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Standardization of *Sneha Nasya Matra* by *Bindu Pramana* of *Taila* and *Ghrita*

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ABSTRACT

In today's due to lack of time, to prevent contamination, easy measurement, easy way of administration. *Nasya Karma* is administered on drop basis, which gives wrong interpretation. So, to achieve the optimum therapeutic effect, *Nasya Karma* is administered in *Bindu Pramana*. In this regard this study was adopted to fix the dose.

Key words: *Nasya Karma*, *Bindu Praman*, *Sneha Nasya*, *Standardization*.

INTRODUCTION

In the present era where *Ayurveda* accepted globally. *Panchakarma* procedure is one of them which are mostly highlighted among others procedures. It primarily aims at cleaning the body of its accumulated impurities, toxins, or stagnant *Malas* and nourishing the body tissues. Among the five *Panchakarma* purification procedures, *Nasya* is said to be effective in curing the diseases of *Urdhwajatru*. *Nasya Karma* is a therapeutic measure where the medicated *Sneha*, *Kwatha*, *Swarasa*, *Churna* etc. are administered through the nose.^[1] Dose is a very important factor for any *Panchkarma* procedure by changing the dose we can change the results as well as the efficacy of therapy. *Bindu* is the unit of measurement explained

for the dose of *Nasya*. For the very first time, *Aacharya Vagbhatt* classified *nasya* into two types depending on the dose of *nasya* i.e., *Bindu* as *Marsha* and *Pratimarsha Nasya*.^[2] In routine Ayurvedic practice, according to AFI one *Bindu* is considered as one drop (0.05ml), but according to the definition of *Bindu* and standardized quantity mentioned by *Acharaya*, it is 1 *Shana* which is ten times more than routinely practiced dose. The present paper deals with classical concept of *Bindu* and its standardization for *Nasya*. *Ayurveda* has its own parameters for every *Panchkarma* procedure. So regard this study is adopted to fix the dose rather than generalizing a dosage based on the different age groups, gender, and BMI so that it yields optimum therapeutic effect.

Definition of *Bindu*

Bindu is a unit of measurement for the dose of *Dravya* to be used for *Nasya*. *Aacharya Vagbgatta* defines *Bindu* in *Sutrasthana* chapter 20 *Nasyavidhi Bindu* is defined as the total amount of fluid that dribbles down at one stretch after immersing the distal two interphalangeal joints of the index finger in any liquid media and taken out the same.^[3] Description regarding the *Bindu Pramana* for the administration of *Nasya Karma* which varies from individual to individual as it is to be measured for each and every individual by dipping the first two phalanges of index finger in *Sneha Dravya*. But

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now days in current practice, *Nasya Karma* is done by the dropper in the forms of drop rather than adopting the concept of *Bindu*. So, it is need in clinical practice to standardize the *Matra* of one *Bindu* of *Taila* and *Ghrita*.

Bindu Pramana for *Sneha Nasya* as per different *Acharya's*. The difference of opinion among *Acharya's* regarding the fixation of dosage of *Nasya Karma* is mentioned below:

Classification of Bindu Pramana of Snehana Navana.

Sushruta Samhita^[4]

- Heena Matra - 8 Bindu
- Madhyama Matra - Shukti (32 Bindu)
- Uttama Matra - Pani Shukti (64 Bindu)

Astanga Sangraha (Marsha Nasya)^[5]

- Heena Matra - 6 Bindu
- Madhyama Matra - 8 Bindu
- Uttama Matra - 10 Bindu

Sharangadhara Samhita^[6]

- Adhama Matra - 1 Shaana (8 Bindu)
- Madhyama Matra - 4 Shaana (32 Bindu)
- Mukhya Matra - 8 Shaana (64 Bindu)

Bhavaprakasha^[7]

- Heena Matra - 1 Shaana (8 Bindu)
- Madhyama Matra - 4 Shaana (32 Bindu)
- Mukhya Matra - 8 Shaana (64 Bindu)

Chakradatta^[8]

- Heena Matra - 8 Bindu
- Madhyama Matra - Shukti (32 Bindu)
- Mukhya Matra - Panishukti (64 Bindu)

Vangasena Samhita^[9]

- Prathama Matra - 8 Bindu
- Dwiteeya Matra - Shukti (32 Bindu)
- Triteeya Matra - Panishukti (64 Bindu)

Kashyapa Samhita^[10]

- Navana Nasya - 2-3 Bindu Pramana
- Pratimarsha Nasya - 2 Bindu Pramana

Classification of Bindu Pramana of Shodana Navana.

