



“TO STUDY THE EFFECT OF KASISA GODANTI BHASMA ON PANDU-OBSERVATIONAL STUDY”

Dr. Desai Satwashil*

M.D. Professor, dept. of Ras Shastra & Bhaishjya Kalpana.LRP Ayurved Medical College, Hospital, PG Institute & Research Centre, Islampur Dist. Sangli. *Corresponding Author

Dr. Amit chingale

M.D. Asso. Professor dept of Kayachikitsa. LRP Ayurved Medical College, Hospital, PG Institute & Research Centre, Islampur Dist. Sangli.

ABSTRACT

Anaemia is commonest iron deficiency disease all over the world. It is widely prevalent in India. About 70 % of population is affected. Poor dietary intake, poor bioavailability of iron from cereal based diet & increased requirements of iron deficiency disease. Therefore suffering humanity is abstained from the great virtue when they really need.

The ingredients Kasisa and Godanti both are effective against Pandu. But the preparation method of this Kasisa-Godanti Bhasma is different one.

Any substance which is intended to be utilised as medicine for global / human care, in scientific manner it demands the correct identification, proper pharmaceutical standards procedures, Good final product, presentation, perfect preservation & dosage of proper indication.

The object drug is considered to be good against Pandu Roga by Acharyas.

So it initiates to conduct research work to prepare & evaluate its physico-chemical properties and to observe the efficacy on Panduroga by using the research techniques by statistical methods.

In the treatment of 21 days with the dose 500 mg B.D., the better result is observed in mild cases of Panduroga than moderate and sever cases. The study shows extremely high significance ($p < 0.001$) positive shift in increase Hb % in sever, moderate and mild degree of anaemia.

KEYWORDS : Kasisa godanti bhasma, Pandu.

INTRODUCTION:

Anaemia has been mentioned as clinical condition characterised by the qualitative & quantitative reduction of Haemoglobin.

But Pandu Roga according to Ayurved it doesn't means deficiency of iron, haemoglobin or R.B.C. alone i.e. it is not resected to Rakta but has a range from Rasa outside to mamsa on the other & Rakta in middle. Although Rakta dhātu plays on important role in Pandu disease, Raktalpatā is the major factor in Pandu Roga.

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The ingredients Kasisa and Godanti both are effective against Pandu. But the preparation method of this Kasisa-Godanti Bhasma is different one.

So it initiates me to conduct research work to prepare & evaluate its physico-chemical properties and to observe the efficacy on Panduroga by using the research techniques by statistical methods.

The preparation cost of the Kasisa-Godanti Bhasma is least, if it would be observed – to be best drug for Pandu Roga. It is the nectar drug for poor socioeconomic class who are suffering from Pandu Roga.

Review of Literature:

According to Charakacharya and Vaghvata Panduroga is Rasapradoshaj vyadhi while Sushrutacharya has mentioned it is a Raktapradoshaj Vyadhi.

Ahara is the root stem and vitality. All Dhatus are formed and nourished by Ahara.

All the three doshas are involved & all the Dhatus are involved directly or indirectly in the production of Panduroga.

Rakta & Pitta plays the predominant role in maintaining the Varna or complexion of the body.

Pitta is responsible for the formulation of Peeta Varna & Rakta gives arun Varna & also maintain natural body complexion. So Raktalpatā gives abnormal complexion i.e. panduta to the body.

Iron Deficiency Anaemia

The commonest nutritional deficiency disorder present through the word is iron deficiency, but its prevalence is higher in developing countries like India. It is estimated that about 20 % of women in child bearing age group are iron deficient, while the overall prevalence in adult male is about 2 %.

MATERIALS AND METHODS:

INCLUSIVE CRITERIA

1. General-

- A. Patients from Belgaum City and surrounding areas attending the O.P.D. and I.P.D. of Shri. B.M.K. Ayurvedic Medical College Hospital, Belgaum. From all economic states were selected for study.
- B. Patients were selected having the age between 16 to 65 years, irrespective of their sex.

2. Clinical-

The pt. having following symptoms and signs of Pandu Roga were selected for clinical study.

Panduta at skin, nails, eyes, jivha and hastpadtala. Daurbalya., Ayasen-Shwasa., HritSpand., Anannabhilasha., Pindikodwestan., Bhrama., Angamard.

3) Laboratory Criteria

1. Hb % below Normal Range.
2. P.B.S.
3. E.S.R. [If Required.]
4. Stool. [If Required.]

4) EXCLUSIVE CRITERIA

1. Patients with Lakshanas of Asadhya Pandu Roga.
2. Leukaemia and R.E. Disorders.
3. Metabolic disorders and any endocrinal, hepatic and splenic disorders, pregnancy, e.g. Haemophilia, Thalassemia.
4. Tuberculosis, Bleeding Piles, DUB, any carcinomatous condition or chronic long standing disease

5) Examination Of Patients

A special case paper was prepared incorporating signs and symptoms of Pandu.

