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To Study The Efficacy Of Shatavari Mandur In Garbhini Pandu

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Abstract

Women are treasured by the richness of continuing the human race. Pregnancy is a state in which all the physiological functions are hyper stimulated in order to meet the demands of the growing fetus. Anaemia during pregnancy is a very common condition which involves the fall in the haemoglobin concentration. The prevalence of anaemia in low-income pregnant women in 1st, 2nd and 3rd trimesters is 9%, 14% and 37% respectively. Iron deficiency anaemia results in decreased work productivity, increased child and mother mortality, foetal growth retardation and mild-to-moderate anaemia may increase susceptibility to infectious disease. The features of iron deficiency anaemia shares lot similarities with lakshana of panduroga. In this open labelled clinical trail, 5 patients fulfilling the diagnostic and inclusion criteria of panduroga/iron deficiency anaemia were administered with shatavarimandur with a doses of 500mg twice a day orally for one month. In the present study shatavarimandur showed a highly significant improvement in terms of subjective parameters like panduta, hriddrava, daurbalya, shrama and bhrama as well asin objective parameters like Hb%, MCH, MCV. This study has revealed that shatavarimandur provided statistically significant improvement in the cardinal features of Garbhini pandu as well as it has showed good effect on jatharagni and nourishment of pregnant woman and fetus without any side effect, due to the properties of the ingredients of traildrug such as deepana, pachana, balya, rasayana and rudhirakrit.

Keywords :Garbhini pandu, iron deficiency anaemia, shatavarimandur.

Introduction

Anaemia is defined as reduction in circulating haemoglobin below the critical level. The normal haemoglobin concentration in the body is between 12-14 grams percent. WHO has accepted upto 11 gram percent as the normal haemoglobin level in pregnancy. Anaemia in pregnancy is present in very high percentage of pregnant women in India.

In India nearly 25%- 30% of maternal deaths are due to PIH, Pre- eclampsia and eclampsia, which are associated with anaemia. Also, 30% maternal death/ day occur in anaemia due to intra and postpartum bleeding. So, Anaemia in pregnancy is the cause behind high maternal morbidity and mortality rate.

In modern medicine iron supplementation therapy is used to treat anaemia which is very costly and accompanied by adverse effects like constipation, gastritis, nausea, G.I.upset etc.

According to Ayurveda anaemia (PANDU) is rasapradoshajvyadhi, treated withmandurkalpa. Hence to overcome above problems I have decided to study the efficacy of shatavarimandur in garbhinipandu.

Aims And Objectives

- 1) To study in detail about garbhinipandu.
- 2) To study in detail – about effect of shatavarimandur in garbhinipandu

Material And Methods

This is the study of 5 gravid patients registered In opd of streerog and prasutitantra suffering from garbhodravpandu. The symptoms of pandu especially by ayurvedic view are given as below.

- 1) Vaivarnya.
- 2) Aayasenshwas (dyspnoea on exertion).
- 3) Hrudspanda (palpitation).
- 4) Dryness of mouth.
- 5) Puffiness of face.
- 6) Tachycardia.
- 7) Akshikutshoth.
- 8) Karna nada (tinnitus).
- 9) Daurbalya (weakness).

Selection Criteria

Patients having Hb% above 7gms and below 10gms having iron deficiency Anaemia with or without above symptoms were selected for study.

Drug Preview

ShatavariMandur consist of following ingredients –

- 1) **Mandurbhasm** – it is the oxidised compound of loha which is processed with goghrita to have precise action on rasa-raktadhatvagni and readily absorption causes samprapti bhang.
- 2) **Shatavari** – is RasayanDravya and especially advised in pregnancy which not only gives nutritional supplement, but also improves drug efficacy.

Anupan

Amalaki – is also RasayanaDravya containing vit C which accelerates iron absorption from drug and diet also

Clinical Trial

Trial conducted on 5 patients for one month duration with shatavarimandur 500mg BD

Observations And Discussion

Outcomes are;

- 1) Shatavarimandur, the trial drug contain high elemental iron 68.3% .
- 2) Average increase in Hb% is 1.58gms .
- 3) Vaivarnya, dryness of mouth, hrudspanda, tachycardia, aayasenshwas, daurbalya - significant changes are observed .
- 4) No adverse effect of shatavarimandur seen in study.
- 5) It was very cost effective.

Conclusion

Shatavarimandur is effective drug in garbhinipandu.

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