

THE EFFICACY OF DHATRILOHAM IN PANDU W.S.R TO IRON DEFICIENCY ANAEMIA IN SCHOOL GOING CHILDREN



Dr. Vinayak Balu Patil ¹✉, Prof. Dr. P. K. Dash ²✉

¹ P.G (Scholar) Department of kaumarbhritya, Yashwant Ayurvedic College Post Graduate Training & Research Center, Kodoli, Tal – Panhala, Dist – Kolhapur, India

² M.D., Ph.D. (Ayurved) (Kaumarbhritya), Department of kaumarbhritya, Yashwant Ayurvedic College Post Graduate Training & Research Center, Kodoli, Tal – Panhala, Dist – Kolhapur, India



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ABSTRACT

Ayurveda is one of the most ancient systems of life, health and cure. This system of knowledge flourished thoroughly over 3000 years. The frame of Ayurveda is that its treatment still holds the field in spite of so many advances in modern science.

Pandu roga is pitta-pradhan vhyadhi. In Pandu roga tissue metabolism get affected due to Vitiated doshas which turn into dhatu-shyathilya in all dhatu. Iron deficiency anaemia is frequently founded under nutritional anaemia. Iron deficiency anaemia is not limited upto haematological condition but involves in multiple system. Its show similarity of pandu vhyadhi with Iron deficiency anaemia. It's mostly seen in school going children. Stressful lifestyle and defective and un-nutritional diet lead to Iron deficiency anaemia.

Dhatriloham is medicine described in Ayurvedic literature. It is Krimighna, Balya and Raktavardhaka in Pandu vhyadhi. This description comes in Bhaishajyaratnavali.

Therefore, the in present paper trying to focus on relationship of Dhatriloham on pandu vhyadhi W.S.R. to iron deficiency anaemia in school going children.

1. INTRODUCTION

Ayurveda literally means knowledge of life. *Kaumarbhritya* is a section of Ayurveda dealing with child life with special emphasis on nutrition of children. According to *Kashyapa*, Paediatrics is the most important division of medicine as the other divisions play their role only after child matures into an adult.

Ayurveda provides a long and happy life. One among the eight *Angas* of Ayurveda, "*Kaumarbhritya*" specially deals with the problems related with infants and children. It is peculiarity of Ayurveda that, "*Kaumarbhritya*." starts right from conception: [1] It deals with antenatal, perinatal and postnatal care along with the different aspects of child health and disorders.

Pandu vhyadhi is commonest nutritional disorder all over world and form a major problem of mankind especially in a country like India, due to low economic status, illiteracy and malnutrition in a major part of population. It affects the physical and mental health of children, affects school performance and increases susceptibility to various infections.

It is *Vyadhi of Rasavahasrotas* and also associated with *Raktavahasrotas*. *Pandu* can be clinically correlated with Iron deficiency anaemia as its sign and symptoms of both are similar.

Iron deficiency anaemia is most common disease of childhood in developing countries. [2] Because of low economic status, illiteracy and Nutritional deficiency the incidence of this disease is increasing day by day. The prevalence of iron deficiency anaemia was 70% in children aged 6-59 months. The estimated prevalence of Iron deficiency anaemia in developing countries is 39% in children < 5 years, 48% in children 5-14 years. Iron deficiency anaemia affects the physical and mental health of children. [3]

2. AIM

- To evaluate The Efficacy of *Dhatriloham* in *Pandu* W.S.R to Iron Deficiency Anaemia in School Going Children.

3. OBJECTIVES

- To study the *Pandu vyadhi* in detail.
- To study the *Dhatri Loham* in details.
- To study the effect of *Dharti Loham* on sign and symptoms in *pandu* w.s.r to IDA in school going children
- To study the iron deficiency anaemia in detail.

4. MATERIAL AND METHODS

4.1. MATERIAL

For the present review study deeply literary study is performed.

The Data and references are analysed from available *samhita*. For detail study references are taken from previous thesis and Research articles available from internet.

4.2. METHODOLOGY

In this paper it is tried to correlate relationship of *Dhatriloham* on *pandu vhyadhi* W.S.R. to iron deficiency anaemia in school going children.

