

An Observational Study to Standardise the Bindu Pramana in Nasya Karma

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ABSTRACT:

Ayurveda is the science of life consisting of guidelines for the maintenance of health and to cure the disease. A Vaidya based on his *yukti* treat the patients by using different modalities of treatment explained by our acharyas. *Shodhana* and *shamana* are the 2 main domains of treatment. *Shodhana* comes under panchakarma which consists of mainly *vamana*, *virechana*, *basti*, *nasya*. These treatment modalities yield optimum results only when it is administered with due consideration to *matra* and *kala*. Nasya karma is one among the panchakarma therapy which deals with the diseases of *jatrurdhva*. The dose of *Sneha nasya* is explained in *bindu Pramana*. Now a days practically *bindu* is considered as one drop. But our acharyas clearly explained the procedure for measurement of *bindu Pramana* to obtain the optimum results. The dose of *bindu Pramana* varies from person to person. **materials and methods:-** In the present study 40 healthy volunteers are selected between the age group of 20-30 and the *bindu Pramana* is measured as per the classics considering the BMI, Length of index finger, circumference of index finger for measuring 8 *bindu pramana* of *murchita tila taila* and *mahamasha taila*. The mean dose of 8 *bindu Pramana* for *murchita tila taila* is 5.31ml and the mean dose of 8 *bindu Pramana* for *mahamasha taila* is 5.43ml. **conclusion:-** Based on the results we can conclude that drop is not equal to *bindu* and the measurement of *bindu* depends on the individual. hence calculation of right dose of medicine is required to obtain the optimum results.

KEY WORDS: Nasya karma, Bindu Pramana, Sneha nasya

INTRODUCTION:

The main motto of ayurveda is *Swastasya swastya rakshaman aturasya vikara prashamana*¹, to maintain this our acharyas said about different treatment modalities among this panchakarma plays a major role in maintaining the health of a person. Nasya karma is one among those treatment modality which is specific for *urdhwajatrugata vikara*². There are different types of *nasya*, depending on the condition different types of *nasya karma* explained meanwhile the dosage differs according to type of *nasya karma*³. Dosage of *Sneha nasya* is explained in *bindu Pramana*⁴. Now a days *bindu Pramana* is considered in terms of drops but *bindu Pramana* is, the quantity of oil that dribbles from the index finger which is dipped in *taila* upto the proximal interphalangeal joint⁵ of each individual. In *shareera sthana Anjali Pramana* is mentioned

where the length of each organ differs from person to person⁶. Bindu Pramana is one such concept explained as a measure of dose for nasya karma. The clear explanation of the method of calculation of bindu itself shows the importance of using the right dose for obtaining the optimum results. Hence the present study is conducted with an attempt to standardise the range of bindu Pramana of Sneha nasya using two different tailas in 40 individuals.

Materials and methods:

Study design- An open label randomised control trial

Method - Forty healthy volunteers based on aged between 20-30years, irrespective of sex, religion, occupation etc were taken for the study from the opd section of Sri Kalabhyraveshwara swamy ayurvedic college, hospital and research centre Bengaluru. Their index finger was measured for length and circumference upto proximal interphalangeal joint then bindu Pramana was measured for murchita tila taila and maha masha taila.

Materials required:

Taila used-

1. Murchita tila taila
2. Maha masha taila

Instrument used –

1. Beaker
2. Measuring jar
3. Cotton
4. Measuring tape

Procedure of measuring bindu pramana:

The selected healthy volunteers were randomly divided and studied under 2 groups. The subjects were asked to dip their index finger upto proximal interphalangeal joint in the taila which is kept in a beaker for 8 times and the amount of oil dribbling from the finger is measured in a measuring jar and the values recorded.

Parameters for assessments:

- a. Measurement of index finger
- b. Height of index finger upto proximal interphalangeal joint.
- c. Circumference of index finger at proximal interphalangeal joint.
- d. BMI

Observation and result:

The study was conducted to standardise the quantity of eight bindu pramana of murchita tila taila and mahamasha taila in 40 subjects between the age group of 20-30yrs, irrespective of sex, height, weight and dimension of index finger. The observation results were tabulated accordingly in table 1 (Murchita tila taila) and table 2 (Mahamasha taila).

