



CLINICAL STUDY ON EFFICACY OF MANDURABHASMA IN MANAGEMENT OF PANDUROGA WITH AND WITHOUT VIRECHANA KARMA

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ABSTRACT

Panduroga is more prevalent disease so it is given much importance to its treatment. Ayurveda explained array of curative treatments for this disease. Though the Allopathic medical science explained this disease caused by deficiency of iron in the blood and its main etiological factors as malnutrition. But Ayurveda considers this disease more metabolic than nutritional. This is the reason Ayurveda not only advocates various herbs and herbo-mineral compounds as therapeutic agents which many a times contains element of iron but it also advocates certain therapeutic modalities that have got ability to correct the metabolic disfunctions in the body. Among such modalities Virechanakarma is done to eliminate metabolic derangements contributing to the genesis of Panduroga (Anemia). Looking at this unique approach of Ayurveda in treating Panduroga I have selected this comparative study “clinical study on efficacy of mandurabhasma in management of panduroga with and without virechana karma”.

Though Ayurveda indicated many single and compound drugs that have got element of iron as therapeutic agents I have selected Mandurabhasma for this present study because according to Ayurveda Mandura is said to be a lohakitta- the residue of iron ore. That means when Iron ore is left in the soil for years together it slowly disintegrates first into its oxide and then disseminate into the soil. Thus the iron disintegrated into its oxide is more light in terms of its processing by the gut, its bioavailability and its utility by the body.

The procedure of purification of Mandura loha to be used as medication is relatively simpler than the process of other lohas like Teekshnaloha and Kantaloha. Preparation of Mandurabhasma requires minimal putas and is simpler. Mandura bhasma is softer than any other loha bhasmas in terms of initiating biological activities when administered and there by bringing up required beneficial changes in the body. Finally the cost effectiveness of Mandurabhasma is far minimal than any other loha bhasmas. Owing to all these additional benefits of Mandurabhasma, it not only proves to be a choice of drug in the treatment of Panduroga but also proves to be a doctor’s and patient’s friendly medicament.

30 patients of Panduroga of different age and sex groups have been selected for the present study. Among which 15 patients were treated by Mandurabhasma alone while the remaining 15 patients were first given virechanakarma followed by Mandurabhasma.

Keywords: Panduroga, Mandurabhasma, Virechanakarma, Varnopalakshita Roga, Anaemia.

INTRODUCTION

Panduroga (Anaemia) is one of the commonest and most prevalent diseases known to mankind since time immemorial. The reference of this disease is seen even in Vedas¹. Panduroga appears to be common in humans irrespective of age, sex and religion. However it is more frequently seen as the result of under nourishment of the body from different reasons, among which malnutrition is the most common factor. As these two factors are seem to be more common in children and women the Panduroga is prevalent in them^{2,3}. As the disease is known since quite a long period of time there have been many attempts to treat this condition from time to time. Ayurveda, an age old life science, has explained this disease and its treatments in its own uniqueness. Panduroga is explained as a raktadhatujanya vyadhi. That means the various etiological factors vitiats Tridoshas which in turn vitiates Raktadhatu, disturbing its functions and reducing Rakadhatu in terms of its quantity and quality. All these pathological changes together produce various signs and symptoms of Panduroga (Anemia)⁴. Further, Ayurveda considers Panduroga as a separate pathological entity in addition to considering it a symptom of many other diseases. Ayurveda emphasizes that “Raktam jivamiti smrutam” – which means ‘the blood is life’. Further it also emphasizes the role of iron in the formation and functions of Raktadhatu in the body. This is evident from the fact that Ayurveda has quoted the word LOHITAM- as synonym of Raktadhatu. The word Lohitam means the

one that contains Loham i.e. Iron. Therefore Ayurveda stressed not only the significance of early treatment of Panduroga but also the significance of use of elemental iron in its treatment. Therefore it has explained various single and compound drugs that contain mainly iron, different modalities to regulate metabolic activities of the body and there by curing the disease^{4,6}.

Objective of the study

Panduroga is the result of under nourishment of body tissues form different reasons including inadequate supplementation of food^{7,8,9}. Further Ayurveda also visualized that among various other reasons, than the later one, metabolic disorders are the main factors contributing to the genesis of the disease, Therefore the very objective of this present study was not only to evaluate the efficacy of Mandura bhasma in the management of panduroga but also to evaluate the efficacy of Virechanakarma in alleviation of metabolic disorder that often seen obscure but contributing to the genesis of the disease¹⁰⁻¹². 30 patients of Panduroga selected for this study were administered Mandurabhasma, 15 patients of them were administered it only after Virechana karma.

MATERIALS AND METHODS

The patients of Panduroga of different duration and age were selected. The age groups that fall below the age of 15 years and above the age of 55 years are omitted from this study. All the patients were categorized into two groups (i) Panduroga with short duration and devoid of

apparent signs and symptoms of metabolic problems. (ii) Panduroga with relatively long duration and associated signs and symptoms of metabolic disorders. The first groups of patients were given Mandurabhasma alone while the second groups of patients were given Virechana karma first and then Mandurabhasma was administered.

