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To study the effect of mandur bhasma in garbini pandu (iron difficiency aneamia in preganancy)

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ABSTRCT

Life is precious, and it is of the almost importance that we adopt all means at our disposal and take all the required precaution, to ensure a safe pregnancy and favorable outcome for both mother and fetus In India mortality is high in pregnancy . According to Ayurveda *garbhini pandu* is included in *garbhopadrava*. *Acharya Kshyapa* describe the *samprapti* of *garbhinipandu* that *provoked pitta* and *vata* compressed *rasavaha nadi* and due to growing fetus *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 So, in this research study MANDUR BHASMA is given to Garbhini

Because, It is pittashamak, Deepak, pachak, raktavridhikar.

BHASMA standardization is also done and found that It is having Fe+ (5.386) . Chemical compound is (Fe2O3)

IN this study two groups of 30 patients randomly taken. Study group mandurbhasma is given

IN control group balanced r*aktavridhikar aahar* is advice.

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In study group 25(83.33%), having significant improvement in HB% i.e. 1gm %

3(10%) patient alpopshay, 2(6.66%) patient are no improvement. Two improve because my observation was this patient. Are low economic statuses with multi gravida.

From the above discussion of this study, not only dietary *raktavridhikar aahr* is sufficient but also supplementary iron treatment is also necessary for *garbhini pandu*.

Aims

TO STUDY THE EFFECT OF MANDUR BHASMA IN GARBHINI PANDU (IRON DEFICIANCYANAEMIA IN PREGANACY)

INTRODUCTION: According to standard lead down by WHO in developing countries anemia in pregnancy is than when hemoglobin in peripheral blood is below 10gm /100ml. 160 women die in India every day during pregnancy. If treatment for anemia in pregnancy is not given this rate may increase. In modern medicine ferrous gluconete, ferrous sulphate is used to correct iron deficiency anemia in pregnancy. Drawback of ferrous gluconate and sulphate is intolerance, epigastric pain ,nausea, vomiting diarrhea ,constipation ,unpredictable absorption , so I select MANDUR BHASMA for this study, which is vrashya ,sheeta,aganideepak, pittashamak and uttam raktavridhikar .During pregnancy maternal physiology altered due to fetus, which causes disease to mother named as garbhopadrava.

Garbhopadrava according to *Harita* sumhita [4]
1.Swas 5. Jwara 2. Harllas 6.Aruchi, 3.Chardi 7. Atisara 4.Shotha 8. Vivarnatva.

Vivarnatva is common symptom of Garbhini pandu that mines Garbhinipandu included in Garbhopadrav

All the rasavaha nadis are situated around the umbilicus, which are compresses by growing fetus. Due to this compression rasa does not flow freely in body resulting into panduta in gandakshi Pradesh and skin (K.S. Kh .9/46 -48)[3]. Pitta dhara kala is situated in between amashaya (stomach) and Pakvashaya (Large intestine)[2]. It is 'C' shaped Grahini and in this part digestion takes place. That minse around umbilicus is region of agani or pittoshma, That is GRAHANI (DEODENUM), so we can say that due to garbhavridhi duodenum compress and effect digestion in garbhini which result in garbhini pandu.(Sushruta samhita)

Pramukh laksana of garbhini pandu: Aganimandy , Shramaswasa, shotha, Panduta, Bhrama Dorballya Hb % less than 10 gm%.

REVIEW OF MODERN LITERATURE Many organs undergo physiological changes during pregnancy.

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Tone and motility of stomach are decreases because of smooth muscle relaxing effect of progesterone.

Hematological changes -- Blood volume raise, plasma volume increases, heamodilution occurs, which leads to physiological anemia in pregnancy

IRON DEFICIANCY ANEAMIA IN PREGANANCY

CAUSES: - 1. Increased demand of iron 2. Diminished iron intake. 3. Disturbed metabolism.

4. Pre pregnant health status. 5. Abnormal or extra demand.

DRUG REVIVES MANDUR (fe_2O_3) which is formed on earth due to chemical reaction on Lohadhatu by air, sunrays, and water that is wheather.Granthokta MANDUR BHASMA[10,11] is prepared. Standardization of mandur bhasma was done.

