

THE ROLE OF INDIAN TRADITIONAL PRACTICES IN *OTI BHARAN PUJAN* AND *PRASADAM*: THEIR IMPACT ON ANAEMIA PREVENTION AND MANAGEMENT**Dr. Sana Shakil Sorathia^{1*} and Dr. Manisha Bhalsing²**^{1*}PG Scholar Department of Kriya Sharir, Bharati Vidyapeeth Deemed To Be University College Of Ayurveda Pune, 43.²Associate Professor Department of Kriya Sharir Bharati Vidyapeeth Deemed To Be University College Of Ayurveda Pune, 43.***Corresponding Author: Dr. Sana Shakil Sorathia**

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ABSTRACT

Anaemia, particularly iron deficiency anaemia (IDA), is a widespread health concern in India, disproportionately affecting women, children, and adolescents due to nutritional deficiencies, poor dietary habits, and biological demands. Traditional Indian practices such as *Oti Bharan Pujan* and *Prasadam* offerings play a significant role in anaemia prevention and management by incorporating iron-rich and nutrient-dense foods that support haemoglobin production, blood health, and overall well-being. *Oti Bharan Pujan*, a Maharashtrian pregnancy ritual, provides expectant mothers with essential foods such as dry fruits, jaggery, sesame seeds, and pomegranates, all of which promote iron absorption and contribute to maternal health. These offerings align with Ayurvedic *Garbhini Paricharya*, ensuring optimal nutrition during pregnancy and reducing the risk of iron-deficiency anaemia. The ritual also serves as a social and cultural reminder to prioritize maternal nutrition, reinforcing the importance of community-based health awareness. Similarly, *Prasadam* offerings in religious ceremonies unknowingly contribute to anaemia prevention by including iron-boosting ingredients such as jaggery-based sweets, lentils, dairy products, and vitamin C-rich fruits. These sacred foods not only fulfil spiritual significance but also provide functional nutrition, particularly in rural communities where access to iron supplements may be limited. From an Ayurvedic perspective, anaemia—known as *Pandu Roga*—is associated with *Rakta Dhatu* depletion, poor digestion, and *Pitta Dosha* imbalance. Ayurveda recommends dietary interventions with iron-rich foods, herbal formulations, and lifestyle modifications to enhance iron absorption and rejuvenate blood tissue. Herbs such as *Punarnava*, *Ashwagandha*, and *Amla* play a crucial role in boosting haemoglobin levels and improving overall vitality. Modern nutritional science validates these traditional practices by confirming the effectiveness of iron-rich food combinations found in Indian rituals. Studies show that non-heme iron sources, when paired with vitamin C-rich foods, significantly improve iron absorption, reinforcing the wisdom of ancestral dietary practices. By integrating traditional wisdom, Ayurveda, and contemporary dietary science, these practices contribute significantly to maternal health, community well-being, and holistic anaemia management.

KEYWORDS: *Pandu Roga, Rakta Dhatu Kshaya, Agni Mandya, Oti Bharan Pujan, Prasadam, Haemoglobin, Anaemia.***INTRODUCTION**

Anaemia is one of the most widespread health challenges in India, affecting over 50% of women and nearly 70% of pregnant women (according to the National Family Health Survey). Haemoglobin, a protein in red blood cells responsible for oxygen transport, requires adequate iron intake for its production. It is a medical condition characterized by a deficiency of red blood cells (RBCs) or haemoglobin, leading to reduced oxygen transport throughout the body. Haemoglobin, a protein in RBCs, is responsible for carrying oxygen from the lungs to tissues. When haemoglobin levels drop, the body struggles to

maintain normal functions, resulting in fatigue, weakness, and other health complications.

Causes of Anaemia

- Anaemia can develop due to various factors, including.
- Iron Deficiency – The most common cause, occurring when the body lacks sufficient iron to produce haemoglobin.
- Vitamin Deficiencies – Low levels of vitamin B12, folate, or vitamin A can impair RBC production.

- Chronic Diseases – Conditions like kidney disease, cancer, or autoimmune disorders can interfere with RBC production.
- Blood Loss – Heavy menstrual bleeding, gastrointestinal bleeding, or surgery-related blood loss can lead to anaemia.
- Bone Marrow Disorders – Diseases affecting bone marrow, such as aplastic anaemia or leukemia, can reduce RBC production.
- Genetic Disorders – Conditions like sickle cell anaemia and thalassemia cause abnormal RBC formation.