Sushruta Samhita (according to Bala)^[11]

- Heena Matra - 4 Bindu
- Madhyama Matra - 6 Bindu
- Uttama Matra - 8 Bindu

Sharangadhara Samhita^[12]

- Antya Matra - 4 Bindu
- Madhyama Matra - 6 Bindu
- Mukhya Matra - 8 Bindu

Bhavaprakasha^[13]

- Alpa Matra - 4 Bindu
- Madhya Matra - 6 Bindu
- Mukhya Matra - 8 Bindu

OBJECTIVES OF THE STUDY

1. To standardize the dose of One *Bindu Pramana* of *Taila*.
2. To standardize the dose of One *Bindu Pramana* of *Ghrita*.

MATERIALS AND METHODS

A pilot study was carried out to assess the quantity of one *Bindu* of *Taila* (*Vaatshamak*) and *Ghrita* (*Googhrita*) in 20 participants.

Intervention

Vaatshamak Taila and *Goghrita* were taken in a transparent beaker in order to measure the *Bindu Pramana*. The subject was asked to dip his or her first two phalanges of index finger (distal and middle phalanx) in the *Vaatshamak Taila* and *Goghrit* place the same in the empty transparent beaker immediately after dipping. The total amount of *Taila* and *go Ghrit* dribbled down in a beaker at one stretch was measured using 0.5 ml syringe measurement obtained was considered as the *Bindu Pramana* of that individual.

Inclusion Criteria

- Subjects of both genders.
- Healthy volunteers in between the age group of 21-30 years.
- Average BMI took 18-22.

Exclusion Criteria

- Subjects with wound, fracture, and any deformity of the index finger

Study Design

- An open-label single-arm, observational study.

Materials required

- Vaatshamak Taila
- Goghrita
- Transparent beaker
- Transparent 0.5 ml syringe with marking.
- Cotton.

OBSERVATIONS

A total number of 20 subjects were registered for the study of either gender, between the age group of 21-30. Their height, weight, and BMI in total were measured and the dose obtained was measured.

| SN | Age | Sex | BMI | Oil (in drops) | Oil (in ml) | Ghee (in drops) | Ghrita (in ml) |
|----|-----|-----|------|----------------|-------------|-----------------|----------------|
| 01 | 21 | M | 19.2 | 9 | 0.3 | 11 | 0.4 |
| 02 | 21 | M | 18.4 | 6 | 0.2 | 7 | 0.2 |
| 03 | 21 | M | 19.2 | 12 | 0.6 | 15 | 0.6 |
| 04 | 21 | M | 18.6 | 8 | 0.3 | 14 | 0.6 |
| 05 | 21 | M | 22.1 | 8 | 0.3 | 9 | 0.3 |
| 06 | 23 | M | 18 | 10 | 0.5 | 13 | 0.6 |
| 07 | 21 | M | 20.4 | 10 | 0.35 | 12 | 0.4 |
| 08 | 21 | F | 22.4 | 12 | 0.4 | 12 | 0.4 |

| | | | | | | | |
|----|----|---|------|----|-----|----|-----|
| 09 | 23 | F | 18.7 | 10 | 0.4 | 10 | 0.4 |
| 10 | 23 | F | 21.9 | 7 | 0.2 | 10 | 0.3 |
| 11 | 22 | F | 19.5 | 13 | 0.5 | 10 | 0.4 |
| 12 | 22 | M | 19.7 | 9 | 0.3 | 8 | 0.3 |
| 13 | 21 | M | 20.4 | 11 | 0.3 | 13 | 0.5 |
| 14 | 21 | F | 18.4 | 11 | 0.5 | 10 | 0.3 |
| 15 | 23 | M | 20.5 | 10 | 0.2 | 8 | 0.3 |
| 16 | 27 | M | 22.5 | 10 | 0.3 | 8 | 0.4 |
| 17 | 22 | M | 19.2 | 10 | 0.3 | 12 | 0.5 |
| 18 | 21 | F | 20.3 | 10 | 0.2 | 11 | 0.4 |
| 19 | 22 | F | 21.9 | 11 | 0.5 | 10 | 0.3 |
| 20 | 22 | F | 18.8 | 8 | 0.2 | 12 | 0.4 |

