

An ayurvedic review of *garbhini pandu* with special reference to anaemia in pregnancy

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Abstract-

Anemia is one of the frequent complications related to pregnancy. Normal physiologic changes in pregnancy affect the hemoglobin. Anemia is the condition in which percentage of Hemoglobin decreases. Decrease in amount of red blood cells which produces similar sign and symptoms as *Pandu*. According to WHO, prevalence rate is 40-80%.

In today's competitive life, women are unable to follow *Ayurvedic* way of life and proper diet in pregnancy. Due to *ApathyakarAahar-Vihar*, abnormal *Rasa Dhatu* gets formed. It causes *UttarottarDhatunirmiti Hani* or *Vikrut Dhatu Utpatti* and all this leads in pathogenesis of *GARBHINI PANDU*. So,

one has to study and treat '*Garbhini Pandu*'.

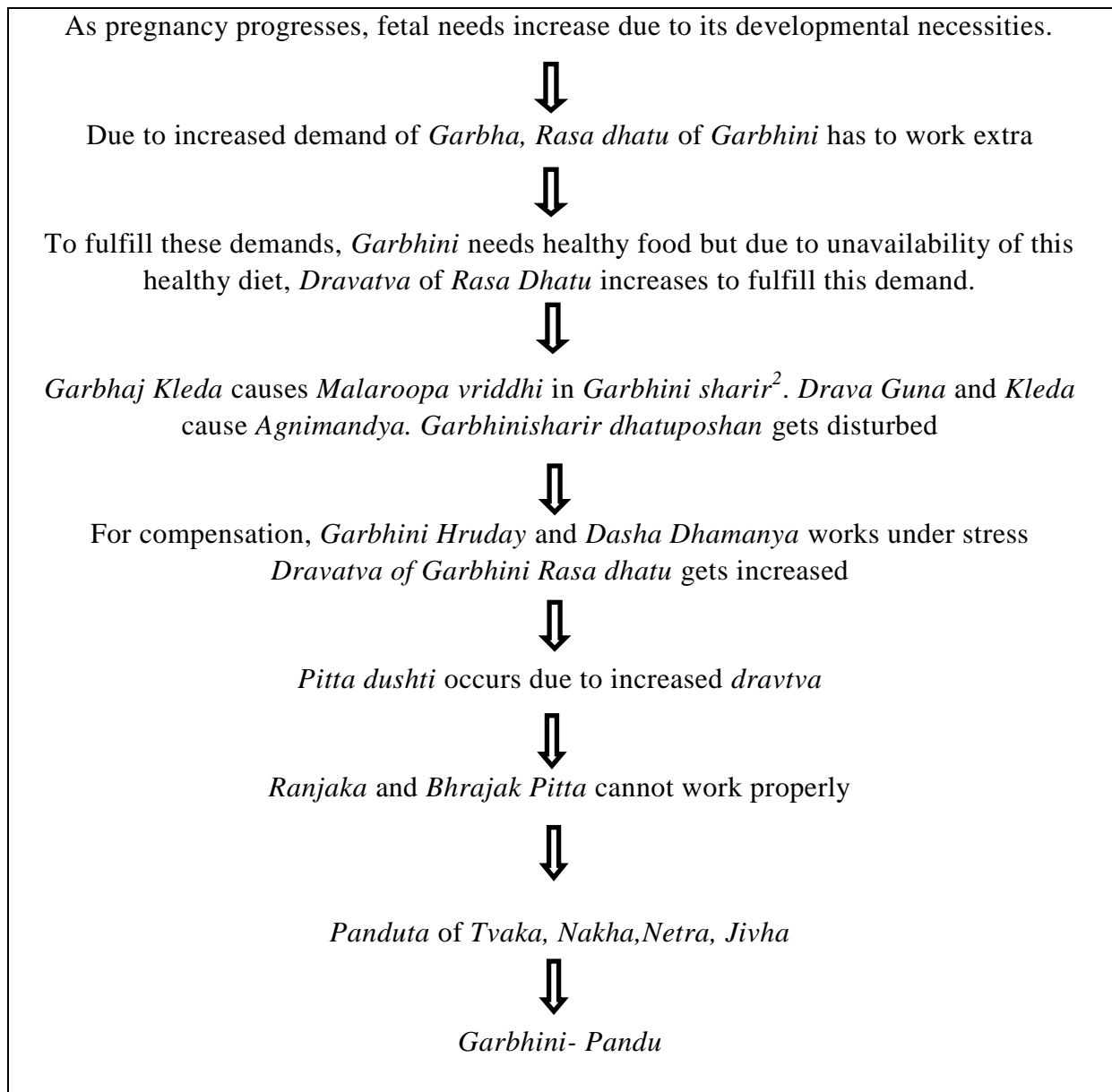
Key Words - *Pandu*, Haemoglobin, *Garbhopdrava*, Anemia in pregnancy.

