

A CLASSICAL DEMONSTRATION ON GARBHINI PANDU**Patel Tarhanum Rabbani^{1*} and Prasad Lomte²**

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ABSTRACT

Pregnancy is achievement occasion of a lady's life which changes her from lady to a mother. However it is an upbeat excursion, it is related with heaps of physical and physiological changes which lead to some medical problems. Paleness is one of normal medical problem happening for huge scope in agricultural nations. Ayurveda enrolls a few inconveniences of pregnancy under the title of Garbhodravas. Garbhini Pandu is most normal Upadrava among them. However Garbhini Pandu isn't referenced as a different Vyadhi in works of art, by concentrating on different surveys from Samhitas with respect to Pandu and its connection in Garbhini Awastha, we can represent likely pathophysiology of Garbhini Pandu.

KEYWORDS: Rasavaha Strotas, Pandu and Garbhini Pandu, Anaemia.

INTRODUCTION

Motherhood is a life changing event of every woman's life. From conception to delivery, it is associated with tremendous physiological and psychological alterations. Women have to face various problems. There is increased nutritional demand in pregnancy and due to any kind of deficiency leads to various complications. During pregnancy there are so many complications that may arise. Ayurveda enlists such complication under the title of Garbhodravas.^[1] Garbhini Pandu is most common Upadrava

among them. In Harita Samhita Haritacharya described Ashta Garbhodras.^[1-2] He enlisted Vivarnatva which can be taken as Pandutva. Agnimandya is main reason for Aam which is the prime source of Vyadhi utpatti.^[3] Due to Pandu many feto-maternal complications may arise during antenatal and postnatal period. In today's sedulous life, due to sedentary and changed lifestyle, changed food habits that is Apathyakara Ahar-Vihar, there is Aamotpatti which causes Rasadhatu Dushti which further leads to Uttarottar Dhatuhaani as a Samprapti of Pandu. In Ayurveda great importance has been given to the Garbhini Paricharya^[4] which includes regimen of Ahar-Vihar and Pathyapathya in Masanumasik Paricharya. Whatever food a woman takes is digested by Agni and Rasadhatu is formed. Prasad Bhaga of this Rasadhatu nourishes to both mother and fetus. Stanya that is breastmilk is considered as an Upadhatu of Rasadhatu. Hence Garbha is often known as Rasaja- Rasajashch Ayam Garbhaha.^[5] According to Charakacharya, Rasa contributes for the formation of Garbha. As fetuses fulfill its need through mother and there is extra need of nutrients, mother suffers from nutritional deficiencies. Charakacharya counts Pandu as Rasapradoshaj Vyadhi. In modern science, anaemia in pregnancy is defined as haemoglobin concentration lower than 11gms/dl⁶. It is commonest haematological disorder that may occur in pregnancy. Pregnancy is a state of haemodilution, hence haemoglobin concentration less than 10gms/dl at any time during pregnancy considered as anaemia.

Incidence

According to W.H.O., the incidence of anaemia in pregnancy ranges widely from 40-80 per cent in the tropics compared to 10-20 percent in the developed countries. Its prevalence in developing countries is 51%, while in India it is estimated as 65-75%⁷. India contributes to about 80% of the maternal deaths due to anaemia.

Objective

Literature study to understand all Ayurvedic aspect of Pandu and its correction through implementation of Ayurvedic siddhants of Rasavaha strotodushti and its Chikitsa.

MATERIALS AND METHODS

Literature review has been done from Ayurvedic classics, texts like Charaka Samhita, Sushruta Samhita, Ashtang Hridaya, Madhav Nidana, Kashyapa Samhita and textbook of Prasutitantra evum Streeroga, modern texts, research studies and internet source.

Review of literature

Concept of Pandu The word Pandu is derived from Dhatu Padi Gatou and Ku Pratyaya. The word literally means Pandurta that is paleness. In literature this discoloration is described as Ketakidhulisannibha which means pale core of Kewada.

Nidaan of pandu^[8]

Ahar- Kshar, Amla, Ushna, Teekshna, Viruddha and Asatmya, Vidahi ahar sevana Vihar- Divaswap, Ativyayam, Maithun, Vegvidharana Manas- Kaam, Chinta, Bhaya, Krodh, Shoka Types of Pandu - Vaataj, pittaj, Kaphaj, Saannipataj and Mridbhakshanjanya Pandu. There is no direct citation available about Garbhini pandu in Ayurvedic classics. By studying basic concepts of Dosha and Dhatu and its implementation in Garbhini awastha, we can collaborate the concept of Garbhini Pandu. In pregnancy Rasa Dhatu is increased its role at Garbha,

Garbhini and Stanyotpatti^[9]