Statistical Analysis

| Oil (in ml) | d= x-Mean | d ² | Ghrita (in ml) | d= x-Mean | d ² |
|-------------|-----------|----------------|----------------|-----------|----------------|
| 0.3 | 0.04 | 0.0016 | 0.4 | 0 | 0 |
| 0.2 | 0.14 | 0.0196 | 0.2 | 0.2 | 0.04 |
| 0.6 | 0.26 | 0.0676 | 0.6 | 0.2 | 0.04 |
| 0.3 | 0.04 | 0.0016 | 0.6 | 0.2 | 0.04 |
| 0.3 | 0.04 | 0.0016 | 0.3 | 0.1 | 0.01 |
| 0.5 | 0.16 | 0.0256 | 0.6 | 0.2 | 0.04 |
| 0.35 | 0.01 | 0.0001 | 0.4 | 0 | 0 |
| 0.4 | 0.06 | 0.0036 | 0.4 | 0 | 0 |
| 0.4 | 0.06 | 0.0036 | 0.4 | 0 | 0 |
| 0.2 | 0.14 | 0.0196 | 0.3 | 0.1 | 0.01 |
| 0.5 | 0.16 | 0.0256 | 0.4 | 0 | 0 |
| 0.3 | 0.04 | 0.0016 | 0.3 | 0.1 | 0.01 |

| | | | | | |
|--------------------|------|------------------------|----------------|-----|----------------------|
| 0.3 | 0.04 | 0.0016 | 0.5 | 0.1 | 0.01 |
| 0.5 | 0.16 | 0.0256 | 0.3 | 0.1 | 0.01 |
| 0.2 | 0.14 | 0.0196 | 0.3 | 0.1 | 0.01 |
| 0.3 | 0.04 | 0.0016 | 0.4 | 0 | 0 |
| 0.3 | 0.04 | 0.0016 | 0.5 | 0.1 | 0.01 |
| 0.2 | 0.14 | 0.0196 | 0.4 | 0 | 0 |
| 0.5 | 0.16 | 0.0256 | 0.3 | 0.1 | 0.01 |
| 0.2 | 0.14 | 0.0196 | 0.4 | 0 | 0 |
| $\sum x =$ 6.85 | | $\sum d^2 =$ 0.2865 | $\sum x = 8.0$ | | $\sum d^2 =$ 0.24 |

RESULTS

| Media | Mean | Standard Deviations | Standard Errors |
|---------------|---------|---------------------|-----------------|
| <i>Taila</i> | 0.34 ml | 0.1197 | 0.0268 |
| <i>Ghrita</i> | 0.4 ml | 0.1095 | 0.0245 |

DISCUSSION

In our study 20 participants with the age group between 20-30 yr and BMI between 18-22 were selected for *Bindu Pramana* standardization, for *Nasya Karma* among 20 participants most of them got variable range between 0.2 to 0.5 ml in the form of *Taila (Vatashamak Taila)* and 0.2 ml to 0.5 ml in the form of *Ghrita*.

The mean of one *Bindu Pramana* of *Taila* is 0.34 ml and mean of one *Bindu Pramana* of *Ghrita* is 0.4 ml. Standard deviation (S.D) of *Taila* is 0.1197 and *Ghrita* is 0.1095, Standard error (S.E) of *Taila* is 0.0268 and *Ghrita* is 0.0245

CONCLUSION

The study conducted was an attempt to standardize the *Bindu Pramana* in the modern parameters. There is a pressing need of extending the study further on a very large scale. In this way we can check the uniqueness of the measurement and a new set of measurement values in terms of *Bindu Pramana*. In our

study we concluded the average of *Taila* is 0.34 ml and average of *Ghrita* is 0.4 ml.

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