



Critical Review of Garbhini Pandu.

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ABSTRACT

Pregnancy is a unique and joyful moment in a woman's life for all of them. It is true that women are the progenitor of humankind. When she is protected, she stands up for the children. Pregnancy is the turning point in a woman's life that transforms her into a mother.

Even if the voyage is joyful, there are several physiological and physical changes that occur, some of which may result in health issues. One prevalent health problem that affects many pregnant women in underdeveloped nations is gestational anemia, which calls for quick treatment to preserve the lives of both the mother and the unborn child.

The ancient Indian science of Ayurveda has placed greater emphasis on women's health and provides extensive descriptions of pregnancy, childbirth, and the therapy of associated difficulties. Ayurveda has recorded some of the complications of pregnancy under the name Garbhopdrava.

Garbhini Pandu is most common Upadrava among them. Though *Garbhini Pandu* is not mentioned as a separate Vyadhi in classics, by studying various reviews from Samhita regarding to Pandu and its relation in *Garbhini Awastha*, we can illustrate probable pathophysiology of *Garbhini Pandu*.

etiology, pathophysiology and management in contrast to modern medicine.

Keywords: *Garbhini Pandu, Iron Deficiency Anaemia (IDA), Ayurveda.*

INTRODUCTION

Pregnancy is a life changing event of every woman's life. From conception to delivery, Women have to face various problems. Pregnancy increases the need for certain nutrients, and any form of deficit can result in a number of problems. Many problems might arise during pregnancy. Ayurveda enlists such complication under the title of Garbhopdrava. *Garbhini Pandu* is most common Upadrava among them.

In Harita Samhita Haritacharya described Ashta Garbhopdrava¹. He enlisted Vivarnatva which can be taken as Pandutva.

In Ayurveda, Garbhini Pandu (anemia in pregnancy) is considered as a symptom of Garbhini and not a disease. It is described as a complication of Garbha that occurs in pregnant woman, in which Rasa Nadi is said to be compressed by the growing fetus and as a result, the Rasa does not flow freely into the body resulting in Pandu.

Agnimandya is main reason for Aam which is the prime source of Vyadhi utpatti². Garbhini Pandu leads to many feto-maternal complications during antenatal and postnatal period.

In today's life, due to sedentary and changed lifestyle, changed food habits that is Apathyakara Ahar-Vihar, there is Aamotpatti which causes Rasadhātu Dushti which further leads to Uttarottar Dhatuhaani as a Samprapti of Pandu.

The Garbhini Paricharya³, which comprises the Ahar-Vihar and Pathyapathya regimens in Masanumasik Paricharya, is highly valued in Ayurveda. Whatever food a woman takes is digested by Agni and Rasadhātu is formed. Nourishment of both mother & fetus is done by Prasad bhaga of rasa dhatu. Stanya that is breastmilk is considered as an Upadhātu of Rasa Dhatu.

Charakacharya claims that Rasa has a role in the development of Garbha. As fetuses takes nourishment to fulfill its need through mother and there is extra need of nutrients, mother suffers from nutritional deficiencies. Charakacharya counts Pandu as Rasapradoshaj Vyadhi.

Acharya Kashyapa has described Pandu as a symptom of Garbhini in the description of Rakta Gulma⁴, Acharya

Acharya Harita has described eight Garbhopadrava⁵ (Complications of pregnancy) and included Vivarnatva, which appears to be pallor that accompanies anemia.

The main characteristic of panduroga, a varnopalakshita vyadhi, is pallor of the skin (pandutwa). The other lakshana are alparakta, alpamedā, nissara, and sithilendriya. In addition there will be Dourbalya, Karshya, Karna Kshweda, Gatrapeeda, akshikoota shotha, Sheernalomata, Hridrava, Shwasa, Bhrama and Annadweshā⁶.

Haritsamhita has mentioned Asht Garbhopadrav.

“शोष हल्लामच्छर्दिश्चशोफज्वरस्तथाऽरुचिः |

अतिमारोविवर्णत्वं अष्टोगर्भोपद्रवः स्मृतः ||”

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According to contemporary science, hemoglobin concentrations less than 11 gm/dl are considered anemia in pregnancy. It is commonest hematological disorder that may occur in pregnancy. Pregnancy is a state of hemodilution, hence hemoglobin concentration less than 10gms/dl at any time during pregnancy considered as anemia⁷.

