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Review Article

# *BINDU GRITHA*: A CRITICAL REVIEW OF CLASSICAL REFERENCES, FORMULATION VARIATIONS AND THERAPEUTIC PERSPECTIVES

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## ABSTRACT

*Bindu Gritha* is a distinctive Ayurvedic *Gritha* formulation primarily associated with *Virechana* and the management of *Udara roga*. It is described in several classical texts with variations in its composition, indications, and pharmaceutical aspects. The present review was undertaken to critically analyze and comparatively evaluate the available classical references of *Bindu Gritha*. Classical Ayurvedic texts including *Bhaishajya Ratnavali*, *Yoga Ratnakara*, *Chakradatta*, *Vangasena Samhitha*, *Yoga Tarangini, Gada Nigraha*, *Sharangadhara Samhitha*, and *Sahasrayoga* were examined, with *Bhaishajya Ratnavali* selected as the primary reference formulation. The references were comparatively assessed with respect to textual context, ingredients, pharmaceutical aspects, pharmacodynamic properties, indications, dose, *Anupana*, and method of administration. The phytoconstituents and pharmacological properties of the ingredients were also reviewed. The classical references showed a predominant association of *Bindu Gritha* with *Udara roga* and *Virechana.* Considerable variations were noted in ingredient composition and indications across the texts, while a common pharmacodynamic profile characterized by predominantly *Katu-tikta rasa*, *Lagu-tikshna guna*, and *Ushna virya* was observed. Overall, the review consolidates the dispersed classical evidence on *Bindu Gritha* and highlights its therapeutic rationale and textual variations. It provides a comprehensive reference for academicians, researchers, and clinicians, facilitating a systematic understanding of this classical formulation.

## INTRODUCTION

*Sneha Kalpana* constitutes an important group of secondary dosage forms in Ayurveda, in which medicinal substances in primary dosage forms such as *Kalka* and *Kwatha* are processed with *Sneha dravya* according to specific pharmaceutical principles.[1] *Gritha* and *Taila* preparations constitute the major categories of *Sneha kalpana*. Among these, *Ghrita kalpana* occupies an important place in Ayurvedic pharmaceutics owing to the therapeutic versatility of medicated ghee and its suitability for various routes of administration.

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*Bindu Gritha* is a distinctive formulation described under *Gritha kalpana*, characterized by its administration in *Bindu matra*, wherein the number of drops administered corresponds to the number of purgation produced. The formulation is particularly associated with *Virechana* and is predominantly described in the context of *Udara roga*.

Its classical therapeutic significance is illustrated by the comparison that, just as a thunderbolt destroys a tree, *Bindu Gritha* eliminates diseases, particularly the *Ashta udara*. *Sahasrayoga* further attributes the formulation to *Atreya*, reflecting its place in the classical Ayurvedic tradition.

Classical literature describes *Bindu Gritha* in several authoritative Ayurvedic texts, including *Bhaishajya Ratnavali*,[2] *Yoga Ratnakara*,[3] *Chakradatta*,[4] *Vangasena Samhitha*,[5] *Yoga Tarangini*,[6] *Gada Nigraha*,[7] *Sharangadhara Samhitha*,[8] and *Sahasrayoga*.[9] However, considerable variations are observed among these references with

respect to its composition, indications, and pharmaceutical aspects. These variations have not been comprehensively compiled and critically compared in a single review. Therefore, the present review was undertaken to critically analyze and comparatively evaluate the available classical references of *Bindu Gritha*. *Bhaishajya Ratnavali* was selected as the primary reference formulation, and corresponding descriptions from other classical texts were comparatively evaluated to identify similarities and variations and provide a comprehensive understanding of this distinctive *Gritha* formulation**.**

**AIM**

To review and critically analyze the available classical references of *Bindu Gritha* with respect to its ingredients, method of preparation, indications, and variations among different Ayurvedic texts.

**MATERIALS AND METHOD**

Relevant information pertaining to *Bindu Gritha* was collected from classical Ayurvedic texts, their available commentaries, relevant published literature, and reliable online sources. *Bhaishajya Ratnavali* was selected as the primary reference for the present study.

