

AYURVEDIC MANAGEMENT OF GARBHINI-PANDU: A SINGLE CASE STUDY**Dr. Neha Sain¹ and Dr. Jayashree Patil*²**

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Article Received on
05 April 2024,

Revised on 26 April 2024,
Accepted on 16 May 2024

DOI: 10.20959/wjpr202411-32518



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ABSTRACT

Pregnancy is lovely section as it gives a lady the joy and fulfillment which comes from bringing a brand new life in to the arena. being pregnant is a physiological condition in which a girls calls for extra nutrition, while as compared to non-pregnant girls, a pregnant girls want 2-3 instances the quantity of iron. all through pregnancy plasma extent expands maximum round 32 weeks, ensuing in haemoglobin stage beneath 10.0gms/dl at any time throughout being pregnant is taken into consideration as anemia, pandu means pallor of body which may be correlated with 'anemia of cutting-edge science, acharya kashyapa defined that like other issues samprapti of pandu is also similar in garbhini so all narration noted in ayurvedic classics regarding pandu is relevant to garbhini pandu, acharya charaka in sharira sthana has defined approximately bala varnahani of garbhini in 6th month of being pregnant.in this article management of Garbhini-

Pandu A unmarried Case discued here in detail.

KEYWORDS: Garbhini-Pandu, Ayurved, Anaemia.

INTRODUCTION

In India, anaemia contributes to approximately eighty% and is the second one maximum commonplace reason of maternal deaths I Its incidence is 14% in evolved nations and 51% in in developing countries. In India, it varies from sixty five% to seventy five% being one of the maximum commonplace dietary deficiency disorders affecting the pregnant women.^[1,2] in

keeping with the survey of Indian Council of clinical studies, greater than 70% of the pregnant women in India had been observed to be affected with anaemia.^[3] Maternal anemia or the Gestational anemia is considered as the hazard aspect for terrible pregnancy results and turns into dangerous to the existence of fetus. Maternal morbidity quotes are stated to be better in anemic girls based at the available statistics from India.^[4] Significant evidences are to be had displaying the reason of LBW toddler and the preterm shipping as the maternal iron deficiency anemia early in being pregnant. This anaemia that influences the pregnant female famous each negative maternal and infant fitness and further will increase the mortality.^[5-7] Those consist of terrible work ability, impaired immune feature, fatigue, improved hazard of cardiac illnesses, and mortality and so forth poor fitness effects.^[8]

Causes of Pandu- Kshaara, amla, lavana, atiushna, viruddha asaamyah bhojan, maasha, tila tail nishevan Vegadhaanna, divaswapna, vyaayaammaithun, kaama, chinta, bhava, krodha.

Samprapti of Pandu

Due to above said factor, pitta located in the Hrudaya (sadhaka) gets aggravated is thrown into circulation through 10 dharmas by vitiated vata. The pitta is vitiated by nidana and spread by vata in the body. It finally gets lodged between skin and muscles and further contaminates kapha, vata, rakta, twacha and mamsa. The pitta imparts turmeric pale and green colors on skin and causes panduroga. The above said etiological factors are those which causes vitiation of pitta, which leads to inflammation in all parts of body which comes in contact with vitiated pitta in circulation. The immunity deteriorates hence forth and causes autoimmune response. These causes afflict liver mainly and damage it, inflammatory process first begins in liver causing autoimmune hepatitis, jaundice and anemia are chief manifestations of this process.

Symptoms of Pandu

Shortness of breathing, fatigue, changes in stool colour, angina, body ache, enlargement of spleen, headache, yellow skin. Karna kshweda, hataanalaha, durbala annadwesa, shrama, Bhrama, gaatrashuda, jwara, swan, gourava, aruchi, akshikatshoth, sheernalomaha, kopanaha, shishirsdwexhi, nidraaluhu, alpavaak pindikandweshtana, katiruksadana, ururuksadana, arohanaayasa.

Types there are five types mentioned in Ayurveda. classics

a) Vataj Pandu

- b) Pittaj Pandu
- c) Kaphaj Pandu
- d) Tridoshaj Pandu
- e) Mrudbhakshanaj Pandu

Roopa signs and symptoms There are number of signs and symptoms mentioned in all classics. Most common are, Twak Vaivarnya discoloration of skin or paleness of skin, lusterless skin, dryness, indigestion and low metabolism, weakness and. lethargy, Shwas (breathlessness), Gourav (heaviness of body), pain in legs and lower back, swelling around eyes, giddiness etc.