Symptoms of Anaemia

The severity of anaemia symptoms depends on its cause and progression. Common symptoms include:

- Fatigue and weakness
- Shortness of breath
- Dizziness or light-headedness
- Pale or yellowish skin
- Irregular heartbeat
- Cold hands and feet
- Headaches
- Chest pain (in severe cases)

If anaemia is left untreated, it can lead to serious complications, including heart problems, pregnancy complications, and developmental delays in children.

Tridosha and Anaemia (Pandu Roga)

In Ayurveda, *Pandu Roga* (Anaemia) is deeply connected to the *Tridosha*—*Vata*, *Pitta*, and *Kapha*—each influencing the pathogenesis and symptoms of the condition.

1. *Vataja Pandu* (*Vata*-dominant Anaemia)
 - Pathogenesis: Vitiating *Vata dosha* leads to *agni dushti*, (digestive fire imbalance), causing poor nutrient absorption and depletion of *rasa Dhatu* (nutritional essence).
 - Symptoms: Dry skin, brittle nails, dizziness, bloating, constipation, and weakness.
 - Management: *Snigdha* (unctuous) and *ushna* (warm) *ahara*, including ghee, sesame oil, and nourishing soups.
2. *Pittaja Pandu* (*Pitta*-dominant Anaemia)
 - Pathogenesis: Excess *Pitta dosha* causes *rakta Dhatu kshaya* (blood tissue depletion) and *ojas* reduction, leading to hemolysis and oxidative stress.
 - Symptoms: Yellowish skin, burning sensation, excessive thirst, fever, and watery stools.
 - Management: *Sheetala* (cooling) and *pittashamana* (*Pitta*-pacifying) herbs, such as *Guduchi*, *Amalaki*, and *Shatavari*.
3. *Kaphaja Pandu* (*Kapha*-dominant Anaemia)
 - Pathogenesis: Increased *Kapha dosha* leads to *meda Dhatu sanchaya* (fat accumulation), sluggish metabolism, and impaired iron absorption.
 - Symptoms: Lethargy, heaviness, swelling, pale complexion, and slow digestion.

- Management: *Laghu* (light) and *ushna* (warm) *ahara*, including dry ginger, black pepper, and barley.
4. *Tridoshaja Pandu* (Mixed-dosha Anaemia)
 - Pathogenesis: Imbalance of all three doshas, leading to complex symptoms and systemic weakness.
 - Symptoms: Fatigue, nausea, poor appetite, and generalized weakness.
 - Management: *Rasayana* therapy, including *Mandura Bhasma*, *Punarnava*, and *Triphala*.

Sapta Dhatu and Anaemia (Pandu Roga)

In Ayurveda, *Sapta Dhatu* (seven bodily tissues) play a crucial role in maintaining health, and their imbalance can lead to conditions like *Pandu Roga* (Anaemia). Here's how each *Dhatu* relates to Anaemia.

1. *Rasa Dhatu* (Plasma & Nutrient Transport)
 - Relation to Anaemia: *Rasa Dhatu* is responsible for nutrient distribution. *Rasa Kshaya* (depletion) leads to malnutrition, affecting iron absorption and causing *Lohakshaya Pandu* (iron-deficiency Anaemia).
 - Ayurvedic Management: *Deepana* & *Pachana* herbs (*Trikatu*, *Pippali*) to enhance digestion and nutrient assimilation.
2. *Rakta Dhatu* (Blood Tissue)
 - Relation to Anaemia: *Rakta Dhatu* is directly linked to haemoglobin production. *Rakta Kshaya* (blood depletion) results in *Pittaja Pandu*, characterized by yellowish skin, fatigue, and dizziness.
 - Ayurvedic Management: *Raktavardhaka dravyas* like *Mandura Bhasma*, *Punarnava*, and *Amalaki*.
3. *Mamsa Dhatu* (Muscle Tissue)
 - Relation to Anaemia: *Mamsa Dhatu* provides strength. *Mamsa Kshaya* leads to muscle weakness and fatigue, common in chronic Anaemia.
 - Ayurvedic Management: *Ashwagandha* and *Shatavari* for muscle nourishment.
4. *Meda Dhatu* (Fat Tissue)
 - Relation to Anaemia: *Meda Dhatu* supports metabolism. *Meda Kshaya* results in poor iron storage, affecting haemoglobin synthesis.
 - Ayurvedic Management: Ghee, sesame oil, and warm foods to balance *Kapha* and improve nutrient retention.
5. *Asthi Dhatu* (Bone Tissue)
 - Relation to Anaemia: *Asthi Dhatu* houses *Majja Dhatu*, which produces *Rakta Dhatu*. *Asthi Kshaya* can lead to bone marrow disorders, causing aplastic Anaemia.
 - Ayurvedic Management: *Shilajit* and *Hadjod* for bone strength.

