

THE EFFICACY OF LAJA BADAELA HIMA IN EMESIS GRAVIDARUM

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ABSTRACT

Vomiting in pregnancy is a common symptom in obstetrics practice. The patient complains of nausea and occasional sickness on rising in morning. This is considered as a symptom of pregnancy. It may however occur at other times of the day. It is mostly in first trimester (during second and third) month than the 2nd and 3rd trimester.

The genesis of pregnancy induced nausea and vomiting is not clear. Possibly the hormonal changes of pregnancy are responsible. Chorionic gonadotrophins, for instance has been implicated on the basis that its level are rather high at the same time that nausea and vomiting are most common. Emotional factors undoubtedly can contribute the severity of nausea and vomiting. Objective of the work is to compile and review classical literature on management of emesis gravidarum with Laja, Badar, Ela, Manth / Hima given orally. Hima is Ayurvedic preparation which is rejuvenating, hydrating, appetizer. All of the above ingredients are described anti-emetic in Ayurveda. Hima is prepared by soaking herbs in cold water overnight to prepare cold infusion.

Morning sickness is usually lasts for only few weeks, rarely more than three months. Assurance, advice, to move the limbs for few minutes before getting out of the bed, taking a dry toast or biscuit before rising from bed and avoidance of fatty and spicy food are enough to relieve symptoms in majority. Patients are advised to take plenty of fluids with glucose or fruit juice. This study is only aimed on morning sickness and not on the patients suffering from severe vomiting.

INDEX TERMS : *Garbhini Chhardi, Emesis Gravidarum, Laja, Eala, Badar, Manth, Hima.*

I. INTRODUCTION –

Life style and status of woman have changed in modern era. Almost in all fields they are to take active part. The incidence of emesis gravidarum is on rise. In this condition vomiting in pregnancy is sufficient to interface with woman's occupation. It also interrupts the patient's educational and social as well emotional life.

It is necessary to keep the patient hydrated to reduce the symptoms like weakness, fatigue etc. We used Laja, Badar, Ela, Manth as a refreshing drink, which has a pleasant smell and unique sweet and sour test with antiemetic property.

II. AIMS AND OBJECTIVE-

- To study and understand detail explanation about Garbhini Chhardi i.e. Emesis Gravidarum according to Ayurveda and modern.
- To study the role of Laja, Badar, Ela Manth in Emesis Gravidarum.

III. MATERIAL AND METHODS-

For the present study, 60 patents were chosen from Sangam Sevabhavi Trust's Ayurved Collage. They were divided into two equal groups. First group was treated with Laja, Badar, and Ela Mantha and acted as experimental group. Other group received placebo and acted as controlled group.

3.1 Drug Review-

Laja (rice roasted with its husk), Latin name- Oriza Sativa, dried powder of Badar (Latin name- Zezyphus jujuba and Ela (Latin name- Elettaria cardamomum) bought from GMP approved shop and Hima prepared in S.S.T. Ayurved Mahavidyalaya, Sangamner using following method.

Drug preparation- Fine Chhurna (powder) of Laja, Ela, Badar (Borkut) was made. Laja and Badar are taken in equal amount and added Ela in trace amount (ratio- 10:10:1), poured it in four fold water. Churned well in mixer and kept overnight and filtered.

100 ml Manth/ Hima gave Muhurmuhu (throughout the day, in small sips as).

3.2 Duration of the treatment-

Medicine is dispensed in O.P.D. follow up on 5th, 10th, 15th day. Duration of the treatment- 15 days.

3.3 Inclusion criteria for patients

1. Patients with pregnancy induced vomiting.
2. Patients ready to permit study.
3. Those patients who regularly attend the ANC, OPD.
4. Irrespective of parity and age.

3.4 Exclusion criteria

- 1) Non co-operative patients.
- 2) Patients having vomiting due to any other cause unrelated to pregnancy.

3.5 Assessment criteria –

1. Frequency of vomiting 2. Nausea 3. Giddiness 4. Pain in epigastria 5. Heartburn 6. General weakness 7. Cramps in legs. 8. Headache 9. Loss of appetite 10. Urine output 11. Sleeplessness 12. Restlessness 13. Coated and dry tongue 14. Sunken eyes 15. Palpitation. All these criteria are grades 0 to 5. Upashaya and Anupashaya are measured as Uttam (75% to 100% relief) Madhyam (50% to 74 % relief) Heena (25% to 49%) relief. Anupashaya (below 25 % relief)

IV. RESULT AND OBSERVATION

The data is qualitative type. Hence Chi- square test for independence of attribution is applied. In four –fold table, whenever the expected value in any cell is less than 5, Yeats correction is applied.

Chi- square value is calculated as follows-

$$\text{Chi- square} = \sum (\text{O}-\text{E})^2 / \text{E}$$

$$\text{Degree of freedom (D.F.)} = (\text{column} - 1) (\text{row} - 1)$$

Table No-1

Symptoms	Level of Significance	Chi-square	Degree of freedom
vomiting	5.99	9.34	5%
nausea	5.99	8.63	5%
giddiness	3.84	5.92	5%
Epigastric pain	3.84	7.23	5%
Heart burn	3.84	8.93	5%
weakness	3.84	4.59	5%
Leg cramps	3.84	8.22	5%
headache	3.84	9.12	5%
Loss of appetite	3.84	6.6	5%

V. DISCUSSION-

Laja, Badar, Ela Hima is used as used as refreshing drink in Garbhini Chhardi i.e. emesis gravidarum. All these ingredients are described as anti emetic in Ayurveda. The drink has a pleasant smell and unique sweet and sour test, which is well tolerated by pregnant women. It prevents de- hydration; enhance appetite (Deepana), Shrama-Hara, and Brihana.

According to ancient Ayurvedacharya the disease of pregnant woman should treated with Mrudu, Madhur Dravya and not with pungent drugs. So this is an ideal formulation for Garbhini Chhardi.

VI. CONCLUSTION -

The calculated value of Chi-square is much higher than table value. So Laja, Badar and Ela Hima is very effective in the management of Garbhini Chhardi. i.e. emesis gravidarum.

VII. BIBLIOGRAPHY-

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