

Effect Of Murvadyam Ghrita In The Management Of Panduroga W.S.R. To Anaemia

Dr. Ajeet kumar¹, Dr. Kamlesh Kumar Pandey², Dr. Sudhanshu Shekhar Tripathi³

^{*1} Assistant Professor Department of Kayachikitsa, Dr.Krishna Gopal Dwivedi Ayurvedic Medical College and Hospital, Sarmau, Jhansi Uttar Pradesh, Mahayogi Guru Gorakhnath Ayush University, Gorakhpur Uttar Pradesh, India

² professor, ³Professor and Head, Department of Kayachikitsa, Dayananda Ayurvedic Medical College and Hospital, Siwan, Kameshwar Singh Darbhanga Sanskrit University, Darbhanga, Bihar, India

***Address for corresponding author:**

¹ Assistant Professor Department of Kayachikitsa, Dr.Krishna Gopal Dwivedi Ayurvedic Medical College and Hospital, Sarmau, Jhansi Uttar Pradesh Pin code- 284419, Mahayogi Guru Gorakhnath Ayush University, Gorakhpur, pin code- 273306, Uttar Pradesh, India

Email: drajeetk0@gmail.com

Mob no- 9771024924 , 930405507

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Abstract

According to Ayurveda diseases are manifested as a result of disturbance in the state of equilibrium of doshas. In present era due to change in lifestyle and environmental condition diseases are very prone to mankind. Pandu is one among these diseases, it can be correlated with anemia in modern medical term. It can affect any age group of people. Iron deficiency is the major cause of this disease, according to WHO 50 % children and women as well as 25 % men in developing countries are suffering from this. This research work aimed to evaluate the role of Murvadyam Ghrita in the management of Pandu roga. In this clinical trial 30 patient were treated for 6 week with Murvadyam Ghrita and change in subjective and objective parameter were noted before and after treatment. Initial and final observation were compared statistically. The result of the study shows that Murvadyam Ghrita is effective in the management of Pandu also this does not produces any side effect on administration.

INTRODUCTION

Pandu was mentioned as a separate disease as well as symptoms of many diseases in both ayurved and modern medical science. In modern medical science Pandu mainly caused by deficiency of iron in the body. In Ayurveda Pandu is described as the Dhatupradoshaja vikara and it is the disease of rasavaha srotas according to acharya charak and rasa and raktavaha sroto disease according to acharya susruta,. In ayurvedic classics both ahara and viharaja nidana were mentioned for Pandu. Hridaya spandan, roukshya, swedabhava, twaksphota, alpa vanhita etc are mentioned as the purvarupa of Pandu. Panduta , akshikutasotha, aruchi, balakshaya, bhrama, dhatushithilya, hatnala, gaurava etc are mentioned as the general symptoms of Pandu roga. There are various type of Pandu were described by acharyas like vataja, pittaja, kaphaja, sannipataja, mridbhaksjhanajanya. Harit samhita mentioned kamalya dwaya, halimaka and rudhapatha- bahupitta kamala in context of Pandu.

In term of treatment acharya mentioned nidana parivarjana, sodhana and samaana chikitsa as the general line of treatment. Various single and polyherbal drugs as well as various kshaniya yoga like lauha bhasma, shudha mandora bhasma, kasis bhasma, etc were mentioned by acharya for the treatment of Pandu.

AIM AND OBJECTIVE

- To evaluate the efficacy of Murvadyam Ghrita in the management of Pandu roga.
- To evaluate the Pandu roga in the population different age group, sex, occupation etc.
- To evaluate various subjective and objective criteria of Pandu,

- To provide safe, cost effective treatment option of Pandu through Ayurveda.

MATERIALS AND METHODS

Material

Literal study- it was compiled from basic ayurvedic text and commentaries, modern medical books, as well as from various research papers, published article and journal.

Selection of patient- patient were selected randomly from OPD of Dayananda Ayurvedic Medical College and hospital, Siwan, Bihar as per the inclusion and exclusion criteria of the research study.