Introduction-

Ayurvedic way of life is very important and good for pregnant woman. Woman is the centre of '*suprajanirmiti*', as fetus depends on mother for nutrition. '*Garbhini Pandu*' is the most common disease in pregnancy. *Aacharya Harita* has described *Ashta-Garbhopadrava*¹⁰ in *Harita Samhita*. Among these eight *Garbhopadravas*- '*Vivarnatva*'¹⁰ word is used to describe *Garbhini Pandu*. There is no direct reference of '*Garbhini Pandu*' in *ayurvedic samhitas*. '*Garbhopadrava*' means, the diseases

caused by fetus in pregnant women. In *Pandu roga* symptoms described like pallor of sclera, tongue, nail, lip, skin. *Pandu* is described as disease of *Rasavaha* and *Raktavaha Srotasas*¹. *Panduta* is the main prominent feature of ***Samprapti of Garbhavasthajanya Pandu***–

‘*PanduRoga*’. *Panduta* means pallor of skin which occurs due to qualitative and quantitative deficiency of *Rasadhatu* and *Raktadhatu*.



Physiological anemia -

Mostly occurs in second trimester with normal pregnancy, Blood volume

increases which results into incidental hemodilution. This results in physiologically lowered hemoglobin level (Hb), Hematocrit value (HCT) and RBC count, but it has no effect on Mean Corpuscular Volume (MCV).

Criteria of Physiological Anemia-

- 1) HB less than 10 gm%
- 2) PCV = 32%
- 3) RBC morphology and Normal Morphology on peripheral smear
- 4) RBC count 3.2 million/cumm

Clinical Features According to Saptadhatu^{4,8,12}

- Features due to Rasa Dhatu Kshaya-
Raktalpata, Karshya, Shrama, Hrid spandana.
- Features due to Rakta Dhatu Kshaya-*Twaksphutana* (roughness of skin),
Bhrama, Shwasa (breathlessness), *Varnakshaya* (pallor).
- Features due to Mamsa Dhatu Kshaya-*Karshya, gatrased* (prostration).
- Features due to Medakshaya-*Karshya, Twakrukshata, Swedabhava* (absence of sweating).
- Features due to Asthi Kshaya-*Shirnlomata, Shrama, Gatraparushata.*

- Features due to Majja Dhatu Kshaya-*Bhrama, Tama* (fainting), *Balakshaya*
- Features due to Shukra Dhatu Kshaya-
Panduta, Daurbalya, Gatraseda.

CLINICAL FEATURES OF ANAEMIA -

- In mild cases- Onset is insidious and most patients are asymptomatic.
 - Fatigue
 - Lethargy
 - Anorexia
- In Severe cases-
 - Breathlessness
 - Palpitation on light exertion
 - Edema over feet, face, anasarca
 - Anginal pain
 - Headache
 - Paraesthesia
 - Burning sensation of tongue

Discussion-

The *samprapti* of *Garbhavasthajanya Pandu* is slightly different than *samprapti* of *Pandu*. Fetus gets nourishment from maternal blood. Main cause or reason of *Garbhini Pandu* is *Pitta dosha*.⁵ In pregnancy there is *Pitta dosha pradhanya*, mainly in Second Trimester means in 4th, 5th, 6th months of pregnancy. In pregnancy, *Rasa dhatu* gets quantitatively increased because *Rasa dhatu* has to do following functions –

- 1) To nourish the fetus
- 2) To nourish her own body
- 3) *Stanyaposhana*

Rasa dhatu does more work and as *Garbha vrudhhi*⁶ occurs, the *Drava Guna* of *Rasa Dhatu* increases. *Rasa Dhatu* gets increased quantitatively and not qualitatively. *Pitta dosha* gets increased by its *Drava* and *Sara Guna*. According to *Masanumasuk Garbhvrudhhi*^{7,9,11}, *Garbhasya mamsashonit upachaya* occurs in 5th month of pregnancy and increases in 6th month of pregnancy. So there is more *Bala-Varna hani* in 2nd trimester and effect of this *Bala-varna hani* shows symptoms of mainly '*Rakta-mamsa dhatu daurbalya*'. Iron deficiency anemia is the most common anemia in pregnancy. If not treated properly within time, it may cause³

- Antenately- Pregnancy Induced Hypertension (PIH) , Abruptio placentae, Intra Uterine Death (IUD), Intra Uterine Growth Retardation(IUGR), Cardiac failure.
- Intranately- prolonged labor, post-partum hemorrhage (PPH), retention of placenta and still birth.
- Postnatally- period sepsis, decrease in milk secretion, affects the formation of milk ,which is *updhatu* of *Rasa dhatu*

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Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2018; 2(6) : 1-5