Selection of Cases

The patients suffering from Pandu roga selected from the O.P. of (APPRC) Andhra Pradesh Pranayama Research Centre- Hyderabad, India Dept. of AYUSH.

Group A : 15 registered patients were recommended only Mandura bhasma.

Group B : 15 registered patients were recommended Mandura Bhasma after getting Virechenakarma at Govt. Ayurvedic Hospital. Erragadda, Hyderabad, India

Dosage and Duration of trail: 1.00 gm to 1.50 gm/day in divided doses (thrice a day) given for 30days.

Assessment criteria

Two types of parameters were adopted.

- (a) **Subjective parameters:** Relief of clinical signs and symptoms.
- (b) **Objective parameters:-**
 - i) Hb % Gm
 - ii) Total R.B.C Count

OBSERVATIONS AND RESULTS

These 30 patients of Pandu roga were evaluated under different parameters viz- Age, Sex, Occupation, Religion, Food habit, Kostas, Marital status, Economical status, Education and also under Dashavidha pariksha bhavas. The following facts show the effects of Mandura bhasma after Virechena karma.

Table 1: Classification of 30 Patients according to Age

S No	Age group in Yrs	No. of Patients	Complete relief %
1.	15-20	8	26.6%
2.	21-30	17	56.67%
3.	31-40	3	10%
4.	41-55	2	6.66%
Total:		30	100%

As the pitta dosha is aggravated in younger age that's why the young ones are more prone to pattika diseases. In 30 registered patients of pandu the no. of younger people are more than old age people.

Table 2: Classification of 30 Patients according to Sex

SNo	Sex	No. of Patients	Complete relief %
1.	Male	10	33.3%
2.	Female	20	66.7%
Total:		30	100%

Table 3: Classification of 30 Patients according to Occupation

S No	Occupation	No. of Patients	Complete relief %
1.	Govt. employees	7	23.3%
2.	House keepers	8	26.7%
3.	Students	14	46.67%
4.	Farmers	1	3.33%
Total:		30	100%

Table 4: Classification of 30 Patients according to Education

SNo	Education Status	No. of Patients	Complete relief %
1.	Educated	25	83.33%
2.	Un Educated	5	16.67%
Total:		30	100%

Table 5: Classification of 30 Patients according to Koshta¹³

SNo	Koshta	No of Patients	Complete relief %
1.	Mrudu koshta	0	0%
2.	Madhyama koshta	16	53.33%
3.	Krura koshta	14	46.67%
Total:		30	100%

Table 6: Classification of 30 Patients according to Desha^{14,4}

SNo	Desha	No. of Patients	Complete relief %
1.	Sadharana	0	0%
2.	Anupa	30	100%
3.	Jangala	0	0%
Total:		30	100%

According to table 6 all the registered patients belongs to Anupa Desha.

Table 7: Classification of 30 Patients according to Food habits

SNo	Food habits	No. of Patients	Complete relief %
1.	Vegetarian	17	56.67%
2.	Non- vegetarian	13	43.33%
Total:		30	100%

In table 7 the vegetarian patients are 17 and non-vegetarian are 13 and their percentage is as follows 56.67% and 43.33% respectively.

Table 8: Classification of 30 Patients according Marital Status

SNo	Marital status	No. of Patients	Complete relief %
1.	Married	19	63.33%
2.	Un-Married	11	36.67%
Total:		30	100%

In above table the married patients are 19 and un-married are 11, and their percentage is as follows 63.33%, 36.67% respectively.

Table 9: Classification of 30 Patients according to Prakruti^{5,6}

SNo	prakriti	No. of Patients	Complete relief %
1.	Vataja	0	0%
2.	Pittaja	0	0%
3.	Kaphaja	0	0%
4.	Vata-Pittaja	18	60%
5.	Vata-Kaphaja	5	16.67%
6.	Pitta-kaphaja	7	23.33%
7.	Tridoshaja	0	0%
8.	Samdoshaja	0	0%
Total		30	100%

As per the above table we does not found any patient of Vataja, pittaja, Kaphaja, Tridoshaja and Samaprakriti. The Vata-Pittaja patients are 18, Vata-Kaphaj5, Pitta-Kaphaj are 7 and their percentage is as follows 60%, 23.33% respectively.

