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Study The Efficacy Of Tapyadi Loh In Garbhini Pandu**Dr.Sadhana Dattatray Avhale**C.S.M.S.S Ayurved Mahavidyalaya,
Kanchanwadi, Aurangabad**Dr.Amol A Havale**Asso.Professor B.A.M.S MD
Prasuti Tantra & Streerog**Abstract**

Pregnancy is a state in which all the physiological function are hyper stimulated in order to meet the demands of the growing foetus. According to Ayurveda Garbhini Pandu is included in Garbhopadrova . Acharya Kshyapa describe the samprapti of garbhini pandu that provoked pitta and vata compressed rasavaha nadi and due to growing foetus rasavaha nadi obstructed with lids to Uttarotar dhatu shyathely result in panduta. According to modern medicin maternal physiology is changed . Increase in plasma and RBC produces heamodilution result in Anemia in pregnancy. The prevalence of aneamia in low income pregnant women in 1st, 2nd , 3rd trimesters is 9%, 14%, 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 susceptility to infectious disease. The features of iron deficiency anaemia shares lot similarities with lakshana of panduroga. In this open labelled clinical trial, 5 patients fulfilling the diagnostic and inclusion criteria of panduroga were administered with tapyadi loh with a doses of 500 mg twice a day orally for one month. In present study objective parameters like Hb%, MCH, MCV. Tapyadi loh has showed good effect on jatharagni and nourishment of pregnant woman and foetus without any side effect, due to the properties of the ingredients of teail drug such as deepana, pachana, balya, rasayana and raktarudhikar.

Keywords: Garbhini pandu, iron deficiency anaemia , tapyadi loh.**Introduction-**

According to standard lead down by WHO in developing countries anaemia in pregnancy is than when heamoglobin in peripheral blood is below 10 gm / 100 ml .160 women die in India every day during pregnancy. If treatment for anaemia in pregnancy is not given this rate may increase. In modern medicine ferrous gluconate, ferrous sulfate is used to correct iron deficiency anaemia in pregnancy. Drawback of ferrous gluconate and sulphate is intolerance , epigastric pain , nausea, vomiting ,diarrhea , constipation, unpredictable absorption, so I select TAPYADI LOH for this study, which is pachek , Deepak , pandutvanashak , rasayan and uttam raktavidhikar. During pregnancy maternal physiology altered due to fetus, which causes disease to mother named as garbhopadrova. Garbhopadrova according to Harita sumhita 1.Swas 2.Jwar 3.Harllas 4.Aruchi 5.Chardi 6. Atisar 7. Shotha 8. Vivarnatva.

Vivarnatva is common symptom of Garbhini pandu that mines garbhini pandu included in garbhopadrova. According to A yurveda anaemia is rasapradoshajvyadhi, treated with lohkalpa . Hence to overcome above problems I have decided to study the efficacy of tapyadi loh in garbhini pandu.

Aims And Objectives:

- 1) To study in detail about garbhini pandu .
- 2) To study in detail – about effect of tapyadi loh in garbhini pandu

Material and Method

Study done on 5 patients, selected randomly in OPD of streerog and prasutitantra suffering from garbhopdrav pandu. The symptoms of pandu specially by ayurvedic view are given as below .

- 1) Vaivarnya
- 2) Aayasenshwas
- 3) Haudspandan
- 4) Dryness of mouth
- 5) Puffiness of face
- 6) Tachycardia
- 7) Akshikutshoth
- 8) Karnanada
- 9) Daurbalya

Balance raktavrudhikar ahara e.g. kharjur , mutton soup.

Follow up every 15 days.

Criteria of selection - 2nd and 3rd trimester ANC .Age between 18-35 yrs.

* HB% in between 6.5 gm % to 10 %.

* Patient taking treatment regularly.

* **Regular** follow up.

Drug Review – Tapyadi loh consist of following ingredients.

- 1) Triphala – Rasayani , Mrudusarak .
- 2) Trikatu – Pachak , Agnipradipak.
- 3) Tapyadi – Pachak , Deepak , Pandutvanashak , rasayan.
- 4) Shilajit – Rasayan , Uttardhatuposhan , Mohanashak .
- 5) Raupya – Mutral , Aakshephnya.
- 6) Mandur – Raktavrudhikar , Dhatuvrudhi.
- 7) Chitrak – Pachak , Agnipradipak , Vatanashak.
- 9) Vidang – Pachak , Krumighnya.
- 10) Chavya – pachak , depak.
- 11) Devadaru – Pachak
- 13) Daruhalad – Deepan Pachan .
- 14) Dalchini – Pachan

Anupan – Koshanya jal

Clinical Trial –

Trial conducted on 5 patients for one month duration with TAPYADI LOH 500 mg BD .

Observations And Discussion

Outcomes are ;

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

Conclusion

TAPYADI LOH is effective drug in Garbhinipandu

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