

**A COMPARATIVE CLINICAL STUDY OF DADIMADI GHRITA WITH
MANDUR VATAK AND VYOSHADHI GHRITA WITH HARITAKYADI
GUTIKA IN THE MANAGEMENT OF PANDU ROGA W.S.R TO
IRON DEFICIENCY ANEMIA**

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ABSTRACT

Ayurveda explains that the sustainment of healthy body depends upon the proper function of Dosha, Dhatu and Mala. According to Acharya Susruta among Dhatu, Rakta has been considered as a key factor for Jeevana, Preerana, Dharana and Poshana karma of body. It is seen that Rakta gets vitiated by Tridosha mainly by Pitta dosha. About 30% or nearly one third of world's population is suffering from anemia due to various causes. The term "Anemia" refers to reduction below normal in the concentration of hemoglobin, Hematocrit or RBC cells in the Blood. Iron deficiency anemia is currently the most widespread micronutrient deficiency affecting nearly 1.5 billion people globally i.e. around 1/3 of the whole population. It is mostly seen in rural areas and in communities of low socio-economic group. Iron deficiency anemia can be clinically manifested by pallor, anorexia and reduces general activity. The features of iron deficiency anemia are almost similar with that of Panduroga mentioned in Ayurvedic classics

pandutwa of Akshi, Nakha and Vakthra (face), Agnimandya. Ayurveda has described variety of herbo-mineral formulations in treating Pandu. It is seen that Rakta gets vitiated by Tridoshas, mainly by Pitta and disease Pandu appears. The drug Dadimadi Ghrita is

mentioned by charaka in chikitsa sthana and Mandura Vataka is mentioned in Sahasrayogam Vati Prakaranam and the drug Vyoshadhi Ghrita is mentioned in charaka Samhita chikitsa sthana Pandu roga chikitsa and Haritakyadi gutika is mentioned in Bhavapraksha madhyama khanada. Considering all the above, the study is planned and entitled as “A comparative clinical study of Dadimadi Grita with Mandura Vataka and Vyoshadhi Ghrita with Haritakyadi gutika in the management of Pandu roga w.s.r. to Iron Deficiency Anemia”.

KEYWORDS: Pandu Roga, Dadimadi Ghrita, Mandur Vatak, Vyoshadi Ghrita, Haritkyadi Ghrita, Iron Deficiency Anaemia.

AIMS AND OBJECTIVES

1. To study the Pandu roga in detail.
2. To study the efficacy of Dadimadi Ghrita and Mandura Vatak in the Pandu.
3. To study the efficacy of Vyoshadhi Ghrita and Haritakyadi Gutika in the Pandu.
4. To compare the efficacy of Dadimadi Ghrita with Mandura Vatak and Vyoshadhi Ghrita with Haritakyadi Gutika in Pandu.

INTRODUCTION

Pandu roga is Pitta Pradhanya Vyadhi. In Ayurveda, Pandu roga is considered as an independent disease with its own specific nidhana, poorvaroopo, rupa, samprapti and chikitsa. Here Raktaalpata, Pandu Varnata and Dourbalyata are considered as cardinal features of pandu roga in majority of patients which strikingly resembles with “Anemia” of contemporary science where there is reduction in hemoglobin concentration and number of RBC’s per cu mm. Anemia is major global health problem, especially in developing countries like India, despite the fact that this problem is largely preventable and easily treatable.

MATERIALS AND METHOD

Total number of 40 patients of Pandu Roga was selected in IPD/OPD of S.S.R. Ayurvedic Medical College, Inchal on the basis of their gender by Simple random sampling method and divided into two groups:

- 1) Group A: Dadimadi Ghrita 10 ml morning empty stomach and Mandura Vatak 500 mg BD for 14 days.
- 2) Group B: Vyoshadhi Ghrita 10 ml morning empty stomach and Haritakyadi Gutika 250 mg BD for 14 days.

A) Inclusion Criteria

1. Patients presenting with samanya lakshana of Pandu.
2. Patients between the age group of 16 to 60 of either sex.
3. Patients with Hb% within the range of 6 to 11 gm/dl.

