

Management of Iron Deficiency Anaemia In Females by Punarnava Mandura

Dr. G. Babu*, Dr. U.R.Sekhar Namburi**, Dr. Om Prakash**

Abstract-

Anaemia is one of the universal problem and there are different types of anaemia was explained and among those Iron deficiency anaemia is one of most common prevalent problem in the females. In Ayurveda this disease is described as Panduroga and explained elaborative about its types, clinical features, pathogenesis and management. While describing the management of Panduroga to replace the iron deficiency different types of herbo-mineral drugs were explained and those can be used according to condition of the disease and patient. In present study *Punarnavamandura* was selected to conduct clinical trail to know its efficacy on 30 subjects, who were selected from OPD, Central Research Institute (Ay), Gwalior. After completion of the therapy it was observed that improvement in the general condition of patients as well as marked enhancement 87% in Hb and 75% in the Sr. Iron.

सारांश -

वर्तमान युग में एनिमिया रोग सर्वव्यापी समस्या का विषय है। शास्त्रों में एनिमिया के विभिन्न भेदों का वर्णन किया गया है। जिनमें से 'आयरन धातु की कमी से होने वाला एनिमिया रोग (Iron difficiency Aneamia) अधिकतर महिलाओं में पाया जाता है। आयुर्वेद में इसका वर्णन पाण्डु रोग के नाम से किया गया है। इसके प्रकार, लक्षण, सम्प्राप्ति और चिकित्सा का विस्तृत वर्णन है। रोगी के रोग और स्थिति के आधार पर विभिन्न हरबोमिनरल औषधि का वर्णन आया है। प्रस्तुत अध्ययन में पुनर्नवा मण्डूर औषधि का चयन 30 रोगियों में इसके चिकित्सकीय प्रभाव को आँकने के लिए किया गया। इन रोगियों का चयन सेन्टल रिसर्च इन्स्टीट्यूट (आयुर्वेद) ग्वालियर के बहिरङ्ग विभाग से किया गया। चिकित्सा के पूर्ण होने पर रोगी की सामान्य स्थिति में बहुत अधिक सुधार और Hb में 87 प्रतिशत और सीरम आयरन में 75 प्रतिशत लाभ पाया गया।

हाइपोग्लाइसीमिया (रक्त में शर्करा (glucose) की मात्रा कम होना) एलोपैथिक एन्टीहाइपोग्लाइसिमिक औषधि का अत्यधिक सामान्य विपरीत प्रभाव है। आज समय की यह मांग है कि आयुर्वेदिक प्रमेहघ्न औषधि के हाइपोग्लाइसिमिक और एन्टीहाइपोग्लाइसिमिक प्रभाव का निर्धारण/आकलन किया जाय। प्रस्तुत अनुसन्धान इस लक्ष्य की ओर बढ़ाया गया एक कदम है। पुट-विधि से बनाई गई वंग-भस्म का प्रभाव रोगी के बाह्य एवं आन्तरिक दोनों प्रकार के लक्षणों में लाभ के रूप में देखा गया।

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Introduction

Anaemia is a common problem all over the world. It is described as *Pandu Roga* in *Ayurveda*. There are several types of anaemia, however, the most common is that of Iron deficiency. In India, mostly in women, the cause of anaemia is commonly iron deficiency and almost 20% of Indian women suffer from it. Many times this ailment is neglected or unnoticed in the females and which becomes a cause for many of the diseases. In Ayurveda different combination of Herbo-metallic drugs are explained by which these drugs this disease can be treated successfully and also simultaneously appetite, immunity will get improved with out any adverse effects of the drugs in the patient.

Incidence

Iron deficiency anaemia (IDA) was estimated to be the 14th leading cause of disease burden in the world in 1990, accounting for 1.8% of total DALYs (Murray & Lopez, 1996). Iron deficiency anaemia is a condition where blood haemoglobin levels are lower than normal with the dominant cause being iron deficiency (Baker and DeMaeyer, 1979; GBD 1990 IDA Chapter, 1995).

Causes

Many medical conditions cause anemia. Common causes of Iron deficiency anemia in the females may include the following:

- § Anemia from active bleeding through heavy menstrual bleeding, gastrointestinal ulcers or cancers etc.
- § Due to poor dietary iron intake
- § Anemia of chronic disease
- § Anemia related to kidney disease
- § Poor nutrition in pregnancy
- § Intestinal worm infestation

§ Alcoholism: Poor nutrition and deficiencies of vitamins and minerals are associated with alcoholism. Alcohol itself may also be toxic to the bone marrow and may slow down the red blood cell production. The combination of these factors may lead to anemia in alcoholics.

Symptoms

- Tinnitus, indigestion
- Weakness, giddiness, quick exhaustion and excessive sleep.
- Palpitation, dyspnoea and edema over the face & body.
- Eyes stripped off its shine, mirroring fatigue.
- Occasional disturbing headache.
- Pale looking skin and mucus membranes.

Principles of Management

The disease *Pandu* occurs due to vitiation of *Kapha*, *Vata*, *Rakta* and *Mamsa* by the aggravated *Pitta Dosha*. In the management of *Pandu Roga* four fold treatment principles were explained in the classics of the *Ayurveda* and one among is *Shamana Chikitsa*. In *Shamana chikitsa* various combinations of the herbal and herbo-mineral drugs are explained and these can be administered according to stage of disease, condition of the patient and on the basis of the *Doshic* predominance.

While treating this disease it is very important to pacify the aggravated *Pitta Dosha* by using *Tikta rasa* and *Sheeta virya* drugs. According to need *Agni deepakara* and *Shothahara* drugs should be administered.

Materials & Methods

Objectives

The pilot study conducted was to evaluate the efficacy of the *Punarnava mandura* in Iron Deficiency Anaemia.

according the condition of the disease and clinical features. In the present study *Punarnavamandura* was found more useful in those patients with the edema.

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