



## EFFICACY OF BHRINGRAJ PANCHANG CHURNA ON PANDUROGA

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### ABBREVIATION:

Now-a-days people often complaint about weakness and decrease in their working ability. They also have aversion of food, myalgia and lethargy disturbing daily activities. Pandurog is the most common cause of this complaint. Pandurog is not only an individual disease but also a complications of some diseases. Twak-nakh-netra panduta, daurbalya, shram, shwas, hrutspandan are the main lakshanas in Pandurog<sup>1</sup>. It has similar symptoms to Anaemia In this research study we were used Bhringraj Panchang Churna for Panduroga chikitsa and observed the effects on lakshanas with reference to haemoglobin percentage.

### INTRODUCTION:

In Anaemia there is decrease in Hemoglobin which causes pallor, fatigue etc. Haemoglobin depends upon nutritional and metabolic status of an individual. India has the higher total prevalence of anaemia at 39.86%. There is 55% in females of age 15-59 years, 24% in males of age group 15-59 years and 45% in adults of above 60 years. Study suggests that more than 50% of people with anemia are not aware that they have the condition<sup>2</sup>.

According to Charakacharya hetusewan causes tridosh prakop. They enter in Hruday and with the help of vyan vayu prakupit pittadi doshas spreads through dashdhamani and causes sadhak and pachak pitta dushti along with Rasavahastrotodushti. Then prakupit pitta circulates all over body causing dhatushaithilya. This ultimately causes kshaya of Rakta and Meda dhatu which gives rise to Panduroga<sup>3</sup>. Acharya Charak and Acharya Vagbhat described Panduroga as a rasapradoshaj vyadhi. According to Acharya Sushrut it is a raktapradoshaj vyadhi<sup>4</sup>. Moolasthanana of Raktavaha strotas is Yakrut and Pleeha. And also ranjan karma of rasa dhatu for formation of raktadhatu is done by ranjak pitta in yakrut<sup>5</sup>.

Bhringraj has a Yakrutottejaka property which has the excellent effect to maintain pittasrav and reducing samata of vimargag pitta and increases agnibala by deepan pachan properties. These properties help in the sampraptivighatan of pandu by formation of uttam rasa dhatu and uttarottar dhatu poshan and also avoid such undesirable effects of modern medicines. So this drug is helpful for dhatuvaradhan releaving dhatushaithilya and other signs and symptoms of Pandurog and also this is single drug treatment with easy availability and cost effectiveness.

### AIM & OBJECTIVES:

To study the upashayatmak effect of Bhringraj Panchang Churna on Pandurog with special reference to Haemoglobin percentage.

- To review details of Pandurog.  To review anaemia.
- To review details of Bhringraj.
  - To evaluate HB% before and after medicine intervention.

**RESEARCH METHODOLOGY:****MATERIAL & METHOD:**

This is single group study, Patients selected randomly from OPD & IPD of Kayachikitsa vibhag of our

L.R.B.P. AYU. Medical College Islampur. Detailed history was taken with physical and laboratory examination done on the basis of special proforma, incorporating all the sign and symptoms of the disease. In this group 10 patients of Panduroga were treated with Bhringaraj Panchang Churna for 21 days.

**DRUG REVIEW:**

Bhringaraj panchang churna was taken from GMP approved pharmacy. DOSE: 1 Gm for Two Time.

ANUPAN : Koshna jal.

FOLLOW UP: Day 1, Day 7, Day 21. INVESTIGATION:- HB%

**INCLUSION CRITERIA:**

Age 18 - 60 years.

- Irrespective of Sex, Religion, Socio – economic status.
- Patients with signs and symptoms of Pandurog such as nakha netra panduta, akshikuta shoth, hrutspandan, daurbalya and gatrashool.

**EXCLUSION CRITERIA:**

- Pregnant women and lactating mothers.
- Known cases of Cancer, HIV positive, HBsAg positive.
- Patient with history of acute blood loss.
- Patient with history of chronic blood loss (such as bleeding piles, fissure etc).
- Hb% less than 7 gm%.

**SUBJECTIVE PARAMETERS:**

1. Panduta
2. Akshikutashoth
3. Hrutspandan
4. Daurbalya
5. Gatrashool

**RESULT AND OBSERVATION:**

Parameter	Efficacy	% Relief
Panduta	Significant	9.67%
Hrutspandana	Significant	13.22%
Akshikuta shoth	Significant	57.80%
Daurbalya	Significant	66.66%
Gatra shool	Significant	60.94%
Average % relief		41.65%

**Panduta:**

The mean reduction in Panduta score was 0.15 while median reduction in Panduta was 1 which was significant (P-value < 0.001) at 5% level of significance. i.e. it can be said that there is significant reduction in Panduta.

**Hrutspandan:**

The mean reduction in Hrutspandana score was 0.16 while median reduction in Hrutspandan was 0 which was significant (P-value < 0.001) at 5% level of significance. i.e. it can be said that there is mild significant reduction in Hrutspandana.

**Akshikuta shoth:**

The mean reduction in Akshikuta shotha score was 0.60 while median reduction in Akshikuta shotha was 1 which was significant (P-value < 0.001) at 5% level of significance. i.e. it can be said that there is significant reduction in Akshikuta shotha.

**Daurbalya:**

The mean reduction in Daurbalya score was 1.60 while median reduction in Daurbalya was 2 which was significant (P-value < 0.001) at 5% level of significance. i.e. it can be said that there is significant reduction in Daurbalya.

**Gatrashool:**

The mean reduction in Gatra shool score was 1.295 while median reduction in Gatra shool was 3 which was significant (P-value < 0.001) at 5% level of significance. i.e. it can be said that there is significant reduction in Gatra shool.

**DISCUSSION:**

Due to katu-tikta rasa and ushna virya of bhringraj it has deepan, pachan and rasayan property, which increases appetite of an individual and decreases samata of vimargag pitta<sup>6</sup>. Bhringraj has a yakrutottejak property due to its katu-tikta rasa and ushna virya. Yakrut is a mula sthan of ranjak pitta which doing ranjan of rasa dhatu formation of rakta dhatu. Hence there may be reduction in Panduta (pallor). Due to ushnvirya it has shothahara property so there is reduction of akshikutashotha. Naturally oxygen demand of body may be not fulfilled due to mild increase in Hb%. So hrutspandan decreases mildly. Bhringraj is described as rasayan dravya. Naturally it may be used as tonic and it shows significant result in relieving daurbalya of patient. Bhringraj is said to have 'vatahara' property due to its ushna virya<sup>7</sup>. In this way it may be shown significant effect in relieving Gatrashool<sup>8</sup>.

**CONCLUSION:**

1. On the basis of statistical test of significance, Bhringraj Panchang Churna is significant in reducing symptoms like Akshikutashooth, Daurbalya, Gatrashool and mild significant in Panduta and Hrutspandan and very mild effective in increasing Hb%.
2. So there was significant upashayatmak effect of Bhringraj Panchang Churna in relieving symptoms of Pandurog with very mild significant in increasing Hb%.
3. So for therapeutic use of Bhringraj churna in Panduroga it may be combined with iron supplement.

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