

Research Article

Effect of Dadimadi Ghrita in Garbhini Pandu

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ABSTRACT:

Every mother needs to be protected from various diseases which are affecting during pregnancy. In the present era, in order to get a healthy progeny, whole world is looking with great hope towards Ayurveda because Anemia in pregnancy is one of the most serious global public health problems. Pathology of anaemia, if not treated in time may give rise to maternal and fetal complications. Sixth-month Lakshanas of Garbhini like Bala-Varnahani and Vaivarnya¹ can be taken as reference for Garbhini Pandu. The principle line of treatment in Pandu Roga is Shodhana², but Shodhana is contraindicated in pregnancy, hence Shamana treatment has to be adopted.

Present study consists of two groups consisting of 15 patients each in Trial and Control group respectively. Group A was given Dadimadi Ghrita 20 ml BD before food with Ushna Jala as Anupana. Group B was given ferrous sulphate 200 mg (containing 60 mg of elemental iron) once daily. The cases were recorded according to the case proforma prepared and observations were graded. Results were statistically analyzed and the comparison between the groups was done. It was seen that Dadimadi Ghrita improved the subjective parameters in Garbhini with maintained Hemoglobin throughout the treatment.

KEY WORDS: Dadimadi Ghrita, Garbhini Pandu, Iron deficiency anaemia

INTRODUCTION:

Ayurveda, the indigenous system of medicine is an integral part of Indian culture. Herbal drugs have been in use for centuries by our ancient Acharyas for preventing and curing various diseases. Anaemia may give rise to maternal complications like cardiovascular strain, reduced immunity, increased risk of infection, PPH etc and fetal complications like increased risk of fetal hypoxia, IUD, low birth weight, preterm birth, growth retardation etc³. Kashyapa says that the treatment of the diseases of pregnancy should be such that it should be helpful for protection and development of both the fetus and pregnant woman.⁴ So, the drug which is helpful in Pandu Roga and safe and beneficial during pregnancy, Dadimadi Ghrita having properties like Raktavardhaka, Deepana, Hrudya, Medhya and Rasayana, is considered for the present research work.

MATERIALS AND METHODS:

Source of Data:

30 Cases of Garbhini Pandu, who have completed their 5th month of pregnancy, were selected randomly from the Out Patient Department of S.D.M.C.A. & H., Udupi.

Criteria for Inclusion:

1. Patients with age group of 18 to 35 years.
2. Primigravida
3. Hb % between 8 to 10 gm%
4. Patients in between 18 to 22 weeks gestational age

Criteria for Exclusion:

1. Hb% below 8 gm%
2. Anaemia due to other pathology like Bleeding piles, APH, Nephritis, Multiple pregnancy etc.

3. Any other associated obstetrical complications like Pre-eclampsia, Toxemia and gestational diabetes.
4. Systemic diseases such as Hypertension, Diabetes, Thalassaemia, Sickle Cell Anemia, Pernicious anaemia, rheumatoid arthritis etc

Method of sampling –

Group A was administered with Dadimadi Ghrita 20 ml at morning and evening before food with Ushna Jala as Anupana for 2 months. Group B was administered with ferrous sulphate 200 mg (containing 60 mg of elemental iron) once daily for 2 months.

Follow up period:

Two follow-ups at an interval of one month from 6th month of gestation till the completion of 7th month.

Assessment criteria:

Subjective parameters – like Shrama, weakness, palpitation, pallor, giddiness etc. was assessed on the basis of scoring.

Shrama (fatigue):

No fatigue	0
Fatigue after exertion	1
Fatigue after routine work	2
Fatigue even after rest	3

Balahani (general weakness):

No weakness	0
Not affecting her daily work	1
Affecting her daily work	2
Reducing her activities	3

Giddiness:

No giddiness	0
Giddiness (occasionally present)	1
Giddiness increase on walking/getting up	2
Persists even during rest	3

Varna Hani (Pallor):

None	0
Mild (conjunctiva slightly pale)	1
Moderate (conjunctiva pale, nail, mucous membrane slightly pale)	2
Severe	3

Palpitation:

No palpitation	0
Only during activity	1
Even during rest	2
Severe disturbing routine work	3

Objective parameters –

Hemogram, Serum Iron, Serum ferritin, Serum Calcium, Serum Protein, HbsAg, VDRL, HIV, Urine routine, USG

RESULTS:

The study data analyzed statistically by Paired t test, and the results are tabulated.

