

“Clinical effect of *babbul phal churna* in the management of *shwetpradar*.”

Pradnya Bhimrao Gurde (Jamdhade)*¹, Subhash Bhikaji Jamdhade²

1. Assistant Professor, Dravyaguna Dept.,
2. Associate Professor, Kayachikitsa

D. M. M. Ayurved Mahavidyalaya, Yavatmal, Maharashtra, India-445001.

***Corresponding Author:** Email: drpradnyajamdhade@gmail.com; Mob.: 9822709366

Abstract :-

Shwetpradar is a major illness in female in our society in India due to population and poverty. Maximum patients are suffering from this disease. Female above 35 yrs. are commonly suffering from *Shwetpradar*. I select this topic because drug and patients are easily available and easy to diagnose clinically.

Method :- Randomly selected patients of *shwetpradar* kept on single group on *Babbul phal churna* 3gm BD with water for one months.

Observation and Discussion :-After treatment *Babbul phal churna* is highly effective in chronic duration of patient of *shwetpradar* because *Babbul phal churna* is *Kashay rasatmak* and *stambhak* that's why it is having good results.

Result and Conclusion :- *Babbul phal churna* is effective in *Shwetpradar*.

Key Words :- *Babbul, Babbul phal, Shwetpradar Sthambhak, Kashay rasa.*

Introduction:-

Shwetpradar is a major illness in female in our society in India due to population and poverty. Maximum patients are suffering from this disease. Female above 35 yrs. are suffering from *Shwetpradar*. I select this topic “Clinical effect of *Babbul phal churna* in the management of *Shwetpradar*.” Because drug and patients are easily available and easy to diagnose clinically.

Babbulasya phalam ruksham vishadam sthambhan guru /

Kashay madhura shita lekhanam kaphapittahat ||

Babbulasya niryo ghrahi pittanilahpaha /

Raktatisarstistrah meh pradar nashanaha //
(Ni. R.)

Aims and Objects :-

- To study the *Babbul* and *Shwetpradar* historically in classical Ayurvedic text as well as recent texts.
- To find out a perfect medicine for the complete cure of *Shwetpradar*.
- To verify old references with current clinical trials.
- Clinical trials on various patients and their statistical variation and conclusion to standardise and establish new concepts in the management of *Shwetpradar* with *Babbul phal*.

Material and Methods :-

Selection of Patients:-

Randomly selected patients of *Shwetpradar* kept on single group on *Babbul phal churna* 3gm BD with water for one month.

Symptoms:-

1. *Yonigat Shwetstrav* (white discharge)
2. *Udar Shul* (Lower abd. pain)
3. *Kati Shul* (Lower backache)
4. *Angamard* (Bodyache)
5. *Daurbalya* (Weakness)

Exclusion Criteria:-

- Malignancy
- T.B.
- Pregnancy

- AIDS
- Psychic Patient
- Leprosy
- Severe anaemia
- Uterine Polyp, Fibroid

Observation:-

Result where observed and noticed according to clinical improvement in symptoms an every followed up visit. Patients on single group followed up after 1st week, 2nd week, 3rd week, 4th week.

Investigation:-

HB%, TLC, DLC, Urine-R, C.T., B.T., U.S.G. Pelvis.

Treatment:-

Babbul phal churna 3gm BD with water for duration of 1 month

Age wise classification :-

In this study it is found that there are more patients are above age group 40 yrs.

Marital Status wise classification:-

In this study it is found that there are more patients are married.

Prakruti wise Classification:-

Sr. No.	Prakruti	Single Group
1	Vatkapha	12(30%)
2	Vatpitta	2(5%)
3	Pittavata	4(10%)
4	Pittakapha	4(10%)

5	<i>Kaphavata</i>	2(5%)
6	<i>Kaphapitta</i>	16(40%)
	Total	40(100%)

In this study it is found that more patients having *Kaphavata* and *Kaphapitta Prakruti*.

Occupation wise Classification:-

Sr.No.	Occupation	Single Group
1	Housewife	20(50%)
2	Students	8(20%)
3	In service	6(15%)
4	Worker	6(15%)

In this study it is found that more patients are housewife.

Cure Rate and Disease Status:-

Single Group	Excellent Relief	Moderate Relief	Mild Relief	No Relief
	18 (45%)	10 (25%)	8 (20%)	4 (10%)

Data statistically analyzed with symptom wise relief before and after treatment with respect to all symptoms in single group.

Discussion on statistical ground:-

- In single group- 85% patients got relief in symptoms (*Yonigat Ati shwetstrav*).
- In single group 90% patient showed relief in symptoms (*Udarshool*).

- In single group 80% patients feel better in symptoms (*Katishool*).
- In single group 75% patients relieved in symptom (*Angamard*).
- In single group 88% patient got relief in symptoms (*Daurbalya*).

Result and Conclusion:-

After analysing of data we got following facts:-

- In single group 80% patient showed relief after receiving *Babbul Phal churn*.
- The symptomatic relief with *Babbul churna* is excellent.
- Patient of chronic duration got better result with *Babbul Phal* because of his *kashay rasa* and *stambhak* property.

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Cite this article:

“ Clinical effect of *babbul phal churna* in the management of *shwetpradar*.”

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Ayurline: International Journal of Research In Indian Medicine 2018; 2(5) : 1- 4