

EFFICACY OF MANDUR BHASAMA IN GARBHINI PANDU W.S.R. TO IRON  
DEFICIENCY ANAEMIA IN PREGNANCY – A CASE REPORTNeeta Arya<sup>1\*</sup> and Pravesh Tomar<sup>2</sup><sup>1</sup>Post Graduate Scholar, Department of Prasuti Tantra Evum Stree Roga, Uttarakhand Ayurveda University, Rishikul Campus, Haridwar.<sup>2</sup>M.D. (AYU.) B.H.U. Professor & HOD, Department of Prasuti Tantra Evum Stree Roga, Uttarakhand Ayurveda University, Rishikul Campus, Haridwar.**\*Corresponding Author: Neeta Arya**

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Article Received on 01/01/2025

Article Revised on 22/01/2025

Article Accepted on 12/02/2025

**ABSTRACT**

Pregnancy is indeed one of the most exciting period filled with potential and a sense of fulfilment. It brings the journey of transformations where the body, mind and spirit adapt & prepare for the arrival of new life. In *Ayurveda*, it has emphasized that any disease can manifest during pregnancy and general line of treatment can be adopted for that particular disease. Anemia often becomes a physiological condition during pregnancy in order to meet the increased demand of the growing fetus. During pregnancy, the nutritional needs of the mother are elevated to support the nourishment of herself, the growing fetus, the development of the placenta, and the preparation of breast tissue for lactation. Hematological blood volume increases which causes hemodilution which leads to physiological anemia. If these increased nutritional requirements are not met, it can result in *Garbhini Pandu* (pregnancy-related anemia), which if left may lead to complications for both mother and the fetus. In *Ayurveda* texts, Pandu is characterized by a pale or yellowish complexion, weakness, fatigue which resemble symptoms often observed in anemia. Anemia during pregnancy can be co-related with *Garbhini Pandu* in *Ayurveda*. Globally, it is estimated that 37% of pregnant women are affected by iron deficiency anemia. *Ayurvedic* classics reveals a new approach for understanding, treating *Garbhini Pandu* and promoting a healthy pregnancy for mother and child.

**KEYWORDS:** Anemia, *Garbhini Pandu*, Pregnancy, Fetus, *Garbhodrav*.**INTRODUCTION**

Motherhood is a journey of love that begins with a tiny heartbeat. Associated with many complications, where Anemia is one among them. Anemia is responsible for 20% of maternal deaths in the third-world countries.<sup>[1]</sup> In the context of *Rakt Gulma*, *Acharya Kashyap* has described a similar description during *Garbhavastha*, which refers to *Garbhini Pandu*.<sup>[2]</sup> In the *Harit Samhita*, *Acharya Harit* has described eight *Garbhodrav*, including *Vivarnata*, which seems to refer to the pallor commonly associated with anaemia.<sup>[3]</sup> The growing fetus is nourished by the mother's *Aahar Ras*, making it essential for the *Garbhini* to have a more nutritious diet. *Acharya Charak*, in *Sharir Sthan* mentions the *Bal-Varn-Hani* experienced by *Garbhini* in the sixth month of pregnancy which refers to fatigue and a loss of strength and complexion. In the seventh month, *Acharya* describes *Mamsa Shonit Kalantama*, indicating further depletion of flesh and blood.<sup>[4]</sup> These symptoms, commonly observed during the second trimester of pregnancy, may be due to anemia. To meet the increased nutritional demands of pregnancy, *Ayurveda* outlines a comprehensive *Garbhini Paricharya* (antenatal care).

However, due to *Apathyakar Aahar-Vihar*, improper *Ras Dhatu* can develop, leading to the production of progressively *Dhatu Kshaya*, which may contribute to the pathology of *Garbhini Pandu* (anemia during pregnancy).

