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An Ayurvedic Management of Pandu: A Single Case Study on Laghu Shiva Gutika

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ABSTRACT

Pandu roga is one among Pitta Pradhana Tridhoshaja Vyadhi in which skin colour changes to Pandutva(Pallor). Clinically it can be correlated with Iron Deficiency Anaemia. Iron Deficiency Anaemia is the commonest nutritional deficiency all over the world. According to WHO, over 1/3rd of world's population suffer from Anaemia, mostly due to Iron Deficiency. India continues to be one of the countries with very high prevalence.The aims and objectives of the study is to find out the effect of Laghu Shiva Gutika in the management of Pandu with special reference to Iron Deficiency Anaemia. This article discusses the treatment of pandu in a 20 years old female patient with the complaints of generalized weakness and loss of appetite since 3 months . The patient was treated for 30 days with Laghu Shiva Gutika and impressive results were observed with no adverse effects. With proper authorization and the patient's consent,photographic documentation was made during treatment.

KEYWORDS: *Pandu, Iron deficiency anaemia, Laghu Shiva Gutika*

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INTRODUCTION

Iron deficiency is one of the nutritional deficiency Anaemia in the world wide. It has assumed that the problem of nourishment has seen in large proportion in underdeveloped and developing countries. Iron deficiency anaemia arises when the balance of iron intake, iron stores and the body loss of iron are insufficient to fully support production of erythrocytes[1].

Oxygen is transported by heme from the lungs to the tissue. Oxygen is required for all metabolic functions of the cells and production of energy for these activities, Any sort of disturbance in blood production or in its transport mechanism menifests in the form of Anaemia[2].

World wide Iron deficiency anaemia is the prevalent type which contributes 50% of total anaemia. Around 1.7 billion people are affected by Iron deficiency anaemia with global prevalence of 25.1%. According to WHO over 1/3rd of world's population suffers from Anaemia mostly due to iron deficiency affecting large no, of children and women. Nearly half of the pregnant women in the world are estimated to be anemic: 52% in non industrialized countries and 23% in industrialized countries and non pregnant women 42.3% and 10.3%, men 30.0% and 4.3%, Children 48.1% and 5.9%, elderly 45.2% and 12.0% in non industrialized and industrialized countries respectively[3].

According to National Family Health Survey (NFHS-4) the incidence of anaemia, around 7.2 crore children are anemic, nearly 5 crore are stunted, while around 2.6 crore are wasted and 4.4 crore are underweight, over half of all pregnant women are anemic. Overall 53% of women and 23% of men are anemic. According to different levels of severity of anaemia 23.6% with mild, 8.9% with moderate and 3.4% with severe anaemia[4].Pandu is disease characterized by pallor of body[5] which resembles with Anaemia of modern science which is characterized by pallor and

other symptoms. Rakta dhatu is mainly responsible for Jeevanakarma [6]and formation of Ojas and Ayuvruddhi[7]. It is explained that Rakta dhatu while circulating throughout the body gives nourishment to their respective Dhatu and helps in maintaining proper strength of respective Dhatu i.e, Dhatu puranam[8].It is seen that Rakta gets vitiated by Tridhoshas mainly by Pitta Dosha and Rakta gets vitiated and disease like Pandu appears[9]. According to Charaka it is one among the Rasavaha srotodushti[10] and Sushruta has mentioned it as Raktavaha sroto viddha lakshana[11] and Rasadoshaja Vikara[12]. Pandutva has been mentioned as cardinal symptom of the disease which is related with the colour and complexion of the body. Pandu develops due to vitiation of Bhrajaka Pitta and Rakta which are mainly responsible for the Prakrita Varna of body. Acharya Charaka has mentioned the word "Vaivarnya" in this regards[13]. Ayurveda has described variety of herbomineral formulations in Chikitsa of Pandu, among them Laghu Shiva Gutika is selected for the study. Laghu Shiva Gutika is explained in Gada Nigraha Pandu Chikitsa[14].

