

PARYESHANA

INTERNATIONAL JOURNAL OF AYURVEDIC RESEARCH www.pijar.org MANAGEMENT OF GARBHINI PANDU WITH AYORAJOVYOSHAVIDANGA CHURNA: A CASE STUDY

MANAGEMENT OF GARBHINI PANDU WITH AYORAJOVYOSHAVIDANGA CHURNA: A CASE STUDY Dr. Sonalika Hiremath¹, Dr. Sridevi Swamy²

¹PG-Scholar, ²Professor and HOD, Dept of Prasuti Tantra and Stree Roga of N.K. Jabshetty Ayurvedic Medical College & PG Centre Bidar, Karnataka.

Abstract

Since the evolution of life on this universe, woman has been placed in utmost worshiping place due to her power of "*janani"*. Acharya Harita has described *Garbhini vivarnata* while *Charaka* mentioned *Garbhini Balavarnahani* during 6th month of pregnancy and *Kashyapa* has described *Ashita sati* (paleness during pregnancy) which if not treated may lead to maternal death. Some physiological changes occur during the period of pregnancy. Physiological anaemia is one among them. There is marked demand of extra iron and vitamins during pregnancy, specially in later half. Even an adequate diet cannot provide this extra demand. Thus there always remains a physiological deficiency stage during pregnancy, which if not fulfilled will lead to pregnancy complications. Prophylactic supplemental of iron and other compounds are given to each & every pregnant woman, which may have adverse effects on body. So, to prevent adverse effects, safe herbal preparation i.e "*Ayorajovyosha Vidanga Churna*" is selected for study, which is useful in treatment of *pandu*. It is said to increase *bala, varna, ojas* of pregnant woman and subsides other pregnancy complications of Anemia.

Key words- *Garbhini Vivarnata , Garbhini Balavarnahani, Ashita sati* (pale woman).

Introduction

Motherhood is ambrosial bless. It is the privilege of every woman. Pregnancy is a unique experience in every woman's life. The thought of a growing foetus in the mother's womb indeed is nature's way of expressing the attribute of motherhood. A woman is root cause of progeny. Maintenance of health is foremost aim of *Ayurveda*. Pregnancy is always demanding. Fetus is dependent on mother for its nutrition, it is necessary for its growth and development. This requirement increases in IInd trimester, because of excessive increase of *Bala* and *Varna* of foetus. So, health of fetus depends on mother's health. To achieve this goal, in the oldest medical science of the world i.e. *Ayurveda* all aspect of safety, healthy and happy motherhood are described in detail.

Our *Acharya's* have discussed various aspects of antenatal care that includes, diet for pregnant women, disease, complications and minor ailments during pregnancy. Pregnancy is a physiological process, some physiological and hormonal changes occur for positive preparation and adaptation of mother to accommodate and support the foetus throughout the pregnancy.

According to the standard laid down by WHO in 1972, a pregnant woman with haemoglobin level below 11gm% should be considered anaemic. However, because of prevailing socioeconomic deprivation in the developing countries like India, the level is brought down to 10gm %¹. Adopting to this lower level, the incidence of anaemia in pregnancy ranges widely from 40% to 90%. It contributes directly to 20% of maternal deaths and indirectly to a further 20%^{2.}

There is marked demand of and vitamins extra iron during pregnancy specially in 2nd half. Even an adequate diet cannot provide this extra demand. Thus there always remains a physiological deficiency state during pregnancy, which if not fulfilled will lead to complication. So, prophylactic supplement of iron therapy and other compounds are given to each & every pregnant woman, which may or may not have adverse effects on body.

So, to prevent adverse effects, safe herbal preparation i.e "Ayorajovyosha Vidanga Churna" is selected for this study, which is useful in treatment of *pandu*. It is said to increase *bala, varna*, immunity of pregnant woman and subsides other complications pregnancy due to Anemia.

Case Study:-

A 22 years old Female patient with marital life of 5 years, $G_3 P_2 L_2$ with history of 6 month amenorrhea having LMP on 27.12.15. & EDD on 03.10.16. The patient visited Shri to Shiddharudha Charitable Hospital Bidar, Karnataka for regular anti- natal checkup associated with general weakness and mild giddiness for better management. Patient belongs to middle socio-economic class with veg dietary habits. On clinical examination, pallor of conjunctiva present, perabdomen uterus 22-24 wks, FHS-Regular, bowel and micturation pattern was regular.

