated pravruddha vata & medokshaya are causes of krish. According to Acharya Bhavprakash The causes of krishta are as follows

1. Ahara – ruksh food, vatvardhak ahar, langhan & alpa bhojan
2. Vihara – vayusevan, nidranash, vegavarodh, chronic diseases & heavy exercise
3. Mental causes – shokaj, bhayaj & stress

Ahara

Vihar

Mental causes

Causes as per Modern Science

Less calories food

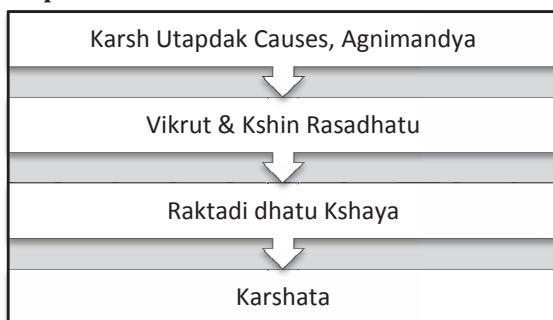
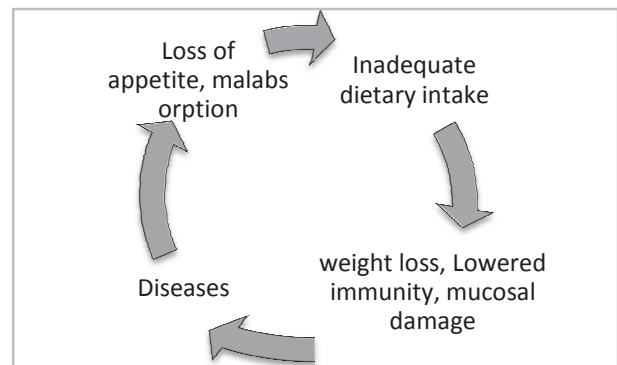
More expenditure of energy

Low socio-economical condition

Working mother

Bad eating habits

Underweight Condition

Sampranti:**Modern view Nutritional manifestation cycle :**

Chikitsa siddhant:

The laghu & santarpankar drvay should be used in the treatment of krishta.

The substance which make body stout called brihniya dravya.

Brihan Dravya – Prithvi + Jala Mahabhut

Brihaniya dravya are mainly guru, sheet, snigdha, manda.

KHARJUR

Gana – Amradi varga

Family – palmae

Guna & Prayog – Sheet, guru, tarpan, snigdha, kashay, madhur, vatanuloman

Dates are very nutritious, laxative

Chemical composition - 100gms kharjur contains

Calcium – 120mg

Iron – 7.3mg

Calories - 317kcal

Study design:

- A) Patients – 50 children were selected of 6-10 yrs from area Kapilnagar, Nari, Nagpur
- B) Drugs – 25 gms kharjur is given to each child
- C) Instrument – Tailor's tape, standard weighing machine
- A) The children were distributed into study & control group
- B) 25gms kharjur was given to examine group
- C) Nothing was given to control group. They were only under observation.
- D) Treatment course – kharjur were given to study group for 2month
- E) Follow up – They were examined after every 20 days

RESULTS:**Statistical Analysis:**

Sr No	Parameter	P Value	Significance
1	Height	0.0916 (P>0.05)	Not Significant
2	Weight	0.0013 (P<0.01)	Highly Significant
3	Chest Circumference	0.0011 (P<0.01)	Highly Significant
4	Mid arm Circumference	P<0.0001	Extremely Significant
5	Hb%	P<0.0001	Extremely Significant
6	Calories Intake	P<0.0001	Extremely Significant
7	BMI	0.0013 (P<0.01)	Very Significant

CONCLUSION:

- A) Height - No significant change is observed in control as well as experiment group
- B) Weight – After 2 months of treatment, 1.5-2kgs increase in weight is observed in experiment group. P value is less than 0.01 that is highly significant. In control group there is no significant change in weight. p value is more than 0.05 that is not significant.
- C) Chest circumference - After 2 months of treatment, increase in chest circumference is observed in experiment group. P value is less than 0.01 that is highly significant. In control group there is no change in Chest circumference. p value is more than 0.05 that is not significant.
- D) Mid arm circumference - After 2 months of treatment, increase in mid arm circumference is observed in experiment group. P value is less than 0.001 that is extremely significant. In control group there is no change in Mid arm circumference as. p value is more than 0.05 that is not significant.
- E) Hb% - After 2 months of treatment, 1-3% increase in Hb% is observed in experiment group. P value is less than 0.001 that is extremely significant. In control group there is no change in Hb%. p value is more than 0.05 that is not significant.

F) Calories intake - After 2 months of treatment, increase in calories is observed in experiment group. P value is less than 0.001 that is extremely significant. In control group there is no change in Calories Intake. p value is more than 0.05 that is not significant.

G) BMI - After 2 months of treatment, increase in BMI is observed in experiment group. P value is less than 0.01 that is very significant. In control group there is no change in BMI. p value is more than 0.05 that is not significant.

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