

Effect of Dadimadi Ghrita in Garbhini Pandu (Anaemia in Pregnancy)

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ABSTRACT

Anaemia either directly or indirectly contributes to about 20 % of maternal deaths in the third world countries. Anaemia in pregnancy is seen proportionally more than other complications in pregnancy due to foetus within developing countries like India. As the foetus rely on mother for nutrition, according to Ayurveda foetus is feed by mother through rasa dhatu. Ayurveda has aim to produce 'supraja' (healthy progeny) and not just 'praja' (progeny). The aim of any parent is to bear and nurture a healthy, capable child who can face the pressures of our increasingly complex lifestyles. Anaemia either directly or indirectly contributes to about 20 % of maternal deaths in the third world countries in this article review study about dadimadi grita in garbhini pandu .

Keywords - Garbhini pandu , Anaemia , Dadimadi ghrita

I. INTRODUCTION

In Ayurveda, direct reference regarding GarbhiniPandu is not available, however Panduta in Garbhini is mentioned emphasizing that any disease can manifest during pregnancy and the general line of treatment of that particular disease can be adopted.[1] Hence the appropriate line of treatment, which is safe and beneficial for pregnant women can be considered. According to world Health Organization estimates, up to 56% of all women living in developing countries are anemic. Due to more stress on Rasa Dhatu during pregnancy, there are more chances of formation of Garbhini Pandu (anaemia in pregnancy). If it is not treated properly it will lead to serious complications such as DhatuKshaya (diminution of tissues) and DhatuShaithilya. The abnormality of RasavahaStrotas(system related with Rasa

tissue) will affect the generation and nutrition of remaining six Dhatus (blood, muscle etc. tissues), due to this Saratva of Dhatus will be affected. The disease condition is characterized by pallor as the predominant sign, the disease is termed as Panduroga. So Pandu or Pallor of skin is first observe on the most superficial portion of body and that is skin. But pallor should also be examined in other parts of body described by Acharyas, as per them pallor should be also observe in Eyes, Palate, Tongue, Nose, Lips, Palms, Soles, Nails, Feacus and also in urine.[2] These are the important sites to be well examined, complete clinically observations or examine the patients for Panduroga

Aims and objectives:

To study the efficacy of dadimadi ghrita for treating anaemia in pregnancy

Material and methods

Laghatrayies and bruhatrasyies , different research papers related to gynaecology and obstetrics

Method of preparation[3]:

1. Roughly crushed - dhanyaka, chitraka, shunthi, pippali – each 12.5 grams was soaked in little quantity of water for 8 hours 2. Then 800 ml of water is added to above mixture and boiled on low flame till it remained 1/4th of total quantity, i.e. 200ml- thus kvatha (decoction) of four ingredients has made as its not available fresh 3. About 50 ml dadima fruit svarasa (juice) was prepared as it is available fresh 4. Plain cow ghee about 250 grams was taken in a pot, added with above decoction and juice and boiled on low flame (madhyamapaka) till it remained 250 grams of medicated ghee only

II. DISCUSSION

Probable mode of action of dadimadi ghrita regarding anaemia in pregnancy:

As Dadima is hridya (pleasant), the recipe prepared from it became palatable by pregnant women. Shunthi is amapachaka (digests ama) as well dhanyaka possesses dipaka (appetizer) and pachaka (carminative) properties along with chitraka - agnimandyahara (cures weak digestion) which helps to break dosha-dushya complex. Most of the herbs from this recipe acts on digestive and circulatory systems. In anaemia in pregnancy, there is mainly pitta vitiation. Dadima (*Punicagranatum* Linn.) possesses laghu and snigdha properties; madhura, kashaya and amlatastes; madhuravipaka and anushnaveerya. It does pittashamana by madhura (sweet) and kashaya (astringent) tastes.[4] Dhanyaka (*Coriandrum sativum* Linn.) is laghu and snigdha properties; kashaya, tikta and madhura rasa; madhuravipaka and ushnaveerya. Hence it is tridoshahara, ushna = vatashamana; kashaya, tikta, madhura = pittashamana, tikta, katu, ushna = kaphashamana. Being antidyptic, digestive, astringent, liver stimulant and anthelmintic – its useful in emesis, anorexia and indigestion. Bhavaprakasha has described it as it alleviates pitta.[5] Chitraka (*Plumbago zeylanica*) holds tikshna, laghu, ruksha – properties; katu, tikta – tastes' katuvipaka and ushnaveerya. Because of that it alleviates kapha-vata, but increases pitta, but here it is processed with cow ghee, hence its pittavardhaka property is reduced. It enhances the circulation of gastric mucus membrane, thus helps in digestion and absorption. 18 Due to chitraka, increase in dravabhava (formation of abnormal liquidity) within rasa dhatu (rasa tissue) is reduced which helps to break dosha-dushya complex in this disease. Shunthi (*Zingiber Officinalis* Roscoe) contains laghu and snigdha – properties; katu – taste; madhuravipaka and ushnaveerya. Bhavaprakasha has described its use in pandu (anaemia). It helps in alleviating vata-kapha and pitta. It is appetizer and digestive, hence acts as amapachaka (digests ama). It purifies blood, stimulates heart and circulatory system.[6] Pippali (*Piper longum* Linn.) acquires laghu, snigdha and tikshna – properties, katu – taste, madhura – vipaka and anushna-sheetaveerya. Hence it balances kapha-vata. Circulatory system is a main action field of pippali. Being katu (pungent) taste and madhuravipaka, it acts on raktadhatu, enhances raktadhatvagni and raktadhatu. It is a good rejuvenator of rakta dhatu.[7] Therefore it is used in this recipe which is useful for anaemia in

pregnancy. Ghrita is rasayana (rejuvenator) and balya (boosts strength), hence it balances loss of mamsa (muscle tissue) which generally occurs in 6th month of pregnancy. Thus as a whole this recipe breaks dosha-dushya complex in anaemia in pregnancy and helps to restore health which is ultimately useful for proper nourishment of foetus as well as mother.

III. CONCLUSION

Dadimadi ghrita has good effect on anaemia in pregnancy which was helpful to increase Hb % as well it was helpful in reducing pandutva (faintness in colour of nails, eyes and skin), pindikodveshatana (pain in calf muscles), hritspanda (increased heart rate), akshikutashotha (swelling around eyes) and klama (fatigue). As well this drug has illustrated good effect on agni (digestive power) and nourishment of pregnant woman without any side effects to foetus and pregnant woman.

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