6. *Majja Dhatu* (Bone Marrow & Nervous Tissue)

- Relation to Anaemia: *Majja Dhatu* governs blood cell production. *Majja Kshaya* leads to low RBC count, causing severe Anaemia.
- Ayurvedic Management: *Brahmi* and *Jyotishmati* for *Majja* nourishment.

7. *Shukra Dhatu* (Reproductive Tissue & Vital Essence)

- Relation to Anaemia: *Shukra Dhatu* maintains *Ojas* (vital energy). *Shukra Kshaya* results in fatigue, infertility, and reduced immunity, often seen in chronic Anaemia.
- Ayurvedic Management: *Shatavari* and *Gokshura* for vitality.

Trimala and Its Connection to Anaemia (*Pandu Roga*)

In Ayurveda, *Trimala* refers to the three primary excretory products of the body—*Purisha* (faeces), *Mutra* (urine), and *Sweda* (sweat)—which play a crucial role in maintaining physiological balance. Their proper elimination is essential for *Agni* (digestive fire) regulation, *Dosha* equilibrium, and *Dhatu* nourishment. Any dysfunction in *Trimala* can contribute to *Pandu Roga* (Anaemia) by impairing nutrient absorption, detoxification, and metabolic processes.

1. *Purisha* (Faeces) and Anaemia

- Role: Proper bowel movements ensure efficient absorption of *Lohadravya* (iron) and other micronutrients.
- Imbalance: *Mandagni* (weak digestion) leads to *Ama* (toxins) accumulation, reducing iron absorption and causing *Lohakshaya Pandu* (iron-deficiency Anaemia).
- Management: *Deepana-Pachana* herbs (*Trikatu*, *Pippali*) and fiber-rich foods like *Shigru Patra* (Moringa leaves).

2. *Mutra* (Urine) and Anaemia

- Role: *Mutra* expels excess *Pitta* and metabolic wastes, maintaining *Rakta Dhatu* (blood tissue) purity.
- Imbalance: *Mutravaha Srotodushti* (urinary system dysfunction) can lead to excessive iron loss, contributing to *Pittaja Pandu* (hemolytic Anaemia).
- Management: *Mutravirechana* herbs (*Punarnava*, *Gokshura*) to support kidney function and iron retention.

3. *Sweda* (Sweat) and Anaemia

- Role: *Sweda* regulates body temperature and removes toxins, preventing *Kapha*-induced sluggish metabolism.
 - Imbalance: Excessive sweating (*AtiSweda*) can lead to electrolyte imbalance, affecting iron metabolism and causing *Kaphaja Pandu* (*Kapha*-related Anaemia).
 - Management: *Sheetala dravyas* (*Amalaki*, *Guduchi*) to balance *Pitta* and prevent excessive sweating.
- Ayurvedic Perspective on *Trimala* and Anaemia Prevention

- *Agni Deepana*: Strengthening digestive fire with *Trikatu* and *Hingvastaka Churna*.
- *Rakta Dhatu* Poshan: Enhancing blood tissue with *Mandura Bhasma* and *Punarnava*.
- *Srotoshodhana*: Detoxifying channels with *Triphala* and *Guduchi*.

Agni and Their Impact on Anaemia

In Ayurveda, *Agni* (digestive fire) plays a crucial role in nutrient assimilation, and its dysfunction is a key factor in *Pandu Roga* (Anaemia). *Agni* governs the transformation of food into *Rasa Dhatu*, which subsequently nourishes *Rakta Dhatu* (blood tissue). When *Agni* is weak (*AgniMandya*), nutrient absorption is impaired, leading to *Lohakshaya Pandu* (iron-deficiency Anaemia).