**Literature Review**

**Table 1: Classical references of *Bindu Gritha* in Ayurvedic texts**

| S.No | ***Granthadhara*** | ***Adhikara*** |
|---|---|---|
| 1. | *Bhaishajya Ratnavali* | Chapter 40: *Udara roga Chikitsa Prakarana* |
| 2. | *Yoga Ratnakara* | *Udararoga Chikitsa* |
| 3. | *Chakradatta* | Chapter 37: *Udara Chikitsa* |
| 4. | *Vangasena Samhitha* | Chapter 42: *Udara* |
| 5. | *Yoga Tarangini* | Chapter 53: *Udara roga* |
| 6. | *Gada Nigraha* | *Prathama Prayoga Khand,* Chapter 1: *Gritha Adhikara* |
| 7. | *Sharangadhara Samhitha* | *Madhyama Khand,* Chapter 9: *Sneha Kalpana* |
| 8. | *Sahasrayoga* | Chapter 19: *Grithayoga Prakarana* |

**Ingredients of *Bindu Gritha* as per *Bhaishajya Ratnavali*** [2]

**Table 2: *Kalka Dravyas***

| S.No | Ingredients | Latin Name | Part used | Quantity |
|---|---|---|---|---|
| 1. | *Arka Ksheera* | *Calotropis procera* | Milky latex | 96g |
| 2. | *Snuhi Ksheera* | *Euphorbia neriifilia Linn.* | Milky latex | 288g |
| 3. | *Pathya* | *Terminalia chebula* | Fruit | 48g |
| 4. | *Kampillaka* | *Mallotus philipinesis* | *Phala Raja* | 48g |
| 5. | *Syama* | *Operculina turpethum Linn.* | Root | 48g |
| 6. | *Shampaka* | *Cassia fistula Linn.* | Root bark | 48g |
| 7. | *Girikarnika* | *Clitoria ternatea Linn.* | Whole plant | 48g |
| 8. | *Nilini* | *Indigofera tinctoria Linn.* | Whole Plant | 48g |
| 9. | *Trivrith* | *Operculina turpethum Linn.* | Root | 48g |
| 10. | *Danti* | *Baliospermum montanum* | Root | 48g |
| 11. | *Shankini* | *Euphorbia dracunculoides* | Fruit | 48g |
| 12. | *Chitraka* | *Plumbago zeylanica Linn.* | Bark | 48g |

**Table 3: *Sneha Dravya* and *Drava Dravya***

| S.No | Ingredients | Quantity |
|---|---|---|
| 1. | *Go Gritha* | 768ml |
| 2. | *Jala* | 3 liters |

**Table 4: Comparison of ingredients of *Bindu Gritha* in different classical texts**

| Ingredients | *Bhaishajya Ratnavali, Yoga Ratnakara, Chakradata, Vangasena Samhitha* | *Sharangadhara Samhitha* | *Sahasrayoga* | *Yoga Tarangini* | *Gada Nigraha* |
|---|---|---|---|---|---|
| *Arka Ksheera* | ✓ | ✓ | - | - | ✓ |
| *Snuhi Ksheera* | ✓ | ✓ | ✓ | ✓ | ✓ |
| *Pathya* | ✓ | ✓ | - | - | ✓ |
| *Kampillaka* | ✓ | ✓ | ✓ | - | ✓ |
| *Syama* | ✓ | ✓ | - | - | ✓ |
| *Shampaka* | ✓ | ✓ | - | ✓ | ✓ |
| *Girikarnika* | ✓ | ✓ | - | - | ✓ |
| *Nilini* | ✓ | ✓ | - | - | ✓ |
| *Trivrith* | ✓ | ✓ | ✓ | ✓ | ✓ |
| *Danti* | ✓ | ✓ | - | ✓ | ✓ |
| *Shankini* | ✓ | ✓ | - | - | ✓ |
| *Chitraka* | ✓ | ✓ | - | ✓ | ✓ |
| *Danti phala* | - | ✓ | - | - | - |
| *Koshathaki* | - | ✓ | - | - | - |
| *Devadali* | - | ✓ | - | - | - |
| *Satala* | - | ✓ | - | - | - |
| *Pippalimula* | - | ✓ | - | - | - |
| *Vidanga* | - | ✓ | - | - | - |
| *Katuki* | - | ✓ | - | ✓ | ✓ |
| *Hema kshiri* | - | ✓ | - | - | - |
| *Vridhadaru* | - | ✓ | - | - | - |
| *Triphala* | - | - | ✓ | ✓ | ✓ |
| *Goksheera* | - | - | ✓ | - | - |
| *Pata* | - | - | - | ✓ | ✓ |
| *Triaktu* | - | - | - | ✓ | ✓ |
| *Brihathi* | - | - | - | ✓ | ✓ |
| *Kantakari* | - | - | - | ✓ | ✓ |
| *Gaja Pippali* | - | - | - | ✓ | ✓ |

