

## **ROLE OF PUNARNAVA MANDURA IN THE MANAGEMENT OF IRON DEFICIENCY ANAEMIA IN FEMALES**

**Dr. Vaishali E. Tayade\***

Associate Professor, Department of Kayachikitsa, Bharati Ayurved College, Durg.(C.G.).

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### **\*Corresponding Author**

**Dr. Vaishali E. Tayade**

Associate Professor,

Department of Kayachikitsa,

Bharati Ayurved College,

Durg.(C.G.).

### **INTRODUCTION**

Iron deficiency anaemia is a major problem worldwide treated by replenishment of iron stores. It is described as PanduRoga in Ayurveda. In India, mostly in women, the cause of anaemia is commonly iron deficiency and almost 20% of Indian women suffer from it. Many times this ailment is neglected or unnoticed in females and which become a cause for many of diseases. In Ayurveda different combination of Herbo-metallic drugs are explained by which these drug this disease can be treated successfully and also simultaneously appetite, immunity will get improved without any adverse effect of the drugs in the patient.

### **Incidence**

Iron deficiency anaemia is a global concern and is responsible for 800,000 deaths per years world wide. IDA is a condition where blood Hb level lower than normal with the dominant cause being iron deficiency.

### **Causes**

Many medical condition causes anaemia. Common causes of IDA in female –

1. Anaemia from active bleeding through heavy menstrual bleeding , gastrointestinal ulcer or cancer etc
2. Due to poor dietary iron intake.
3. Anaemia of chronic disease,
4. anaemia related to kidney disease
5. poor nutrition in pregnancy
6. intestinal worm infestation

7. Alcoholism. Poor nutrition and deficiencies of vitamins and minerals are associated with alcoholism.

### Symptoms

1. Tinnitus, indigestion
2. Weakness, giddiness, quick exhaustion and excessive sleep
3. Palpitation, dyspnea and oedema over face and body
4. Eye stripped off its shine fatigue, headache
5. Pale looking skin and mucous membrane

### Principles of Management

The disease Pandu occurs due to vitiation of kapha, vata, rakta and mamsa by the aggravated Pitta Dosha. In the management of Pandu Roga four fold treatment principles were explained in the classics of the Ayurveda and one among is Shamana Chikitsa. In Shamana Chikitsa various combination of herbo-mineral drug are explained and these can be administered according to stage of disease, condition of patient and on the basis of Doshic predominance.

While treating the disease it is very important to pacify the aggravated Pitta Dosha by using Tikta Rasa and Sheeta Virya drug. According to need Agni deepakara and Shothahara drugs should be administered.

## MATERIALS AND METHODS

### Objectives

The pilot study conducted was to evaluate the efficacy of the Punarnavamandura in IDA.

### Sampling

A total of 25 anaemic women of reproductive age groups were initially recruited for the study covering rural urban area. Majority of women had more than primary education.

### Study Design

#### Inclusion Criteria

Subjective features showing the Pandu Roga with Hb between 6gm-10gm/dl, serum iron contain less than 50 µg/dl, MCHC less than 34 g/dl, MCV less than 80fl, and PS for blood shows microcytic and hypochromic anaemia.

### Exclusion Criteria

Pregnant women, lactating mother and those with diabetes, malaria, TB, or any malignancies were excluded from study.

### Drug Administration

PunarnavaMandura was administered 500mg thrice a day before the food for 45-60 days with regular interval of 7 days.

### Investigation

Patients are subjected to Hb, serum iron, MCHC, MCV investigations and PS for every 15 days to observe the improvement.

### OBSERVATION

#### Age Incidence

S. No	Age group	No of cases	Percentage
1	15-25	10	40
2	26-35	12	48
3	36-45	3	12

#### Incidence of Vegetarian and Non Vegetarian

S. No	Food	No of cases	percentage
1	veg	10	40
2	Non veg	15	60

#### Symptoms

S. NO	C/F	No of cases of BT	No of cases of AT	Percentage of improvement
1	Weakness	16	4	75
2	Fatigue	20	8	60
3	Palpitation	8	5	37
4	Effort intolerance	12	4	66
5	Breathlessness	10	4	60
6	Swollen feet	11	5	54

#### Symptoms

S. NO	Patho/Biochem Investigation	No of cases of BT	No of cases of AT	Percentage of improvement
1	Hb	12	4	66
2	Serum iron	30	8	73
3	MCHC	30	8	73
4	MCV	30	5	83
5	PS hypochromic with microcytic anemia	30	5	83

**Response According to Age**

S.NO	NO. of days	No of cases responded	Percentage
1	0-15	8	32
2	16-30	12	48
3	31-45	5	20

**RESULT OF STUDY**

Result	Number	Percentage
Good	12	48
Fair	8	32
Poor	3	12
No response	2	8
total	25	100

**Result**

Out of 25 cases studied 48 percent of cases shown good response, 32 percent of cases shown fair response and 12 percent cases showed poor response and 8 percent not at all.

There is maximum 66 percent of cases showed improvement in Hb and similarly in the first 15 days maximum no. of cases were responded. In this study it was observed that 12 patient were got good response and 2 patient did not get any response by treatment.

**DISCUSSION AND CONCLUSION**

1. In Ayurvedic classics direct references about the IDA is not available, however as per the some of the clinical feature it can be considered under the KrimijaPanduroga
2. In tribal and slum area the IDA is more prevalent in female and it may be due to intestinal worm infestation or nutritional deficiency. In this study it was observed that improving of diet plays important role
3. In IDA it is better to start therapy after giving deworming
4. In Ayurveda many herbo-mineral drugs were explained however these drugs should be used according to the condition of disease and clinical feature. In the present study Punarnavamandura was found more useful in those patients with edema.

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