

**A STUDY TO EVALUATE EFFECT OF GODHUM LAPSICA AS
BRIMHAN PATHYA IN KRISHA CHILDRENS**

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ABSTRACT

Atikrush (Malnourishment) in children's is the most concerned issues in present era. Corpulent and Emaciation are the most concerned issues in 21st century. Prevalence of stunting & underweight was highest in age group 11yrs to 13 yrs whereas prevalence of wasting was highest in age group 5yrs to 7 yrs. Emaciation is predominant among the children. *Acharya Charak* also mentioned the undesirable constituents (*Ashtaunindit Purush*) *Atikrush* is one of them. As *atikrush* children are prone to diseases because of less immunity and strength which hampers the social health. As children make the foundation of life, everyone have to concern about it. There is need of ideal dietary remedy for this purpose. The *Brimhan Chikitsa* in the form of diet is ideal line of management in children's. *Godhum Lapsika* explained by Acharya Bhavprakash in *Krush*. Present study to the effect of *Godhum Lapsika* as a *Brimhana Karma* in *Karshya* has shown significant results.

Keywords – *Karshya, Pathya Kalpana*

INTRODUCTION: *Atikrush* (Malnourishment) in children's is the most concerned issues in present era. Prevalence of stunting & underweight was highest in age group 11yrs to 13 yrs whereas prevalence of wasting was highest in age group 5yrs to 7 yrs.¹ Symptoms of malnutrition include a lack of appetite or interest in food or drink, tiredness and irritability, an inability to concentrate, always feeling cold, depression, loss of fat, muscle mass, and body tissue etc.² Acharya explains *Atikrush* under *Ashtaunindit Purush*.² *Atikrush* children's are prone to diseases because of weak immunity and strength which also hampers the social health.^{4,5} Among *Trayopstambha*, *Aahar* is most valuable as it makes the base for other *Sthambha*. Diet itself is a medicine. Proper nourishment in childhood is important. Healthy children are the nation's pride it is our responsibility to

make them healthy. There is need of ideal dietary remedy for this purpose. The *Brimhan Chikitsa* in the form of diet is ideal line of management in children's. Among various *Pathya Kalpna*'s, *Godhum Lapsika* explained by Acharya Bhavprakash is useful in *Krush* children.⁶ *Godhum* (wheat) and other ingredients in this recipe are easily available palatable and nutritional. In present study to see the effect of *Godhum Lapsika* as *Brimhan Pathya Kalpna* in *Karshya* has shown significant results in BMI, WEIGHT, MAC, MTC, CC, *Shushka Sphika*. The anabolic effect of *Godhum Lapsika* along with its contains shows the significant result ($p < 0.05$).

AIM AND OBJECTIVES

To study the effect of *Godhum Lapsika* as a *Brimhana Karma* in *Karshya*

MATERIALS AND METHODOLOGY

Research Design: Present study was a observational clinical study with pre-test

and post-test design. 30 samples were randomly selected in each group from Shardadevi Vidyamandir and given *Godhum Lapsika* 100 gms once in morning in one group and in second group *Kharjua* 25 gms once in morning for 1 month. No other changes were made in their routine.

Godhum Lapsika Ingredients ⁷

Godhum Samita - 25gm

Sugar - 10gm

Cow ghee - 05gm

Cow milk - 40ml

Black paper, clove- pinch of powder (2cloves, 2black paper)

Godhum Lapsika Preparation - Take 5gm of *Goghruta* in a pan add 25gm of *Godhum Samita* (flour of godhum) in it fry the mixture till became brownish then add 10gm of sugar and 40ml of milk mixed it well and cook until *Goghruta* appears on upper part of the mixture. After that add pinch of clove and black paper powder

INCLUSION CRITERIA:

Children of both sex, class, religion are chosen

Age group-Children between age group of 10-15years

BMI - Male <20(normal 20-25)

- Female<18(normal 18-23)

Parents who are willing to give the consent.

Children having symptoms of karshya. (krushta)

Exclusion Criteria:-

Children below the age group of 10 years and above 15 years will be excluded.

BMI - Male >20(normal 20-25)

- Female >18(normal 18-23)

Children suffering from the weight loss due to hormonal disorders, juvenile DM , TB, congenital anomalies, HIV etc.

Children having infectious and any other systemic disorders.

Children who are unable to follow prescribed diet .

Glutanin intolerance positive subjects.

Withdrawal Criteria:-

Occurrence of any serious adverse event.

Assessment Criteria:-

Preparation of special case paper and observation table is done.

Parameters and observations are based on children experience, sign and symptoms before and after treatment.

1) BMI-Weight in kg/Height in metersquare

2) Weight in kg (wt)

3) Height in kg (Ht)

4) Mid arm circumference (MAC)

5) Chest circumference (CC)

6) Mid thigh circumference (MTC)

Statistical Analysis: Data was collected, tabulated, analyzed and percentagewise results are given. The clinical observations of 60 patients are presented in this study and effect of therapy is evaluated in the same number of patients.Result are evaluated after commencement of duration of study. T test applied to the collected data.