**Table 5: Pharmacodynamic Properties of *Bindu Gritha* [10 ,11,12]**

| S.No | Ingredients | *Rasa* | *Guna* | *Virya* | *Vipaka* | *Doshagnata* | *Karma* |
|---|---|---|---|---|---|---|---|
| 1. | *Arka Ksheera* | *Tikta Lavana* | *Snigdha* | *Ushna* | *Katu* | *Kapha Vata shamaka* | *Virechaka, Vamaka, Kushtaghna Gulma, Udara* |
| 2. | *Snuhi Ksheera* | *Katu* | *Lagu Tikshna* | *Ushna* | *Katu* | *Vata Kapha samaka* | *Virechaka Dipana Aadhmana Kushta Gulma Arsha Shothahara* |
| 3. | *Pathya* | *Kashaya Madhura Amla Katu Tikta* | *Lagu Ruksha* | *Ushna* | *Madhura* | *Tridosha shamaka* | *Vibandhahara, Kushtaghna, Arshoghna Shothahara Sulahara* |
| 4. | *Kampillaka* | *Katu* | *Lagu Ruksha* | *Ushna* | *Katu* | *Kapha Vata shamaka* | *Rechana Udara Krimi Gulma Aadhmana* |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | *Tikshna* | | | *Pitta saraka* | *Vibandha hara* |
| 5. | *Syama* | *Katu Tikta* | *Lagu Ruksha Tikshna* | *Ushna* | *Katu* | *Tridosha samaka* | *Rechaka Udara, Kushta Shotha, Krimi Vibandhahara* |
| 6. | *Shampaka* | *Madhura Kashaya Tikta* | *Lagu Sara Snigdha* | *Sita* | *Madhura* | *Vata Pitta samaka Pitta Kapha samshodhaka* | *Sramsana Sulahara Koshta shudhikara Kushta Udavarta Krimi, Gulma Udara* |
| 7. | *Girikarnika* | *Tikta Kashaya* | *Lagu Ruksha* | *Sita* | *Katu* | *Pitta Kapha samaka* | *Kushta Sulahara* |
| 8. | *Nilini* | *Tikta* | *Lagu Ruksha* | *Ushna* | *Katu* | *Vata Kapha samaka* | *Udara, Krimi, Gulma* |
| 9. | *Trivrith* | *Katu Tikta* | *Lagu Ruksha Tikshna* | *Ushna* | *Katu* | *Tridosha samaka* | *Kushta Shotha, Krimi Vibandhahara Rechaka Udara* |
| 10. | *Danti* | *Katu* | *Tikshna* | *Ushna* | *Katu* | *Kapha Pitta samaka* | *Arsha, Shula, Kandu, Kushta Vidaha Shotha, Udara Krimi Anaha Gulma Amadosha* |
| 11. | *Shankini* | *Tikta, Kashaya* | *Laghu, Ruksha, Tikshna* | *Sita* | *Katu* | *Kapha Pitta samaka* | *Virechaka Kushta* |
| 12. | *Chitraka* | *Katu* | *Tikshna* | *Ushna* | *Katu* | *Vata Kapha samaka* | *Kushta Sthotha Arshas, Ajirna Agnimandhya Krimi, Udara, Kandu Grahani* |
| 13. | *Go Gritha* | *Madhura* | *Guru* | *Sita* | *Madhura* | *Tridosha samaka* | *Agnikrith, Rasayana* |

