

## **ROLE OF SHATAVARI –MANDUR IN THE MANAGEMENT OF PANDU**

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### **INTRODUCTION**

Ayurveda is a one of the most ancient system of life, health and cure. The disease Pandu has been described on the basis of its presentation. The peculiar colour presentation of the patient has been described by Acharyas as i.e. the colour of the patient is like the Ketatki-Raj which is similar to the combination colour of white and yellow in a particular proportion. The disease Pandu has been widely and thoroughly described in all Ayurvedic Samhitas. References about this disease can be found since time immemorial {e.g. Vedas, Garuda –Puran, Agni-Puran, Mahabharat, Valmiki Ramayan etc }.

The clinical features of anaemia depend upon the degree of anaemia.

### **AIMS AND OBJECTIVES**

To assess the efficacy of Shatavari-mandur in the management of Pandu.

**Duration of trial-**Trail is conducted for a period of 3 months. Follow up all the patient were reviewed after 15 days for a period of 3 months.

#### **1. Inclusion criteria**

- a. Patients willing to participate in the trial.
- b. Patients between 16-40 years of age.
- c. Patients having anaemia, Hb less than 10gm/dl, Haematocrit less than 30%

#### **2. Exclusion criteria**

- a. Patients of age less than 16 and above 40 years of life.
- b. Anaemia other than Iron deficiency anaemia.

- c. Patients having Hb % less than 6 gm/dl.
- d. Patients suffering from any systemic disease.

### 3. Withdrawal criteria

- a. If any patient develops any complication can withdraw from trial.
- b. To assess complication of Shatavari-mandur if any.

## MATERIAL AND METHODS

The trial was conducted on 30 clinically diagnosed and confirmed cases of anaemia from OPD basis. The complete clinical trial was done on 30 patients. Shatavarimandur-1000 mg /day for 3 months.

### Ingredients of Shatavari-Mandur

S. No.	Ingredients
1.	<i>Mandur- Bhasma</i>
2.	<i>Shatavari-swarasa</i>
3.	<i>Dadhi</i>
4.	<i>Dugdha</i>
5.	<i>Goghrit</i>

### Pre-treatment observation

All the patients have been studied along with the registration by noting down their demographic profile including their age, address, occupation, education, socioeconomic status, addictions, dietary habits etc. After preliminary registration, patients were subjected to detailed case history taking, physical, systemic examination. During this all other relevant information like *Ashtavidhpariksha* and *Dashvidhpariksha* etc were noted.

### Criteria of Assessment

The subjective and objective criteria were employed for assessment of the impact of therapy.

**a. Subjective criteria:** - All the signs and symptoms taken for the assessment of clinical improvement were thoroughly examined and the severity of each sign and symptom was rated before and after the trial. For this purpose, the following scoring pattern of subjective criteria was used.

**Showing scoring pattern of subjective criteria**

S. No.	Sign/Symptom	Grades
1.	Nil	0
2.	Mild	1
3.	Moderate	2
4.	Severe	3

**Subjective diagnostic parameters were**

- Pallor
- Fatigue
- Dyspnoea
- Tinnitus
- Pica
- Anorexia
- Tachycardia
- Leg cramps
- Palpitations

**b.) Objective criterion:** -The following objective parameters were assessed before and after the trial.

- Haemoglobin (Hb)
- Total red blood cell counts ( TRBC)
- Packed cell volume (PCV)
- Mean corpuscular Volume (MCV)
- Mean Corpuscular Haemoglobin (MCH)
- Mean Corpuscular haemoglobin concentration ( MCHC)
- Serum iron
- Total iron binding Capacity (TIBC)

**OBSERVATION AND RESULTS**

Attempts were made to elicit the subjective and objective improvement produced by the drugs under trial.

**Effect of therapy on objective parameters**

LABORATORY PARAMETERS	N	Mean			Mean %	SD	‘P’	Results
		BT	AT	Dif.				
Hb %	30	8.30	11.03	2.73	32.93	0.52	< 0.001	H.S.
TRBC	30	3.30	4.25	0.95	28.73	0.43	< 0.001	H.S.
PCV	30	26.05	33.64	7.59	29.12	2.32	< 0.001	H.S.
MCV	30	68.80	84.14	15.34	22.30	9.71	< 0.001	H.S.
MCH	30	25.45	30.26	4.81	18.88	3.82	< 0.001	H.S.
MCHC	30	31.79	34.44	2.65	8.35	2.48	< 0.001	H.S.
Serum Iron	30	72.67	102.67	30.00	41.28	9.82	< 0.001	H.S.
TIBC	30	388.33	295.67	92.67	23.86	57.57	< 0.001	H.S.

