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## *Ayurvedic* Treatment in iron deficiency anemia; a case study

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### **Abstract:**

*Faulty food habits and changed lifestyle had given rise to many deficiency syndromes and disorders. Iron deficiency anemia is one such disorder prominent in developing countries like India and primarily detected in fertile females. Here complete Ayurveda perspective for the underlying disorder – Pandu, by taking into consideration the Rasa – Rakta Dhatu, its Mool Sthana – Yakrut and other factors are been studied. Also the treatment protocol is designed accordingly with some single herbs such as Dadimadi Ghrit and Arjuna along with Mandura Raja. A case is treated with mentioned view of management and results were satisfactory.*

**Keywords:** Pandu, Rasa – Rakta Dhatu, Dadimadi Ghrit, Mandura Raja

### **Introduction:**

Fast food culture had resulted in number of deficiency syndrome and also metabolic disorders. According to modern science the deficiency of any element in the body is primarily due to lower or ceased intake of its source and also inability of body to assimilate and absorb the specified element. Thus end up in increasing the supply of that element in form of medication. On the other hand Ayurveda has a completely different and holistic perspective for such conditions. Ayurveda had described similar conditions under the title of *Pandu Vyadhi*. In this *Vyadhi*, there is vitiation of *Pitta Dosha* and along with *Vatadi Dosha* it gets circulated all over the body. It gets seated in *Kapha Sthana*, *Twacha*, *Mamsa* and *Meda*. And there it exhibits the vitiated *Pitta* signs and symptoms. This causes the pale colour of skin or *Pandu Varna* hence termed as *Pandu Vyadhi*. *Acharya Sushruta* had described that the *Rakta dhatu* becomes low in quality and thus resulting in reduced bold

functionality all over the body. Here we can correlate this condition with low hemoglobin levels in blood. A case is studied and treated accordingly to observe the outcome of the treatment protocol.

### Case study-

Name – abc

Age – 35 years

Sex – female

*Prakruti; Pitta – Vata*

**History** – diagnosed as iron deficiency anemia with low levels of Hb. By modern allopathic practitioner. Had taken the modern medication of iron supplements and other drugs for two to three months for 3 times in past two years. Presently suggested for blood transfusion as the Hb level was very low, but patient refused to undergo the procedure and opted for *Ayurvedic* treatment.