Table 10: Classification of 30 Patients according to their Economical Status

SNo	Economical Status	No. of Patients	Complete relief %
1.	High income group	1	3.33%
2.	Middle income group	18	60%
3.	Poor income group	11	36.67%
Total:		30	100%

Table 11: Symptomatic Relief % after taking Mandura Bhasma

Symptoms	B.T	After treatment (A.T)			Relief %
		10 days	20 days	30 days	
Pallor	20	15	10	2	90%
Weakness	20	10	8	3	85%
Leanness	17	13	10	9	47.06%
Palpitation	16	12	10	8	50%
Hrit-Peeda	8	6	3	2	75%
Breathlessness	18	12	9	4	77.77%
Heaviness	11	6	5	3	72.72%
Gatrasatva	12	10	7	6	50%
Vertigo	7	4	3	1	85.71%
Drowsiness	18	10	4	2	88.88%
Shishirdvesh	13	11	11	6	53.85%
Karna Kshveda	2	2	1	1	50%
Gatrashula	0	0	0	0	0%
Shrama	17	12	6	4	55%
Shodha	14	12	7	7	50%
Shirnalomta	1	1	1	1	0%
Alasya	15	12	9	8	55%
Lumbago	17	15	14	7	58.52%
Padashula	11	10	8	4	63.6%
Slow-talk	8	8	8	7	12.5%
Cramps	13	11	8	5	61.54%
Anna-dweshha	19	16	11	5	73.68%
Jwara	0	0	0	0	0%
Anga sadana	6	6	5	4	33.3%
Kopnatva	4	3	1	1	25%
Netrasodha	6	6	2	1	83.33%

Table 12: Symptomatic Relief % after using Mandura Bhasma and Virechana karma

Symptoms	B.T	After treatment (A.T)		Relief %
		10 days	20 days	
Pallor	10	7	0	100%
Weakness	8	9	0	100%
Leanness	4	4	2	50%
Palpitation	8	6	0	100%
Hrit-Peeda	5	1	0	100%
Breathlessness	8	0	0	100%
Heaviness	3	1	0	100%
Gatrasatva	5	0	0	100%
Vertigo	7	7	3	57.14%
Drowsiness	8	3	0	100%
Shishirdvesh	7	1	0	100%
Karna Kshveda	7	3	2	71.43%
Gatrashula	1	1	1	0%
Shrama	5	4	1	30%
Shodha	8	3	0	100%
Shirnalomata	2	1	0	100%
Alasya	8	2	0	100%
Lumbago	0	4	0	100%
Padashula	5	5	0	100%
Slow-talk	2	2	2	0%
Cramps	6	6	4	33.33%
Anna-dweshha	8	0	0	100%
Jwara	0	0	0	0%
Anga sadana	3	3	0	100%
Kopnatva	4	4	3	25%
Netrashodha	1	1	0	100%

Table 13: Hb gm% improvement after using Mandura Bhasma only

Patient Reg.No.	B.T. Hb gm%	A.T. Hb gm%	Relief %
1232	10	11	10
1303	11	11.2	1.8
258	10	11	10
1912	9.4	10.2	8.5
1904	10	11	10
1931	6.2	7.5	20.9
2325	9	10	11
2431	9.4	10.5	11.7
2492	6	7.2	20
2741	9.6	11	14.5
3103	9.8	10.8	10.2
3792	9.6	10.8	12.5

Table 14: Hb gm% improvement after using Mandura Bhasma and Virechan karma

Patient Reg.No.	B.T. Hb gm%	A.T. Hb gm%	Relief %
56	9.8	11.2	10.2
1231	10	11.5	15
1229	8.5	10	17.64
1324	8.2	10.4	26.82
57	8	10	25
1473	9	11	18
1932	7.6	10	31.5
1938	8.5	10	17.64
2743	8	10.2	27.5
2544	8.2	10	22.5
2998	9.5	11.8	24.2
2965	8	10.5	31.2
189	11.5	13	13.04
191	10	12.6	26
143	7	9.5	35.07

DISCUSSION

Complete relief:- The relief of >70% of symptoms of Pandu (Anaemia) assume complete relief.

Moderate relief:- The relief of 40-70% of Pandu (Anaemia) symptoms assume Moderate relief.

No-relief:- The relief of symptoms < 30% of Pandu assume No-relief.

Table 15: Showing No. of Patient and % of Relief from the Diseases

Sl.No	Results	No. of Patients	Percentage (%)
1.	Complete Relief	18	66%
2.	Moderate Relief	11	36.67%
3.	No-Relief	1	3.33%
Total		30	100%

75.6% of relief is observed in patients who took Mandura bhasma after undergoing Virechana karma while 54.4% of relief is observed in patients who took Mandura bhasma alone.

CONCLUSION

We got the following facts after studying the effect of Mandura bhasma in the management of Panduroga with and without Virechana karma:

As it is evident from the above Table 15 that the hemoglobin % estimated before and after the treatment with Mandurabhasma and Virechana karma shows significant improvement. However the patients who treated with Mandoora bhasma without Virechana karma show less significant improvement in terms of overall improvement of health and general condition of the patient.

Thus it seems that apart from correcting deficiency of hemoglobin correction of underlying metabolic disturbances is more important and plays a key role in the management of Panduroga. Thus Mandura bhasma as a drug of supplementation and Virechana karma as a

procedure for correction of metabolism play a prime role in the management of Panduroga.

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