

**" EFFICACY OF MANDURBHASMA AND PANCHATIKTA GHRITA MATRA BASTI IN PANDUROGA "**

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**ABSTRACT**

*Panduroga* is more prevalent disease so it is given much importance to its treatment. *Ayurveda* explained array of curative treatments for this disease. Though the Allopathic medical science explained this disease caused by deficiency of iron in the blood and its main etiological factors as malnutrition. This is the reason *Ayurveda* not only advocates various herbs and herbo-mineral compounds as therapeutic agents which many a times contains element of iron but it also advocates certain therapeutic modalities that have got ability to correct the metabolic disfunctions in the body. Among such modalities *Panchatiktaghrita matra basti* is done to eliminate metabolic derangements contributing to the genesis of *Panduroga*. Thus I have selected this comparative study "clinical study on efficacy of *mandurabhas* and *panchatiktaghrita matra basti* in *Panduroga*".

The procedure of purification of *Manduraloha* to be used as medication is relatively simpler than the process of other lohas like *Teekshnaloha* and *Kantaloha*. Preparation of *Mandurabhasma* requires minimal putas and is simpler. Finally the cost effectiveness of *Mandurabhasma* is far minimal than any other *lohabhasmas*. Owing to all these additional benefits of *Mandurabhasa*, it not only proves to be a choice of drug in the treatment of *Panduroga* but also proves to be a doctor's and patient's friendly medicament.

30 patients of *Panduroga* of different age and sex groups have been selected for the present study. Among which 15 patients were treated by *Mandurabhasma* alone while the remaining 15 patients were first given *panchtiktaghrita matra basti* followed by *Mandurabhasma*.

**Keywords:** *Panduroga, Mandurabhasma, Panchatiktaghrita, Matrabasti, Varnopalakshita Roga, Anaemia.*

**INTRODUCTION**

*Panduroga* (Anaemia) is one of the commonest and most prevalent diseases known to mankind since time immemorial. The reference of this disease is seen even in Vedas. *Panduroga* appears to be common in humans irrespective of age, sex and religion. However it is more frequently seen as the result of under nourishment of the body from different reasons, among which malnutrition is the most common factor. As these two factors seem to be more common in children and women the *Panduroga* is prevalent in them. As the disease is known since quite a long period of time there have been many attempts to treat this condition from time to time. *Ayurveda*, an age old life science, has explained this disease and its treatments in its own uniqueness. *Panduroga* is explained as a *raktadhatujanya vyadhi*. That means the various etiological factors vitiates *Tridoshas* which in turn vitiates *Raktadhatu*, disturbing its functions and

reducing *Raktadhātu* in terms of its quantity and quality<sup>1</sup>. All these pathological changes together produce various signs and symptoms of *Panduroga* (Anemia). Further, *Ayurveda* considers *Panduroga* as a separate pathological entity in addition to considering it a symptom of many other diseases. *Ayurveda* emphasizes which means 'the blood is life'. Further it also emphasizes the role of iron in the formation and functions of *Raktadhātu* in the body. This is evident from the fact that *Ayurveda* has quoted the word *LOHITAM* - as synonym of *Raktadhātu*. The word *Lohitam* means the one that contains *Loham* i.e. Iron<sup>2</sup>. Therefore *Ayurveda* stressed not only the significance of early treatment of *Panduroga* but also the significance of use of elemental iron in its treatment. Therefore it has explained various single and compound drugs that contain mainly iron, different modalities to regulate metabolic activities of the body and there by curing the disease<sup>3</sup>. *Panchatikta ghrita* is also explained by *acharya* in *panduroga*<sup>4</sup>. It contains 5 drugs (Nimba, Vasa, Patola, Guduchi, Kantakari) which are predominantly *tikta rasatmaka*, they are helpful in *Raktavaha strotas*. Mainly it acts as in liver metabolism which are *moolsthan* of *Raktadhātu*<sup>5</sup>.

