

GRABHINI PANDU: NIDANA – SAMPRAPTI - CHIKITSA; A CRITICAL REVIEW*¹Dr. Nilesh Suresh Dalvi and ²Dr. Abhijit Mhalank¹M.S. Streerog Avum Prasutitantra.²M.D. Rognidana – Vikrutividnyan.

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ABSTRACT

In developing countries like India, there is high prevalence of anemia during pregnancy. The syndrome of various signs and symptoms caused due to deficiencies according to modern science and its contemporary Ayurvedic correlation would find a path in reducing this prevalence. It can be correlated with *Pandu Vyadhi*. The *Nidana*, *Samprapti* and *Chikitsa* which when studied from various Ayurveda classics reveals a new dimension to examine and treat this disorder of *Garbhini Pandu* in Ayurvedic perspective.

KEYWORDS: *Pandu Vaydhi, Garbhini Pandu, Nidana, Samprapti, Chikitsa.***INTRODUCTION**

In the deficiency disorders, the iron deficiency anemia has high prevalence worldwide. The prevalence of anemia in all the age groups is higher in India as compared to other developing countries. India contributes to about 80% of the maternal deaths due to anemia in south Asia. Many efforts have been taken and studies have been conducted to check this everlasting issue.

The management of *Garbhini Pandu* is of prime importance as it can cause threat to the health of mother and progeny too. Many iron preparations and other drugs are used extensively in this condition, but a rational and holistic approach towards the presenting problem will find the way for its solution.

There are no direct references of *Garbhini Pandu* (anemia in pregnancy) in Ayurveda, except *Acharya Kashyapa* has described *Pandu* as a symptom of *Garbhini* in the description of *Rakta Gulma*. *Acharya Harita* has also described *Vivarnatva* as one of the eight complications of *Garbha*.

Pandu Vyadhi

All the Ayurveda classics have described *Pandu Vyadhi* in details. We will study the *Pandu Vyadhi* and its contemporary modern part and will try to correlate with *Garbhini Pandu* accordingly.

Nidana

The causative factors responsible for developing *Pandu* have been described by Ayurveda classics in details. The

vitiating of *Pitta Dosha* primarily caused due to *Pitta Prakopak Hetu* is the foremost *Nidana* for *Pandu Vyadhi*. This *Pitta* is vitiating due to *Pitta Prakopak Ahara* and *Vihara*, *Abhishyandi*, *Ushna*, *Tikshna Ahara – Vihara Sevana*. Also mental reasons like Anger, Anxiety, *Raga-Dvesha* cause imbalance at *Manas Dosha* level which then tends to vitiate of *Pitta Dosha*. This forms a *hetu* in *Pandu Vyadhi*. Vitiating *Vata Dosha* carries this vitiating *Pitta Dosha* all over the body which subsequently gets seated at *Rasa*, *Rakta*, *Meda*, *Lasika*, *Kaphastana* and *Twacha* – the *Dushya* for *Pandu Vyadhi*. And by progress of *Shat Kriya Kala* of *Pandu Vyadhi*, it starts to exhibit the signs and symptoms.

Types – there are five types mentioned in Ayurveda classics

- Vataj Pandu*
- Pittaj Pandu*
- Kaphaj Pandu*
- Tridoshaj Pandu*
- Mrudbhakshanaj Pandu*

Roopa – signs and symptoms

There are number of signs and symptoms mentioned in all classics. Most common are, *Twak Vaivarnya* – discoloration of skin or paleness of skin, lusterless skin, dryness, indigestion and low metabolism, weakness and lethargy, *Shwas* (breathlessness), *Gourav* (heaviness of body), pain in legs and lower back, swelling around eyes, giddiness etc.

Garbhini Pandu

As mentioned above, it is not described separately in Ayurveda text. But the signs and symptoms are similar to

that of *Pandu Vyadhi*. *Acharya Harita* has described *Garbhini Pandu* as one of the eight *Garbhopardrava* – diseases caused to pregnant lady. The symptoms which are to be watched for in *Garbhini* are,

Pandutva – pallor

Daurbalya – weakness

Shrama – fatigue

Shwasa – dyspnoea

Aruchi – anorexia

Akshikut Shotha – periorbital edema

Pindikodweshtana – cramps in legs or calves

Bhrama – giddiness

Also the pathology of the disease is same as that of *Pandu Vyadhi*. Here the above mentioned *Lakshana* are observed and given gradation according to their severity. The mother is called *Dauhradini* – which means carrying and nourishing two hearts or lives. In this state the demand of overall nutrition increases, also the requirement of basic vitamins and minerals also increases.

Chikitsa Siddhanta

In *Pandu Vyadhi* the vitiated *Dosha* is *Pitta* and *Vata Anubandhi*. The *Dushya* are *Rasavaha*, *Raktavaha*, *Mamsavaha* and *Medovaha Strotas*. It also affects *Oja* causing *Ojo Dushti* and *Oja Kshaya*. Thus by considering the above *Dosha* and *Dushya* of *Pandu Vyadhi*, the treatment protocol is made.

Nidana Parivarjan – here the *Pitta* vitiating factors which ultimately result in the genesis of disease are said to be avoided. Both *Aharaj* and *Viharaj Hetu* of *Dosha* vitiation are determined and patient is asked to avoid them.

Shodhana – *Acharya Charaka* had mentioned *Shodhana* in *Pandu Vaydhi*, as it involves vitiated *Tridosha*. But *Shodhana* procedure is contraindicated in *Garbhini*. So, here *Shodhana* is not given and only *Shamana* treatment is adopted.

Shamana

Considering the vitiated *Dosha* in the *Pandu Vyadhi*, one has to use *Sneha Dravya* for its treatment. Also *Ayurveda* classics have described use of medicated *Ghrut* in the treatment of *Pandu*. *Ghrut* is *Soumya*, *Snigdha* and *Mrudu* in nature. These properties are beneficial and also required for *Garbhini*. Hence here the use of medicated *Ghrut* is of utmost importance. It helps to kindle the digestive fire – *Jatharagni*, improves the *Apatite* – alleviates *Aruchi*, enhance the absorption of useful food ingredients, regulates bowel movements and eases constipation. It aids the functioning liver and there by produces optimum quality of *Rakta Dhatu*. This can also be correlated with the intrinsic factor responsible for the hemoglobin percentage in blood.

Here the iron containing *Dravya* along with *Deepana* and *Pachana* drugs are used for improving the

assimilation of supplied drugs and resulting in hemoglobin percentage of blood. These medications also help to alleviate the other symptoms like *Shwasa*, *Akshikut Shotha*, *Pindikodweshtana* and *Bhrama*.

Ayurveda formulations used in Garbhini Pandu

Dadimadi Ghruta –

Kalyanaka Ghruta –

Shatavari Ghruta –

Mahatiktak Ghruta -

Navayasa Loha Churna –

Tapyadi Loha Churna –

Punarnava Mandura –

Dhatri Loha –

Inference

As the prevalence of this disease is high in Indian subcontinent, the treatment regime for every ANC should include the Ayurveda formulations mentioned above. Here it not only maintains the hemoglobin levels but also treats the *Garbhini* holistically and address other associated symptoms like *Akshikut Shotha*, *Pindikodweshtana*, *Bhrama*, *Shwasa*, general weakness etc. In this way, we can study the *Nidana*, *Samprapti* and the treatment protocol – *Chikitsa* for *Garbhini Pandu* which would prove beneficial and will take care of mother and the progeny at the same time.

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