



**AYURVEDIC MANAGEMENT OF GARBHINI PANDU W.S.R. TO IRON
DEFICIENCY ANEMIA IN PREGNANCY: A CASE STUDY**

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ABSTRACT

Both the mother and the fetus value the time spent during pregnancy. *Rasa* and *Rakta* from the mother feed the developing fetus. *Garbhavasthajanya Pandu* occurs due to the increase fetus demands and improper functioning of the *Rasa Dhatu*, leading to malnourishment of the body. In today's era, due to decreased nutritional value of food and busy lifestyle, mothers will not be able to fulfill the extra demand of nutrients by diet alone. Due to *Apathyakara Ahar-Vihar* there is *Aamotpatti*, which causes *Rasadhatu Dushti*, which further leads to *Uttarottar Dhatuhaani* as a *Samprapti* of Pandu. Anemia is the commonest hematological disorder that may occur in pregnancy it is major cause of many congenital malformations and neonatal complication. In this study, iron deficiency anemia is corrected by Ayurvedic drug which is balance *Agni* and *Dhatudushti* and provide Iron supplement to relieve from all sign and symptoms.

Keywords: *Garbhini Pandu, Iron deficiency anemia, Shaman chikitsa, Rasadushti*

INTRODUCTION:

Anemia is most commonly seen during pregnancy compared to nutrition during pregnancy compared to pregnancy. A woman requires more non-pregnant women, which is a

physiological condition due to hemodilution during pregnancy [1]. A pregnant woman needs 2-3 times more amount of iron especially in second half of pregnancy. The fetus is completely dependent on its mother for nutrition, which is necessary for its growth and development. In India, anemia during pregnancy is a significant problem, with 45.7% of pregnant women in urban areas and 52.1% in rural areas having hemoglobin levels <11g/dl [2]. Anemia is the underlying causes or contributing factor for 20-40 % of maternal deaths in India, which account for 80% of maternal deaths attributable to anemia in South Asia [3]. As per Ayurvedic text, this condition occurs due to improper *Rasa Dhatu* function in the mother and continuously increasing demand of the fetus, which causes *Rasa Pradoshajavikara*. *Acharya Kashyapa* has described that *Ahar rasa* of mother is divided into 3 parts. First part nourishes her own body, second part nourishes the *Garbha* and third part for nourishment of *Stana* [4]. *Acharya Charaka* in *Sharirasthana* has explained about *Bala Varnahani* of *Garbhini* in 6th month of pregnancy [5]. This can be considered as reference for *Garbhini Pandu*. *Acharya Harita* has described *Astha Garbhoprada* in *Harita Samhita* among these eight “*Varnatva*” is used to describe

Garbhini Pandu [6]. *Agnimandhya* is prime symptom and cause of *Garbhini Pandu*. *Agnimandhya* is main reason for *Ama* which is the prime source of *Vyadhi Utpatti*. Anemia is also responsible factors for many fetomaternal complications during antenatal and postnatal life. In modern practice, treatment of anemia is limited to correction of Hb% levels, but we need a proper *Ayurvedic* protocol for its correction with all aspects of *Rasadushti* and allied symptoms. Abnormal *Rasadhatu* formation leads to decreased Hb% is called anemia. We need such an approach that will correct *Rasadushti* as well as help to increase Hb%.

Materials and Method: Literature review has been done from all ancient texts, various research journals.

CASE DETAILS:

A 22-year-old Female patient with married life of 1 year, Primi gravida with history of 4 and half month amenorrhea having LMP: 18/12/23 and EDD: 25/9/23.

Chief Complains:

Generalized weakness, Anorexia, Giddiness, Nausea (in morning)

Past History:

No relevant medical and surgical history.

Family History: Not specific medical and surgical history

OBSERVATION:

SIGNS AND SYMPTOMES	BEFORE TREATMENT	AFTER TREATMENT
Weakness	Present, Hamper to perform daily activities	Absent
Anorexia	Present	Absent
Giddiness	Frequently present	Absent
Nausea (in morning)	Present	Absent
Pallor (of Conjunctiva)	Moderate	Mild
Hb%	8.90 gm/dl	10.30 gm/dl

RESULT: After the treatment Hb% of patient is increased, sign and symptoms are relief, and also correcting *Agni* and *Rasadushti*.

DISCUSSION:

Punarnava Mandura [7] provided a significant improvement on all sign and symptoms of *Garbhini Pandu* due to its *Pittakapha Shamak*, *Pandughna*, *Rasayan*, *Deepana*, *Pachana*, *Raktavardhaka* and *Anulomana* properties which leads to correction of metabolism, increase iron absorption and improve blood formation. Contents of *Punarnava Mandura* are *Madhura* (sweet), *Kashaya* (astringent), *Laghu* (light), *Ruksha*(dry), *Shita* (cold), *Katu* in *Vipak* and *Pittakapha Shamaka*. *Punarnava* is *Anulomana*, *Mutrala*, *Shothagnahara*, *Pandughna* and *Kaphahara* properties and has been proved as hepatoprotective and antioxidant [8-11]. *Mandura Bhasma* processes significant hematinic and cytoprotective, hepatoprotective activity [12, 13]. *Triphala* is *Rasayana*, *Amalaki* is *Rochana*, *Sophaghna*,

Chardighna, *Anulomana* and *Rasayana* properties, It has direct action on *Rasavaha* and *Raktavaha Srotas* [14]. *Amalaki* is rich source of vit C which is help in iron absorption. *Gaumutra* is *Deepaniya*, *Krumighna*, *Pandughna* and *kaphashamaka* properties [15]. *Anupana* of Buttermilk is *Aruchihara* (digestive), *Pandughna* [16] properties and rich source of Minerals and Vitamins.

Content of *Draksha Ghrita* [17], *Draksha* is *Madhura* in *Rasa*, *Snigdha*, *Guru*, *Mrudu* in *Guna*, *Sheeta Veerya* and the drug acts as *Pittashamaka* [18]. *Madhura Rasa* and *Madhura Vipaka* could have contributed to highly significant cure rate for *Balahani* by promoting the strength of *Dhatus* and increasing the *Bala* of patients. it is also *Jeevaniya*, *Brumhaniya*, *Rasayaniya* properties. *Draksha* and *Ghrita* may increase the iron absorption and help in the increasing Hb%.

Dadimashtaka Churna [19] is *Deepaniya*, *Vatanulomaka* which is useful in Anorexia. *Dadima* is Balance *Tridosha*, *Laghu* (digest

very easily), *Dipana*, *Ruchya* (helps in anorexia) [20]. All these drugs are effective in *Garbhini Pandu* and balance the *Agni*.

CONCLUSION:

Ayurveda may give more authentic solutions for anemia due to malabsorption and malnourishment and improvement of digestion, *Punarnava Mandura*, *Draksha Ghrita* and *Dadimashtak Churna* are herbo mineral formulation that can be used as a *Pandughna* and *Rasayana* in Anemic patients, as well as treating most of the pathological manifestations of *Pandu Roga* during pregnancy. It is improve maternal health by relieving all sign and symptoms and help in growth and development of fetus.

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