

LAJJALU KALKA PICHU IN THE MANAGEMENT OF LEUCORRHOEA - A CASE STUDY

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ABSTRACT

Leucorrhoea is a thick, whitish or yellowish vaginal discharge and is very common these days. It can occur due to estrogen imbalance, vaginal infection, cyst in the cervix, sometimes before getting the periods. The discharge may occur from few days upto many years intermittently depending upon the cause. In Ayurveda, *Shweta pradara* can be correlated to Leucorrhoea. *Mimosa pudica* L. (Mimosaceae) also referred to as touch me not plant, shy plant, shame plant and zomby plant. It is a prostrate or semi-erect sub shrub. Found in almost most of the parts in India heavily armed with recurved thorns and having sensitive soft grey green leaflets that fold and droop at night or when touched and heated. These unique bending movements have earned it a status of 'curiosity plant'. Some of its pharmacological properties are anti inflammatory, anti bacterial, anti viral activity and it also possess antioxidant property. It mainly consists of flavanoids like orientin, isoorientin, mimosine. It also contains other chemical constituents like sterols, tannins, terenoids and fatty acids. *Tankana Bhasma* also has properties like *lekhana*, *ksharana*, *marga vishodhana*. *Kalka* is one among the *Pancha Vidha Kashaya Kalpanas* used in treating various disorders. *Lajjalu kalka pichu* is practically proven to be very beneficial in curing *Shweta pradara*. So here an effort is made to study the action of *Lajjalu Kalka pichu* on *Shweta pradara*.

Keywords: *Lajjalu*, *Mimosa pudica*, *Kalka*, *Tankana Bhasma*, Leucorrhoea, *Shweta pradara*

INTRODUCTION

Leucorrhoea is a frequent gynaecological complaint that accounts for more than 25% gynaec patients visiting the gynaecologist.¹ It is a condition which almost every women would experience at least once in lifetime. Symptoms like thick whitish or yellowish foul smelling will discharge from the vagina which is mainly experienced during puberty i.e. when sexual organs are developing in women. In Ayurveda, Leucorrhoea can be co-related to *Shweta pradara*. Though

there is no direct reference of *Shweta pradara* found in *Brihatrayi's*. But it is mentioned in *Bhava prakasha Nighantu*, *Sharangadhara Samhita*, *Yoga Ratnakara*. *Shweta pradara* is not a disease but it is a symptom for many gynaecological diseases, so patient come to OPD for treatment of this symptom. Etiopathogenesis of *Shweta pradara* would be the etiopathology of the main disease of which it is a symptom as there is no specific Etiopathogenesis mentioned for *Shweta*

pradara in the classics. On the basis of the clinical features it can be put in this way that due to *nidhana sevana* like consuming too much spicy, oily, under nourishing food, due to *viharas* like excessive coitus, lack of proper hygiene, abortion, improper food habits during menstruation the *Kapha dosha* in *yoni* gets *pradushita* and causes *pradushana* of *Rasa dhatu* which leads to whitish discharge from the *yoni* which is painless. *Shweta pradara* is very easily treatable in Ayurveda whatever underlying primary cause has to be treated first along with external administration of *yoni pichu* made of *Lajjalu kalka* (*Mimosa pudica*) mixed with 2 pinch of *Tankana Bhasma* (Borax) can be administered in married women.

Materials and Methods: A woman aged 27 years of patient ID P 1160 came to KAMC, OPD, suffering from severe foul smelling whitish thick vaginal discharge associated with itching and swelling. After 5 days of regular administration of *yoni pichu*² along

with some internal medicines the discharge is almost absent and the associated complaints like itching and swelling is not there anymore. So, in this article efforts have been made to discuss about the pharmaceutical effect of *Lajjalu kalka pichu* (*Mimosa pudica*).

Materials required for the preparation of Lajjalu Kalka: *Lajjalu leaves* (*Mimosa pudica*), Sterile Gauze piece, sterile pair of gloves, *Tankana bhasma*, *Khalva yantra*, plate

Method of preparation of Lajjalu Kalka: Daily for 5 days handful of fresh *Lajjalu* leaves were collected from nearby garden, washed in plain water and then pounded in the *Khalva yantra* and to it 2 pinches of *Tankana bhasma* was added and again pounded until a fine *kalka*³ was obtained and then the *kalka* was taken into a sterile gauze piece and tied into a *pichu*. Thus obtained *Lajjalu Kalka* is used as *yoni pichu* for treating leucorrhoea.