5. DISCUSSION

5.1. DISCUSSION ON DISEASE

5.1.1. PANDU VHYADHI

In Ayurveda, detail description about *Pandu vhyadhi* is found in *Bruhtrayees* as well as *Laghutrayees*. References of *Pandu vhyadhi* found in *Kashyap Samhita* also. As per Ayurveda *Pandu vhyadhi* is *Rasapradoshaja* and *Pittapradoshaja*, *Tridoshajvyadhi*. [4] *Dourbalya*, *Bhrama*, *Gatrashool Swasa*, *Shishirdvesha*, *Gaurva* are *lakshan* of *Pandu vhyadhi*. [5]

Rakta has been considered as *akey* factor for *jeevana*, *Prinana*, *Dharana* and *Poshana karma* of body. Many a times it is seen that *Rakta* get vitiated by *Doshas* mainly by *pitta doshaas* *Rakta* is *pittavargiya* and disease like *pandu* occur.

5.1.2. IRON DEFICIENCY ANAEMIA

Iron deficiency anaemia is most widespread and common nutritional disorder in the world. It is estimated that 30% of the global population has iron deficiency anaemia, most of them live in developing countries. [6]

The most important clinical sign of iron deficiency anaemia is pallor but it is not visible until Haemoglobin fall below 7-8 gm/dL. It is most readily noted as pallor of the palms palmer creases nail beds or conjunctivitis. When the Haemoglobin level falls below 5gm/dL, irritability anorexia and lethargy develop, and systolic flow murmur are often heard. As the Haemoglobin continue to fall, tachycardia and high output cardiac failure can occur. Hence it is important to treat IDA in early stage to avoid further complications.

5.1.3. SCHOOL GOING CHILDREN

Mostly of children busy in playing game and gazettes all. Inadequate intake of nutritional food stuff, irregular deictic habit, mal absorption, consumption of fast foods are major cause of *pandu vhyadhi* (iron deficiency anaemia) all his habit of children make them ill. Another cause of iron deficiency anaemia in school going children is parasitic infection. [7] Nutritional status of children not only depend upon availability of nutritional food but food habit and metabolism also. irregular food habit, over eating, inadequate diet, consumption of fast and junk foods are interfere with metabolism and create nutritional deficiency.

6. DISCUSSION ON DRUG - DHATRILOHAM [8]

Table 1: Showing Discussion on Dhatriloham

Dravya	Latin name	Rasa	Virya	Vipaka	Karma
Guduchi	Tinospora Cordifolia	Tikt, Kashay	Ushna	Madhura	Tridosh Shamak.
Yastimadhu	Glycyrrhizaglabra	Madhura,	Sheet	Madhura	Vatt, pitta shamak.
Lohbhasm	Calcined Iron	Madhura	Sheet	Madhura	Kapha-pitta shamak
Amalaki	Embelica officinale	Panchrasa	Sheeta	Madhura	Tridosh Shamak

6.1. ACTION OF DRUG (DHATRILOHAM) ON PANDU VHYADHI

- *Amalaki* is main ingredient of *dhatri Loha*, which is *pittapradhana tridoshshamka*. Predominate Dosha of *pandu* same, so action of drug directly act on main Dosha of *pandu*. [9]
- *Rasayana karma* of *Amalaki* is very well known. *Pandu* is *rasa pradoshaja vhydhi* so *Amalaki* work perfectly here also.
- Few study said that, iron deficiency anaemia can cause absorptive defect by damaging epithelium layer of small intestine. *Deepan* and *pachana* karma of *Guduchi* and *Amalaki* can correct above defect of intestine.
- *Amalaki* has chelating ability of iron by which bio availability of iron may enhance.
- *Amalaki* is rich sources of vit-c which enhance absorption level of iron. [10]
- *Amalaki, Guduchi, yashtimadhu* all are *yakrutojaka dravyas*.

7. CONCLUSION

The Ayurvedic Iron compound preparation due to its ingredients may prevents the common hazards of conventional Allopathic oral Iron therapy like gastrointestinal upset, abdominal discomfort, constipation, iron intolerance etc. The purpose of this study is primarily to establish the efficacy of this drug as it is cost effective and having no side effects.

So this study is an attempt to find a better solution for the treatment of *Pandu vhyadhi* with special reference to Iron deficiency anaemia. This is the simple remedy which will be helpful to cure the condition like *Pandu vhyadhi* in children with a simple way.

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CONFLICT OF INTEREST

The author have declared that no competing interests exist.

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