

**EFFECT OF LAGHU MALINI VASANTA RASA IN PREGNANCY – A REVIEW STUDY**Syama Maniyankutty<sup>1</sup>, Aswathi R S<sup>2</sup>

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**ABSTRACT**

Pregnancy is the most important part of every woman's life. The union of *Sukra*, *Sonita* and *Jivatma* inside the *Garbhasaya* forms *Garbha*. The innermost part of *Garbhasaya* is filled with minute hair like capillaries which nourishes the embryo after fertilization. Pregnancy is divided into three trimesters. Throughout this period utmost care has to be taken to maintain the health of both the baby and mother. Health of baby depends upon health of mother and hence it is necessary to preserve the health of the mother. *Laghumalinivasanta Rasa*<sup>1</sup> is a herbo- mineral formulation which is widely used during pregnancy. It is a well-known *Vasanta Kalpa* formulation. It is a suitable ayurvedic remedy to cope up with problems arising during pregnancy, as it is very helpful to stabilise the foetus, thereby reducing the tendency of abortion. It is also helpful in female health related problems like menorrhagia, leucorrhoea and reduces excessive vaginal discharge also. As per the reference of *Yoga Ratnakara* the main ingredients of *Laghumalinivasanta rasa* are *ShudhaKharpara* and *Marichachoorna*. With appropriate *Anupana* this medicine is effective in all types of *Garbhiniwara* as well as it is good for *Garbhaposhana*. This review article highlights the role of *Laghumalinivasanta rasa* in stabilising the foetus.

**Keywords:** *Kharaliyarasayana*, *LaghumaliniVasanta Rasa*, *Pregnancy*

## INTRODUCTION

God has gifted woman with the ability to keep the human species alive and hence a woman is an integral part in our society. And the woman has to go through many critical and troublesome phases during pregnancy. The problems affecting the health of the pregnant lady are multifactorial. Mother and child must be considered as one unit. During the antenatal period, the foetus obtains all the building materials from Mothers blood. *Garbhasthapana* drugs also favours for the growth and development of the foetus. *Rasa Dhatu* is responsible for the proper nourishment and providing the essential nutrients to the embryo after fertilization through *Upasneha*. After fertilization *Garbha* gets covered by *Rakta*. Thus, *Rasa* and *Rakta* plays important role in *GarbhaSthapana*. If any of these factors is not there in proper state, the *Garbha* will leads to miscarriage.

*Vasant kalpas* are *KharaliyaRasayanaKalpanas*, explained in Ayurveda. They promote growth of endometrium so that it gets prepared for implantation of embryo if fertilization occurs.

*LaghmaliniVasanta Rasa* is a well-known *Kharaliya Rasayana*, which is widely used for problems arising during pregnancy. LMV acts as *Rasaposhaka*, *Yogavahi*, *Dipana*, *Pachana* on *Rasavaha* and *Raktava-haSrotas*. It helps in proper nourishment of foetus during pregnancy

There is a wide scope of research in *Ayurveda* to find a medicine, which is safe and potent remedy to reduce the chances of abortion in first of pregnancy.

### Ingredients and preparation of *Laghmalini-Vasanta Rasa*

*Shudha Kharpara* and *Maricha Choorna* has to be taken in the ratio of 2:1 and subjected to *Mardana* in *Navaneeta* and then with *Nimbu Swarasa* till the *Snigdhta* is lost. Then it is rolled into pills of 2 *Ratti* (250 mg) size.

**Table 1:** Contents of *LaghmaliniVasanta Rasa*

Sl No	Common name	Latin name	Part
1	<i>Rasaka</i>	Zinc oxide	2 part
2	<i>Maricha</i>	Piper nigrum	1 part

**Table 2:** Bhavana *Dravya* of *LaghmaliniVasanta Rasa*

Sl No	Common name	Latin name	quantity
1	<i>NimbuSwarasa</i>	Citrus lemon	Q S
2	<i>Navaneeta</i>	Butter	Q S

**Table 3:** Properties of ingredients of *LaghmaliniVasanta Rasa*

Sl No	Name	Rasa	Guna	Virya	Vipaka	Doshakarma	Actions
1	<i>Kharpara</i> <sup>2</sup>	<i>Kasaya Katu</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridoshagna</i>	<i>Raktapradaranaashana</i>
2	<i>Maricha</i> <sup>3</sup>	<i>Katu</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphasamana</i>	<i>Dipana</i>
3	<i>Nimbu</i> <sup>4</sup>	<i>Amla</i>	<i>Guru Tikshna</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kaphavatasamana</i>	<i>Rochana Dipana Pachana</i>
4	<i>Navaneeta</i> <sup>4</sup>	<i>Madhura</i>	<i>Snigdha Pichila</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata pitta hara Kaphakara</i>	<i>Vrishya</i>