### Objective of the study

Objective of this present study was not only to evaluate the efficacy of *Mandura bhasma* in *panduroga* but also to evaluate the efficacy of *Panchatikta ghrita matra basti* in alleviation of metabolic disorder that often seen obscure but contributing to the genesis of the disease. 30 patients of *Panduroga* selected for this study were administered *Mandurabhasma*, 15 patients of them were administered it only after *Panchatiktaghrita matra basti*.

### MATERIALS AND METHODS

The patients of *Panduroga* of different duration and age were selected. The age groups that fall below the age of 15 years and above the age of 55 years are omitted from this study. All the patients were categorized into two groups:

- (i) *Panduroga* with short duration and devoid of apparent signs and symptoms of metabolic problems.
- (ii) *Panduroga* with relatively long duration and associated signs and symptoms of metabolic disorders.

The first groups of patients were given *Mandurabhasma* alone while the second groups of patients were given *Panchatikta ghrita matra basti* and *Mandurabhasma* was administered.

### Selection of Cases

The patients suffering from *Pandu roga* selected from the O.P.D. of Y.M.T. Ayurvedic medical college, hospital and Research Centre, Kharghar, Navi Mumbai, India.

**Group A** : 15 registered patients were recommended only *Mandura bhasma*.

**Group B** : 15 registered patients were recommended *Mandura Bhasma* and *Panchatikta ghrita matra basti* at Y.M.T. Ayurvedic Medical College and Hospital, Kharghar, Navi Mumbai, India.

### Dosage and Duration of trail:

**Mandoor bhasma** - 1.00 gm to 2.00 gm/day in divided doses (thrice a day) given for 30 days.

**Panchatikta ghrita matra basti** - 60 ml once in a day for 30 days.

**Assessment criteria**

Two types of parameters were included.

(a) **Subjective parameters:** Relief of clinical signs and symptoms.

(b) **Objective parameters:-**

Hb % Gm

**OBSERVATIONS AND RESULTS:**

**Table 1 : Symptomatic Relief % after taking *Mandura Bhasma***

Symptoms	B.T	After treatment (A.T)			Relief %
		10 days	20 days	30 days	
Pallor	20	15	10	2	90%
Weakness	20	10	8	3	85%
Leanness	17	13	10	9	47.06%
Palpitation	16	12	10	8	50%
Hrit-Peeda	8	6	3	2	75%
Breathlessness	18	12	9	4	77.77%
Heaviness	11	6	5	3	72.72%
Gatrasatva	12	10	7	6	50%
Vertigo	7	4	3	1	85.71%
Drowsiness	18	10	4	2	88.88%
Shishirdvesh	13	11	11	6	53.85%
Karna Kshveda	2	2	1	1	50%
Shrama	17	12	6	4	55%
Shodha	14	12	7	7	50%
Shirnalomta	1	1	1	1	0%
Alasya	15	12	9	8	55%
Lumbago	17	15	14	7	58.52%
Padashula	11	10	8	4	63.6%
Slow-talk	8	8	8	7	12.5%
Cramps	13	11	8	5	61.54%
Anna-dweshha	19	16	11	5	73.68%
Jwara	0	0	0	0	0%
Anga sadana	6	6	5	4	33.3%
Kopnatva	4	3	1	1	25%
Netrasodha	6	6	2	1	83.33%

**Table 2 : Symptomatic Relief % after using *Mandura Bhasma* and *Panchatikta ghrita matra basti*.**

Symptoms	B.T	After treatment (A.T)		Relief %
		10 days	20 days	
Pallor	10	7	0	100%
Weakness	8	9	0	100%
Leanness	4	4	2	50%
Palpitation	8	6	0	100%
<i>Hrit-Peeda</i>	5	1	0	100%
Breathlessness	8	0	0	100%
Heaviness	3	1	0	100%
<i>Gatrasatva</i>	5	0	0	100%
Vertigo	7	7	3	57.14%
Drowsiness	8	3	0	100%
<i>Shishirdvesh</i>	7	1	0	100%
<i>Karna Kshveda</i>	7	3	2	71.43%
<i>Shrama</i>	5	4	1	30%
<i>Shodha</i>	8	3	0	100%
<i>Shirnalomata</i>	2	1	0	100%
<i>Alasya</i>	8	2	0	100%
Lumbago	0	4	0	100%
<i>Padashula</i>	5	5	0	100%
Slow-talk	2	2	2	0%
Cramps	6	6	4	33.33%
<i>Anna-dweshha</i>	8	0	0	100%
<i>Jwara</i>	0	0	0	0%
<i>Anga sadana</i>	3	3	0	100%
<i>Kopanatva</i>	4	4	3	25%
<i>Netrashodha</i>	1	1	0	100%