Observations – Before treatment

Sr. No.	Parameter (Mean Score)	Group A	Group B
1.	Shrama	1.20	0.80
2.	Balahani	1.33	0.86
3.	Gurugatrata	0.40	0.13
4.	Pulling type pain	1.46	0.60
5.	Backache	1.26	0.60
6.	Cramps	1.20	0.40
7.	Varnahani	0.40	0.30
8.	Sleep	0.90	0.40
9.	Appetite	0.80	0.40
10.	Bowel	0.73	0.46
11.	Haemoglobin	9.63	10.30
12.	PCV	28.02	26.34
13.	MCV	84.36	84.34
14.	MCH	29.00	31.86
15.	MCHC	33.50	36.10
16.	Serum Ferritin	18.45	20.06
17.	Serum Iron	42.26	68.86
18.	Serum Transferrin	341.46	320.40
19.	Serum Protein	6.6	6.6
20.	Serum Calcium	7.31	7.62
21.	% Saturation	12	16.62
22.	TIBC	457.80	441.53

After 2 months of treatment

Sr. No.	Parameter (Mean Score)	Group A	Group B
1.	Shrama	0.13	0.40
2.	Balahani	0.13	0.40
3.	Gurugatrata	0.46	0.33
4.	Pulling type pain	0.13	0.33
5.	Backache	0.06	0.40
6.	Cramps	0.06	0.13
7.	Varnahani	0.40	0.13
8.	Sleep	0.00	0.30
9.	Appetite	0.00	0.26
10.	Bowel	0.00	0.26
11.	Haemoglobin	9.41	11.03
12.	PCV	26.92	27.54
13.	MCV	79.68	81.24
14.	MCH	27.86	31.00
15.	MCHC	33.34	36.44
16.	Serum Ferritin	15.02	14.04
17.	Serum Iron	36.73	59.66
18.	Serum Transferrin	406.66	379.86
19.	Serum Protein	6.82	7.06
20.	Serum Calcium	7.58	8.79
21.	% Saturation	9.77	1.77
22.	TIBC	518.40	486.46

SUMMARY:

Improved results are seen in the study, probably due to Bruhana action of all the ingredients of drug whereas, serum Iron level is decreased in the study. The excess nutritional demands bring about Balahani and Dhatu Kshaya in the pregnancy. Dadima and the Ghrita Kalpana having Madhura rasa being dominant in the Prithvi and Jala Mahabhuta brings about Bala Vriddhi and Dhatu Vardhana. The significant results obtained in relieving complaints such as Shrama, Balahani, pulling type of pain in legs, cramps, constipation are due to Madhura, Snigdha and Vataghna property of the drug. The Deepaniya, Ayushya, Balya and Ojas Gunas of the Ghrita could have further contributed to the beneficiary effect of the drug.

CONCLUSION:

The study revealed a substantial efficacy of Dadimadi Ghrita in Garbhini Pandu with respect to (a highly significant cure rate seen in most of) the subjective parameters. Therapeutically, the Lakshanika Chikitsa has got a vital role to play during pregnancy; this was successfully achieved by the trial drug by relieving most of the symptoms within the duration of two months. The drug is proved to be a safe formulation during pregnancy without any adverse effect. The medicine was well tolerated by pregnant women. The Jivaniya, Bhruhaniya, Balya, Ayushya, Ojasya, Deepana and Varnya Gunas of the Ghrita are very much ideal during this stage of pregnancy to take care of the

special needs. Haemoglobin level has been maintained throughout the treatment.

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