

REVIEW LITERATURE OF BRIMHANIYA VILEPI

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ABSTRACT

In the ayurved Samhita texts, Vilepi has been mentioned under the category of kritanna varga(Cooked food preparations). Kritanna-varga the subsection of different type of gruels like peya, vilepi, manda, mudgayusha and krsara, meat dishes like ullupta vesvara etc. Vilepi used in samsarjana karma in Panchkarma as paschat karma to boost the jatharagni and to regain the healthy stage after purification of body.

KEYWORDS: Vilepi, Samsarjana karma, Rice gruel, Kritanna-varga.

INTRODUCTION

According to Ayurveda, health is defined as an equilibrium of Doshas, Dhatus and Agni, defecation of mala.^[1] So disease is the vitiation of these elements. Of this elements, Agni is the most important factor which is responsible for maintaining the condition of health. It causes longevity, strength, complexion, energy, lustre of skin. 2 This agni is the main reason for life and vitiation causes formation of disease. During treatment, we mainly consider the status of agni of patient.

Vilepi – 1 part rice and 4 part water was cooked properly till rice is completely soft.

Vilepi is virala drava which means it contains less amount of liquid content. It is Bahusiktha

(more solid portion). It is nourishing light.^[2] It is ghanasiktha, Brimhani, Tarpani, Hridha, Madhura, Pittanasini.^[3]

Ayurvedic properties of Raktashali- Rasa - Madhura

Guna - Laghu, Snigdha,

Doshaghanata - Tridoshajeet

Rogaghanata - Eye disease, Fever, wound, Asthama, Cough, Burning Sensation.

Action - Dipan, Ruchya, Baldayak, Mutral, Swarya, Shukral, Trishna, Jathragni pradipak, Pushtikarak.

Mechanism of action of Vilepi

When we consume Vilepi, it goes into the stomach and increases the saptadhatwagani, jatharagani, digestive fire due to deepan and ruchya guna. Due to which the person feels hungar.

The Madhur rasa substance, by having affinity with the body, increases Rasa, Rakta, Mansa, Meda, Asthi, majja and shukra. It is pleasant for the age, keeps the mind along with the five sense organs (hearing, ghrana, rasan, eyes and sparshan) happy, increases the physical strength and enhances the appearance, helps in reducing the increased bile and the toxins in the body. Vata shamak, removes thirst, is beneficial for skin, hair and throat, makes the body happy, increases vitality, satisfies the body and mind, makes the body strong, Creates stability, nourishing the saptadhatu, heals cut places, keeps the nose, mouth, throat, lips and tongue clean, removes burning sensation and unconsciousness, qualities of raktashali, shashtikashali rice Madhura rasa and madhura vipaka are snigdha, sheeta and laghu.^[4]

AIMS AND OBJECTIVE

1. To study the vilepi (under kritanna verga) in detail.
2. To study the importance of vilepi.

MATERIAL AND METHOD

1. Classical Ayurvedic texts and its commentaries.
2. Previous research articles.

DISCUSSION

Preparation of vilepi is with 1 part of rice added to 4 part of water to get a semisolid gruel.

Grind the rice coarsely, 1 part of rice added to 4 part of water to the rice powder and cook it on fire. When the suspension solidifies well and becomes thick and the water content also reduces, then it is called vilepi. Sandhavalavan, pippali, maricha, shunthi powder should be mixed equal amount and given to eat.^[4]

❖ Benefits of Vilepi

Vilepi- Tarpani, Grahini, ((Helps to bind stools), Laghvi, ((Light for digestion), Hridya.^[5]
Brimhani, Tarpani, Hrudyā, Madhura, Pittanashani.^[6]

Grahini, Hrudyā, Trishnaghni, Deepani, Vrana, Akshirog, Samsuddha, Snehapaniya.^[7]

Tarpani, Hrudyā, Grahini, Balwardhani, Pathya, Swadurasa, Laghu, Deepana, Kshuttrishapaha, Bastis odhani, Vrisya, Hitkar in Jwara and Aatisar, Vrishya, Brimhani, Balvardhani.^[8]

CONCLUSION

Vilepi has been mentioned under the category of kritanna varga (Cooked food preparations). The Guna, Karma and health benefits of Vilepi have been described in the different Ayurvedic texts. In current hectic lifestyle, including vilepi in the diet can be a good option for health.

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