

A Clinical Management of Pandu with Yashtimadhu Shamanaga Snehapaana: A Case Study

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Abstract – As per Acharyas, Panduroga is a disease condition where aggravated Tridoshas predominantly Pitta Dosha affects Dhathus causing deterioration of Varna and Bala thereby suffering with Alparaktha, Alpamedas, Nissara, Indriyadourbhalya, leading to Twak Vaivarnyatha or Pandutha. In contemporary science, Pandu Lakshanas can be found similar to the symptoms of Anaemia, a medical condition caused due to decrease in the total amount of Red Blood Cells or haemoglobin in the blood. According to Global data epidemiologist analyzation- 2017, India has highest prevalence of iron deficiency anaemia at 39.86%. Though there has been research in various system of medicine, this disease still remains as a challenge to the medical world. According to Charaka, Ghritha is Uttamasneha and possess the actions of Pitta-Anilahara, conducive to Rasadhathu, Shukradhathu, Ojas and indicated for Ksheena and Abala. On observing the Yogas suggested by Acharyas for Pandu Roga Chikitsa, a large number of them were Ghritha Yogas suggesting the ability of Ghrithas to deal with Panduroga. Yashtimadhu (Glycyrrhiza glabra), can be seen as one of the most common ingredient in many Panduroga Chikitsa Yogas. So the present case study is designed to know the individual efficacy of Yashtimadhu Ghritha as Shamanaga Snehapaana in the management of Panduroga and is found effective in managing Vatadhikya Panduroga

Keywords – Iron Deficiency Anaemia, Panduroga, Shamana Sneha, Yashtimadhu Ghritha

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1. INTRODUCTION

In Panduroga, Pitta being forcefully propelled by Vayu enters into the 10 vessels attached to Hridaya and circulates in the entire body. Being located between the skin and the muscle tissue, this aggravated Pitta vitiates Kapha, Vayu, Raktha, Twak and Mamsa as a result of which different types of discolouration like Pandu, Haritha, Haridra are appeared on skin. Pandu is a disease mentioned in Ayurveda classics characterized by pallor of the body with other Lakshanas like Dourbalya, Hridaya Spandana, Swaasa, and Gaatrashoola [1]

Classical sign of this disease is similar with features of Iron deficiency Anaemia, which is the most prevalent nutritional deficiency disorder in the world. [2] In this disease there will be reduction in haemoglobin, number of RBCs per mm³ of blood and quantity of Hb% resulting in pallor of the skin.[3] Globally, anaemia affects 1.62 billion people, which corresponds to 24.8% of the population.[4] Pandu Roga Chikitsa includes both Shamana and Shodhana

Chikitsa. In Bahudoshavastha Theekshna Shodhana is indicated. In Alpa and Madhyama Doshaavastha Shamana is ideal.

According to Charaka, Ghritha possess the actions of Pitta-Anilahara, conducive to Rasadhathu, Shukradhathu and Ojas. It is Nirvapanam (cooling), Mrdukaram (softening) and Swaravarnaprasaadanam (clarity of voice and complexion). Ghritha is indicated for people who are Ksheena and Abala. Moreover Charaka considers Ghritha as Uttamasneha due to its power of effective assimilation with the properties of other drugs with which it is processed with (Samskaarasya Anuvartanaath) .On observing the Yogas suggested by Acharyas for Pandu Roga Chikitsa, a large number of them were Ghritha Yogas suggesting the ability of Ghrithas to deal with Panduroga. [5-6]

Yashtimadhu ^[7](Glycyrrhiza glabra) being Madhura(dominantly) Thiktha Rasa, Snigdha Guna, Sheetha Veerya, Madhura Vipaka possess Karmas

such as Vata-Pittahara and Balavarnakara can be seen as one of the common ingredient in many of the Pandu Roga Chikitsa Yogas. It is also a Medhya Rasayana Dravya.

2. AIM

To understand the efficiency of Yashtimadhu Ghritha as Shamananga Snehapana in the management of Pandu Roga (w.s.r to Iron deficiency anaemia) through clinical study.

3. CASE STUDY

- 3.1) Personal Information:** A 38 years old female patient, daily wage worker by occupation with a height of 150 cm and weight of 40kg
- 3.2) Presenting complaints:** The patient complaints of excessive tiredness, muscle cramps, difficulty in doing daily activities, breathlessness, loss of appetite and palpitation since around 5 months.
- 3.3) History of present illness:** The patient was apparently well before 5 months. Since then, she started getting excessively tired after returning from work. She started suffering from muscle cramps and shortness of breath on doing strenuous work which worsened day by day. Loss of appetite and palpitation are associated complaints.
- 3.4) History of past illness –** H/O Hysterectomy 1 year ago
- 3.5) Family History –** No members in family have similar complaint.
- 3.6) Personal History:** Bowel- Normal Appetite- Less Micturition-Normal Sleep- Normal Diet – Mixed Addictions- Nil
- 3.7) Drug History:** Non-Diabetic, Non-Hypertensive
- 3.8) Clinical Examination**
- a) General Examination:** Temperature – 37.2°C
Pulse- 68/min
BP-100/70mmHg Lymphadenopathy- Absent
Oedema- Absent
Icterus- Absent Cyanosis- Absent Pallor- Present
- b) Systemic Examination –** No abnormalities detected in any system
- 3.9) Laboratory Investigation Suggested –** Hb, Complete Blood Count

4. DIAGNOSIS:

Vatadhika Pandu (Iron Deficiency Anaemia)

5. TREATMENT PLAN:

Intake of Shamanaanga Snehapana of Yashtimadhu Ghritha (approximately 15 ml) at empty stomach in early morning for 21 days.

