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EFFICACY OF DADIM AVALEHA IN THE MANAGEMENT OF GARBHINI PANDU WITH SPECIAL REFERENCE TO ANEMIA IN PREGNANCY.

Ayurveda

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ABSTRACT

Anaemia during pregnancy is defined as a haemoglobin concentration of less than 10 gm/dl. Any patient with a haemoglobin of less than 11 gm/dl to 11.5 gm/dl at the start of pregnancy is being treated as anaemic. The reason is that as the pregnancy progresses, the blood is diluted and the woman will become anaemic. The dilution of blood in pregnancy is a natural process and starts at approximately the eighth week of pregnancy and progresses until the 32nd to 34th week of pregnancy. The most common cause is iron deficiency. The growing foetus depletes what stores there are and takes priority for any iron available. Less often, anaemia in pregnancy is caused by folic acid deficiency. In some populations, as many as 80% of pregnant women are anaemic. They are generally women from lower socio-economic groups in developing countries as well as pregnant teenagers. Women who experienced heavy periods and those who became pregnant soon after the birth of a child are at particular risk of becoming anaemic in pregnancy. The symptoms such as tiredness and general weakness will be similar to those of any other type of anaemia. In severe cases, the woman will be short of breath even at rest. If the anaemia is prolonged, other signs of iron-deficiency anaemia may develop such as a smooth shiny tongue and tenderness of the skin at the corners of the mouth. However, these advanced signs are rare. There are so many references present in ayurvedic classics of Garbhini pandu. Pandu means pallor of body which can be correlated with 'Anaemia' of modern science. There are various references present in ayurvedic classics which indirectly denote Garbhini Pandu. AcharyaCharaka in ShariraSthana has explained about Balavarnahani of Garbhini in 6th month of pregnancy. It can be considered as reference for Garbhini Pandu. The line of treatment in Panduroga is shodhana, as it is contraindicated during pregnancy appropriate shamana treatment has to be adopted.

KEYWORDS

CASE-

PATIENT NAME- XYZ
AGE - 25 yrs.SEX- Female
Occupation- House wife

C/O
- Excessive sleep
- Giddiness
- Generalized weakness
- Loss of appetite.

all complaints since 1 month

Primi with 18 weeks
LMP- 05/10/2017
EDD- 12/07/2018
M/S- 3 years back
Menarche- 14th years of age
Pa/M/H- Regular
C/H- No history of contraception
Obs/H- G1-P0-A0-L0-D0
G1- Present Gravida

Gen/H- Medicinal history-No K/C/O- DM/HTN/PTB/BA/Epilepsy.
No H/O- Any Drug Allergy/ Other Illness.
Surgical history- No history of any surgical illness

O/E-
GC-Fair & Afebrile
P-96/minBP-90/60 mm of hg
S/E- RS- AEBE Clear.
CVS-S1 & S2 Normal
CNS-conscious & oriented

P/A- Uterus- 18 weeks palpable
FHS- 142/min (V1)
Fetal Movement- Positive
Lie- Unstable

No Bipedal edema

INVESTIGATIONS-

05/02/2018 (Before Treatment)
Hb-8.6%;RBC-2.59; WBC-5.17;
SGOT – 23.40, SGPT- 21.20,
Total bil. – 0.8 Direct Bil. – 0.4,

15/05/2018(After Treatment)
Hb-9.9%; RBC-3.12 WBC-4.16

Sr. Creat. –0.8,
HIV, VDRL, HbsAg –Negative

USG (pelvis) – (05/02/2018) –
Primi with17.5 weeks with single viable intra uterine gestation.
FHR- 150 bpm.
Liquor adequate.
Placenta- Posteriorly.
Internal Os – Close.
Cervix length- 3.5cm.
EFW- 277 gm.
EDD by Usg 16/07/2018.

TREATMENT GIVEN-

Syrup Dadimavaleha – 20ml BID × 3 months.

AFTER TREATMENT-

Appetite was increased, generalized weakness was decreased, patient has no giddiness. Hb level gets increased by 1.3 gm/dl in 3 months.

DISCUSSION AND CONCLUSION-

Dadimavaleha is explained in Yogratnakar Samhita in Atisara chikitsa. The contents of Dadimavaleha mainly acts as Agnivardhaka. It means that ultimately works on Rasa Dhatu. As rasa dhatu formed in well manner, itwn quality.'s ultimate synthesis Rakta dhatu is pure and possessing. The contents of Dadimavaleha also acts as Raktashodhaka and Raktasaraka. According to Yogratnakar it acts as appetizer, anti-emetic, diuretic. Useful in Anemia and Hyperacidity.

The case highlights the fact that confidence can be placed in Ayurvedic treatment principles even in a case where modern medicines progress is less effective as compared with Ayurvedic Medicine. The patient was diagnosed in Ayurvedic term and treated accordingly. From above case it can be concluded that Dadimavaleha is useful in the treatment of Anemia in Pregnancy.

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