Haematological study reveals Hb 8.4gm%. USG- A single live intra uterine fetus with average gestational age of 20 -22 wks,

Treatment

context to In Pandu Roga, an indigenous compound³, given in Sushruta Samhita chikitsa sthana in panduroga pratishedha adhyaya, **Lohabhasma**⁴ is taken as one forth of **Shunthi⁵**, where as **Maricha⁵**, *Pippali⁶, Vayavidanga⁶* is taken in equal quantity in *churna* form. Dose – 6 gms in two divided doses per day Sahapana: Ghrita & Madhu(honey). Anupana – Jala Route: Orally Duration: 3 months Follow up: Monthly once

OBSERVATION TABLE NO 1

Sings & symptoms	Before treatment	After treatment
General weakness	Present	Absent
Giddiness	Present	Absent
Pallor	Moderate	Mild
Hb%	8.4gm%	10.6gm%

Result

After complete management, her Hb% level is increased & got relief from above signs and symptoms.

Discussion

Pandu Roga is caused due to vitiation of Pitta dosha. Loha Bhasma has Tikta,

Kashaya Madhura & rasa, Sara, Ruksha, Guru guna, Sheeta veerya, Tridoshahara and Pittashamaka properties. So intake of Loha Bhamsa helps to correct Pandu Roga, also it acts as *Rasayana,* Raktavardhaka, Tridoshashamaka, Varnya, Madumehahara etc. Mandagni is also a factor causing Pandu Roga. Due to properties of Ayorajovyosha Vidanga Churna i,e dipaniya in karma helps in cleaning the obstruction of srotas and there by clearing the minute channels within the body and increases the function of Dhatawagni, Pachakagni and ranjaka pitta thus increasing the absorption and assimilation of iron along with better utilization in rakta *dhatu* and increases haemoglobin percentage.

Conclusion

Pandu is predominance of *Pandu bhava*, occurring due to *Dhatukshaya*. Decrease of Hb% is called as Anaemia. *Garbhini Pandu* can be correlated with iron deficiency anaemia of modern science. Pallor as cardinal symptom and Hb % as main investigation is the core of diagnosis of *Garbhini Pandu*. Generally *Garbhini Pandu* occurs due to malnutrition and *Dauhridyapoorti*. It is more common in multigravida due repeated pregnancy. Pallor, to anorexia, weakness, giddiness, breathlessness, headache, palpitation, oedema were noted as the common symptoms in the patients of *Garbhini* Pandu. In Avurvedic classical medication mainly herbal drug is advocated during Garbhini Paricharya. During this study it is noted that effect of Ayorajovyosha vidanga churna is highly significant and improvement in the symptoms and parameters of blood is noted.

References.

 D.C.Dutta, Text Book of Obstetrics, New central book Agency (P) Ltd.Calcutta (India),7th Edition – 1998 pp.260.

2) Daftary Shirish N. and Chakravarti Sudipa, Manual of Obstetrics, B.I. Churchill Livingstone Pvt.Ltd.,New delhi,Edition 2nd 2005, pp.115.

kaviraja Dr Ambikadatta shastri,
 Sushruta Samhita,44-chapter, 19 shloka, chaukamba publisher
 Varanasi, edition reprinted in 2006
 pp.291.

4)Pandith Kashinath Shastri, Rasatarangini, Narendraprakash Jain, MANAGEMENT OF GARBHINI PANDU WITH AYORAJOVYOSHAVIDANGA CHURNA: A CASE STUDY

Motilal Banarasidas Publisher Benglo road Delhi.11th dition, 2000.
5) D S Lucas, Dravyaguna Vignana, 2nd Vol,1st Edition, Varanasi :

Chaukhambha Bharati Academy, 2008.

6) Shastry J.L.N, DravyagunaVignana, 2nd Vol, Varanasi :Chaukhambha Orientalia, 2014.

Corresponding Author Dr.Sonalika Hiremath P.G. scholar, P.G.Department of Prasutitantra, N. K. Jabshetty Ayurvedic Medical College & P. G. Center, Bidar, Karnataka Email: sonalika.hiremath23@gmail.com

> Source of Support: NIL Conflict of Interest : None declared