## Pharmacological properties of Ingredients of Laghumalini Vasanta Rasa

### Actions of Kharpara Bhasma

*Kharparabhasma* is an excellent drug that possesses *yogavahi* property. It helps in treating various kinds of diseases such as all types of *Prameha*, Bleeding disorders, urinary diseases, respiratory infections, all kinds of fever and diarrhoea. It is also used for external application in some skin disorders like *Vicharchika* and *Kushtas*. Its judicious use will improve the physical strength and virility. It is *Shukrala*, *Balya* and *Vrishya* i.e. increase the capacity of ovum for fertilization. Zinc is an essential component for implantation and stimulating healthy cytokines for nidation<sup>6</sup>. It also acts on uterus and regulates hormonal imbalance which plays an important role in endometrial proliferation.

### Actions of Maricha

It is a *Laghu* and *Tikshna* drug which is hot in potency and has an anti-inflammatory, anti-microbial, antispasmodic and antipyretic action. It is an effective antioxidant. Piperine the alkaloid present in it is responsible for the bio transformation of drugs and improves the bioavailability also<sup>6</sup>

### Actions of Nimbu

It is a drug belonging to citrus species that possesses anti-inflammatory, hypoglycaemic, anthelmintic, anti-cancer and anti-infective properties. Its other actions are *Rochana*, *Dipana*, *Pachana*, *Anulomana* and *Pittasaraka*<sup>6</sup>

### Actions of Navaneeta

It is an excellent aphrodisiac which is also used to improve strength and digestion. This drug has *Sangraahi* property and is very effective in haemorrhoids, facial palsy, respiratory complaints, eye diseases and all types of bleeding disorders. It also helps for the absorption of *RasakaBhasma*. Also, it contains lacto bacillus necessary for absorption.

### Dosage and Anupana of Laghumalini Vasanta Rasa

Dose – 2 Ratti (250mg) (Yoga Ratnakara)

125 mg (AFI)

*Anupana* - *Laghumalini Vasanta Rasa* is given along with Honey and *Pippali* for all types of *Jwara*. Along with milk it is administered in bleeding disorders, fever and eye diseases.

## Mechanism of action of Laghumalini Vasanta Rasa in Pregnancy

The main content of *Laghumalini Vasanta Rasa* is zinc, which is used in ante natal complaints. According to various studies zinc is very essential for implantation by regulating hormonal imbalance<sup>7</sup>. The available evidence suggests that zinc supplementation during pregnancy may help to reduce preterm births<sup>8</sup>. Zinc is essential in the production of Progesterone, which is the main hormone which helps in maintaining pregnancy. According *Ayurveda* it does “*Sthithatva* of *Garbha*” which prevent abortion especially in first trimester. *Laghumalini Vasanta Rasa* has *Sheeta Virya*, which will help to increase *sthanik kapha dosa*, leading to endometrial nourishment, which will increase endometrial receptivity and correct implantation process.

## DISCUSSION

*Laghumalini Vasanta Rasa* is a *Katu Rasa Pradhana* drug. *Katu Rasa* is *Agni Mahabhutapradhana*, hence *Sthanika* and *Sarvadehika Agni* will be increased and also *Pitta Dosha* will be at *Saamyavastha* by *Dhatvagni Pachana*. This will lead to balance of *Kapha* and *Vata-Dosha*, which will help in implantation process.

*Laghumalini Vasanta Rasa* has a major role in increasing progesterone as it contains zinc in it. Thus, it helps in maintaining pregnancy especially in early trimester. As the placenta does not develop in the first trimester, the progesterone supplementation is done by Corpus luteum. Because of the *Rasayana Guna* of *Laghumalini Vasanta Rasa*, it does the stimulation of corpus luteum to produce progesterone and there after it maintains the *Garbha*.

## CONCLUSION

There is a misconception among common people that *rasa* preparations are harmful to the intrauterine foetus and should not be given to pregnant ladies. From the review of *Laghumalini Vasanta Rasa* this is showing significant progestogenic activity. *RasakaBhasma* is the main ingredient of *Laghumalini Vasanta Rasa* and which is in minimum amount, which is used after the *Shodhana* and *Marana* process to make it safer to use. *Bhavana* is said to be given first with *Navaneeta* and

then with *NimbuSwarasa* until *GhritaVimukta* stage is reached. *Maricha*, *Nimbu Rasa* and *Navaneeta* are also used along with *RasakaBhasma* which are having significant role in the process of implantation. With its proper *Anupana* it is giving better action. *Laghmalini Vasanta Rasa* improves the quality and functioning of *Rasa Dhatu* and thus nourishes the remaining *Dhatu*s which results in *Garbha Poshana*. This medicine is clinically proved to be effective in increasing the thickness and receptivity of endometrium by its content.

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