6. METHOD OF ASSESSMENT OF CLINICAL RESPONSE

For the purpose of statistical assessment of results some grades and grade points considering the severity of different clinical features, and laboratory findings have been used as follows:

Clinical Parameters

(1) Pandutha:

- Pandutha present in Nayana, Twak, Sira, Mootra & Pureesha (4to6 sites)-3
- Present in 2 or 3 sites-2
- Present in any one site-1
- Not present-0

(2) Pindikodweshtana:

- Not present-0
- Mild leg cramps only at night-1
- Leg cramps present in night or on exertion, needs medication-2
- Leg cramps present throughout the day-3

(3) Shwasa:

- Not present-0
- Shwasa on heavy work or play unaccustomed-1
- Shwasa on moderate work or play accustomed-2
- Shwasa on light work or play-3

(4) Agnisada:

- Not present-0
- Present, hungry dislike food-1
- Present, hamper daily activity-2

- Present, hamper daily activity-3
- (5) Daurbalya:**
- Not present-0
 - Daurbalya present, routines not hampered.-1
 - Daurbalya present, routines hampered-2
 - Daurbalya always present, routines hampered -3

- (6) Aruchi:**
- Absent-0
 - Occasional-1
 - Intermittent-2
 - Present always-3

- (7) Gaurava:**
- Absent, routine not hampered-0
 - Occasional, routine not hampered-1
 - Intermittent, routine hampered-2
 - Present always, routine hampered-3

- (8) Hridrava:**
- No Palpitation-0
 - Palpitation on Unaccustomed activity-1
 - Palpitation on accustomed activity-2
 - Palpitation at rest-3

- (9) Shirashoola:**
- No pain-0
 - Bearable, doesn't affect routine-1
 - Appears frequently and affects routine-2
 - Severe pain-even Disturbs sleep-3

- (10) Brama:**
- Absent
 - Present can perform daily activity (accustomed)
 - Appears frequent, difficulty in performing daily activity (unaccustomed)

- Severe, unable to do daily activity
- (11) Shrama:**
- Absent-0
 - Present, perform daily activity (accustomed)-1
 - Appears frequently, perform daily activity-2
 - Severe, daily activity reduced-3

- (12) Arohanayasa:**
- Absent-0
 - Stepping up to >20 steps--1
 - Between 10-20 steps-2
 - Less than 10 steps-3

Table No: 1: Scale for evaluating total effect

Total Effect	Relief in %
Guna Alaabha	0%
Kinchit Shaman	1-30%
Amshika Shaman	31-60%
Prayika Shaman	61-99%
Shamana	100%

7. OBSERVATIONS

Table No: 3-Evaluation of improvement of subjective parameters based on grading scale

S. No.	Lakshana	Before Treatment	After Treatment	At Follow Up
01.	Pandutha	2	1	0
02.	Pindikodweshtana	2	0	0
03.	Swasa	2	2	2
04.	Daurbalya	2	0	0
05.	Aruchi	0	0	0
06.	Gaurava	0	0	0
07.	Hridrava	2	0	0
08.	Shirashoola	2	1	1
09.	Agnisada	2	1	1
10.	Bhrama	0	0	0
11.	Shrama	2	1	0
11.	Shrama	2	1	0
12.	Arohanayasa	2	1	0

Table No: 5 Evaluation of improvement of objective parameter based on grading scale

Hb%	BT	AT	AF
	10.6	11	11.6

8. RESULT

- The patient had Praayika Shaman of Lakshanas (75%).

- The patient did not develop any complications or any untoward symptom or any side-effects during the course of treatment and therefore it can be concluded that treatment modality is safe and is of therapeutic value.
- The therapeutic effects like normalcy of Agni and gain of strength are due to decrease of Pandu symptoms. The ultimate effect will be correction of correction of Agnimandya and correction of physiology of Dhathus.

9. DISCUSSION

Probable mode of action: Yashtimadhu Ghritha consists of Yashtimadhu and Ghritha, which are mainly Vata-Pittahara in nature. Yashtimadhu possess Madhura Tiktha Rasa which pacifies Pitta .Its Gunas are Guru, Snigdha which contradicts Laghu, Tikshna Guna of Pitta. Its Sheetha Veerya aids in Shamana of the Ushna Veerya of Pitta. Vipaka being Madhura also contributes to Shamana of Pitta. The Guru Snigdha Guna also pacifies the vitiated Vata. As per Charaka, Yashtimadhu is a Dravya mentioned under Shonithasthaapana Gana. Moreover Yashtimadhu is a Medhya Rasayana Dravya. Ghritha is also known as Paramaushadi for Pitta. Along with this Ghritha has Deepana-Pachana property which helps in restoring the Agni eventually leading to the cure of the disease. As per Charaka, Ghritha possess unique property called 'Samskaarasya Anuvarthanaath', i.e. it enhances the quality of the drug with which it is processed with. So when Yashtimadhu is processed in Ghritha which is also of Madhura Rasa, Sheetha Veerya, Guru, Snigdha Guna and Vata-Pittahara Karma, the quality of our drug on treating Pandu is enhanced in total.

CONCLUSION

Yashtimadhu Ghritha being Snehana, Deepana, Balya and Ojasya in nature, it can be concluded that it is clinically effective in treating Vatadhikya Panduroga.

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