Method of preparation of Lajjalu Kalka Pichu



Figure 1- Lajjalu



Figure 2- Lajjalu Kalka



Figure 3-Tankana Bhasma



Figure 4- Lajjalu Kalka Pichu

Method of procedure: The patient is made to lie down in Lithotomic position so that the vaginal wall can be easily visualized. Then the doctor under the aseptic measures inserts the *Lajjalu kalka pichu* into the vagina of the patient slowly by asking the patient to inhale deeply and slowly. The tail of the *pichu* is

put outside the vagina so that the patient can remove it herself by pulling the tail of *pichu* after 2 hours of administration.

Mode of Action of drug: According to Ayurveda, *Lajjalu*⁴ (Botanical name - *Mimosa pudica*), family-Mimosaceae is of *Tikta - Kashaya Rasa, Laghu -*

ruksha guna, sheeta virya and katu vipaka. Lajjalu is an easily available drug and *lajjalu pichu* is a very easy preparation which gives a very fast result in *yonirogas*⁵. Some of the major chemical constituents present in *Mimosa pudica* are flavanoids like orientin, isoorientin, mimosine. It also contains sterols, tannins, terpenoids and fatty acids. Majority of these compounds have anti-bacterial, anti-inflammatory, anti-viral, antioxidant property which is useful in case of leucorrhoea. *Tankana Bhasma* has *Katu-Lavana rasa, laghu-ruksha-teeksha guna, Ushna virya, Katu vipaka* and is *Kapha vata hara*⁶.

DISCUSSION

According to Ayurveda, Due to the *Tikta - Kashaya rasa* of *Lajjalu* it does the *shoshana* of the *Kleda*⁷ and *shodhana*⁸ of *yonimarga*. Due to its *sheeta virya* it reduces the excess *pitta*. Its *karma* is *Kapha-pitta hara, Sandhaniya, Purisha sangrahaniya*. The alkaloid orientin is anti-inflammatory, anti-bacterial and antioxidant which helps in removing the swelling and maintains the healthy pH of the vagina. The *Tankana Bhasma* has *katu rasa* which helps in alleviating *kandu* and does *marga vivrana* i.e. it cleanses the channel. It also corrects the *vata* imbalance. Hence it is useful in women suffering with *amenorrhoea* (absence of menstruation) and *oligomenorrhoea* (scanty menstruation)⁹. *Tankana bhasma* has *kshara* property, but as the dose used here is 2 pinches mixed in *Lajjalu Kalka* it helps in cleaning the *yonimarga*. Both *Lajjalu* and *Tankana bhasma* acts on the vitiated *samana vayu*, it also helps in removing *marga avarana* and is *krimighna*. Here *yonimarga* is selected because the vagina consists of many rugae and is dense in epithelial cells¹⁰ which increases the area of absorption therefore reduced time of absorption and has faster local effect of the drug which does not require any primary metabolism. Also, the vagina has remarkable features in terms of vaginal secretions, pH, enzyme activity and micro-flora. These factors help in effective spreading and retention of the formulation also it hastens the absorption and drug release process in the vagina. Hence, patient gets a faster recovery within 5- 7 days without taking much oral medicines.

CONCLUSION

Leucorrhoea is a common symptom for many diseases for which taking heavy antibiotics won't only compromise with the immune system of the patient but will also cause lot of side effects. Ayurvedic approach in treating such symptoms and diseases are very effective with less number of days taken to recover. Therefore, *lajjalu pichu kalka* is highly recommended and can be easily prepared and administered in day to day practice.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Greeshma Thomas & Swapna Bhat: Lajjalu Kalka Pichu In The Management Of Leucorrhoea - A Case Study. International Ayurvedic Medical Journal {online} 2019 {cited November, 2019} Available from: http://www.iamj.in/posts/images/upload/2155_2157.pdf