Preparation of drug- all ingredients of Murvadyam Ghrita (Murva, Katuki, Haldi, Adusa, Pippali, Pitta Papara, Rakta Chandana, Trayamana, Kutaja, Chirayata, Parwala, Motha And Devadaru) were collected and verified by the dravyaguna expert of Dayandana Ayurvedic medical college and hospital and then the research drug is prepared in the instutional pharmacy of rasahastra and bhaisajya kalpana department.

Method

Research design- single blind pre and post study test study.

Sample size- 30 patient

Duration of study- 6 week (follow up on every week)

Posology- Murvadyam Ghrita is given orally in a dose according to the prakriti, age etc.of the patient.

Inclusion criteria-

- patient of both sexes with age between 15-60 years
- Patient with reduced haemoglobin range between 7-10 mg/dk
- Patient presented with subjective and objective criteria of the Pandu.

Exclusion criteria-

- patient with chronic illness
- Patient with hypertension and diabetes
- Patients having gastro intestinal bleeding disorder
- Pregnancy

Assessment criteria

Subjective parameter

Subjective parameter were observed and compared before and after treatment based on arbitrary scoring to evaluate the effect of trial drug on Pandu.

1. vaivarbata

Subjective parameter	Arbitrary score
Absent (red)	0
Mild pale (dark pink)	1
Moderate pale (pink)	2
Severe (pale)	3

2. Daurabalya

Subjective parameter	Arbitrary score
No weakness	0
Slight weakness	1
Weakness present but can perform daily routine	2
Weakness present and difficulty to perform daily routine work	3

3. Shrama

Subjective parameter	Arbitrary score
Absent	0
Present after mild work	1
Present after moderate work	2
Always present	3

4. Aruchi

Subjective parameter	Arbitrary score
Absent	0
Feeling to take food but not having taste	1
No feeling to take food even after hungry	2
Aversion of food	3

5. Shwas

Subjective parameter	Arbitrary score
Absent	0
Dyspnea after moderate work	1
Dyspnea after mild work	2
Dyspnea in resting stage	3

6. Hridspandan

Subjective parameter	Arbitrary score
Absent	0
Present after mild exertin	1
Present after mild exertion	2
Present at rest	3

7. Shotha (akshikuta shotha)

Subjective parameter	Arbitrary score
Absent	0
Ocassionally present	1
Present regularly in morning	2
Always present	3

Objective parameter

Hemoglobin value is observed before and after treatment. Other routine investigation like TC, DC, ESR, FBS, PPBS etc. were also checked but not considered as criteria under the clinical trial.

Criteria for the assessment of overall effect of therapy

Criteria for assessment	Effect of therapy
100% relief	Complete improvement
76-99 % relief	Marked improvement
51-75 % relief	Moderate improvement
25-50% relief	Mild improvement
Less than 252% relief	Unchanged/ no improvement

RESULT AND OBSERVATION

Demographic data

Pandu can occurs as a separate disease or as a symptom of other many diseases. Demographic data related with the Pandu during this clinical trial suggest following observation

Age- maximum 23.33 % patient were in the 21-25 age group, 20% patient were in the 31-35 years age group. 16.66 % were in 15-20 years age group.

Sex- 80 % patient were female in this study.

Religion- 66.66 % patient participated in this study were Hindu and others belong to Muslim religion.

Education- 40 % patient were educated to higher secondary level and 26.66% were secondary level educated. Percentage of primary level education and graduate patient was respectively 20 and 13.33 percent.

Habitat- 66.66 patient were from urban area.

Marital status- 56.66% patient were married and 26.66 % were unmarried rest are widow.

Socio-economic status- 66.66 were middle class and 20% were from lower class section

Bowel habit- 73.33 % patient were suffering from constipation.

Sleep – 40% and 30% patient were suffered from alpa and adhik nidra respectively.

Occupation- 43.33% patient were house wife.

Ahar- 73.33 patient having irregular ahar.

Manashik bhava- 40% patient belongs to have extra chinta and 43.33 % having krodha.