Types of *Agni* and Their Impact on Anaemia

- Jatharagni* (Primary Digestive Fire)**
 - Located in the stomach and intestines, *Jatharagni* regulates digestion and nutrient breakdown.
 - Weak *Jatharagni* leads to *Ama* (toxins) accumulation, reducing iron absorption and causing fatigue, pallor, and weakness.
 - Management: *Deepana-Pachana* herbs (*Trikatu*, *Pippali*) to enhance digestion.
 - Bhutagni* (Elemental Digestive Fire)**
 - Responsible for metabolizing the five *Mahabhutas* (elements) in food.
 - Imbalance in *Bhutagni* affects mineral metabolism, leading to poor iron utilization.
 - Management: *Lohadravya*-rich foods (sesame, jaggery, moringa) to support iron metabolism.
 - Dhatvagni* (Tissue-Specific Metabolic Fire)**
 - Each *Dhatu* (tissue) has its own *Agni*, ensuring proper nourishment.
 - Weak *Rakta Dhatvagni* leads to *Rakta Kshaya*, causing low haemoglobin levels.
 - Management: *Raktavardhaka* herbs (*Punarnava*, *Amalaki*, *Mandura Bhasma*).
- Ayurvedic Approach to Strengthening *Agni* for Anaemia Prevention
- *Agni Deepana*: Stimulating digestion with *Hingvastaka Churna*.
 - *Rakta Dhatu* Poshan: Enhancing blood tissue with *Guduchi* and *Triphala*.
 - *Srotoshodhana*: Detoxifying channels with *Triphala* and Panchakarma therapies.

Ritualistic food offerings, such as those in *Oti Bharan Pujan* and *Prasadam* distribution, integrate iron-rich foods, benefiting maternal and community health.

Oti Bharan, a traditional baby shower ceremony in Maharashtra, has variations across different regions of India, each reflecting unique cultural beliefs and practices. Here's how similar rituals are celebrated in different Indian cultures.

Regional Variations of Oti Bharan in India

1. Maharashtra – Oti Bharan / Dohale Jevan

- Celebrated in the seventh or ninth month of pregnancy.
- Expecting mothers receive dry fruits, jaggery, coconut, and sarees as blessings.
- Special foods like *puran poli* and rice dishes are prepared.

2. North India – Godh Bharai

- Common in Punjab, Uttar Pradesh, and Rajasthan.
- The mother-to-be is adorned with traditional attire and jewelry.
- Family members place fruits, sweets, and gifts in her lap as a blessing.

3. West Bengal – Shaad

- Celebrated in the seventh month of pregnancy.
- Focuses on food cravings, with the mother-to-be enjoying a feast of her favorite dishes.
- Unlike other regions, gifts for the baby are avoided, as it is considered inauspicious.

4. Tamil Nadu – Valai Kappu

- The mother-to-be wears glass bangles, believed to bring positive energy to the baby.
- Rituals include temple visits and prayers for a safe delivery.
- Special foods like sweet rice and lentil dishes are prepared.

5. Kerala – Seemandham

- Conducted in the seventh or ninth month, focusing on spiritual well-being.
- Includes chanting of mantras and prayers for the baby's intelligence.
- Family members offer coconut, fruits, and traditional sweets.

6. Gujarat – Godh Bharna

- Similar to Punjab's *Godh Bharai*, with the mother-in-law playing a central role.
- The expecting mother sits on a special seat, and gifts are placed in her lap.
- Includes traditional Gujarati sweets and snacks.

Each of these ceremonies, while culturally distinct, shares the common theme of blessing the mother-to-be with nourishment, protection, and prosperity.

Ayurvedic Perspective on Oti Bharan Pujan and Anaemia Prevention

Oti Bharan Pujan, a traditional Maharashtrian ritual, aligns closely with Ayurvedic principles that emphasize maternal health, *Rakta Dhatu* (blood tissue), and anaemia prevention. Ayurveda views anaemia as *Pandu Roga*, a condition caused by imbalances in *Pitta Dosha*, poor digestion, and inadequate iron intake.

Ayurvedic Understanding of Anaemia (Pandu Roga)

In Ayurveda, anaemia is linked to *Rakta Dhatu* depletion, which results in fatigue, weakness, and poor oxygen circulation. The primary causes include:

- *AgniMandya* (Weak Digestion) – Poor digestion leads to low iron absorption, causing anaemia.
- *Pitta Dosha* Imbalance – Excess heat in the body affects blood quality, reducing haemoglobin levels.
- Dietary Deficiencies – Lack of iron-rich foods, improper food combinations, and excessive consumption of *Pitta*-aggravating foods contribute to anaemia.

