

 <p>ISSN NO. 2320-5407</p>	<p>Journal Homepage: - www.journalijar.com</p> <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</p> <p>Article DOI: 10.21474/IJAR01/12933 DOI URL: http://dx.doi.org/10.21474/IJAR01/12933</p>	 <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR) ISSN 2320-5407</p> <p>Journal Homepage: http://www.journalijar.com Journal DOI: 10.21474/IJAR01</p>
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RESEARCH ARTICLE

AYUVEDIYA APPROCH TOWARD IRON DEFICIENCY ANAEMIA - A CASE STUDY

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Manuscript Info

Manuscript History

Received: 25 March 2021
Final Accepted: 29 April 2021
Published: May 2021

Key words:-

Iron Deficiency Anaemia, Pandu Roga

Abstract

Iron deficiency anaemia is a common type of anaemia – a condition in which blood lacks adequate healthy red blood cells. Anaemia symptoms like leave tired and shortness of breath. In *Ayurveda*, this can considered under the heading *Pandu roga*. A case of Iron deficiency anaemia with *Ayurveda* treatment was discussed here.

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Introduction:-

Iron deficiency anaemia is a common type of anaemia – a condition in which blood lacks adequate healthy red blood cells^[1]. Anaemia symptoms like leave tired and shortness of breath. In *Ayurveda*, this can considered under the heading *Pandu roga*^[2]. A case of Iron deficiency anaemia with *Ayurveda* treatment was discussed here.

Case Report

A 40 years old Hindu married male patient residing *Kayachikitsa* IPD of GAAC, Ahmedabad, Gujarat, India on dated 11/10/2019 (Reg. No. 1271-IPD, 31361-OPD) with complaints of *twaka, netra, nakha- panduta, shwasa kashata, Daurbalyata, Jwaranubhuti, Hasta-pada vedana, Rukshyata* since 20-25 days. Frequency of stool 1-2 times/day. Sleeping pattern was disturbed. Patient has history of intake alcohol since last 20 yrs but withdraw 3 month ago. There was no significant family history.

General examination-

Vitals was medium built, pallor ++, non-icterus, non cyanosed. His pulse rate was 98/min fable pulse. BP- 80/60 mm Hg and respiratory rate 22/min with 99.9 F body temperature. The skin, mucous membrane and nails were pale yellow.

Systemic examination-

GIT examination showed mild tenderness in the right hypochondriac region. There was no any abdominal mass was reported. Case was taken up and essential investigations were suggested to patient like complete blood count, ESR and Liver function tests was done. CBC showed anaemia and Liver function tests showed S.G.P.T raised.

Present history-

According to patient he was asymptomatic before 1 month. About 1 month back patient suffered from *twaka, netra, nakha- panduta, shwasa kashata, Daurbalyata, Jwaranubhuti, Hasta-pada vedana, Rukshyata*. No allopathy medicine taken by patient.

Past history- No H/O – HTN, DM

Jaundice- 20 to 25 years ago

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Showing Blood investigation reports before, during & after treatment.

Table no.2:- Showing blood investigation changes as with follow up.

Investigation	18-10-19	22-11-2019	23-12-2019
Billirubin -			
Total	1.39	1.2	1.1
Direct	0.71	0.37	0.21
Indirect	0.68	0.83	0.81
S.G.P.T.(ALT)	35.78	23.47	12.1
S.G.O.T.(AST)	22.2	20.2	18.2
Haemoglobin	4.6	5.7	8.5
RBC Count	1.14	1.29	1.82
WBC Count	2700	5500	4800
Platelet Count	112000	170000	299000
PCV	14.1	17.6	26.1
MCV	124.0	136	143.4
MCH	40.4	44.2	46.7
RDW	30.5	31.1	26.7

Discussion:-

As per *prakruti* of patient is *Vata-pitta pradhana* and the patient had a history of alcohol consumption last 20 year and alcohol (*Madhya*) is *pitta prakopaka* and *pandu roga* is *pitta pradhana vyadhi*. So treatment plan keep in mind here as like – *rakta-pitta shamaka, yakruta uttejaka, Rasayana karma*.

Pitta and *rakta* have *aashraya-aashraya bhava* so *prakupita pitta* leads to *dushti* of *rakta dhatu* so *dushita rakta dhatu* leads to develop *pandu roga*(Iron deficiency anaemia).

The disease anaemia is curable. Here some preparation selected on the basis of involvement *dosha, dushya* of the disease.

Guduchi^[3] having *tikta rasa pradhana, madhua vipaka ushna veerya, rasayana, Agnideepana, tridoshashamaka, rakta-pitta shamaka, yakruta uttejaka, panduroga nashaka* etc. According to modern research criteria also used as antioxidant, hepatoprotective, immune-modulatory action.

In *Navayasa lauha*^[4] contain *Triphala, Trikatu, Trimada & Lauha bhasma*, which having *Deepana, rasayana property* & specially indicated in *Pandu roga Lauha bhashma* plays important role in Iron deficiency anaemia. Effectiveness of *lauha bhashma* to increase blood haemoglobin level has been proved.

Arogyavardhini vati^[5] having *Parada, Gandhaka, Loha, Abhraka, Tamra* etc & high concentration of *Katuki*, mostly used herb in liver diseases. *Arogyavardhini vati* have *Rakta-pitta shodhaka, yakrut-uttejaka* property.

Sudarshana ghanavati^[6] is *tikta rasa pradhana dravya* other various property of these drug is *pittashamaka, rakta prasdana, yakruta uttejaka* etc.

Mahamanjisthadi kwatha^[7] having *Rakta-pitta shamaka, Yakruta uttejaka, rasayana* property

Yashtimadhu^[8], *Vasa*^[9], *Shatavari*^[10], *punarnava*^[11] having *Rakta-pitta shamaka, rasayana* property & various pharmacological activities like hepato-protective, anti-thrombotic, antioxidant etc.

Kalmegha^[12]- *tikta katu rasa pradhana dravya* having *Rakta-pitta shamaka, Yakruta uttejaka, rasayana* property & various pharmacological activities like hepato-protective, anti-thrombotic, antioxidant etc. & very well known drug used in liver disease as per *Ayurveda* context.

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9. Ibidem *Bhavaprakasha Nighantu Guduchyadi Varga* 89-90 ; pg 306
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