Gestational anemia, also known as maternal anemia, is regarded as a risk factor for unfavorable pregnancy outcomes and poses a threat to the fetus's life. Maternal morbidity rates are said to be higher in anemic women based on the available data from India⁸. Extensive evidences are available showing the cause of LBW baby and the preterm delivery as the maternal iron deficiency anemia early in pregnancy⁹.

Pallor of the skin, pale nails, pale tongue, glossitis, and stomatitis are the most typical clinical presentations of anaemia during pregnancy. Other symptoms include lassitude, anorexia, indigestion, palpitation, dyspnea, giddiness, oedema, and pica¹⁰. These features share lot similarities with lakshana of Panduroga.

Classical Ayurvedic texts, including the Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Bhavaprakasha, provide comprehensive guidelines for the management of

Garbhani Pandu. These texts detail the use of specific dietary recommendations, herbal formulations, and lifestyle modifications to restore balance and enhance the body's natural ability to produce healthy blood.

Panduroga Chikitsa includes both shodhana and shaman¹¹. Garbhini should be treated just like a pot filled with oil, slightest oscillation of such pot causes spilling of oil. Similarly greatest care should be showered to the pregnant woman to prevent complications.

INCIDENCE

The most prevalent nutritional deficiency illness worldwide is anaemia. According to WHO estimates, 51% of pregnant woman have anaemia. Compared to other emerging nations, India has a greater frequency of anaemia across all age categories.

Nidana:

Since avoiding the etiological component is the primary and most significant line of treatment, nidana is very crucial.

Here hetu of Garbhini pandu is slightly different from the samanya pandu roga.

Because here garbha is the main factor responsible for the pandu.

Due to increasing demand of nutrition from garbha, mothers need to fulfill the demands.

On the other hand there is rasahava srotasa avarodha as result of garbha & uttarottara dhatu alpata seen in Garbhini.

So as a result rakta dhatu alpata seen in mother.

-Ahara (Dietary Factors): Consumption of incompatible, heavy, and unwholesome foods, deficiency in iron and other essential nutrients.

- Vihara (Lifestyle Factors): Lack of rest, excessive physical exertion, and mental stress.

- Vikara (Other Pathological Factors): Pre-existing conditions that impair digestion and assimilation of nutrients, such as gastrointestinal disorders.

- Psychological Factors: Stress and anxiety during pregnancy, which can affect overall health and digestion.

Samprapti:

Samprapti, in general, refers to the process or sequence of events from Nidana Sevena that characterize the typical development of a disease.

The pathogenesis of Garbhani Pandu involves:

- Dosha Imbalance : Predominantly Pitta Dosha is aggravated, but Vata and Kapha can also be involved.

- Agni Mandya : Impaired Agni (digestive fire) leads to inadequate digestion and assimilation of nutrients, resulting in malnutrition and anemia.

- Dhatvagni Mandya : Dysfunction in the metabolic processes of Dhatus (body tissues), particularly Rasa and Rakta Dhatus, leads to their depletion.

-Accumulation of Ama : Improper digestion produces Ama (toxins), which obstructs the channels and interferes with the formation of healthy blood.

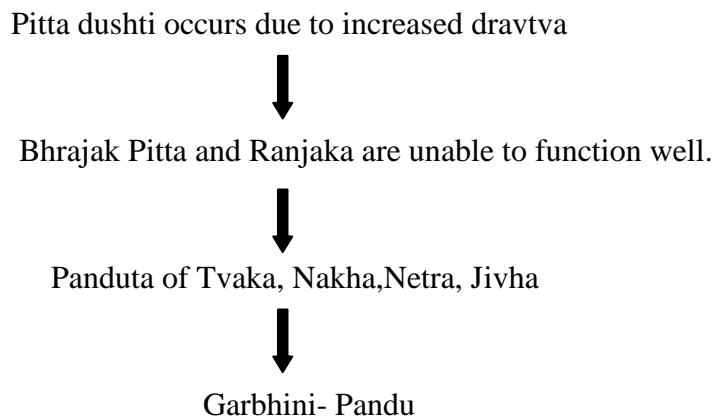
Fetal needs rise as pregnancy goes on because of its need for development.

