

Research Article

A Study on the effect of Laghumalini vasant vati in Pravahika

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ABSTRACT:

The present study was carried out to study the effect of *Laghumalini vasant vati* in *Pravahika*.

Laghumalini vasant vati is used in *shaman chikitsa* of *Pravahika*. According to *Vridhdha vidya* it is to be used mainly in chronic or *kaphaja* diseases. So effect of drug is observed specially on the patients of *Kaphaja Pravahika*.

Total 60 patients of *Pravahika* are selected. Drug given to the patients for 21 days and then analysis of the result, conclusion of the study done statistically. Finally it is concluded that *Laghumalini vasavt vati* can be used in the treatment of *Kaphaja pravahika*. It can be used as *Apunarbhava* and *Rasayan* drug in *Kaphaja Pravahika*.

KEY WORDS: *Pravahika, Laghumalini vasant, Kapha, agni*

INTRODUCTION:

According to *Ayurveda* this is the ideal lifestyle and we should follow this. But now a days; life is becoming more and more fast and mechanical. For the success and achievement workload is increased. People have to work according to their duty hours and shifts. So daily routine is changing rapidly, causing the disturbances in sleeping and dietary patterns. That's why most of the people are preferring fast food, even if those recipes are *Viruddha anna*. So day by day immunity is decreasing and people are suffering from GIT disorders like *Pravahika*.

Pravahika is one of troublesome disease, which is hazardous to daily routine. People belonging any class of society may suffer.

Taking into consideration the severness of *Pravahika*, many single or complex drugs are mentioned in *Ayurvedic* literature. In *Ashtang Hriday* "*Maricha churna*" is mentioned as single drug therapy. But for the patients it is tedious to take it. So according to *Vridhdha Vaidya* like *Gangadhar shashtri Gune*,

Laghumalini vasant vati which contains *marich* can be used in treatment.

Materials

Drug: *Laghumalini vasant vati*

Ref. *Yoga Ratnakar*

1. Kharpara or Rasak bhasma – Two parts
2. Maricha (shwet) churna – one part

Bhavana dravya

1. Navaneet (Loni made by godugdha)
2. Nimbuk rasa (fresh lemon juice)

About kalpa (drug) - *Laghumalini vasant vati*

Main kalpas of Rasak are all Vasant Kalpa. Combination of Vasant kalpa is rogahara as well as dhatu balyakar.

Method

Standardized drug - *Laghumalini vasant vati* used for the study.

Anupana – Koshna jala (easily available for everyone hence suggested)

distressing but ineffectual urge to evacuate the rectum.

Dose : 250 mg tablet thrice a day after breakfast and meal with koshna jala.

Cardinal signs

Duration : 21 days (One Mandal.)

1. Forceful evacuation of stool. (*Sappravahan malapravritti*)
2. Stool with mucus. (*Sapichha malapravritti*)
3. No feeling of relief after stool evacuation. So *mala vegas* are more. (कृतेऽपि अकृत संज्ञता |)
4. Anorexia
5. Dull ache or pain in abdomen mostly lower abdomen at the time of defecation.

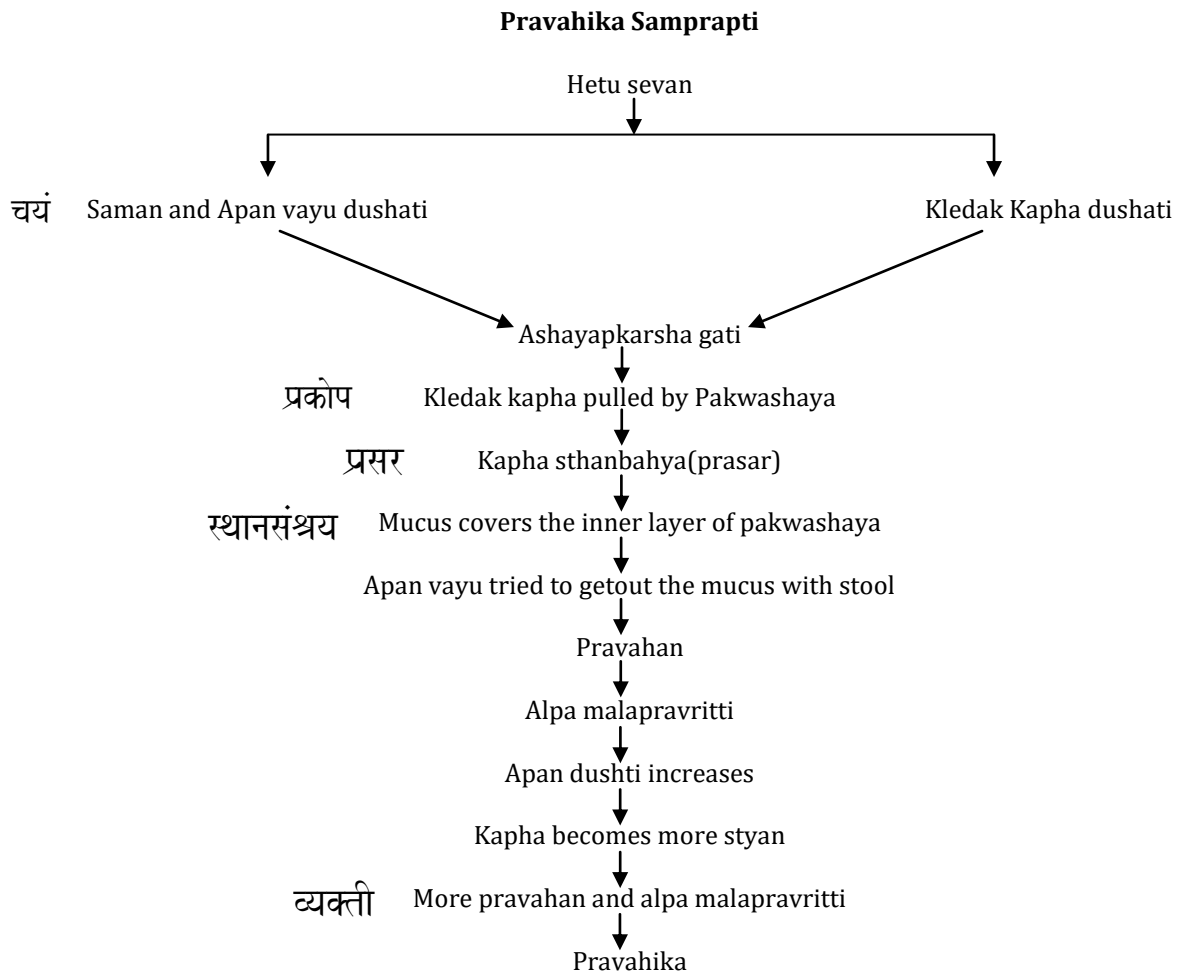
Follow up: after every seven days.