Due to Rasadushti it causes Dushti of subsequent Dhatus as Rakta, Mansa, Meda etc. which leads to Dhatukshaya and Dhatushaithilya. According to Sushrutacharya, Pandu is related to Raktavaha Strotas. Due to Agnimandya there is Pittadushti, particularly Ranjak pitta dushti, which leads to enability of Rasadhatu to transform into Raktadhatu which results in Raktakshaya. Due to this there is Bhekavarna and Dhatushaithilya which are the features of Pandu According to Kashyapacharya,^[11] Rasavaha strotas are scattered around umbilicus. As the fetus grows, it compresses these Strotas which obstructs flow of Rasa. It results in pale discoloration. We can implement this as a Samprapti of Garbhini Pandu. According to Haarita, some diseases arise due to pregnancy and hence called as Garbhopdrava. Among these he includes Vivarnata. As Vivarnata is the main symptom of Pandu, this can be considered as Garbhini Pandu. In Garbhini, Pandu manifests in Rasavaha Strotas, but shows catastrophic effects on succeeding Dhatus and ultimately on whole body. From 5th month onwards, there is increased growth of fetus while mother becomes emaciated. Bala and Varna increases in fetus while Garbhini suffers from BalaVarna Haani¹². In modern medicine¹³ - In pregnancy, there is disproportionate increase in plasma volume, RBC volume and haemoglobin mass and there is marked demand of extra iron in the need of growing fetus. Only diet could not fulfill it. As a result haemoglobin level falls and haematocrit value also. It is due to haemodilution and increased rate of iron absorption. Thus, this condition is known as physiological anaemia which is normocytic and normochromic in nature. Though Garbhini Pandu is a common Updrava, it may results in threatful complications like preterm labour,

postpartum haemorrhage, cardiac failure, shock etc. To avoid these complications, proper treatment should be started as early as possible. In modern science, there are limited treatment principles to raise the haemoglobin concentration by proper diet, dietary supplements like Vit.B12, Folate, ferrous molecules, intravenous iron infusion and in severe cases by giving blood transfusion. In Ayurveda, there are so many principles of treatment for correction of haemoglobin with added aspect of Rasdushti, Dhatukshaya which includes Aampachana, Agnideepana, Pittashamak, Dhatvagnivardhana, Raktavardhaka, Rasayana etc.

Chikitsa siddhant^[14]

As pregnancy is a delicate stage, treatment should be Snigdha, easily digestible and Soumya in nature. Ghrutas- Dadimadi ghruta Katukadi ghruta Draksha Ghruta Panchatikta Ghruta Mahatikta ghruta Bhasmas- Lohabhasma Rupyabhasma Abhrakabhasma Vangbhasma Mandoor bhasma Swarnamakshik bhasma. Kalpas- Tapyadi loha Navayas loha Vasant kalpas - Laghumalini vasant Madhumalini vasant. These Dravyas enhances Agni, both Jatharagni and Dhatvagni and relieves Dhatushaithilya. AharYava, Shastikshaali, Mudga, Masur, Jaangal Mansrasa are easy to digest. Kharjur, Gud, Mrudvika

DISCUSSION

- Discussion on modern review Definition- Anaemia is a state in which body parts becomes pale due to haemoglobin in peripheral blood less than 11gms/dl. In pregnancy, the systems undergo physiological changes. In hematological changes blood volume increases which causes haemodilution which leads to physiological anaemia in pregnancy.
- Discussion on Ayurvedic review Rasa Dhatu- It is a first Dhatu made up of Prasada Bhag of Ahararasa. It is precursor of Uttar Dhatus. Due to Rasa and Rakta, Garbha gets its nourishment. Hence Rasa Dhatu plays major role. Obstruction in Rasavaha Strotas leads to unwanted outcomes giving rise to Vyadhis. Pandu- It is the condition in which there is pallor or faint discoloration of skin, nail bed and conjunctiva. In severe cases Akshikuta Shotha that is peri- orbital oedema can be seen. Types of Pandu- There are 5 types mentioned in classics as- Vaataja, Pittaja, Kaphaja, Sannipataja and Mridbhakshanjanya Pandu. Garbhini Pandu is not mentioned separately. By reviewing the literature regarding to Nidanpanchak and theories correlation in Garbhini, Samprapti of Garbhini Pandu can be stated as- -Dominance of Pitta Dosha increase Dravabhava of Rasa Dhatu. -

Rasadushti leads to Uttarottar Dhatunirmiti. -This causes Vaivaranya and Dhatushaithilya. Treatment aspect- Kashyapacharya states that, Garbhini Pandu is not different than Pandu; hence Chikitsa mentioned in classics can be applied in Garbhini except Teekshna Shodhana. -Garbhini Paricharya should be followed. Thus, Garbhini Pandu can be reviewed with anaemia in pregnancy with the help of Ayurvedic classics.

CONCLUSION

As Pandu arises due to Agnimandya, Aam and Rasadushti, Ayurveda may give more authentic solutions, provided that Ayurvedic iron supplements should undergo researches. Though severe anaemia could not be able to manage with Ayurvedic therapy, but have lots of hopes in deficiency related anaemia. Through improvement of digestion and correction of Rasa-Aadyadhatu for better nourishment and subsequent Dhatunirmiti which can provides a healthy motherhood. Ayurvedic principles of correction of anemia can be introduced in health streammat ground level under national health mission. Hence Ayurved can contribute to maternal and child health program at global level.

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