**Table 6: Phytoconstituents and Pharmacological properties of *Bindu Gritha* [10,11]**

| S.No | Ingredients | Phytoconstituents | Pharmacological properties |
|---|---|---|---|
| 1. | *Arka Ksheera* | Calotropin, alpha- amyrin, beta – amyrin, mudarine | Purgative, digestive, gastro intestinal irritant, diaphoretic, anti-spasmodic, analgesic |
| 2. | *Snuhi Ksheera* | Nerifoliol, nerifolione, cycolonivulial | Purgative, hepatoprotective, anti-inflammatory |
| 3. | *Pathya* | Tannin, chebulic acid, gallic acid, sorbitol | Purgative, antispasmodic, anthelmintic, antimicrobial, |
| 4. | *Kampillaka* | Lupeol, berginin, sitosterol | Purgative, anthelmintic, cathartic, lithotriptic |
| 5. | *Syama* | Turpethin, coumarin, scopletin, vanillic acid, saponins | Purgative, anti-inflammatory, antibacterial, anthelmintic, laxative, spasmodic |
| 6. | *Shampaka* | Anthraquinone, sennoside, fistucacidin, rhein glycoside | Purgative, febrifuge |
| 7. | *Girikarnika* | Taraxerol, taraxerone, beta-sitosterol | Laxative, anthelmintic |
| 8. | *Nilini* | Glycoside, indirubin | Antifungal, hepatoprotective, anti-tumour, anticonvulsant |
| 9. | *Trivrith* | Turpethin, coumarin, scopletin, vanillic acid, saponins | Purgative, anti-inflammatory, antibacterial, anthelmintic, laxative, spasmodic |
| 10. | *Danti* | Montanin, baliospermin, beta-sitosterol | Purgative, stimulant, rubifacient |
| 11. | *Shankini* | Quercetin glycosides, drancunculins | Purgative, anti-inflammatory, analgesic |
| 12. | *Chitraka* | Plumbagin, isozeylinone, zeylinone, catechol, tannin, vannilic acid | Irritant, digestant, appetizer |

**Method of Preparation**

A wide-mouthed vessel was taken, and *Go-gṛitha* was added and heated over a mild flame. The *Kalka* mixed with *Jala* was then added gradually with continuous stirring. On attaining *Madhyama paka*, the heating was discontinued. The *Paka* was confirmed by the classical *Lakṣaṇas* of *Madhyama paka*,[1] wherein the *Kalka* could be rolled into *Varti* between the fingers, burned without producing any crackling sound when placed over the fire, and remained soft and non-sticky, indicating the complete evaporation of water. The prepared *Bindu Gṛitha* was indicated for both internal administration and external application over the *Nabhi*.

**Table 7: Indications of *Bindu Gṛitha* according to various classical texts**

| ***Granthadhara*** | **Indications** |
|---|---|
| *Bhaishajya Ratnavali*<br>*Yoga Ratnakara*<br>*Chakradatta*<br>*Vangasena Samhitha* | *Kushta, Gulma*<br>*Udavartha, Swayathu*<br>*Bagandara, Ashta udara* |
| *Yoga Tarangini* | *Virechana* |
| *Gada Nigraha* | *Gulma, Kushta*<br>*Virechana, Udavartha*<br>*Swayathu, Bagandara* |
| *Sharangadhara Samhitha* | *Gulma, Kushta*<br>*Shula, Udavartha*<br>*Shotha, Aadhmana*<br>*Bagandara, Ashta Udara* |
| *Sahasrayoga* | *Udara, Virechaka* |

**Dose**

*Bindu Matra* (number of drops corresponding to the number of purgation produced).

***Anupana***

*Sharangadhara Samhitha*[8]

- *Go-dugdha*
- *Uṣṭra-dugdha*
- *Kulattha -kwatha*
- *Ushṇodaka*

**Method of Administration**

- Internal administration: Administered orally in drop-wise doses, producing marked purgation.
- External application: Application of *Bindu Gṛitha* over the *Nabhi* induces *Virechana.*

**DISCUSSION**

The classical literature review revealed that *Bindu Gritha* is described across multiple *ayurvedic* texts. *Bhaishajya Ratnavali*, *Yoga Ratnakara*, *Chakradatta, Vangasena Samhitha*, and *Yoga Tarangini* describe the formulation under *Udara roga chikitsa*, whereas *Gada Nigraha*, *Sharangadhara Samhitha*, and *Sahasrayoga* present it under broader sections of *Gritha* or *Sneha kalpana*. Its repeated placement under *Udara roga* indicates a strong classical therapeutic association with abdominal disorders.