### Presenting signs and symptoms –

Breathlessness on exertion – 5 months

Heaviness in body – 3-4 months

Swelling on the face and extremities – 3 months

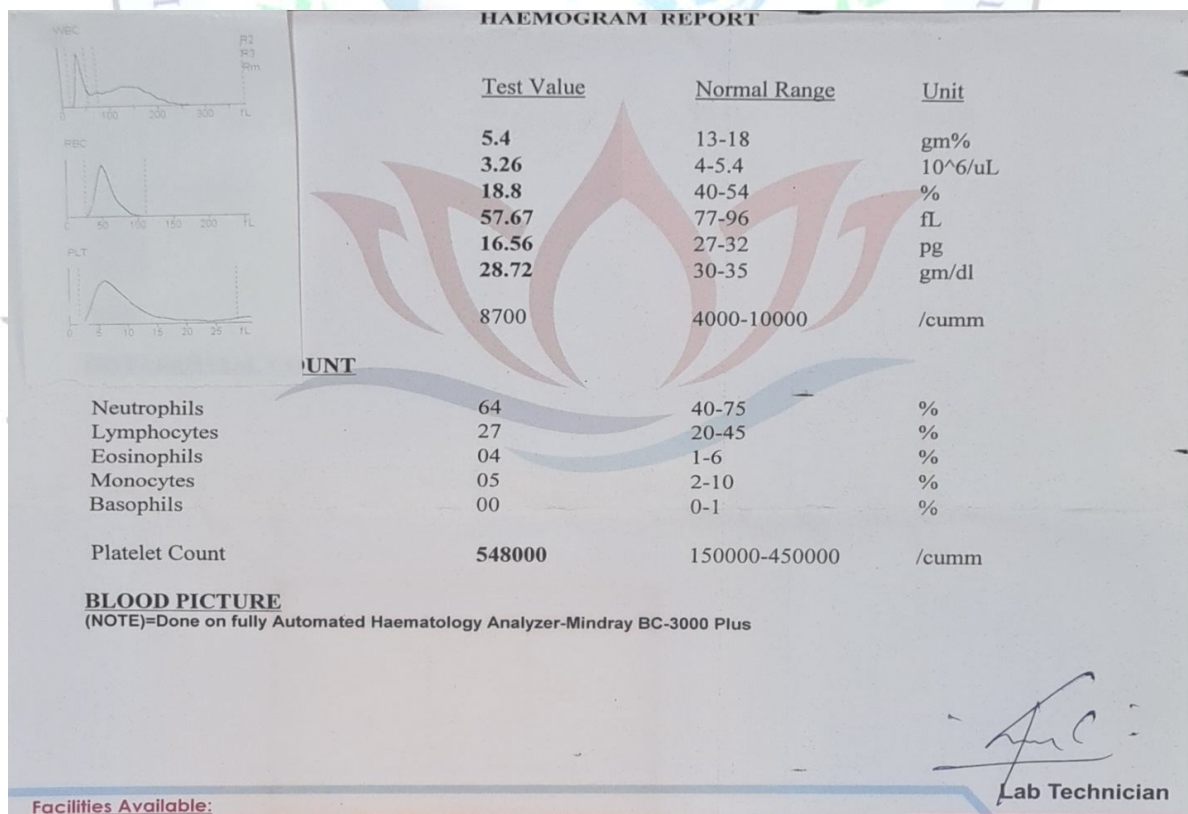
Pain in both the legs – 5 months

Fatigue - 4 months

Increased sensitivity towards light and sound – 5 months

### On investigation –

Blood reports before the *Ayurvedic* treatment –



**Treatment protocol –**

- a) *Nidan parivarjan*
- b) *Prakruti – Pitta – Vata*

On the basis of *Prakruti*, treatment included *Pitta* pacifying and *Vata* balancing procedures and drugs.

- c) *Pachana - Deepana* – as this is result of *Aam* formation, here *Pachana* and *Deepana* is undertaken.
- d) Procedure – *Abhyanga* (whole body massage) with sesame oil daily for 7 days followed by part massage (soles of foot and lumbar region) for rest of treatment period i.e. for 1 month
- e) Drugs used –
  1. *Dadimadi Ghrut* – 5ml three times before food. – For one month.
  2. *Amla + Yashti + Arjuna* (3gm) + *Mandura Bhasma* 125 mg – along with honey and ghee two times after food.– For one month.

**Probable mode of action –**

In Ayurveda the treatment is designed on specific set of principles. It includes *Nidan parivarjan* – avoiding use of causative factors which are responsible for formation of disease. In the following case use of spices in food and untimely food habits which were responsible for aggravation of *Pitta* as well as *Vata dosha* were avoided. Also moderate exercise was added to the daily routine for 30 min.

From *Hetu sevana* to formation of a disease, the pathological sequence – *Samprapti* was observed and treatment accordingly was designed.

1. *Dadimadi ghrut* – (*Ashtanga H. Pandu Chikitsa*) it is a prime drug used in treatment of *Pandu Vaydhi*. In *Pandu* there is primarily the vitiation of *Pitta Dosha* and *Ghrut* is said to be the best medium to pacify the vitiated *Pitta Dosha*. It also act on *Jatahargni* and thereby helps to produce optimum quality of *Rasa Dhatu*. This *Rasa Dhatu* then further nourishes and produce *Prakrut Rakta Dhatu*. Here the symptom of increased sensitivity is checked by optimum quality of *Rasa Dhatu*. While the Fatigue, heaviness in body and pain in legs are pacified by replenishing and strengthening other *Dhatu*.
2. *Amla + Yashti + Arjuna* (3gm) + *Mandura Bhasma* 125 mg – it is mentioned in *Ashtanga Hrudaya* that *Mandura* or *Loha* which is purified in *Gomutra* is beneficial in all types of *Pandu*. Hence the *Gomutra Siddha Mandura Bhasma* is taken and mixed with given powders. Other symptoms of weakness and fatigue are relieved by this *Aushadhi Yoga*. It also pacifies vitiated *Pitta* and *Vata Dosha*. Along with it, it also helps in increasing the digestive fire – *Jatharagni*. The *Rasa, Rakta, Mamsa, Meda* and *Aba Dhatu* are nourished and thereby attain its optimum level. It acts on *Raktavaha Mool Sthana* i.e. *Yakruta* and by its result tend



considering all aspects of the disorder and thereby addressing the present issue.

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