Garbhini Pandu

As mentioned above, it is not described separately in Ayurveda text. But the signs and symptoms are similar to that of Pandu Vyadhi. Acharya Harita has described Garbhini Pandu as one of the eight Garbhopadrava diseases caused to pregnant lady. The symptoms which are to be watched for in Garbhini are, Pandurvapallor Daurbalya-weakness

Shrama-fatigue

Shwasa dyspnoea

Aruchi-anorexia

Akshikut Shotha-periorbital edema

Pindikodweshtana-cramps in legs or calves

Bhrama-giddiness

Also the pathology of the disease is same as that of Panda Vyadhi. Here the above mentioned Lakshana are observed and given gradation according to their severity. The mother is called Dauhradini which means carrying and nourishing two hearts or lives. In this state the demand of overall nutrition increases, also the requirement of basic vitamins and minerals also increases.

CASE REPORT

A female patient 27 years age, history of six month amenorrhea complaint of general weakness, came to our ayurvedic hospital for further treatment.

ATHUR VIVARNA Name Of Patient xyz

Age:-27 yrs Gender: Female Religion:-Hindu Occupation:-Teacher

Socio-economic status: Middle class Address: Bidar, Karnataka

Vedana vishesha

Pradhana vedana (chief complaints)

Patient complaints of general weakness since 16 days. Anubandh vedana (associated complaints)

Giddiness since 4-5 days

Poorva vyadi vrittant (H/O Past Illness)

H/O DM

Kula vrittant

Mother - DM since last 10 yrs Father HTN since last 12 yrs

Vedana vrittant (H/O present illness)

Patient was apparently normal before, later she developed general weakness, body pain, anorexia, since from last 16 days.

Vayaktika vrittanta

Appetite:-Good Bowel habit:- Regular Diet:-mix

Maturation:-Normal Sleep:- disturbed

Rajo vrittant (menstrual history) Age of menarche: 13 yrs

Regularity of cycle: Irregular

Duration: 5 -7 days Pain during menses: Present ++

Interval b/w menses: 35-40 Days

Amount of bleeding: 3 -4 pads/day

LMP:04.11.2019

EDD(usg): 12.08.2020

Contraceptive history: NAD

PAREEKSHA (EXAMINATION)

Height-157 Cm

Weight-60 Kg

Blood pressure-130/70 mm of Hg

Pulse rate -104 bpm

Respiratory rate:-40/min Temperature:-98 F

Pallor Present

Dashvidha pareeksha

Prakruti-Vata Pitta Vikruti- Vata & PittaSatva-avar

Satmya- madhyam

Sara-pravar

Samhanana-pravar

Ahar shakti- madhyam Vyayam shakti- avar Pramana- madhyam Vaya: 26 yrs

Systemic Examination

Cvs-S1 S2 heard RS BLAE clear CNS-conscious

P/A Inspection-

linea nigra, striae gravida-present

Palpation-24 weeks

Fetal part palpable

Auscultation-FHS 145 b/m Breast examination-engorgement

Prayogashala

investigation)

Blood examination

Haemoglobin %: 7.2 gm/dl

Platelet count: 276 10⁹/ul

BG & RH typing: O+ve

RBS: 140

HIV Non reactive

HBSAG: Non reactive Urine Examination

UPT: Positive Appearance: Clear

Pus cells: Occasional

Epith. Cells: 2-3/hpf

Pareeksha (laboratory

USG: Single live intra-Uterine pregnancy of 21 weeks and 5days.

