

EVALUATION OF LATAKARANJ MASI (CAESALPINIA BONDUCELLA'S NUT BURNT POWDER) IN DYSMENORRHEA

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ABSTRACT

Dysmenorrhoeal is characterized by lower abdomen pain, back ache, nausea, vomiting, anxiety, radiating pain towards thigh etc. Recent study shows there is increases in cases of dysmenorrhoea and patient used to consume antispasmodic medicine to control lower abdomen pain but all the symptoms will not be relived. A traditional medicine Latakaranaja masi with tandulodaka (rice washed water) is used in dysmenorrhoea shown positive results hence a study was under taken to assess its clinical efficacy. 45 diagnosed dysmenorrhoea patients were taken in the study. 15 were administered lakakaranja masi with

tandulodaka in group I, 15 on tandulodaka in group II & 15 on colinol in group III. Patients were advised to come once every cycle and 30, 60, 90, days of treatment and report after 180 days. Symptomatic changes were assessed with the help of visual analog scale. Symptoms like lower abdomen pain was relived 90 to 100% of patients back ache, nausea vomiting anxiety head ache temperature fainting, diarrhea, radiating pain towards thigh were relived in 100% patients in group I and none of the patients were relived after 90 days of treatment in group II & III. Latakaranja masi with tanduldaka has demonstrated significant in reliving the symptoms along with its antispasmodic activities. No side effects were noted and it may be considered as an effective alternative medicine in dysmenorrhoea. As it contains phosphorus, calcium, iron, copper etc contributes in regeneration and improving the hemoglobin percentage.

KEYWORDS: dysmenorrhoeal, latakaranjanja masi, colinol, tandulodaka.

INTRODUCTION

Dysmenorrhea is the medical term for the painful cramps that may occur immediately before or during the menstrual period. Dysmenorrhoea is characterized by lower abdomen pain,

Back ache, nausea vomiting, anxiety, radiating pain towards thigh. Recent study shows increase in cases of Dysmenorrhoea. Patients used to consume antispasmodic medicine to relieve abdomen pain but all the symptoms will not be relieved. Traditional medicine Latakaranja masi (Caesalpinia bonducella's nut burnt powder) with tandulodaka (rice washed water) is used in Dysmenorrhoea.

MATERIALS AND METHODS

Materials: Lata karanj masi (Caesalpinia bonducella's nut burnt powder), Tandulodak ((rice washed water), Colinol (Paracetamol 650 mg + dicyclomine 20 mg), Patients of dysmenorrhoea formed the materials.

Medicine was prepared in BLDEA's AVS Pharmacy Ayurveda mahavidyalaya bijapur. Patients were randomly selected from gynaec OPD BLDEA's AVS Ayurveda mahavidyalaya hospital. Patients were selected as per the incisive & exclusive criteria.

Inclusive criteria:

1. Patients were selected after menarche.
2. Age group between 12 to 40 yrs.
3. Patients with regular menstruation cycles.

Exclusive criteria:

1. Dysmenorrea with specific pelvic pathology.
2. Below 12 & after 40 years of patients.
3. Patients with irregular menstruation.

Patients were advised to come once in every menstrual cycle. Symptomatic changes were noted before & after 90 days of treatment. The symptoms were recorded with the help of visual analogue scale (applied on 30, 60, 90, days of treatment).

Drug schedule**Table no 1: showing Drug Schedule.**

Groups	Drug	Dose	Duration	Observation	Route	No of patients
I	Lkm + Tdl	15 mgs + 50 ml Tid	3 days before MC for 3 cycles	3 cycles (90 days)	Oral	15
II	Tdl	50 ml Tid	3 days before MC for 3 cycles	3 cycle S(90 days)	Oral	15
III	Col	Pct 650 + dcm 20mg Tid	3 days before MC for 3 cycles	3 cycles (90 days)	Oral	15

Lkm : Latakaranja masi Tdl : Tandulodaka Col : colinol MC : Menstrual cycle.

RESULTS**Table no: showing results of Group I, II & III before & After treatment.**

Sl no	Symptoms	G I (out of 15 pt)			G II (out of 15 pt)			G III (out of 15 pt)		
		B T	AT	No change	B T	AT	No change	B T	AT	No change
1	Lower abd pain	15 (100%)	10 (66.66%)	5 (33.33%)	15 (100%)	0	15 (100%)	15 (100%)	0	15 (100%)
2	Back ache	10 (66.66%)	10 (100%)	0 (0%)	12 (80%)	0	12 (100%)	10 (66.66%)	0	10 (66.66%)
3	Nausea	8 (53.33%)	8 (100%)	0 (0%)	2 (13.33%)	0	2 (100%)	8 (53.33%)	0	8 (53.33%)
4	Vomiting	7 (46.66%)	7 (100%)	0 (0%)	1 (6.66%)	0	1 (100%)	7 (46.66%)	0	7 (46.66%)
5	Anxiety	6 (40%)	6 (100%)	0 (0%)	4 (26.66%)	0	4 (100%)	6 (40%)	0	6 (40%)
6	Head ache	4 (26.66%)	4 (100%)	0 (0%)	6 (40%)	0	6 (100%)	4 (26.66%)	0	4 (26.66%)
7	Temperature	5 (33%)	5 (100%)	0 (0%)	2 (13.33%)	0	2 (100%)	5 (33%)	0	5 (33%)
8	Fainting	3 (20%)	3 (100%)	0 (0%)	4 (26.66%)	0	4 (100%)	3 (20%)	0	3 (20%)
9	Diarrhoea	3 (20%)	3 (100%)	0 (0%)	2 (13.33%)	0	2 (100%)	3 (20%)	0	3 (20%)
10	Radiating Pain towards thigh	12 (80%)	12 (100%)	0 (0%)	11 (73.33%)	0	11 (100%)	12 (80%)	0	12 (80%)

DISCUSSION

Pain in abdomen relived 66.66%, Back ache, Nausea, Vomiting, Anxiety, Head ache, Diarrhoea & Radiating pain towards thigh all these symptoms relived 100% in Grou I (lkm + td) but these were not relived in Gr II & III.

Relief of pain might be due to specific properties of Lata Karanja Masi. Lower abdomen pain, fever, Back ache etc, might have relieved due to Shoolagna (anti spasmodic), Shothagna (anti inflammatory), and jwaragna (anti pyretic) properties.

Lata Karanja Masi contain Mg, Na, K, Ca, & Fe. Sodium potassium helps in fluid balance in the body. Phosphorus and calcium strengthens the skeletal muscles and bones. Hence the pain might have relieved.

Magnesium etc might have contributed to depress the activity of the nervous system and the skeletal muscles contractions. As Lata Karanja Masi contains iron, it is absolutely essential both for transport of oxygen to the tissues and for maintenance of oxidative systems within the tissue cells.

CONCLUSION

During painful menstruation patients used to consume modern anti spasmodic drugs which relieves only abdomen pain. Latakaranja masi with tandulodaka was administered three days before menstruation it not only relived abdomen pain but relieved all the associated symptoms.

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