



# Study of Effect of Dhatri Loha in Pandu vyadhi WSR to IDA- A Clinical study

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## Abstract-

The disease Pandu gets its name from the most common lakshana it manifests with, “Pandutva2 (pallor)”. The consideration of the disease Pandu becomes important due to the varying severity of the problems it may lead to. The Pandu roga can effectively be compared with Anaemia mentioned in the modern sciences on the basis of its similar signs and symptoms.

Globally Anaemia prevails in 30% of the population and out of that 50% of Anaemia is attributable to iron deficiency. The advancements achieved by the modern medical science in the areas of diagnosis of the diseases and their acute management is truly appreciable. But they still are a way behind when it comes to the management of chronic degenerative disease. That is where our ancient science Ayurveda excels. So this article focuses on the study of the effect of Dhatri Loha in Pandu WSR to Iron deficiency anemia. Results obtained are statistically significant.

## Introduction

The word Anaemia is a Greek word which means lack of blood or need for blood<sup>3</sup>. In modern world, Iron deficiency Anaemia is one among the commonest nutritional deficiency disorder which prevails in the society. Globally Anaemia prevails in 30% of the population and out of that 50% of Anaemia is attributable to iron deficiency<sup>4</sup>. It is a disorder characterised by low haemoglobin levels. This accounts for around 8, 41,000 deaths annually, and Asia and Africa bear 71% of global mortality burden<sup>5</sup>. In developed countries the prevalence is 9% and in countries with low development it is about 43%<sup>6</sup>. The population of India is fast increasing so is the prevalence of anaemia. Its incidence is very common in a developing country like India due to the increased rate of poverty and among the rich due to westernisation of food culture and lack of importance given to the nutritious food.

**Keywords –Dhatri Loha, Pandu, IDA.**

## Aim-

To study the effect of Dhatri Loha in Pandu WSR to Iron deficiency anemia.

## Material and Method.

Material: Drug: Dhatri Loha.

Sr. no	Drug	Latin Name	Parts Used	Part
1	Dhatri	<i>Phyllanthusemblica</i>	Fruit pulp	1
2	Shunti	<i>Zingiberofficinale</i>	Fruit	1
3	Maricha	<i>Piper Nigrum</i>	Fruit	1

4	Pippali	<i>Piper longum</i>	Rhizome	1
5	Nisha	<i>Curcuma longa</i>	Rhizome	1
6	Sarkara	<i>Sachchrumofficinarum</i>	ext	1
7	Ksoudra	<i>Apismelifera</i>	Honey	1
8	Ajya	Ghee	Ghee	1
9	Loharaj	Iron	Incinerated Fe	1

Prepare fine powder of drugs viz. is dhatri, sunthi, maricha, pippali, nisha, sarkara and loha bhasma, in prescribed quantity. All ingredients are mixed well to form a homogenous mixture, to this mixture gohrita and honey is added & triturate well. Later pills were rolled of 500 mg weight each and then dried. Then made tablets.

#### Methods:

**Inclusion criteria:** Patients diagnosed with Pandu (Iron deficiency Anaemia)

- Patients belonging to the age group of 16 – 60 years of either sex irrespective of sex,
- religion, socio economic status etc.

Patients willing and able to participate in the study

#### Exclusion criteria:

Patients with history of other systemic diseases like Diabetes mellitus and Hypertension.

Patients with history of congenital disorders related with haemopoetic system like Sick cell Anaemia, Leukaemia, and Haemophilia.

Patients suffering with any infectious diseases like Malaria, Typhoid.

Patients suffering from disorder of the gastrointestinal system associated with gastro intestinal bleeding like colorectal malignancy, gastritis, peptic ulceration and inflammatory bowel disease Patients on chronic use of Aspirin and NSAIDs

Pregnant and lactating women

**Criteria for diagnostic:** The diagnosis of Iron Deficiency Anaemia will be made based on the symptom pallor and haemoglobin gm% of the individual.

The WHO diagnostic criteria<sup>22</sup> will be adopted.

The reference range is mentioned below: Adult males Hb% - 6.5gm/dl-13gm/dl

Adult females Hb% -6.5gm/dl-12gm/dl

#### Methodology:

Dhatri Loha 2 Tablets of 500 mg BD after food with luke warm water for 8 weeks and follow up after treatment 2 weeks.

#### Result:

Parameters	BT (±SE)	AT(±SE)	Difference in mean	% Relief	SD	SEM	Paired 't' test	P value
Pallor	2.467	0.600	1.867	75.67	0.915	0.236	7.89	<0.001
Dry skin	0.933	0.0	0.933	100	1.063	0.300	3.108	0.008
Malaise	1.267	0.467	0.800	63.14	0.862	0.223	3.59	0.003
Anorexia	1.200	0.333	0.867	72.25	0.990	0.256	3.389	0.004
Constipation	0.733	0.0	0.733	100	1.100	0.284	2.582	0.022
Oedema	1.067	0.00	1.067	100	0.258	0.066	16.0	<0.001
Reduced exercise capacity	2.533	0.00	2.533	100	0.516	0.133	19.0	<0.001
Headache	1.533	0.400	1.133	73.90	0.640	0.327	0.165	<0.001
Tremor	0.0	0.0	0.0	00	0.0	0.0	0.0	1.00
Hb	8.113	9.707	-1.59	19.63	0.610	0.158	10.11	<0.001

**Discussion**

All the subjective & objective parameters were found statistically significant. So results obtained in this study were significant.

**Probable mode of Action:**

All the ingredients of yoga are Tridosahara and kaphavatashamaka. As we know, one among kaphajavyadhis is panduroga vitiated kapha in Twacha produces shwetaavabhasata and vitiated vata in the body is responsible for producing laksanas of panduroga like karshya, dhatukshaya, shaithilya etc., to nullify the kapha and vata these dravya are very much important. Hence by considering above points dhartiloha might have produced beneficial effect in the sign and symptoms of the disease as well as increasing the haemoglobin concentration.

**Conclusion:**

Dhatri Loha is effective in the treatment of pandu WSR to Iron deficiency anemia.

**References:**

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