Pathyapathya explained to every patient.

About Pravahika (literature i.e. theoretical aspect)

During defecation there is tenesmus. Tenesmus is a

Pravahika Samprapti Chart.



Modern aspect of Pravahika

Amoebic dysentery can be compared with Kaphaja Pravahika. Because the symptoms are

1. Colicky pain and tenesmus.
2. Diarrhea or no. of evacuations are more.
3. The stools are usually small and after the first few evacuations, contain blood and purulent exudates with little fecal material.

4. There is frequently mild or moderate fever with dehydration and weakness if diarrhea persists.
5. On physical examination there may be tenderness over the colon more easily elicited in the left iliac fossa.

But in this research work patients having the symptoms according to *Ayurvedic* literature are considered.

Study design

Selection of patients

1. Age group 5 years onwards
2. Patients selected having features of *kaphaj Pravahika* described in *Ayurvedic* literature.
3. Patients having *vyadhi sankar* are omitted.
4. Below 5 years patients are omitted.
5. Pregnant women are omitted.
6. Patients who are on modern treatment of *Pravahika* or dysentery are omitted.

Total 60 patients are selected. *Laghmalini vasant vati* 250 mg thrice a day with *koshna jala* given to the patients for 21 days.

Signs and Symptoms recorded:

Pravahan, malaswaroop, Malaveg, Malaveg Kalavadhi, Udarlaghav, Agnimandya.

All symptoms were recorded in the format, follow up studies were done at every week. The progress chart showing recovery was made.

Statistics:

According to area-prevalance rate is 8 to 10 % so sample size taken 60 patients are studied.

So to study the effect of Lagumalini Vasant unpaired 't' test is applied.

Then the data analyzed statistically. Results were tabulated according to classification of patients made.

RESULTS:

According to sex wise distribution, it is found that both sexes are almost equally suffered.

Middle age i.e. 40 to 60 age group is suffering.

But sex, age, occupation did not influence the results. Which indicates *Laghmalini vasant* works in any age, weight. Occupation.

Pravahan, Malaswaroop, Malaveg, Kalavadhi, Udarlaghav, Agnimandya - In all these signs & symptoms

There is significant difference between the two results. (before treatment and after treatment), this indicates that the drug is effective.

DISCUSSION:

Because of *Ushna*, *tikshna* and *Pramathi dravya* like *Maricha*, the drug used only in *kaphaja pravahika*.and the results obtained are as follow

1. The drug is effective on *pravahana*. So *lakshana बहुशो प्रवाहन्तो* | is reduced.
2. Drug reduces *pichhilata* and *samata* of *mala*.

Hence drug is effective in *कफमात्रनिःसरणं* .

3. Drug reduces the *mala vega*. Hence effective in *अल्पं मलाक्तं* .
4. After treatment patients feel *udarlaghav* after defecation. So effective on *(कृतेऽपि अकृत संज्ञता |)* .
5. *Agni vardhan* and feeling of freshness (*utsaha vardhan*) are seen.
6. The above mentioned results are found in the patients having *kapha pradhan* symptoms. But in *vata pradhan* symptom like dryness, after one week of treatment some patients complained of constipation. Hence they are omitted.

In *pitta pradhan* patients some patients complained of mouth ulcers. They are also omitted.

CONCLUSION:

Final it can be concluded that *Laghmalini vasavt vati* can be used in the treatment of *Kaphaja pravahika*.

It can be used as *Apunarbhava* and *Rasayan* drug in *Kaphaja Pravahika*.

It is easily available in the market

It is easy to take orally and easy to carry anywhere.

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Lagumalini Vasant Rasa - Mode of Action(Chart):