6) Diagnosis

Diagnosis based on history taking, clinical signs, symptoms and lab investigation.

- 7) Drug Kasisa-Godanti Bhasma.
- 8) Dose Of Drug 500 of mg B.D.
- 9) Drug Schedule 500 mg. B.D. for 21 days.
- 10) Anupana Ghritha/Dugdha.
- 11) Follow Up 1st, 21st, 42nd day.

GROUP A : (Study Group)

In this group 30 patients was treated with kasisa godanti bhasma 500 mg BD with dugdha for 21 days.

OBSERVATIONS AND RESULTS:

From the clinical observations – Females were more affected by the disease Panduroga i.e. 80 %. The Physiological conditions like menstruation, frequent pregnancies and the tendencies like fasting are greatly responsible for the Panduroga.

Patients having age between 30 to 40 years were highest in number. The Physiological conditions along with the etiological factors were quite responsible for that.

Marital status shows the number of married patients was high i.e. 80%.

The housewives were seen more than 66 %. Form this observation we can say that physiological conditions already mentioned above and deficient diet may develop Panduroga. 73 % patients were from lower economical class. These observations clearly suggest that occurrence is more in low socio economic society. The occurrence of disease was mostly found in vatapitta prakruti. The principle factor in Panduroga is Pitta and Vata. The present study is also supportive with this concept.

Legends

- A – Patients having sever symptoms with Hb % below 6 Gm
- B – Patients having moderate symptoms with Hb % between 6 Gm to 9 Gm
- C – Patients having mild symptoms with Hb % above 9 Gm but below normal level

• Effect of Kasisa Godanti Bhasma Observed in Clinical Features of Pandu Roga

Symptoms	A	B	C
Panduta	6.6 %	11.11 %	57.14 %
Dourbalya	13.33 %	58.33 %	71.42 %
Ayasenshwasa	6.6 %	30.76 %	100 %
Hritspand	20 %	46.66 %	83.33 %
Annanabhilasha	33.33 %	94.44 %	100 %
Pindikodwestan	33.33 %	61.11 %	78.57 %
Bhram	40 %	0 %	0 %
Angamarda	33.33 %	59.25 %	63.33 %

Effect of Kasisa Godanti Bhasma on Hb %

The table showing statistical analysis of mean Lab Findings

(Hb %) for 21 days of treatment.

Group	Mean of difference Before treatment & After treatment	SD	SE	t value	p value	Result
A (n – 5)	0.72	0.50	0.2246	3.20	< 0.001	Highly Significant
B (n – 18)	0.63	0.41	0.0986	6.38	< 0.001	Highly Significant
C (n – 7)	0.64	0.21	0.08124	7.87	< 0.001	Highly Significant

- The drug Kasisa Godanti Bhasma increases the Hb % significantly in sever, mild & moderate cases of Panduroga.
- There is no significant effect of Kasisa Godanti Bhasma observed on Chroma of RBC's, size of RBC's and count of RBC's in treatment of 21 days.

Probable mode of Action of Trial drug-

From these observations it can be said that mode of effect of Kasisa Godanti Bhasma is as follows –

1. It removes Samta of Rasadhātu, and it nourishes the rasadhātu. Due to which anannabhilasha, Angamarda, Daurbalya are seen to be decreased.
2. It neutralizes exaggerated vata and vitiated Pitta while nourishing the tissue.
3. The effect of Kasisa Godanti Bhasma is very less in the symptoms like panduta, hritspand etc. Thus the Bhasma has a limited effect on the nourishment of Rakta dhātu in treatment of 21 days.
4. The change in count of Hb % is in the range of 0.62 to 0.72. However the average change is very low.
5. The adverse effect such as, constipation, nausea, vomiting or abdominal pain were not observed after the administration of Kasisa Godanti Bhasma which were generally observed after administration of some loha kalpas.

CONCLUSION:

From the observations and results obtained from preparatory analytical an observational clinical study of Kasisa Godanti Bhasma on Panduroga, it is nearly conclude that –

1. The effect of Kasisa Godanti Bhasma on the subjective symptoms Dourbalya, Pindikodweshtan, Anann abhilasha and Angamarda was very high, while on the symptoms Panduta, Ayasenshwasa, Hritspand and Bhrama is comparatively low in sever, moderate and mild cases of Panduroga.
2. In the treatment of 21 days with the dose 500 mg B.D., the better result is observed in mild cases of Panduroga than moderate and sever cases.
3. The study shows extremely high significance (p < 0.001) positive shift in increase Hb % in sever, moderate and mild degree of anaemia.

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