Comparison of the ingredient composition revealed considerable variation among the classical references, with *Bhaishajya Ratnavali* considered as the primary reference. *Yoga Ratnakara*, *Chakradatta*, and *Vangasena Samhitha* largely retained the core ingredients of the formulation. In contrast, *Sharangadhara Samhitha* included several additional ingredients such as *Danti phala, Koshathaki, Devadali, Satala, Pippalimula*, *Vidanga, Katuki, Hema Kshiri,* And *Vriddhadaru. Sahasrayoga* also incorporated additional ingredients including *Triphala, Goksheera, Pata, Trikatu, Brihathi, Kantakari,* and *Gaja pippali. Yoga Tarangini* and *Gada Nigraha* showed selective additions and omissions compared with *Bhaishajya Ratnavali*. Thus, the comparison demonstrated considerable textual variation in the ingredient composition of *Bindu Gritha*.

The pharmacodynamic profile of *Bindu Gritha* showed a predominance of *Katu* and *Tikta rasa,* along with *Lagu, Ruksha*, and *Tikshna guna* and predominantly *Ushna virya*. The predominance of *Katu vipaka* and *Ushna virya* suggests a strong *Deepana-pachana* and *Virechana* actions. The formulation predominantly exhibits *Kapha-vata samaka* and, in certain ingredients, *Tridosha samaka* properties. The overall *Karma* profile was dominated by *Virechaka, Rechaka, Vibandhahara, Kushtaghna, Krimighna*, *Shothahara,* and *Gulma-udara* related actions, supporting its classical therapeutic application in *Udara roga*. The ingredients of *Bindu Gritha* contain diverse bioactive constituents with predominantly purgative, laxative, anthelmintic, digestive, anti-inflammatory, and anti-microbial activities, which are

consistent with its classical *Virechana* action and use in *Udara roga*.

The indications of *Bindu Gritha* showed a consistent classical association with *Udara*, *Gulma*, and *Kushta*. *Udara* was specifically mentioned in *Bhaishajya Ratnavali, Yoga Ratnakara, Chakradatta, Vangasena Samhitha, Sharangadhara Samhitha*, and *Sahasrayoga*, while *Gulma* and *Kushta* were repeatedly indicated in *Bhaishajya Ratnavali, Yoga Ratnakara, Chakradatta, Vangasena Samhitha*, *Gada Nigraha*, and *Sharangadhara Samhitha*. *Virechana* was specifically highlighted in *Yoga Tarangini*, *Gada Nigraha*, and *Sahasrayoga.* This consistency supports its established classical application in abdominal disorders and as a purgative formulation.

The formulation follows the classical *Sneha paka* procedure, with the described *Paka lakshanas* corresponding to *Madhyama paka*. As *Madhyama paka* is considered suitable for *Sarva karmas*[1], this may explain its intended use for both internal administration and external application over the *Nabhi*. The formulation is administered orally in *Bindu matra,* with the number of purgation corresponding to the number of drops administered. *Go-dugdha*, *Uṣṭra-Dugdha, Kulattha kwatha*, and *Uṣhṇodaka* are mentioned as *Anupana.*

## CONCLUSION

The present classical review of *Bindu Gritha* demonstrated its consistent association with *Udara roga* across Ayurvedic texts, while variations were observed in its ingredient composition and indications. Despite these textual variations, the formulation retains a common pharmacodynamic profile characterized by predominantly *Katu-tikta rasa, Lagu-Tikshna guna*, and *Ushna virya,* with prominent *Virechana* and *Deepana-pachana* actions. The phytoconstituent and pharmacological profiles of its ingredients provide supportive evidence for these classical attributes. The distinctive *Bindu matra,* diverse *Anupana,* and administration through both oral and *Nabhi* routes further highlight the unique therapeutic approach of the formulation. Overall, the classical and pharmacological review supports the therapeutic rationale of *Bindu Gritha*, particularly in the context of *Udara roga* and purgative therapy.

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