Ayurvedic Foods in Oti Bharan Pujan for Anaemia Prevention

The offerings in *Oti Bharan Pujan* naturally align with Ayurvedic dietary recommendations for anaemia prevention:

- Jaggery (*Guda*) – A natural iron source, improving haemoglobin levels.
- Sesame Seeds (*Til*) – Rich in iron, calcium, and healthy fats, enhancing iron absorption.
- Pomegranate (*Dadima*) – Boosts iron levels and digestion, preventing anaemia.
- Dry Fruits (Raisins, Dates, Almonds) – Provide iron, folate, and vitamin E, essential for blood health.
- Ghee – Supports nutrient absorption, improving iron bioavailability.

Ayurvedic Herbs for Anaemia Prevention

Ayurveda recommends specific herbs to balance *Rakta Dhatu* and prevent anaemia:

- *Punarnava* – Rejuvenates blood tissue, improving haemoglobin levels.
- *Ashwagandha* – Enhances energy and immunity, reducing anaemia symptoms.
- *Amla* (Indian Gooseberry) – High in vitamin C, aiding iron absorption.
- *Shatavari* – Supports maternal health, preventing anaemia during pregnancy.

Modern Dietary Recommendations for Anaemia Prevention

Alongside Ayurvedic practices, modern nutrition emphasizes:

- Iron-Rich Foods – Leafy greens, lentils, beans, and fortified cereals.
- Vitamin C Sources – Citrus fruits, bell peppers, and berries to enhance iron absorption.
- Balanced Diet – Combining protein, iron, and essential vitamins for optimal blood health.

Oti Bharan Pujan is more than a cultural tradition—it serves as a nutritional intervention deeply rooted in Ayurvedic wisdom. By integrating iron-rich foods, Ayurvedic herbs, and modern dietary strategies, this ritual plays a vital role in anaemia prevention and maternal health.

Traditional Offering	Nutritional Benefit
Dry fruits (raisins, dates, almonds, cashews)	High in iron, folate, and vitamin E, promoting haemoglobin production
Jaggery (<i>Guda</i>)	A non-heme iron source, naturally improving haemoglobin levels
Sesame seeds (<i>Til</i>)	Rich in iron, calcium, and healthy fats, helping iron absorption
Coconut	Provides healthy fats and minerals, supporting maternal strength and foetal development
Pomegranate and bananas	Excellent sources of iron, vitamin C, and folate, aiding haemoglobin synthesis

Scientific Rationale Behind Food Offerings

Several scientific studies support the role of these foods in preventing anaemia:

- Raisins and dates contain non-heme iron, beneficial for haemoglobin maintenance.
- Jaggery enhances iron absorption, making it a natural substitute for synthetic supplements.
- Sesame seeds are packed with iron, and when combined with jaggery, they further increase bioavailability.

These findings validate the hidden nutritional intelligence behind *Oti Bharan Pujan*.

Impact on Maternal Health

The high iron content of these offerings helps expectant mothers meet increased iron demands, ensuring a healthy pregnancy and reducing anaemia risks. These foods align with Ayurvedic *Garbhini Paricharya*, which emphasizes maternal nutrition and the importance of consuming iron-rich foods to promote strong haemoglobin levels.

Social and Psychological Benefits

Beyond physical nourishment, *Oti Bharan Pujan* plays a psychosocial role.

- Strengthens family bonds, reinforcing maternal care through food offerings.
- Encourages mindfulness in diet choices, increasing awareness of nutrition during pregnancy.
- Provides emotional well-being, reducing pregnancy-related stress through positive rituals.

Prasadam: A Spiritual and Nutritional Offering

Balanced Diet and Iron Absorption

Food Group	Iron Contribution
Lean meats, poultry, seafood	Heme iron, highly absorbable
Legumes (beans, lentils, chickpeas)	Plant-based iron, enhanced by vitamin C
Leafy green vegetables (spinach, fenugreek, <i>Amaranth</i>)	Rich in iron and folate, vital for haemoglobin production

Vitamin C plays a crucial role in boosting iron absorption:

- Citrus fruits (lemons, oranges, *Amla*) improve iron uptake.
- Soaking dry fruits overnight boosts nutrient retention.