The ingredients of the yoga possess qualities like Deepana, Pachana, Yakrutt uttejaka, Krimighna, Raktavardhaka and Rasayana properties. In Laghu Shiva Gutika, Tikta Kshaya Rasa, Laghu, Ruksha Guna processes Srotoshuddhikara property hence clears Sanga in Srotas which results in Dhatu Pushti. Hence Bala, Sneha, Varna of body increases. Hepataoprotective activity of drugs improves the funcrion of Liver which is moola of Raktavaha srotas hence helps in formation of Rakta Dhatu. Rasayana property of drugs works as free readical scavengers and Yogavahi property enhances bioavailability of drugs provides better nourishment to Rasaraktadi Dhatus. So an attempt is being made to formulate a simple, easily available and economic line of treatment for Iron deficiency anaemia.

AIMS AND OBJECTIVES

The aims and objectives of the study is to find out the effect of Laghu Shiva Gutika in the management of Pandu with special reference to Iron Deficiency Anaemia.

MATERIALS AND METHODS

Source of data:

Literary Source: The Literary data is collected from Central library as well as Kayachikitsa departmental library of BVVS Ayurved Medical College and Hospital, Bagalkot. The data also collected from journals, periodicals and other published works and even from internet source.

Clinical Source: The diagnosed patient of Pandu from OPD, IPD and Medical Camps conducted in and around BVVS Ayurved Medical College and Hospital, Bagalkot

Drug Source: The medicine Laghu Shiva Gutika is procured and purchased from GMP certified company.

Method of collection of data:

In this clinical trial patient of Pandu with special reference to Iron Deficiency Anaemia is selected on the basis of following selection criteria and the patients who are fulfilling the diagnostic and inclusion criteria listed below.

Selection criteria:

1. Diagnostic Criteria:

A. The diagnosis is made based on Classical sign & symptoms of Pandu such as

1. Panduta (Pallor skin)
2. Bhrama (Vertigo)
3. Dourbalyata (Unusual weakness)
4. Shrama (Fatigue)
5. Hrudayaspandana (Palpitation)
6. Shwasa (Shortness of breath)
7. Nisaarata (Loss of glow/ Lusture)
8. Raktalpata (Lack of blood)
9. Aruchi (Loss of taste)

B. Investigation

1. Hb%
2. Serum Ferritin

2. Inclusion Criteria:

1. Diagnosed patients of Pandu.
2. Patients between the age group of 16 to 60 of either sex.
3. Patients with Hb% within the range of 6 to 11 gm/dl

3. Exclusion Criteria:

1. Patients with history of other systemic and metabolic disorders.
2. Patient suffering with diagnosed GI bleed or any bleeding disorders.
3. Pregnancy and Lactation.

PREPERATION OF THE MEDICINE:

Laghu Shiva Gutika:

1. **Reference:** Gada Nigraha
2. **Ingredients:** Shuddha Shilajatu, Kutaja, Patola, Nimba, Sharkara, Twak, Ela, Patra, Vamsha lochana, Pippali, Guda, kanthakari, Karkatashringı, Triphala, Nagara And Madhu
3. **Route of Administration:** Oral
4. **Matra**: 500 mg B.D
5. **Aushadha sevana kala**: Before food
6. **Anupana**: Jala

7. **Sevana kaala - 30days**
8. **Observation -15 th day**
9. **Follow up:** 40 th day
10. **Total duration of the study**- 40 days

Assessment criteria:
The results of the treatment of clinical study will be assessed on the basis of subjective and objective parameters, before and after the treatment

Subjective Parameters:
1. Panduta (Pallor)
2. Rukshata (Dryness)
3. Dourbalya (Unusual weakness)
4. Shrama (Fatigue)
5. Hrudayaspandana (Palpitation)
6. Aruchi (Loss of taste)
7. Shwasa (Shortness of breath)

Objective Parameters: Hb % and serum ferritin

Gradings of assessment parameters
Subjective parameters

Criteria	Score
Panduta, rukshata in twak, nakha, netra, jivha, hastapadatala	
• Absent	G_0
• In any 2 of these	G_1
• In any 3 of these	G_2
• In any 4 of these	G_3
• In all	G_4
Dourbalyata,shrama hrudayaspandana, shwasa	
• Not present	G_0
• After heavy work, relieved soon and tolerate	G_1
• After moderate work, relieved later and tolerate	G_2
• After little work, relieved later but beyond tolerate.	G_3
• Even in resting condition	G_4
Aruchi	
• Normal instinct of taking food	G_0
• Person dislikes the food	G_1
• Person dislikes the touch and smell of food	G_2
• Though the person is hungry he dislikes the food	G_3
• Person does not like to take food	G_4