This table shows effect of therapy on objective parameters. Effect of *Shatavari-mandur* was found to be highly significant (H.S.) in case of Hb%, TRBC, PCV, MCV, MCH, MCHC, Serum iron and TIBC.

**DISCUSSION****Effect of Therapy on Subjective Criteria of Anaemia**

- a. **Effect on pallor** – *Shatavari-mandur* gave 93.33% of relief of relief in pallor. On statistical analysis the result was highly significant.
- b. **Effect on Anorexia** – *Shatavari-mandur* gave 100% of relief in anorexia. On statistical analysis the result was highly significant. *Shatavari-mandur* has properties of *deepan*, *rochak*, and *srotoshuddhi*, that's shows better result in anorexia. Except this *shatavari* used to relieve dyspepsia and used as appetiser.
- c. **Effect on fatigue** – *Shatavari-mandur* gave 97.22% of relief in fatigue. On statistical analysis the result was highly significant. It is due to *sarvadhatu-vardhak* and *ojagunavridhi* properties.
- d. **Effect on tachycardia** – Relief in tachycardia was 100%. On statistical analysis results was significant. The cause behind these results may be related to cardiotonic effect of *shatavari*.

- e. **Effect on dyspnoea** -*Shatavari-mandur* of gave 100% of relief in dyspnoea. . On statistical analysis results was significant. As the degree of improvement in symptom is related to degree of improvement in haemoglobin synthesis so the oxygen carrying capacity increases and dyspnoea decreases. Other way we can say after *srotoshuddi* patient feel relief from shwas.
- f. **Effect of therapy on tinnitus** - *Shatavari-mandurof* gave 100% of relief in tinnitus On statistical analysis results was not significant.
- g. **Effect of therapy on leg cramps** -*Shatavari-mandur* of gave 100% of relief in leg cramps. On statistical analysis the result was highly significant.*Pindikodvestana*( leg cramps) occurs due to increase in vata resulting from *dhatuksaya* and improvement of *rasaraktadidhatunirmana* and improvement in agni. Hence the best improvement in *raktanirmana* is indirectly responsible for best relief in these symptoms.
- h. **Effect of therapy on pica** – *Shatavari-mandurgave* 100% relief in pica. On statistical analysis results was significant. Reason maybe *ojagunavridhi* and *rasayan* property of *shatavari-mandur*.
- i. **Effect on palpitation**- *Shatavari-mandur* gave 100% of relief. On statistical analysis the result was highly significant. It maybe due to improvement in general debility and cardiotonic effect.

#### Effect of therapy on objective criteria of anaemia

In this study showed highly significant improvement in haemoglobin% ( $P < 0.001$ ) with 32.93%. The cause behind this result is that the absorption amount of iron which is present in *shatavari – mandur* is increased by the help of *ghrit*, which is one content of this drug. Similarly there was highly significant improvement in TRBC. Percentage of relief was 28.73%.

*Shatavari-mandurgave* 29.12% improvement in PCV. On statistical analysis the result was highly significant. And gave 22.30% improvement in MCV. On statistical analysis the result was highly significant. In MCH, the improvement was 88.88%. Result was highly significant. In MCHC, the improvement was 8.35%. Result was highly significant. *Shatavari-mandurgave* 41.28% improvement in serum iron. On statistical analysis the result was highly significant. *Shatavari-mandurgave* 23.86% improvement in serum iron. On statistical analysis the result was highly significant.

### Overall clinical improvement

The overall clinical improvement was highly significant in *Shatavari-mandur*. Percentage of relief was more 98.28% the probable cause of best response in clinical improvement of *shatavari-mandur* is described elaborately above.

### CONCLUSION

- Modern medicine has many side effects like epigastric pain, nausea, vomiting, constipation, etc. So an alternative safe and cheap therapy is required.
- *Shatavari-mandur* has *madhur rasa snigdha*guna, *shitveerya*, *madhurvipaka* which are suitable for Pandu.
- *Shatavari-mandur* show significant result in relieving pallor and anorexia and not defined in tinnitus.
- *Shatavari-mandur* has H.S. result in fatigue, leg cramps, and also pedal oedema. Significant result was found in tachycardia, dyspnoea, pica, palpitations.
- *Shatavari-mandur* is effective in increasing the Hb%, RBC count, PCV, MCV, MCHC, serum iron and decrease in TIBC. Drug has shown highly significant result.
- *Shatavari-mandur* is effective in increasing the Hb%, RBC count, PCV, MCV, MCHC, serum iron and decrease in TIBC. Drug has shown highly significant effect in all these values.
- Percentage of relief is more in *Shatavari-mandur* (98.28%) *Shatavari-mandur* proves more effective.
- No side-effect of *Shatavari-mandur* is proved in the present study.

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