



## STUDY THE EFFICACY OF NAVAYAS LOH IN GARBHINI PANDU

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**ABSTRACT** Pregnancy is a state in which all the physiological function are hyper stimulated in order to meet the demands of the growing foetus . According to Ayurveda Garbhini Pandu is included in Garbhopadrova . Acharya Kashyapa describe the samprapti of garbhini pandu that provoked pitta and vata compressed rasavaha nadi and due to growing foetus rasavaha nadi obstructed with lids to Uttarotar dhatu shyathely result in panduta. According to modern medicin maternal physiology is changed . Increase in plasma and RBC produces heamolodilution result in Anemia in pregnancy. The prevalence of aneamia in low income pregnant women in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> trimesters is 9%, 14%, 37% respectively. Iron deficiency anaemia results in decreased work productivity, increased child and mother mortality , foetal growth retardation and mild to moderate anaemia may increase susceptility to infectious disease. The features of iron deficiency anaemia shares lot similarities with lakshana of panduroga. In this open labelled clinical trial, 5 patients fulfilling the diagnostic and inclusion criteria of panduroga were administered with Navays loh with a doses of 500 mg twice a day orally for one month. In present study objective parameters like Hb%, MCH, MCV. Navayas loh has showed good effect on jatharagni and nourishment of pregnant woman and foetus without any side effect, due to the properties of the ingredients of teail drug such as deepana, pachana, balya, rasayana and raktarudhikar.

**KEYWORDS :** Garbhini pandu, iron deficiency anaemia , Navayas Loh

**INTRODUCTION-**

According to standard lead down by WHO in developing countries anaemia in pregnancy is than when heamoglobin in peripheral blood is below 10 gm / 100 ml . 160 women dia in India every day during pregnancy. If treatment for anaemia in pregnancy is not given this rate may increase . In modern medicine ferrous gluconate, ferrous sulfate is used to correct iron deficiency anaemia in pregnancy. Draw back of ferrous gluconate and sulphate is intolerance , epigastric pain , nausea, vomiting ,diarrhea , constipation, unpredictable absorption, so I select TAPYADI LOH for this study, which is pachek , Deepak , pandutvanashak , rasayan and uttam raktavridhikar. During pregnancy maternal physiology altered due to fetus , which causes disease to mother named as garbhopadrova according to Harita sumhita 1.Swas 2.Jwar 3.Harllas 4.Aruchi 5.Chardi 6. Atisar 7. Shotha 8. Vivarnatva. Vivarnata is common symptom of Garbhini pandu that mines garbhini pandu included in garbhopadrav. According to Ayurveda anaemia is rasapradoshaj vyadhi, treated with loh kalpa . Hence to overcome above problems I have decided to study the efficacy of Navayas Lohi in garbhini pandu.

**AIMS AND OBJECTIVES:**

- 1) To study in detail about garbhini pandu.
- 2) To study in detail – about effect of navayas loh in garbhini pandu .

**MATERIAL AND METHOD**

Study done on 5 patients , selected randomly in OPD of streerog and prasutitantra suffering from garbhopadrav pandu. The symptoms of pandu specially by ayurvedic view are given as below .

- 1) Vaivarnya
- 2) Aayaseshwas
- 3) Haudspandan
- 4) Dryness of mouth
- 5) Puffiness of face
- 6) Tachycardia
- 7) Akshikutshoth
- 8) Kamanada
- 9) Daurbalya

Balance raktavrudhikar ahar e.g. kharjur , mutton soup.

Follow up every 15 days.

**Criteria of selection** - 2<sup>nd</sup> and 3<sup>rd</sup> trimester ANC Age between 18-35 yrs.

- HB% in between 6.5 gm % to 10 %.
- Patient taking treatment regularly .
- **Regular** follow up.

**Drug Review** – Navayas Loh consist of following ingredients.

- 1) Triphala – Rasayan, Mrudusarak

- 2) Trikatu --- Pachak, Agnivardhak
- 3) Chitrak --- Pachak, Agnivardhak, Vatanashak
- 4) Vidang – Pachak, Krumighnya
- 5) Musta -- Deepan, Pachan, Raktajit ,
- 6) Lauh bhasma --- Haematinic, Hematogenic, Digestive stimulant. Anupan – Koshanya jal

**Clinical Trial –**

Trial conducted on 5 patients for one month duration of NAVAYAS LOH 500 mg BD .

**OBSERVATIONS AND DISCUSSION****Outcomes are ;**

- 1) Navayas loh , the trial drug contain high elemental iron 68.3% .
- 2) Average increase in HB % is 1.58 % .
- 3 ) Vaivarnya, dryness of mouth , hrudspandan , tachycardia , aayaseshwas , daurbalya – significant changes are observed .
- 4) No adverse effect of navayas loh seen in study .
- 5) It was very cost effective .

**CONCLUSION**

NAVAYAS LOH is effective drug in Garbhini pandu .

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