

## Efficacy of laja manda in the management of Garbhini Chardi with Special Reference Hyperemesis Gravidarum

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### ABSTRACT

Garbhini Chardi (Emesis Gravidarum) is a common condition seen in most of the pregnant women probably in 1<sup>st</sup> trimester worldwide in about 50 - 80 %. It may however occurs at others time of the day also. The stage of severe type of vomiting i.e. Hyperemesis Gravidarum leads to dehydration, nutritional and metabolic imbalances causing physical and psychological disturbance which in turn affects the health of the fetus. So it's early management in milder stage is essential. Garbhini should take balanced diet to remain healthy and well nourished to have a healthy child, as we all know fetus absolutely depends on its mother for all its needs.

Garbhini Avastha is termed as delicate state. In such critical condition the treatment should be very gentle and assuring, Shaman Chikitsa is suggested instead of Shodhana Chikitsa. In our ayurvedic granthas, Acharya have mentioned that one should recommend the diet to garbhini, which is Hrudya and liked by her.

For management of Garbhini Chardi along with nutritional fulfilment of mother. Keeping this in view an attempt is being made to control Garbhini Chardi on principles of Ayurveda formulation of 'Lajamanda' explained by Kashyap & Yogaratnakar. This is a pathya preparation which can be easily prepared and administered, more effective and cheaper. It is having Hrudya, Rochan, Deepan-Pachan, Grahi, Vata-Kaphashamaka, Trushna and Glanihar properties.

**Keywords:** Lajamanda, Garbhini Avastha, Yogaratnakar

**INTRODUCTION-**

Ayurveda is a science of life which emphasizes both the preventive and curative aspect of the diseases. The present world is concerned about the increasing rate of morbidity which alters their life expectancy. Acharya Charaka has compared pregnant lady with Taila poorna patra which can spill off even by small disturbances hence seeking proper attention. Our Acharyas explained Garbhini Chardi in the Garbhini Vyapats which leads to illhealth in pregnant women and also causes congenital problems in newborn due to lack of nutrition. Chardi mentioned in Ayurvedic classics as Vyakta Garbha lakshana which can be compared with vomiting of pregnancy i.e Emesis Gravidarum. Vomiting is most common lakshan seen in more than 50% of pregnant ladies in 1st trimester of pregnancy. Fetal outcome may hampers if not treated earlier. If it is not corrected causes severity which even hampers the Fetal outcome. So it is essential to prevent and cure the vomiting during pregnancy.

Food recipes are used as medicines in one of the unique concepts of Ayurveda i.e. Pathya Kalpana'. It maintains samagni by this it improves digestive power ultimately improves nutrition level of body. These recipes are prepared by using aushadhi dravyas and food as base. Hence pathya kalpana is the combination of medicines and food, it is not only useful in treating the disease by improving digestion power but it also becomes palatable. Laja Manda is one of the known recipe as routinely used pathya kalpana in diseases like Jwara (Fever), Atisara (Diarrhoea), Garbhini Chardi (Hyperemesis Gravidarum).

The purpose of present study is to understand the efficacy of Laja Manda in the management of Garbhini Chardi (Hyperemesis Gravidarum).

**AIMS AND OBJECTIVES-**

1. To understand the efficacy of Laja Manda in the management of Garbhini Chardi by ayurvedic as well as modern point of view.
2. To study the standard operating procedure of Laja Manda..

**MATERIALS AND METHODS**

Literary references from ayurvedic classics and modern medical text along with journals were collected and analytically reviewed to evaluate role of laja manda in atisara management by **ayurvedic and modern point of view**

**STANDARD OPERATING PROCEDURE OF LAJA MANDA:**

Standard operating procedure of manda kalpana by Sharangdhar Samhita has to be taken into consideration. Genuine species of laja should be taken. Laja is prepared by parching the rice in sand bath 8. The husks open out and the rice swells into light body. Here, sanskara concept of Ayurveda should be taken into consideration. Sanskara means processing, which would result in the transformation of the gunas (inherent qualities) of the substance 9. Due to agni sanskara, guru (hard to digest) and pittala (vitiatting pitta) vrihi (rice) transforms into laja which is laghu (easy to digest) and pittahara (pacifies pitta).

Laja manda is prepared by using laja and water in 1:14 proportion. The laja should kept to cook on low flame by adding water in above said proportion till lajas get cooked and filtrate obtained. i.e. water content of the prepared formulation should be used as manda (watery portion of rice gruel) 10.

The major step in this recipe is cooking i.e. agni sanskara which make the recipe laghu (easy to digest). In atisara the digestive capacity is low, so such laghu recipe is preferred in Ayurveda. According to modern science, water after boiling gets disinfected which is useful in diarrhea having infective pathology.