**CASE REPORT**

A 25 yrs old married woman visited the OPD of Prasuti Tantra and Stree Roga, Rishikul Ayurvedic Medical College and Hospital on 19 October 2023 with UPT positive and amenorrhea of 20 weeks. Having a complaint of shortness of breath, palpitations and often mild leg cramps during night. No past history of DM/HTN/Thyroid dysfunction or any medical or surgical history. And no history of similar complaints in any of the family members. Her married life is about 1 year and is vegetarian.

**Personal history**

Appetite – Good.

Bowel – Regular, Once / day

Micturition – 5-7 times/day 2-3 times/night

Sleep – Sound.

**Menstrual history**

<b>Age of Menarche</b>	<b>13 yrs</b>
Menstrual cycle	4-5 days / 28-30 days
L.M.P.	04/06/2023
E.D.D	11/03/2024
P.O.G	20 weeks

**Obstetric history – G<sub>1</sub>P<sub>0</sub>****General Examination**

Built – Moderate	Weight 60 kgs
Nourishment – Moderate	Height – 152 cm
Temperature – 98.4 <sup>0</sup> f	Lymph node – not palpable
B.P – 120/80 mmHg	Thyroid gland – not enlarged
Respiratory rate- 18-20 / min	Pallor – absent

**P/A** – Inspection – Linea nigra, striae gravida present.  
 Palpation – 20 weeks fetal part palpable  
 Auscultation – fetal heart rate present regularly 142 b/m.

**Investigation**

Blood examination: 9.2 gm/dl  
 Haemoglobin: 9.2 gm/dl  
 Blood group: O -ve  
 Rbs: 116 mg/dl  
 HIV: Non-reactive  
 HBsAg: Non-reactive  
 VDRL: Non reactive

**Urine examination**

Appearance: clear  
 Pus cell: 2-4/ hpf.

**USG:** single live-uterine pregnancy of 8 weeks with fetal heart beat present.

**Immunization:** 1 dose of inj T.T covered.

**Treatment**

Duration of treatment 90 days  
 Quantity: 125 mg BD Mandoor Bhasma with *Anupan Madhu*.

**Observation**

Before hemoglobin was 9.2 gm/dl after treatment 13.7 gm/dl.  
 Also got relief in the associated chief complaints of shortness of breath, palpitations, and often mild leg cramps during the night.

**DISCUSSION**

In *Ayurveda*, *Mandoor Bhasma* is one of the preferred drug for *Pandu Roga* (anemia) due to its iron content, which effectively addresses iron deficiency. However, if the deficiency arises from poor iron absorption, even iron supplements may prove ineffective. Therefore, it is essential to use a medication that enhances iron absorption, allowing formulations like *Mandoor Bhasma* to work more effectively. *Mandoor Bhasma* consists of Ferric oxide (Fe<sub>2</sub>O<sub>3</sub>). *Mandoor Bhasma* possesses properties such as *Soumya*, *Sookshma*, *Vrishya*, *Ruchikar*,

*Deepan*, *Pitta Prashman*, and *Raktavardhak*. These qualities aid in *Aam Pachan*, correcting Mandagni and balancing vitiated Doshas, thereby ensuring proper nourishment of the growing fetus through *Uttarottar Dhātu* formation. Its hematogenic and haematinic actions enhance red blood cell production and increase hemoglobin levels. Additionally, due to its *Sheet Guna*, it is effective in managing *Pitta* and *Rakta Vikar*. It is also referred to as “*Rakta Vridhika Param*” for its superior blood-enhancing properties.<sup>[5]</sup> The study revealed a substantial efficacy of *Mandoor Bhasma* in *Garbhini Pandu* concerning subjective parameters.

**CONCLUSION**

The present case study entitled as “EFFICACY OF MANDUR BHASAMA IN GARBHINI PANDU W.S.R. TO IRON DEFICIENCY ANAEMIA IN PREGNANCY” reveals that *Mandoor Bhasma* has got a vital role in the pregnancy which has shown successful results in symptomatic relief.

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