Concept of Gharbhini Pandu W.S.R. to Anemia in Pregnancy

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Introduction:

Pregnancy is a state of happiness in woman’s life. In Ayurveda, woman is the center of Suprja Nirmiti. Anemia is developed due to low hemoglobin concentration RBC. For the development of healthy hemoglobin, iron is responsible. The commonest type of anemia in pregnancy is iron deficiency anemia. In rural India, diet is predominantly cereal based, it contains many substance like phytates, tannins, oxalates which inhibit iron absorption. Anemia in pregnancy is indirectly responsible for maternal mortality (6-20%) and perinatal mortality of 3-5%. The responsible factors are poor nutrition, lack of education, early marriage, poverty and poor hygiene. Lack of family planning resulting in repeated pregnancies in short interval (< 2 year) and prolonged lactation (without iron supplement) leads to depletion of iron store. In Ayurveda, Pandu is considered a disease with its own Pathogenesis and treatment. In Pandu roga symptoms described like pallor of sclera, Tongue, Nail, skin etc. Acharya charaka said that it is Raspradoshaj vyadi and by Acharya Sushrut it is Raktpradoshaj vyadhi. Pitta which is in normal condition in the heart gets provoked. This pitta, being expelled by powerful Vata and passing into the ten main arteries. It spread through them in the entire body and become lodged in the space between the skin and the flesh. Then, by vitiating the kapha, vata, blood, skin and flesh, it produces whitish, yellowish

Vyutyati of Pandu:

Amarakosha:

Pandu means a white colour mixed with yellowish tinge.

Vachaspatyam:

Pandu as mixture of white and yellow colour which resembles with the pollen grains of Ketaki Flower.

Gangadhara:

Pandu Varna as Mlana Varna.

According to Chakrapani, Dalhana and Arundatta who was the commentator of Charaka Samhita and Dalhana and Arunadatta, are commentator the Sushrutha Samhita had explain the word “Pandu” as Shweta, Dhusara, Shwetavabhasa, Pitavabhasa.

AIM:

The aim of this article is to elaborate the concept of anemia in pregnancy w. s. r. to Gharbhini pandu.

Need for the study:

Anemia in pregnancy can cause complications like preterm labour, intercurrent infection, shock, uterine inertia, postpartum haemorrhage. There are increased chances of puerperal sepsis and poor lactation. Maternal anemia is associated with IUGR and low birth weight. This results in higher perinatal & mortality morbidity Thus maternal anemia contributes to poor growth in baby. Effective treatment of anemia in pregnancy can lead to substantial reduction in IUGR, low birth weight and mortality. This is the need of the study of anemia in pregnancy. Pandu in Ayurveda can be correlated with anemia.

Causes of Pandu:

Excessive intake of Alkaline acid ,salt, Saur, very hot, antagonistic and astringent diet, by habitual indulgence in legumes, black gram, oil cake and til oil, by restoring to day sleep, physical exercise and sexual congress while the food is still indigested, by abnormality of the seasons and by suppression of natural urge.

Causes of anemia in pregnancy:

1. Inadequate daily intake of Iron.
2. Poor absorption of Iron by the body.
3. Intermittent per vaginal bleeding during pregnancy.
4. Increase demand of Iron during - pregnancy.
5. Repeated pregnancy.
6. Previous Prolonged lactation.

Samprapti of Pandu

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