**Properties of laja manda: are Laghu & Sheeta in nature. Biological actions:**

Deepana (it increases appetite)

Pachana (it increases digestive capacity)

Grahi (which promotes the power of absorption) Vatanulomaka (it helps to maintain normal functioning of vata) Kaphaghna (pacify kapha humour) 11.

Indications: Jwara (Fever), Garbhini Charadi ((Hyperemesis Gravidarum), Atisara (Diarrhea), Trishna (Excess Thirst) 12.

Name of the formulation	Proportion of laja	Proportion of water	Siddhi	lakshana
Final constitution of prepared formulation	Biological properties		Indication	
Manda 1 part	14 partsTill the lajas Cooked completely	Only supernatant	Liquid.	
Deepana, Pachana, Grahi, Vatanuloma ka		Useful	in treatment of Jwara (fever) Atisara (diarrhea)	

**Garbhini Chardi :-**

Garbhini Chardi is one of the Vyakta garbha lakshana explained in classics. Acharya Charaka & Sushruta described it in detail (Agnivesha et al., 2011; Sushruta et al., 2010). In the Nidana Stana Acharya Susruta has given Naryaascha aapanna satwa as one of the nidanas and Douhrudaya as Nidana for Agantuja chardi. In the commentary Dalhana explains that Aapanna satwa, Douhrudaya are caused by Garbha (Sushruta et al., 2010). Acharya Vagbhata explained Dauhrida as a cause and also mentioned Dwishtardhajanya as one of the classifications of Chardi. According to Acharya Harita

Chardi as one of the Upadrava of garbha (Hareeta Samhita et al., 2005). Acharya Kashyapa, considered as there is no difference of the physical and psychological disorders of a pregnant woman from other individual (Vruddha Jeevaka et al., 1998). The Hetu Sevana will lead to vitiation of Pitta and Kapha dosha which in turn vitiate Vata which forces the Doshas to move in upward direction leading to Chardi. During pregnancy, Garbha peedana, Douhrida avamana & lack of Garbhini Paricharya results in Vata vrudhhi and may also lead to agnimandya causing Pitta dushti; which along with Kapha dushti will leads to Aamasanchaya or Utklishtata of Dosha. These Utklishta doshas can cause Avarodha to the gati of Vata which in turn brings about Kshobha to Amashaya. The Utklishta doshas are expelled out through the mouth by the action of Vyana and Udana vata resulting in Chardi. Chikitsa: This Garbhini Chardi can be treated by giving desired things to the lady as mentioned by Sushruta. (Sushruta et al., 2010).

#### 1. Samanya chikitsa :

In Samhitas following Chikitsa is explained for Garbhini chardi:

- Paste of Dhanyaka with Tandulodaka and sugar (Yogaratanakara, 1999).
- Bilva phala majja with Lajambu (Yogaratanakara, 1999).
- Use of Bhoonimba kalka with equal quantity of sugar (Harita samhita, 2010).
- Shunti Bilwa kashaya with Yava saktu (Yogaratanakara, 1999).

#### 2. Vishesha chikitsa (Vruddha Jeevaka et al., 1998).

Doshanusara chikitsa for chardi is mentioned by Acharya Kasyapa .

##### i) Chikitsa in Vataja garbhini chardi :

- Mamsa rasa by adding amla Dadima without salt.
- Susamskaarita mahisha mamsa rasa.
- Leha of Matulunga rasa, Laaja, Kolamajja, Daadimasara, Rasanjana, Sarkara & Madhu.

##### ii) Chikitsa in Pittaja garbhini chardi :

- Peya of Laja with Sita and Madhu.
- Jangala mamsa rasa with Sarkara.
- Tandulodaka with Laaja choorna, Sarkara and Madhu mixed with Chaturjata kalka as

appetizer.

iii) Chikitsa in Kaphaja garbhini chardi :

- Yoosha of Mudga and Dadima mixed with Lavana and Sneha.
- Kwatha of Jambu pallava and Amra pallava mixed with Sita or madhu.

iv) Chikitsa in Sannipataja garbhini chardi :

According to predominance of Dosha the combination of the above said treatments are prescribed.

v) Chikitsa in Krimija garbhini chardi

Kwatha prepared with Moola of Punarnarva and Bhadradaru along with Madhu.

### **EFFICACY OF LAJA MANDA IN THE MANAGEMENT OF GARBHINI CHARDI.**

For management of garbhini chardi assessment of relative predominance of various doshas should be made and along with nutritional fulfilment of mother keeping this in view and attempt is being made to control garbhini chardi on principles of ayurved formulation of Laja manda as explained by acharyas. This is a pathya preparation which can be easily prepared and administered, more effective and cheaper, non harmful for pregnant women. It is having Hrudya, Rocana, Deepan- Pachan , Grahi, Vata-Kaphashamaka, Trushna and Glanihar properties .

Matra (Dose): The matra of manda kalpana is not clearly mentioned in Ayurvedic text. Since laja manda is food based dietary medicine, the dose of it should be according to capacity of digestive fire according to Charaka 15.