Treatment Given

Lakshmana lauha 125 mg BD for 3 weeks

Draksha ghrita 5 gm BD for 3 weeks

Punarnava madoora 250 mg BD for 3 weeks

OBSERVATION

SIGNS	BEFORE TREATMENT	AFTER TREATMENT
Daurbalya	+++	+
Panduta	++	-
Shrama	++	-
Aruchi	++	+
Shotha	+++	+

Also observed that increase in total HB % from 7.2 to 8.8 gm %

DISCUSSION

Garbhini Pandu (pregnancy anaemia) is described as a Garbha complication. Rasa Nadi is compressed by the growing foetus in pregnant women, causing some obstruction in the flow of rasa due to which it will not flow freely into the body, resulting in Pandu.^[9] Garbhini Pandu can be caused by excessive Amla (sour), Lavona (salty), and Katu (pungent) Rasa (taste) indulging in Vishamashana (improper diet), Diwaswipa (daytime sleep), Vegavidharana, and/or suffering from Manasika Bhava (psychological factors) after 3 months of pregnancy. Due to Dauhridavastha. Kashaya (astringent), Laghu (light), Ruksha (dry), Shita (cold), Katu, and Pinakapha. Shamaka are among the ingredients in Punarnava Mandara. Punarnava is Anulomana, Mutrala (diuretic), hepatoprotective, and antioxidant. Mandura Bhasma has a lot of hematinic, cytoprotective, and hepatoprotective properties. Triphala is an anti-anemic and anti-oxidant Ayurvedic Rasayana. It comprises Amalaki (*Emblica officinalis* Gaertn.), which includes Rochana, Deepana, and Anulomana, all of which aid in the digestion, absorption, and motility of digestive materials in the intestine. It has a direct effect on Rasavaha and Raktavaha Srotas since it is Hridya. Yakrututtejaka, and Shonita Sthapana It is thought to be a powerful Rasayana that enhances the essence of all the Dhatus. Iron and Vitamin C are abundant in amalaki. Trikatu is a well-known enhancer of bioavailability. Gomutra (cow urine) is a key component of the medication, with antimicrobial, antioxidant, and antianemia properties. Anupana of buttermilk is digestive in nature due to the presence of probiotics, Pandugina, and rich source of minerals and Vitamin B As Gomutra (Cow's urine) is one ingredient of Punarnava madoora it works as Rasayana by its antioxidant property. It has been found to be a very good immune enhancer. One of the reasons why Gomutra is useful in anaemia the presence of erythropoietin hormone in Cow's urine. Iron in cow's urine helps to maintain equilibrium and aids in the development of red blood cells and haemoglobin.

Draksha ghrita collectively has Madhura, Tikta and Kashaya Rasa, Guru Snigdha, Mridu and Saumya Guna, Madhura Vipaka and Sheeta Veerya. It has got Vata-Pitta Shamaka especially Pitta-Shamaka property. Because of the presence of Ghrita it also enhances or stimulates the digestive power and hence it cures Agnimanda due to Agnivardhaka prabhava of Ghrita and thereby helps in removal of Srotavarodha. Draksha have Virechaka prabhava due to which it also normalizes vitiated Pitta dosha. Pandu though it is a Tridoshaja disease, but main Dosha taking part in Samprapti is Pitta. Due to Vata-Pitta Samaka, agnivardhaka properties, Virechaka Guna, Draksha ghrita pacifies Pitta, removes Shrotovaigunya and further helps in the optimum formation of rasa well as Rakta dhatu formation. According to Ayurveda Draksha has got Anulomana, Hridya, Jeevaniya, Balya, Brumhana, Mrudu rechaka properties. Raisins contain calcium, magnesium, potassium, phosphorus and iron in an assimilable form besides gum and sugar. It is rich in anti-oxidants. Lakshamana Lauha is having Tridoshashamaka as well as Rakta-var dhaka, Agnidipaka, and Kriminashaka property. Pandu is a disease that occurs due to Agnimanda (diminished metabolic fire) and Stroto avrodha (obstruction in the minute channels). Bala, Yashtimadhu, Madhuka, Bilva, Lauha bhasma and other ingredients present in Lakshamana Lauha are able to cause Vighatana of Samprapti of Pandu through their Madhura, Tikta, Kashyarasa properties and also Improves the formation of Rakta dhatu.

CONCLUSION

This take a look at has discovered that dadimadi ghrita, Lakshamana Lauha, Punarnava madoora has desirable effect on anaemia in pregnancy which turned into helpful to boom Hb % as nicely it became helpful in decreasing pandutva (faintness in colour of nails, eyes and pores and skin), pindikodveshatana (pain in calf muscle groups), hritspanda (improved heart charge), akshikutashotha (swelling around eyes) and klama (fatigue). As nicely this drug has illustrated true effect on agni (digestive strength) and nourishment of pregnant girl with none facet results to foetus and pregnant female.

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