Garbha is in more demand, thus Rasa Dhatu of Garbhini has to put in more effort.

Garbhini needs nutritious food to meet these needs, but since this diet isn't readily available, Rasa Dhatu's Dravatva grows to provide this need instead.

Drava Guna and Kleda cause Agnimandya. Garbhinisharir dhatuposhan gets disturbed

For compensation, Garbhini Hruday and Dasha Dhamanya works under stress Dravatva of Garbhini Rasa dhatu gets increased



Roop:-

The following are the signs and symptoms of Garbhini to be aware of:

Pandutva – pallor

Daurbalya – weakness

Shrama – fatigue

Shwasa – dyspnoea

Aruchi – anorexia

Akshikut Shotha – periorbital edema

Pindikodweshtana – cramps in legs or calves

Bhrama – giddiness

Chikitsa¹²:-

Kashyapacharya states that, Garbhini Pandu is not different than Pandu; hence Chikitsa mentioned in classics can be applied in Garbhini except Teekshna Shodhana.

-Garbhini Paricharya should be followed.

Pregnancy is considered a delicate phase in women's life. even Ayurveda prescribes the same and observes that the treatment should be in the mild form without affecting the foetus and should be easily digestible and having Snigdha and Soumya Gunas.

Panduroga Chikitsa includes both shodhana and shaman¹³. Garbhini should be treated just like a pot filled with oil, slightest oscillation of such pot causes spilling of oil. In order to avoid difficulties, the pregnant woman should also receive the highest level of care.

Bhasmas- Lohabhasma

Roupyabhasma

Abhrakabhasma

Vangbhasma

Mandoor bhasma

Swarnamakshik bhasma.

Kalpas- Tapyadi loha

Navayas loha

Vasant kalpas -

Laghmalinivasant

Madhumalini vasant.

Ghrutas- Dadimadi ghruta

Panchatikta Ghruta

Mahatikta ghruta

Draksha Ghruta

These Dravyas alleviate Dhatushaithilya and strengthen Agni, Jatharagni, and Dhatvagni.

Ahar-

Yava, Shastikshaali, Mudga, Masur, Jaangal Mansrasa are easy to digest. Kharjur, Gud, Mrudvika

Upadravas:

Garbhini Pandu if it is not managed properly it will lead to complications both to the mother and the foetus like Dhatu Kshaya, dhatu Shaithilya and intra-natal complications such as postpartum haemorrhage prolong labour stage and even death.

DISCUSSION

Discussion on Ayurvedic review-

Rasa Dhatu-

It is a first Dhatu made up of Prasada Bhag of Ahararasa. It is precursor of Uttar Dhatu. Due to Rasa and Rakta, Garbha gets its nourishment. Hence Rasa Dhatu plays major role.

Pandu-

This is the condition when the skin, nail bed, and conjunctiva have a pale or slightly discolored appearance. Severe instances of peri-orbital oedema, or Akshikuta Shotha, may be observed. By reviewing the literature regarding to Nidanpanchak and theories correlation in Garbhini, Samprapti of Garbhini Pandu can be stated as-

-Dravabhava of Rasa Dhatu is increased by Pitta Dosha dominance.

-Rasadushti leads to Uttarottar Dhatunirmiti.

-This causes Vaivarnya and Dhatushaithilya.

CONCLUSION

An ancient Indian science called Ayurveda offers extensive descriptions of pregnancy, labor, and the management issues that arise, placing a greater emphasis on women and their health. Given that Agnimandya, Aam, and Rasadushti cause Pandu, study should be done on Ayurvedic iron supplementation. While Ayurvedic medicine may not be able to treat severe anemia, there is great hope for deficiency-related anemia. through enhancing digestion and adjusting Rasa-Aadyadhatu to provide improved nutrition, which can lead to Dhatunirmiti, which can promote a healthy pregnancy. The present study has focussed on delineating the concepts of Garbhini and its management and its correlation to gestational anemia of Modern medicine.

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