Objective parameters

• Hb %>11 gm /dl	G_0
• Hb %9.5 gm/dl to 11 gm /dl	G_1
• Hb %7.5 gm /dl to 9.5 gm /dl	G_2
• Hb % 6 gm /dl to 7.5 gm /dl	G_3

Case Presentation
A 20 years old female consulted in the Out patient Department of Kayachikitsa, BVVS

Ayurvedic Medical College-Hospital, Bagalkot.

Chief Complaint
Generalised weakness, loss of appetite and occasional giddiness since 2 months

Patient history
Allergy: None

Family history: None

Physical history: Sleep Disturbed, Difficulty in perfoming daily routines.

Examination of Patient
General Physical Examination
Pulse: 76/min

BP: 120/70 mmHg

Weight: 60 Kgs

Stool: Satisfactory

Urine: 2-3 times/Day

Ashtavidha pariksha
Nadi: 76 bpm, reg. Vatapaitika

Mala: Prakruta

Mutra: Prakruta

Jihva- Nirlipta

Shabda - Prakruta

Sparsha- Anushna sheeta

Drika- Prakruta

Akriti- Madhyama

Systemic Examination

CVS – S1/S2, Heard

CNS – Conscious and well oriented

RS – AEBE and Clear

P/A: Soft and Non-tender

Laghu shiva gutika(500 mg) was administered twice a day before food with lukewarm water for 30 days

OBSERVATION AND RESULTS

Subjective parameters

Subjective parameters	Before treatment	After treatment
Panduta	G_1	G_0
Rukshata	G_2	G_1
Dourbalya	G_2	G_1
Shrama	G_1	G_0
Hrudayaspandana	G_0	G_0
Aruchi	G_1	G_0
Shwasa	G_1	G_0

Objective parameters

HB gm % before treatment	HB gm % after treatment	Normal range
10.2	11.1	11-15 gm% (adult female)

Serrum ferritin before treatment	Serrum ferritin after treatment	Normal range
24.1	31.8	20-120 ng/ml (female)

DISCUSSION

The drug laghu shiva gutika is mentioned in gada nigraha pandu rogadhikara. The drugs of Laghu shiva gutika like Trikatu, Trijataka, Twaka, Musta, Patola having Katu Tikta Rasa, Laghu guna, Ushna veerya acts at level of Agni does Deepana, Pachana and corrects Agnimandya which helps in formation of good quality of rasa. Shilajatu, Triphala having rasayana, vatanulomaka and shaithilya nashaka property helps in pandu roga. It also contain shwasahara drugs like Kantakari and karkatashringi helps in shwasa along with other drugs. Thus it can break the Dosha-Dushya Sammurchhna of the disease. Hence it improves digestive power and ultimately absorption of nutrition and drug also. Laxative property of Triphala, protects constipative effect of iron compound. Amalaki possess antioxidant activity and could be an important dietary source of Vitamin C which is a powerful water-soluble antioxidant and helps in increasing iron absorption from the gut. Bioavailibility of piperin of Trikatu helps in proper absorption of nutrition and drugs. Rasayana property of drugs helps in detoxifying, toning of body & improve Dhatu- shaithilya, Daurbalya and Ojogunakshaya. & beneficial in Dhatu pushti which increases Bala, Varna hence Pandu.

CONCLUSION

After the administration of Laghu shiva gutika, Panduta (G_1 to G_0), Rukshata (G_2 to G_1), Dourbalya (G_2 to G_1), Shrama (G_1 to G_0), aruchi (G_1 to G_0) reduced. Hb gm % increased from 10.2 to 11.1 gm % and serum ferritin increased from 24.1 to 31.8 ng/ml . Laghu shiva gutika showed better results in the patient.

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