**Table 3 : Hb gm% improvement after using *Mandura Bhasma* only**

Patient Reg.No.	B.T. Hb gm%	A.T. Hb gm%	Relief %
123242	10	11	10
120366	11	11.2	1.8
125876	10	11	10
121255	9.4	10.2	8.5
120443	10	11	10
123187	6.2	7.5	20.9
123259	9	10	11
124310	9.4	10.5	11.7
124925	6	7.2	20
127413	9.6	11	14.5
131038	9.8	10.8	10.2
137920	9.6	10.8	12.5

**Table 4 : Hb gm% improvement after using *Mandura Bhasma* and *Panchatikta ghrta matra basti*.**

Patient Reg.No.	B.T. Hb gm%	A.T. Hb gm%	Relief %
104556	9.8	11.2	10.2
125631	10	11.5	15
128729	8.5	10	17.64
127324	8.2	10.4	26.82
129657	8	10	25
123473	9	11	18
127932	7.6	10	31.5
120938	8.5	10	17.64
112743	8	10.2	27.5
125447	8.2	10	22.5
122998	9.5	11.8	24.2
129655	8	10.5	31.2
118900	11.5	13	13.04
125691	10	12.6	26
121437	7	9.5	35.07

## DISCUSSION

In this discussion , Iron is absorbed more easily in its Ferrous form, and Ferrous ions are formed in the Acid conditions of gastric contents. Hence, the formulations like *Panchatikta ghrta*, which contains *Panchatikta dravyas ( Nimba, Patol, Vasa, Guduchi, Kantakari)*. It helps to develop that media which can improves the iron absorption at gastric level and also acts as a carminative, which reduces the Mal-metabolism of food and body tissues (*Rasa-Raktadi dhatu*). *Panchatikta* facilitates for better working by its Carminative, Digestive effect. *Mandoor bhasma* contains lots of iron, but only with the help of iron we can not treat metabolism very well. So i started to do work with *Mandoor bhasma* and *Panchatikta ghrta*. Because of that study we got better results as per follows :

**Complete relief:-** The relief of >70% of symptoms of *Pandu* (Anaemia) assume complete relief.

**Moderate relief:-** The relief of 40-70% of *Pandu* (Anaemia) symptoms assume Moderate relief.

**No-relief:-** The relief of symptoms < 30% of *Pandu* assume No-relief.

**Table 5 : Showing No. of Patient and % of Relief from the Diseases**

Sl.No	Results	No. of Patients	Percentage ( % )
1.	Complete Relief	18	66%
2.	Moderate Relief	11	36.67%
3.	No-Relief	1	3.33%
<b>Total</b>		<b>30</b>	<b>100%</b>

75.6% of relief is observed in patients who took *Mandura bhasma* undergoing with *Panchatikta ghrita matra basti* while 54.4% of relief is observed in patients who took *Mandura bhasma* alone.

#### CONCLUSION

We got the following facts after studying the effect of *Mandura bhasma* and *Panchatikta ghrita matra basti* in *Panduroga*.

As it is evident from the above Table 15 that the hemoglobin % estimated before and after the treatment with *Mandurabhasma* and *Panchatikta ghrita matra basti* shows significant improvement. However the patients who treated with *Mandura bhasma* without *Panchatikta ghrita matra basti* show less significant improvement in terms of overall improvement of health and general condition of the patient.

Thus it seems that apart from correcting deficiency of hemoglobin correction of underlying metabolic disturbances is more important and plays a key role in the management of *Panduroga*. Thus *Mandura bhasma* as a drug of supplementation and *Panchatikta ghrita matra basti* as a procedure for correction of metabolism play a prime role in the management of *Panduroga*.

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