GUNA: Rasa- Kashay , Virya- Sheeta Vipaka- katu, Karma-Tridosha shymak, pittaghana, raktavridhikar, pandunashak,

Granthokta dose of mandur bhasma ,1 Ratti-2 Ratti =125mg -250 mg Twice daily (Ayurvedapharmacopeia of India)

MATERIALS & MEHTODS: Study done on 60 pt, selected randomly. Control group: 30 patients. Duration of treatment – 60 days

- Balanced raktavridhikar ahar, e.g. kharjur, mutton soup.
- Follow up every 15 days

Trial group: 30 patient, Duration of t/t : 60 days

Drug given: Mandur bhasma 250mg BD Follow up every 15 days

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

- HB% in between 6.5 gm.% to 10 gm %
- Patient taking treatment regularly. Regular follow-up

Criteria of rejection

- 1st trimester ANC
- Age below 18yrs & above 35yrs.
- Patient who are irregular
- Patient Suffering from any infectious diseases
- Bleeding tendencye.g. Bleeding piles, abruption placentae, bleeding gums.
- HB% -below 6.5gm% and above 10 gm. %
- Blood disorder e.g. megaloblastic anemia, sickle cell anemia.
- Major illness, tuberculosis, heart disease kidney diseases
- Toxemia in pregnancy10 Patient of worms infestation.

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: Grading and scoring system of criteria of assessment (Table no: 01)

Clinical feature	Sever 3(+++)	Moderate2(++)	Mild 1(+)	Absent 0
Agnimandhya:	No filling to eat in a whole day	Tack soft diet forcefully (ones a day)	Take milled diet two times	Increases appetite spontaneously
Shramaswas :	While below average activity	While performing daily routine work	while walking	absent
Akshikuta	Swelling all over the face.	Selling on gandapradeshi & cheek	Swelling Ganda-Pradesh	Absent
Panduta (Vivarnya)	all over body	Nakhanetra panduta	Slite panduta at netra	Absent
Brama	while below average activity	While performing daily routine	Bhrama while walking	Absent
Dorbally	While below average activity	While performing daily work.	Dorbally while walking	Absent

EFFECT OF TREATMENT ON

TRIAL GROUP 15 DAYS (Table no: 02)

EFFECT OF TREATMENT ON

TRIAL GROUP 60days (Table no:03)

Symptoms	Upshaya	Anupasaya
Akshikutashoth	22	8
Panduta	22	8

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Symptoms	Upshaya	Anupasaya
Akshikutashoth	2	28
Panduta	2	28
Swaskastata	1	29
Agnimandya	1	29
Shrama swasha	2	28
Bhrama	3	27
Dourbalya	3	27
Swaskastata-a	24	6
Agnimandya	26	4
Shrama swasha	25	5
Bhrama	25	5
Dourbalya	25	5

Control group 15dys control gr 60d

Table shows the follow up wise effect of treatment on varies symptoms of Garbhini pandu in trial group was reduced day by day.

Symptoms	Upshaya	Anupasaya
Akshikutashoth	0	30
Panduta	0	20
Swaskastata	2	28
Agnimandya	0	30
Shrama swasha	2	28
Bhrama	2	28
Dourbalya	0	28

Symptoms	Upshaya	Anupasaya
Akshikutashoth	0	30
Panduta	1	29
Swaskastata	1	29
Agnimandya	0	30
Shramaswasha	1	29
Bhrama	1	29
Dourbalya	1	29

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Table shows the follow up wise effect of treatment on varies symptoms of Garbhini pandu in control group, symptoms was not reduced day by day but severity are noted

Gr	Testing difference of means between HB% in trial and control group on 60 days																
Trial	9.5	9	9	8.5	9	8	7	7	8.5	9	8	9	9	9	9	8.5	8.5
control	6.5	7	7	8	7	7	7.5	7.5	8	7.5	7	8	8	8	8	7.5	8.5

This observation represent comparisons of HB% IN in both groups . IN trial groups HB% Increases .

Calculated Student T value = 2.05 at significant value

GROUPS	NO. OF PT CURED	NO. OF PT Alpaupashaya	NO.OF PT NOT CUARD	TOTAL
Trial Group	25	3	2	30
Control Group	0	0	30	30

This table shows the effect of treatment on both group. in study group 25 (83. 30%) patient get Upshaya .

3(10%) patient get s Alpopshaya only 2(6.33%) are not gets result it means 93% patient gets Upashayatmak result

Discussion-Garbhini Pandu curred by MANDUR BHASMA because, it is very chief, administered in small dose.

Fe $^{+}$ 5.386 (By Atomic Absorption Spectophoto meter). Chemical composition is Ferric oxide (fe_2O_3) [7] of Mandur bhasma.In trial group all symptoms are markedly reduses and 25 patient are curred out of 30 patient ,3 patient get alpopshya ,while 2 patient are not cured .

In control group symptoms not cured and HB% - in study group -1gm % is increased. Testing difference of means between HB% in both groups. Table value of t =2.05 at significance level

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CONCLUSION:Only raktavridhikar ahar is not sufficient additional supplementary iron therapy is needed. Mandur bhasma is effective in Garbhini pandu, no adverse effect on fetus ,and mother, so it should be continued after delivery also.

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