Time of Administration: According to Charaka, manda kalpana is 'pranadharana'<sup>16</sup> i.e. it acts on pran vayu So time of administration should be muhurmuhu i.e. frequently.

### **Modern View (Dutta 6th edition)**

On the basis of severity Vomiting during pregnancy is categorised into 2.

- Emesis gravidarum (Morning Sickness)
- Hyperemesis Gravidarum

Emesis gravidarum

1. Patient complaints of nausea & occasional sickness on rising in the morning.
2. It disappears by 12-14 week of pregnancy.
3. Vomitus is small and clear or may be bile stained.

Causes :

- Oestrogen
- High level of HCG
- It is aggravated by Neurological factor.
- Altered immunological states

Management :

- Assurance should be given to the patient.
- Eating small, frequent meals.
- Eating bland foods.
- Taking of dry toast or biscuit
- Avoidance of fatty spicy foods.
- Waiting until nausea has improved before taking iron supplements.
- Using a pressure-point wrist band, vitamin B6 & ginger, as recommended by a healthcare provider
- Antiemetics like pyridoxine/doxylamine, antihistamines (such as diphenhydramine), metoclopramide, and phenothiazines. In the United States and Canada, the doxylamine-pyridoxine combination (as Diclegis in US and Diclectin in Canada) is the only approved pregnancy category "A" prescription treatment for nausea and vomiting of pregnancy.

Hyperemesis Gravidarum

It is a severe type of vomiting of pregnancy which has got deleterious effect on health of mother and incapacitates her in day-to-day activities. Hyperemesis gravidarum is estimated to affect 0.3–2.0% of pregnant women. While previously a common cause of death in pregnancy, with proper treatment this is now very rare. Those affected have a low risk of miscarriage but a higher risk of premature birth.

Causes

- High levels of human chorionic gonadotropin
- Increased Estrogens & Progesterone levels Consumption of a high-fat diet
- Deficiency of Vit B1, B6 and Proteins.
- Consumption of a high-fat diet
- Psychological factors, such as anxiety
- Pregnancy-induced changes to the gastrointestinal symptom
- Infection by H-Pylori.

**Symptoms Early:**

1. Vomiting throughout the day
2. Normal day to day activities are disturbed.
3. No evidence of dehydration and starvation

**Late**

1. Evidence of dehydration and starvation.
2. Severe vomiting
3. Oliguria.
4. Epigastric pain, Constipation.
5. Features of dehydration and ketoacidosis- dry coated tongue, sunken eyes, acetone smell in breath, tachycardia, hypotension, rise in temperature.

**COMPLICATIONS**

- Neurological- Wernicke's encephalopathy due to thiamine deficiency, Pontine myelinolysis, Peripheral neuritis, Psychosis, Retinal haemorrhage, Convulsions, Coma.
- Other complications- Stress ulcer at stomach, Oesophageal tears, Jaundice due to liver damage.
- Management
- This condition can require hospitalisation and treatment with IV fluids and anti- nausea medication.
- Supportive Care - Rehydration along with replacement of electrolytes is very important in the treatment of hyperemesis. Normal saline are suitable solutions, potassium chloride can be added as needed.
- Medications – Dietary supplement, Antiemetic and Antihistamine.
- Dietary supplement – Small & frequent dry meals without fat are given. First dry carbohydrates like Biscuit, Bread & toast. Ginger is helpful.
- Antiemetics like pyridoxine/doxylamine, prochlorperazine, promethazine, vitamin B6.
- Antihistamines such as diphenhydramine, dimenhydrinate, metoclopramide, and phenothiazines.
- To correct Hypotension in uncontrolled vomiting: Hydrocortisone 100mg I.V in drip

**DISCUSSION :-**

Acharya have already explained the chikitsa for Garbhini, in that they have mentioned that she should be given things which are hrudya, palatable, and liked by her.

One of the positive point regarding Lajamanda is it having good palatability as it having sweetening agents and it easily like by garbhini. Even though there are many formulations available for treating garbhini chardi, manda is selected because it maintained

normalcy of dhatus, jatharagni pradipaka (enhance digestive fire) and so does the samprapti vighantan (break pathophysiology) of Chardi and help in curing it.

Lajamanda consists of Laja and Sharkara both contains Madhura Rasa which acts as Bruhana (nourishing) and Tarpana (hydrating) which does the pitta shaman and helps in nourishing dhatus, thereby doing poshan of garbha (nutrition).

**CONCLUSION –**

In Garbhini Chardi patient complain of Aruchi (Indigestion), Agnimandya (loss of appetite), Daha (burning), Trushna (thirst) and excessive salivation which relieved by Lajamanda. The shita virya of Lajamanda does the Preenana (nourishment), Ropana (repairing) and Lekhana (scraping) action in the body.

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