

**Case Study**

**A case study of Mandoor bhasmaprayoga in the management of Pandu w.s.r iron deficiency Anaemia in children**

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**ABSTRACT:**

Pandu means pallor. In this disease there is predominance of paleness all over the body due to its similarity it can be co-related with modern disease anaemia. Pandu roga is explained by almost all of acharyas. Rasavaha & Raktavaha strotas are chiefly involved in pathogenesis of pandu roga. Pandu is a disease of rasavaha strotas described by Charak & Vagbhat as well as raktavaha strotas described by Sushrut. The changing life style of human being by means of Ahar and Vihar plays a major role in manifestation of various disease pandu roga is one of them. When pitta predominant dosha has got aggravated in the tissues undergo inflammation and get weak, lax haviness also develops in the body this pathological process leads to deterioration of Varna, Bala, Sneha and other qualities of Ojas.

Anaemia is condition occurs when red blood cells don't contain enough hemoglobin that carries oxygen from the lungs to the rest of body. It is common hematological disease in paediatric age group. Ayurvedic preparations can major role in pandu. It may prevent common hazards of conventional allopathic oral iron therapy.

Mandoor bhasmaprayoga is mentioned in Charak, in the management of pandu its content, Puran gud, Kale til, Shunti, Pippali, Mandoor bhasma. This drug plays important role in reducing the symptoms and treat the root of cause.

**KEY WORDS:** Pandu, Anaemia, Mandoor bhasma prayoga.

**INTRODUCTION:**

Ayurveda is a science of life.<sup>[1]</sup> The main aim of Ayurveda is to maintain health of the healthy person and to cure the illness of diseased person.<sup>[2]</sup> Among eight branches of Ayurveda Kaumarbhritya lays importance on the healthy state of children, To treat children three things must be remember

1. Children cannot explain their problems.
2. Dose regimen is different for children.
3. Medicines must be palatable.<sup>[3]</sup>

According to Ayurveda Pandu roga described as follow - When the pitta predominant doshas as get aggravated in the tissues undergo inflammation and get weak & lax haviness also develop in the tissues of body. This pathological process leads to deterioration of VARNA(colour), BALA(strength and immunity),

SNEHA(unctuousness of the body, the protective fat buffer) & other qualities of OJAS (ojas is essence of all the tissues and hence represents immunity).<sup>[4]</sup>

Anaemia is generally considered as Pandu roga as per Ayurveda. Anaemia is a condition in which your blood has a lower than normal number of red blood cells. Haemoglobin helps red cells carry oxygen from the lungs to rest of body. In anaemia body doesn't get enough oxygen rich blood and as result feel tired, weak, short of breath with severe or long lasting anaemia. Lack of oxygen in the blood can damage the Heart, Brain and other organs in the body. Very severe anaemias may cause death.<sup>[5]</sup>

Asia prevalence of nutritional anaemia is particularly high in countries such as Bangladesh 74 - 80%,

Indonesia 31-33%, India 34-69% since severe decades it has been known to be important problem in most tropical countries. The overall prevalence of anaemia in school children of 6 to 12 years 53.6% in male 46% in female 62.4% is more in female.<sup>[6]</sup>

#### Objective of study:

To study the efficacy of Mandoor bhasmaprayoga in the management of Pandu roga.

#### Case report:

A 9 years old female reported to the Ashvin rural ayurvedic college and hospital, manchi sangamner with complaints of Vivarnata (panduta or pallor), Daurbalya (weakness), Aruchi (anorexia), Hridspandan (palpitation), Pindikodevshtan (calf muscle pain), Shunakshikuta (peri orbital edema), Ayasen shwas (dyspnoea) since 8 months. For that she has taken treatment of allopathy medicine for few days but parents are not satisfied with the treatment due to common hazards of conventional allopathic oral iron therapy like gastrointestinal upset, abdominal discomfort and constipation. Then they visited to the balarog OPD for further treatment. Patient was treated with Mandoor bhasmaprayoga for 45 days. CBC report was done before and after treatment. Patient was examined during all follow

ups and detailed history was taken.

#### MATERIAL AND METHODS:

Patient of pandu was taken from OPD of balarog department in Ashvin rural ayurvedic college and hospital manchi, Duration of study 45 days.

Follow up- 15<sup>th</sup> day, 30<sup>th</sup> day, and 45<sup>th</sup> day.

#### Method-

Mandoor bhasmaprayoga was prepared as per charak Samhita. Jaggery, Shunti, Kale til and Rubrum all in equal parts with Pippali in double quantity are made in to pills form.

#### Ingredients of Mandoor Bhasmaprayoga-<sup>[7]</sup>

1. Puran Gud ( Jaggery )
2. Kale tila.
3. Shunti
4. Mandoor bhasma
5. Pippali

#### Administration of Drug-

Patient was administered mandoor bhasmaprayoga for 45 days at morning with anupan koshnajal with dose 125mg OD.

#### RESULTS:

**Table No. 1: Showing Improvement in Symptoms during course of treatment**

Follow Up	Symtoms
On 1 <sup>st</sup> day	Vivarnata, Daurbalya, Hridspandan, Shunakshikutashoth, Aruchi, Pindikodevshtan, Ayasen shwas
On 15 <sup>th</sup> day	Vivarnata, Daurbalya, Ayasen shwas, Shunakshikutashotha, Pindikodevshtan
On 30 <sup>th</sup> day	Vivarnata, Pindikodveshtan
On 45 <sup>th</sup> day	Vivarnata

**Table No. 2: Showing Before and after treatment changes in CBC report**

Parameters of CBC	Before Treatment	After Treatment
Hb (mg/dl)	7.8	10.2
TLC (/mm <sup>3</sup> )	10,000	10,500
RBC (million/mm <sup>3</sup> )	3.9	4.2

#### DISCUSSION:

In children nutrition is necessary factor for development. But due to nutritional deficiency lots of children suffers. So the prevalence rate of anaemia is more in school going children. The ayurvedic iron compound preparation due to its ingredients may prevent the common hazards of conventional allopathic oral iron therapy like gastrointestinal upset

abdominal discomfort, constipation, iron intolerance so mandoor bhasmaprayoga has been selected for it which content drugs like puran gud, kale til, shunti, mandoor bhasma, pippali and mainly having tridoshamak property are potent enough to combat this disease condition.

**CONCLUSION:**

Anaemia(pandu) is major health problem in our country. The prevalence of anaemia in children belonging to lower socio-economic status is higher. In anaemic children most of them have moderate grade anaemia.

Mandoor bhasmaprayoga are found to be effective in the management of pandu. Also it gives significant result in haemoglobin level hence highly significant result achieved.

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