OBSERVATION AND RESULT

		Group A	Group B
Age	11 yrs	19	13
	12 yrs	11	17
Sex	M	16	18
	F	18	12
Religion	H	28	30
	M	2	0

1. BODY MASS INDEX (BMI)

Group	AM		SD		P VALUE	REMARK
B.T.	A.T.		B.T.	A.T.		
A	18.14	18.44	0.81	0.83	0.01	Highly Significant
B	18.10	18.41	1.02	1.06	0.01	Highly Significant

2. WEIGHT

Group	AM		SD		P Value	REMARK
B.T.	A.T.		B.T.	A.T.		
A	22.89	23.37	1.21	1.18	0.005	Highly significant
B	22.7	22.99	1.83	1.95	0.005	Highly significant

3. MID ARM CIRCUMFERENCE

Group	AM		SD		P VALUE	REMARK
B.T.	A.T.		B.T.	A.T.		
A	14.60	14.70	1.04	1.14	0.018	Significant
B	14.09	14.18	1.12	1.11	0.05	Significant

4. CHEST CIRCUMFERENCE

Group	AM		SD		P VALUE	REMARK
B.T.	A.T.		B.T.	A.T.		
A	57.39	57.60	2.92	2.92	0.001	Significant
B	55.50	55.46	3.13	3.20	0.66	Non significant

5. MID-THIGH CIRCUMFERENCE

Group	AM		SD		P VALUE	REMARK
B.T.	A.T.		B.T.	A.T.		
A	30.30	30.42	1.31	1.30	0.002	Significant
B	29.18	28.28	2.09	5.70	0.39	Non significant

DISCUSSION

Age: The data shows that maximum number of patients are within age group of 11-12 years i.e. school going children. As school going children are somehow careless towards their health because of reasons like, choosy food habits, improper diet timings, physical exertion so such things leads to *Karshya* in this age group.

Sex: 44% patients in this study were female and 56% male. Incidence of *Karshya* is found more in male than a female but magnitude of disease is equal in both the sex.

Religion: In the present study 98% patients were from Hindu religion.

Body Mass Index (BMI): In group A the effect on body mass index was highly significant ($p=0.000$) at 5% level of significance. In group B the effect on body mass index was highly significant ($p=0.00$) at 5% level of significance. Distribution of improvement in body mass index was highly significant in both the groups. So both the drugs are effective in improving the BMI. It may be due to acceleration of body growth as effect of *Balya* and *Brimhana* therapy. Due to changes in BMI are looking significantly because of changes in weight as height is same as before during the study.

Weight: (Wt)

In group A the effect on weight was highly significant ($p=0.000$) at 5% level of significance. In group B the effect on weight was highly significant ($p=0.00$) at 5% level of significance.

Distribution of improvement in body weight was highly significant in both the groups. Both the drugs are effective in improving the weight. It may be due to *Brimhana* effect of both the drugs and improvement in musculature strength of body.

Mid Arm Circumference : (MAC)

In group A the effect on MAC was significant ($p=0.018$) at 5% level of significance. In group B the effect on weight was significant ($p=0.00$) at 5% level

of significance. Distribution of improvement in MAC was highly significant in both the groups. So both the drugs are effective in improving MAC. These increment in the MAC is probably due to increase in musculature and deposition of fat under the skin.

Chest Circumference : (CC)

In group A the effect on CC was highly significant ($p=0.000$) at 5% level of significance. In group B the effect on CC was not significant ($p=0.66$) at 5% level of significance.

Distribution of improvement in body CC was highly significant in group A indicates the anabolic effect has been started in patient due to musculature growth only.

Mid Thigh Circumference: (MTC)

In group A the effect on MTC was highly significant ($p=0.002$) at 5% level of significance. In group B the effect on CC was not significant ($p=0.39$)

Distribution of improvement in body MTC was highly significant in group A indicates its *Brimhana* effect on trial group.

Overall Effect of Therapy:

Godhum Lapsika have 70% significant result and *Kharjura* have 50% of significant result. It means *Godhum lapsika* is highly significant with the improvements criteria of *Brimhana Karma* in all the subjective and objective parameters. The *Brimhana* and *Balya* properties along with *Vata* and *Pitta* Shaman property of *Godhum Lapsika* have showed its *Brimhaniya* effect significantly in above study.

CONCLUSION

The study has been done 'To Study The Effect Of *Godhum Lapsika*. As *Brimhana Pathya Kalpna* In *Karshya*. *Karshyata* is common in childhood age due to various reasons, like lack of nutritional food availability, ignorance towards proper diet, incomplete food habits etc. The study done with the administration of *Godhum Lapsika* and *Kharjura* is concluded as both the *Aahariya* drugs acts as a *Brimhaniya* effect. As the significant changes found in

BMI, WEIGHT, MAC, MTC, CC before and after administration of a *Godhum Lapsika* it conclude that *Godhum Lapsika* is *Brimhaniya* in nature. The anabolic effect of *Godhum Lapsika* along with it's contains shows the significant result ($p < 0.05$) as, *Godhum Lapsika* is *Brimhaniya*, *Balya*, *Jivaniya* etc.

Kharjura also gives the *Brimhana* effect on control group as BMI, WEIGHT shows the highly signifiante changes, the previous research study has already prooven the *Brimhana* effect of *Kharjura*. No adverse effects were observed in a trial group as *Godhum Lapsika* is a dietary supplement and is effective in management of *Karshya*. Result of the study is encouraging and promising.

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