B) Exclusion Criteria

1. Patients with history of Disorders related with hemopoetic system like Leukemia, Hemophilia etc.
2. Garbhini Pandu.
3. Patients suffering with diagnosed Gastro intestinal bleeding disorders.

C) Parameters of Study**a) Subjective Parameters**

Panduta(Pallor)

Dourbalya (Unusual weakness)

Shrama (Fatigue)

Hrudayaspandana (Palpitation)

Aruchi (Loss of taste)

b) Objective Parameters

CBC.

Serum Ferritin.

D) Study Design: Total number of 40 patients of Pandu Roga was selected and randomly assigned into following two group (Group A & Group B) each comprising of 20 patients.

E) Diagnostic Criteria: Diagnosis will be made on the basis of classical sign and symptoms mentioned in Ayurvedic text.

F) Treatment Period & Plan

- 1) Total number of 40 patients of Pandu Roga was selected in IPD/OPD basis irrespective of their gender by Simple random sampling method and divided into two groups.
- 2) Informed written and valid consent of the patient taken prior to commencement of clinical trials.
- 4) Drug will be dispensed to the patient on 1st day and container will be checked for drug accountability on 14th day.

- 5) Drugs will be authenticated from laboratory before starting the clinical trials.
- 6) Observations will be carried out before and after completion of treatment and during each follow up. After observation data will be collected and presented in the form of graphs, charts and tables.

Groups	Drug	Dosage	Time	Anupana	Duration
Group A	Dadimadi Ghrita And Mandura Vatak	10ml OD 500mg B.D	1 st -14 th day Sevanakala- empty stomach in morning time and vati Sabhakta	Ushnajala Sukhoshna jala	14 days
Group B	Vyoshadhi Ghrita And Haritakyadi Gutika	10ml OD 250mg BD	1 st -14 th day Sevanakala- empty stomach in morning time and vati Sabhakta	Ushna jala Sukhoshna jala	14 days

G) Assessment Criteria

1. Panduta(Pallor)
2. Dourbalya (Unusual weakness)
3. Shrama (Fatigue)
4. Hrudayaspadana (Palpitation)
5. Aruchi (Loss of taste)

All of these will be assessed by adopting the following scoring system.

None	0
Mild	1
Moderate	2
Severe	3
Severe, grossly disabling	4

OBSERVATION AND RESULT

Out of 40 patient registered for the present study 40 patient patient had completed their treatments. Among these Group A-20 are treated as Dadimadi Ghrita with Mandura Vatak and Group B-20 are treated as Vyoshadi Ghrita with Haritakyadi Gutika. Total effects of treatments was assessed on the basis of score given to each symptoms or Subjective parameters.

Sr. No.	Symptoms	Group	Symptoms Mean Score			% of Relief
			BT	AT	Differance	
1	Panduta	Group A	2.65	1.15	1.47	55.47
		Group B	2.70	0.30	2.40	88.88
2	Daurbalya	Group A	2.20	0.70	1.50	68.18
		Group B	2.30	0.20	2.10	91.30
3	Shrama	Group A	2.65	0.50	2.17	81.27
		Group B	2.60	0.25	2.38	90.49
4	Hrudayaspanana	Group A	2.35	0.70	1.55	68.80
		Group B	2.35	0.20	2.25	95.74
5	Aruchi	Group A	2.10	0.50	1.60	76.19
		Group B	2.20	0.10	2.10	95.45

DISCUSSION

Discussion will done from the data available, Samhitas and Texts. The patients will be assessed on different parameters to obtain the effect of therapy. All the signs and symptoms will be assessed on 0th, 14th day. The result and observation during follow up and after completion of study are mentioned earlier and will be discussed as follows.

1. General discussion
2. Clinical parameters
3. Effect of therapy
4. Probable mode of action
5. Further scope of study

CONCLUSION

1. Pandu rog is Pitta pradhanya vyadhi which can dangerous for human beings.
2. Conclusion drawn from the various aspect of clinical trials on patients.
3. In the present study of clinical trials of Dadimadi Ghrita with Mandura Vatak and Vyoshadhi Ghrita with Haritakyadi Gutika in Pandu, Group B has better effect than Group A.

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