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To study the efficacy of *Mustadi Churna* in *Pandu Roga* w.s.r. Haemoglobin percentage

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ABSTRACT

Pandu is the disease which is described by all major classical texts of Ayurveda. As per Ayurvedic text in *Pandu Roga* the color of body look like polen grain of *Ketki* flower. Due to its similarity we can correlate *Pandu Roga* with modern science anaemia disease. *Rasavaha* and *Raktavaha Strotasa* are commonly involved in pathogenesis of *Pandu Roga*. *Pandu* if not treated properly can bring serious consequences to our health. Different *Kalpas* were described in *Ayurved Samhitas* for the treatment of *Pandu Roga*. In present study we use *Mustadi Churna* in the treatment of *Pandu Roga* and assess its efficacy.

Key words: *Pandu Roga*, *Mustadi Churna*, *Haemoglobin*.

INTRODUCTION

Pandu is the disease which is described by all major classical texts of Ayurveda. *Charaka* in 16th chapter of *Chikitsasthan*^[1] and *Sushruta* in 44th chapter of *Uttarasthan*^[2] has mentioned its types, aetio-pathology, complications and treatment. *Pandu* if not treated properly can bring serious consequences to our health. Recently the World Health Organization estimated that over 30% of the World's population is anemic. Due to modern lifestyle of irregular eating and sleeping habits, vitiated *Pittapradhana Vatadi Dosh*a enters the *Raktadi Dhatus* and brings about the *Shaithilya* and *Gaurava* in it, which results in *Oja*

Kshaya, *Rakta-Meda Dhatu Kshaya* and finally in *Vaivarnya* and *Sarahinata* into the body. In modern science *Pandu Roga* is correlated with Anemia and as far as my study is concerned '*Pandu*' word should be considered for Anemia. It is one of the most widespread nutritional disorder in the World and iron deficiency is thought to be its most common cause globally. *Sushruta*, the Father of Surgery not only deliberates on the 3 *Doshas* but also makes another original contribution by bringing *Rakta* (blood) to the status of the 4th *Dosha*.^[3] He considers *Rakta* as the prime bio-factor in sustaining life, particularly in surgical perspectives and hence advocates the role of *Rakta* in life, health, disease and gives it the status of 4th *Dosha* warranting its protection. He had said that Blood is the mainstay of body; the body totally depends upon it. Hence every attempt must be made to preserve it, in other words blood is equivalent to life itself. For the treatment of *Pandu Roga* different *Kalpas* are described in different *Samhitas*. But in present study we use *Mustadi Churna* in treatment of *Pandu Roga* as described in *Rasaratna Samucchay*.^[4]

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AIM AND OBJECTIVES

1. To study the efficacy of *Mustadi Churna* in *Pandu Roga*.

- To study *Pandu Roga* in detail as per Ayurvedic text.
- To study the efficacy of *Mustadi Churna* as per Ayurvedic text.

MATERIALS AND METHODS

Patients: 60 patients were selected by simple random sampling method with sign and symptoms of suggestive of *Pandu Roga* irrespective to their age, sex, occupation, religion.

Drug: *Mustadi Churna*

Method of administration of drug

Kalpa	<i>Mustadi Churna</i>
Dose	2 Gm BD
Route	Oral
Anupana	Honey
Duration	2 Months
Follow up	After Every 15 Days

Selection Criteria

Design of Study

- The 60 pts who fulfill the inclusive criteria and classical *Lakshanas* of *Pandu Roga* will be select for present study.
- Among all the selected who will be legally mature and every patient will be asked to sign voluntarily the written consent.
- Select 60 pts randomly for present study.

Criteria for selection of patients

Inclusion Criteria

- Sex - Both Male and Female.
- Age - Between 18 to 60 yrs.
- Patients with sign and symptoms of *Pandu Roga*.

Exclusion Criteria

- Patients with Hb% less than 6 gm%.
- Pregnant Women.
- Patients with known case of Haemophilia, Thalassemia, Sickle cell anaemia.
- All malignancies.

Lab Investigation: Complete Blood Count

Assesement Criteria

Sign and symptoms such as *Twak, Nakh, Netra Panduta, Agnimandya, Annadwesh, Daurbalya, Shrama Shwasa, Hridayaspandana, Akshikutshotha, Pindikodweshtana, Karnashweda* were adopted for assesement.

Observation and Results

Table 1: Relieved score and relief in % in Symptoms of *Pandu Roga* by *Mustadi Churna*.

SN	Symptoms	B.T	A.T	Relieved	Relief in %
1.	<i>Twak-Nakh-Netra Panduta</i>	141	91	50	35.46
2.	<i>Agnimandya</i>	151	39	112	74.17
3.	<i>Annadwesh</i>	45	16	29	64.44
4.	<i>Daurbalya</i>	52	14	38	73.07
5.	<i>Shram</i>	95	27	68	71.57
6.	<i>Shwasa</i>	82	27	55	67.07
7.	<i>Hridspandan</i>	120	36	84	70.00
8.	<i>Akshikut Shotha</i>	99	34	65	65.65
9.	<i>Pindikodweshtan</i>	86	34	52	60.46
10.	<i>Karnashwed</i>	44	14	30	68.18

Table 2: Total effect of therapy

SN	Improvement	No of Patients	Percentage
1.	Good Improvement (75% -100%)	09	15%
2.	Moderate Improvement (50%-75%)	43	71.67%

3.	Mild Improvement (25%-50%)	08	13.33%
4.	No Improvement (0% to 25%)	00	0%
	Total	60	100%

DISCUSSION

In this study out of 60 patients of *Pandu Roga* treated with *Mustadi Churna* every patient has got the relief. Considering the symptoms all symptoms got relived significantly. Out of 60 patients good improvement was seen in 09 patients. Moderate improvement was seen in 43 patients. Mild improvement is seen in 08 patients. Nobody was found in no improvement group. So it can be said that *Mustadi Churna* had good efficacy in treating *Pandu Roga*.

CONCLUSION

After the completion of this present clinical study it can be concluded that *Mustadi Churna* is effective in the management of *Pandu Roga*. It reduces the symptoms of *Pandu Roga*. Clinically no adverse reactions were seen due to this drug. *Mustadi Churna* is well tolerated by patients of different types of *Prakruti*. Thus we can said that *Mustadi Churna* can be

one of the main drug of choice in the management of *Pandu Roga*.

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