

Efficacy of NavayasChurna in the Management of Pandu

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Abstract:

Pandu Roga can be correlated with Anemia on the ground of its similar signs and symptoms. Thus, the term Anemia can be taken under the broad umbrella of Pandu. The commonest type of Anemia that is met with in practice is Iron Deficiency Anemia Children, Adult, Male and Females suffer the most form of this malady. Asia has the highest rates of Anemia in the world. Though there is a common line of treatment in Pandu stated by our classics but in present study work classical formulization Navayaschurna has been chosen for the treatment of Panduroga especially Iron deficiency anemia .referance of navayaschurna from Pandurogadhikar 22 charakchikitsasthan 16/70-71 Ashtanghritya.

Introduction :

PanduRoga can be correlated with Anemia on the ground of its similar signs and symptoms. Thus, the term Anemia can be taken under the broad umbrella of Pandu., It has been vividly described with etiopathogenesis, clinical features, prognos management, etc. in the ancient texts .Acharya Charaka has specially described some psychological causative factors among which Chinta (excessive worry), Bhaya (fear) and Shoka (griet) are three main factors, which play an important role in the pathogenesis of PanduRoga. Patient feels as if all his limbs are being kneaded,squeezed and churned, swelling of orbits, falling hair, loss of luster, irritability, dislike for cold, sleepy, excess eXpectoration, diminished speaking cramps of calf muscles, pain and weakness in back, thighs and legs, dyspnoea on climbing up. Panduroga, where the colour of the patient is like the flower Ketakirai which is similar to the combination colour of white and yellow in a particular proportion, is more similar to the anemia with special reference to Iron Deficiency Anemia (IDA) of modern medicine on the basis ofetiological factors & clinical correlation.

Aim & objectives:

- To study the Panduroga as per ayurvedic&moden Texts.
- To study the role of Navayaschuna in the management of Pandu.

Material Methods:

In present work total 15 patients of established cases of Pandu (Iron Deficiency anemia) Have been selected for the present study irrespective of their sex religion.occupation etc. through some specific inclusion criteria, written consent taken from Patient.

Inclusive Criteria:

Patients with classical symptoms of Panduroga like PandutaDourbalya, Hridspananam, Bhrama, Ruksata, Svasa, Aruchi, Pindikodwestanametc ..

Hb %
Female-<12gm%
Male-<13gm%

Exclusion Criteria:

The following exclusion criteria have been strictly followed during selection of the patients

- Patients suffering with grievous diseases like Tuberculosis, AIDS, Cancer, Cardiac disorders, DM, Gastric Ulcer, ARF, CRF, Chronic & acute liver disorder etc
- Patients with congenital anemia eg. Thalassemia, Aplastic Res anaemia, Sicklc. cell Disease etc
- Pregnant and lactating lady
- Age below 15 years and more than 50 years

Criteria for assessment:

The assessments of the result were made on the basis of improvement in clinical findings as well as laboratory investigations which have been repeated after the completion of treatment also. The following scoring system have been follows over the sign & symptoms as noticed before & after treatment

Subjective Criteria:

Daurbalya Panduta
Aruchi Pindikodweshten
ShunakshikutShoth

Investigasins:

- Haematological Investigations-Hb% , TLC , DLC, RBC, ESR PCV
- Blood Indices-MCV, MCH, MCHC
- Urine Analysis-Routine&Microscopic
- Stool Analysis-Routine&Microscopic

Drug review:

Navayaschurna is drug of choice which is purchased from GMP approved Pharmacy

- Dose 1gm BD after meal for 2 months
- Anupan-Madhu
- Route-oral
- Follow up-Day 1", day 30 Day 60, day 90 D

Results & Observations :

This is singal blind clinical trial carried out on 15 patients of icpandu selected as er our inclusion & exclusion criteria, Paired t test is used for data analysis-

S r. N o.	Compla ints	No Of Pati ents	Mean		S D	S E	Tot al reli ef %	T Va lu e	P Va lue
			B T	A T					
1	Daurbalya	15	2.20	0.03	0.05	0.03	77.2	8.21	<0.001
2	Panduta	15	2.34	1.02	0.05	0.03	85.2	8.43	<0.001
3	Aruchi	12	1.44	1.02	0.03	0.02	68.7	8.11	<0.001
4	Pindikodweshten	13	1.33	1.04	0.03	0.02	78.6	7.88	<0.001
5	Shunakshikutshot	11	2.41	1.02	0.02	0.07	78.7	6.71	<0.001

This results shows satisfactory changes, Daurbalya was reduced upto 77 % , pandutadecreased and get more suprising results i.e 85 % relief, in aruchi get 68 % relief, pidikodweshten get reduced up to 78 % , shunakshikutshoth reduced up to 78 %.

Discussion:

The most important element for blood production is iron which is stored in our body as hemoglobin in bloodstream and myoglobin in muscle tissue. Iron is a mineral found in the bloodstream that is essential for growth, enzyme development and function, a healthy immune system, energy levels, and muscle strength. OurdruzNavayaschurna contains Trikatu, Triphala, Musta, vidangchitrk and lauhbhasma. This drug helps to pittshamantridosh shaman also improves daigestive system.

Conclusion:

It is safe & effective method of management of Pandu

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