Vyasana- all patient had habit of tea consumption and 26.66 patient have betel nut chewing habit. And 16 % have tobacco addiction

Agni- 40% patient have mandagni

Kostha- half of the patient having krura kostha and 40% have madhyam kostha

Effect on subjective parameter

Sr. no.	Parameter	Mean before treatment	Mean after treatment	Mean difference	Percentage relief
1.	Vaivarnata	3.1	1.07	2.03	65.59
2.	Dourabalya	2.96	1.36	1.6	53.93
3.	Shrama	3.13	1.23	1.9	60.64
4.	Aruchi	2.93	1.03	1.9	64.77
5.	Shwas	2.46	0.6	1.86	75.68
6.	Hridspandan	3.1	1.13	1.96	63.44
7.	Shoth	2.76	1.03	1.73	62.62

Effect on hemoglobin

Sr. no.	Parameter	Mean before treatment	Mean after treatment	Mean difference	Percentage change
1.	Haemoglobin	7.47	9.92	2.45	32.81

Overall assessment of relief based on parameter

Sr. no.	Parameter	Relief
1.	Vaivarnata	Moderate improvement
2.	Dourabalya	Moderate improvement
3.	Shrama	Moderate improvement

4.	Aruchi	Moderate improvement
5.	Shwas	Marked improvement
6.	Hridspandan	Moderate improvement
7.	Shoth	Moderate improvement

Overall relief to the patient

Sr. no.	Relief	Number of patient	% of patient
1.	Complete improvement	00	00
2.	Marked improvement	8	26.66
3.	Moderate improvent	20	66.66
4.	Mild improvent	2	6.66
5.	Unchanged/ no improvement	00	00

The results were statistically significant in all parameters.

DISCUSSION

21-40 years age is the time for maximum physiological, emotional, growth and also in the female it is the main age for menstruation and child bearing so there is extra need for nutrition and also it is the age of maximum mental stress so these condition may cause Pandu. Due to menstrual bleeding and ignorance of personnel health female are more to Pandu. Due to vegetarian majority Hindu may be more prone to iron and other nutritional deficiency related diseases. Lower educated people are less conscious about their nutritional and health need. Urban population are more engaged in fast food, untimely food etc. The physiological condition like frequent delivery, abortion make married female more prone to some diseases. People from low and middle socio-economic class cannot afford expensive and nutritional food and due to their hard work profile they ignore their body need and demand. Constipated nature suggests improper digestion and production of ama in the body. Improper sleep habit causes mental stress and improper bowel habit. Housewives generally busy in house work and ignore their own health need and they are also involve in improper sleep habits. Irregular ahar causes indigestion which in turn produces nutritional deficiency. Stress and anger like psychological condition deteriorate overall health of people and produces various diseases. mandagni causes indigestion leads to malnutrition. Nature of kostha affect the digestion of the people.

The Murvadyam Ghrita improve all the subjective parameter of the study as well as it increases mean of hemoglobin value by 2.45. Observation of other subjective criteria suggest marked improvement in reduction of swash and all other symptoms were moderately improved. Stastically all criteria shows significant result with p value less than 0.001.

The fundamental Ayurvedic pharmacology helps to understand the possible mode of action of the drug. Murva having properties like Raktashodhak and Krimighna imrove absorption which causes better nutrition. Haridra due to its katu rasa promote agni and helps to promote digestion and decreases aruchi. Pippali possess qualities like deepan, pachan balya and rasayan etc improve digestion as well as strength of the patient. Motha, devdaru and other ingrediants of the Murvadya Ghrita possess tikta, katu, kashaya rasd and they have the properties like

deepan, pachan, raktadoshhara varnya, vishaghna, etc causes improvement in the symptoms of Pandu,

CONCLUSION-

Murvadya Ghrita is effective in the management of Pandu and its related symptoms moderately in 66.66 % of patient. So this drug can be used in the treatment of Pandu but as the sample size is very small and the study was done under limited resources there is a need to study the effect in broader field with larger population to understand the effect in better way.

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