Table 1: – 8 bindu Pramana of Murchita tila taila

Sl no.	Name	Age	Sex	Height (in cms)	weight (in Kg)	BMI	Height of index finger(in cms)	Circumference of index finger (In cms)	8 Bindu pramana(In ml)
1	A	21	F	162	44	16.8	4.5	5.1	5
2	B	20	F	165	46	16.9	4.5	4.8	3.8
3	C	22	F	171	60	20.5	4.7	5.2	5.8
4	D	24	F	168	58	20.5	4.8	5.3	3.8
5	E	23	F	162	43	16.4	4.7	5.5	6.4
6	F	23	F	162	61	23.2	4.6	5.3	4
7	G	22	F	155	56	23.3	3.8	4.6	3
8	H	23	F	162	42	16	4.2	5	4.8
9	I	23	F	158	48	19.2	4.5	5.2	5
10	J	22	F	158	48	19.2	4.4	5	3.6
11	K	21	M	174	85	28.1	4.2	5.3	4
12	L	25	M	180	90	27.8	5.4	6.2	7.2
13	M	23	M	174	98	32.4	4.6	6.7	5.5
14	N	23	M	178	83	26.2	5	5.8	6.3
15	O	22	M	180	100	30.9	5	6	5.4
16	P	21	M	174	82	27.1	4.7	5.7	6.2
17	Q	22	M	178	74	23.4	6.4	5.8	7.9
18	R	23	M	183	88	26.3	4.9	6.2	6.3
19	S	23	M	152	56	24.2	4.8	5.5	6.7
20	T	21	M	165	69	25.3	4.5	5.7	5.6

Table 2:- 8 bindu Pramana of Mahamasha taila

Sl no.	Name	Age	Sex	Height (in cms)	weight (in Kg)	BMI	Height of index finger	Circumference of index finger (In cms)	8 Bindu pramana(In ml)
1	a	22	F	162	63	24	4.5	6	4.9
2	b	21	F	158	40	16	4.7	5	4.3
3	c	22	F	162	52	19.8	5	5	6.4
4	d	22	F	149	52	23.4	4.3	5.8	3
5	e	22	F	152	53	22.9	5.6	5.7	4
6	f	22	F	152	59	25.5	4.8	5	3.5
7	g	21	F	168	86	30.5	5.5	5	4.6
8	h	21	F	174	63	20.8	5.2	5.6	5.8
9	i	22	F	174	73	24.1	4.8	5.5	6.3
10	j	22	F	158	68	27.2	5	5.4	4.2
11	k	23	M	158	60	24	4	6	4.6

12	l	23	M	180	83	25.6	5.8	5.5	5.2
13	m	23	M	149	65	29.3	5.1	5.5	7
14	n	23	M	171	54	18.5	5	6	7.8
15	o	22	M	174	72	23.8	4.7	5.8	5.2
16	p	22	M	171	85	29.1	4.9	5.7	7.2
17	q	21	M	174	85	28.1	4.8	5.5	6.3
18	r	23	M	165	58	21.3	4.3	5.3	4.7
19	s	23	M	183	70	20.9	6.6	6.4	9.8
20	t	21	M	189	85	23.8	4.8	5.9	3.8

RESULT:

	MURCHITA TILA TAILA	MAHAMASHA TAILA
MEAN	5.315	5.43

DISCUSSION:

Acharyas have explained measurement of human body and its fluids in anguli pramana and Anjali pramana⁷. In the same way the dosage for Sneha nasya karma is explained in bindu Pramana. The dosage for different types on nasya varies based on the dosage form. acharya sushruta explained the procedure to carry out measurement of bindu Pramana. where in bindu is the amount of oil dribbling from the index finger when it is taken out after dipping it in oil upto proximal interphalangeal joint. The avara matra of sneha nasya is 8 bindu⁸. In the present study 40 participants between the age group 20-30 were selected for the standardisation of bindu Pramana. The assessment was done irrespective of gender, based on the BMI, length of index finger and circumference of index finger which varies from person to person providing the measurement ranging from 3-7ml in different individuals for murchita tila taila and 3-9ml for maha masha taila. The mean of 8 bindu Pramana of murchita tila taila is 5.315ml and of Mahamasha taila is 5.43ml. From this we can understand that the dose of medicine for nasya varies from individual to individual, So to obtain the optimum therapeutic effect of Sneha nasya the dosage should be measured in bindu Pramana for every individual. As the avara matra of sneha nasya is 8 bindu. We can consider 5.3ml as the standard dose for Sneha nasya.

CONCLUSION:

In the present study the measurement for 8 bindu Pramana for both the tailas ranges from 3-7ml. The length and circumference of index finger also plays a role in the measurement of bindu Pramana. The viscosity of the oil also affects the dose of bindu Pramana, which can be clearly noticed if the sample size is larger. The study has to be conducted in a larger sample to standardise the probable range for the dose of bindu Pramana for Sneha nasya. If it is carried out in a multicentric study then we can conclude better the range of bindu Pramana as it comprises individuals from different geographical area.

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