DISCUSSION

Indian rituals like *Oti Bharan Pujan* and *Prasadam* are deeply rooted in tradition but also carry nutritional wisdom. Sesame, jaggery, black gram, and leafy

Prasadam, a sacred offering to deities, is more than just a religious practice—it serves nutritional needs, with iron-rich foods unknowingly contributing to anaemia prevention.

Common Prasadam Offerings and Their Benefits

- *Panchaamrit* (milk, curd, honey, ghee, sugar) – Enhances digestion and nutrient absorption.
 - Jaggery-based *laddoos* with sesame seeds – Provide natural iron sources, boosting haemoglobin levels.
 - *Khichdi* or *Pongal* (lentils, rice, ghee) – Supplies protein and iron necessary for haemoglobin formation.
 - Sweet rice or halwa with dry fruits – Energy-dense, replenishing iron stores in the body.
- These *Prasadam* offerings serve multiple purposes—spiritual, social, and nutritional—reinforcing holistic health.

Iron Sources and Dietary Solutions for Anaemia

Iron-Rich Foods from Traditional Offerings

Iron is essential for haemoglobin production, and certain traditional foods serve as excellent sources.

Dry Fruits as Natural Iron Supplements

- Raisins and dates provide iron, improving haemoglobin levels.
- Almonds and cashews contain iron, magnesium, and folate, essential for blood formation.
- Regular inclusion in meals increases iron intake, reducing anaemia risk.

greens—commonly used in offerings—are rich in iron and folate, supporting haemoglobin synthesis. These practices ensure the regular consumption of nutrient-dense foods within communities, reinforcing natural Anaemia prevention.

Ayurveda attributes *Pandu Roga* to *Pitta* vitiation, *Rakta Dhatu Kshaya*, and *Agni* dushti. Ingredients in *Prasadam*, such as *Guduchi*, *Amalaki*, and *Punarnava*, are *Raktavardhaka* (blood-enriching) and *Pittashamana* (*Pitta*-pacifying). Traditional dietary habits align with

Dhatuposhan Siddhanta, enhancing the bioavailability of *Lohadravya* (iron compounds).

The integration of Ayurvedic principles with modern hematology reveals the impact of plant-based iron sources combined with vitamin C-rich foods for optimal absorption. Ritualistic consumption of fermented foods enhances nutrient bioavailability, countering iron-deficiency Anaemia.

Community-based dietary reinforcement through religious offerings can contribute to Anaemia prevention, supporting initiatives like *Anaemia Mukh Bharat*. Encouraging traditional iron-rich diets could be an effective strategy in regions where iron-deficiency Anaemia is prevalent.

CONCLUSION

Indian traditional practices such as *Oti Bharan Pujan* and *Prasadam* offerings serve as culturally embedded nutritional interventions that significantly impact anaemia prevention and management. These rituals incorporate iron-rich foods, such as dry fruits, jaggery, sesame seeds, and vitamin C-enhancing fruits, which naturally contribute to haemoglobin synthesis and better iron absorption.

From an Ayurvedic perspective, *Oti Bharan Pujan* aligns with *Garbhini Paricharya*, ensuring maternal health and *Rakta Dhatu* nourishment, thereby addressing *Pandu Roga* (anaemia). Ayurveda emphasizes the importance of *AgniMandya* (weak digestion) as a contributing factor to anaemia, recommending dietary interventions that enhance iron absorption through herbs like *Punarnava*, *Ashwagandha*, and *Amla*. Additionally, *Prasadam* offerings unknowingly provide functional nutrition, reinforcing community-wide health benefits in regions with limited access to medical interventions.

Modern scientific research validates these nutritional traditions, confirming that iron-rich dietary sources, paired with vitamin C, effectively enhance bioavailability and combat iron deficiency anaemia. Studies show that non-heme iron sources, when paired with vitamin C-rich foods, significantly improve iron absorption, reinforcing the wisdom of ancestral dietary practices.

Beyond individual health benefits, these practices contribute to social and cultural awareness, reinforcing the importance of maternal nutrition and community-based health education. By integrating traditional wisdom, Ayurveda, and contemporary dietary science, these practices contribute significantly to maternal health, community well-being, and holistic anaemia management.

Recognizing and incorporating these culturally embedded nutritional strategies into public health initiatives can strengthen anaemia prevention efforts,

ensuring better health outcomes for women and vulnerable populations. By bridging the gap between ancestral wisdom and modern science, India can leverage its rich cultural heritage to promote holistic health solutions that are both accessible and effective.

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