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Research Article

A CLINICAL STUDY ON THE EFFECT OF *DADIMADI GHRUTA* IN *GARBHINI PANDU* (ANAEMIA IN PREGNANCY)

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ABSTRACT

Today most of people all over world want to experience the healing touch of the traditional medical system i. e. *Ayurved*, as it has limitless potential regarding health care. *Stree* has got the divine status in the World. She is the very important factor for the formation of the new born. Changing life style and food habits in this modern era contribute to great extent in many diseases. Also people are not paying attention towards *Dincharya*, *Rutucharya* and *Garbhini paricharya* etc. Hence more prone to serious diseases. *Garbhini stree* becomes malnourished and faces serious medical problems. These problems may affect the baby also. *Garbhini Pandu* is one of the serious disease in *garbhini* which causes disturbance of woman's health and baby also. *Garbhini Pandu* ranges widely from 40-80% in India and is responsible for 20% of maternal death. Allopathic formulation has lot of side effects. Therefore, considering it as a challengeable melody, the effective and cheaper medicine i.e. *Dadimadi Ghruta* which is made up of natural compounds is required to maintain the normal health of woman.

Keywords- *Ayurveda*, *Garbhini Pandu*, *Dadimadi Ghruta*.

INTRODUCTION

Pregnancy is one of the natural conditions in woman's life. At this condition a new life (*garbha*) is formed in woman's body. *Garbha* entirely survived and depends on *garbhini*.¹ So she has prime importance in the universe. In *Sagarbhavastha* (Pregnant status), her condition is very delicate and if she is not paying attention towards *garbhini paricharya* (proper ante natal care), she becomes malnourished and faces serious medical problems. Some complication or disorders to mother may affect the baby also. *Garbhini pandu* (Anaemia during Pregnancy) is one of the serious disease which causes disturbance of woman's health and baby also.

In developing countries like India, *Garbhini Pandu* is commonly occurring *garbhopadrava*. So it is very important to treat *Pandu* in *Garbhini*. In *Garbhini Pandu* various Allopathic medicines are available. Oral iron supplement is one main way of treatment. But this oral iron therapy causes various side effects like constipation, nausea, vomiting and giddiness which are again a bit harmful to *garbhini*. For avoiding all these side effects the *garbhini* requires a medicine which is made up of natural compounds and may be *hrudya* and *ruchikar* (palliative). *Ayurveda* has described many effective medicines and treatment for *garbhini pandu* having no or less side effects and comparatively very cheap.

Acharayas explained *snehan* and *virechan* as *samanya chikista* of *Pandu*.² *Panchkarmokta virechan* is not recommended in *Garbhini*.³ Hence it is decided to give her '*Dadimadi ghruta*' which plays an important role in *agnideepan karma* (appetizer), *supachya* (easy digestible), *well* nourisher, *raktavardhak* (haematonic), *balavardhaka* and also *garbha poshak* and *mrudu-virechaka* (mild laxative).⁴ Considering the condition of

garbhini and thinking of *balabal*, it is decided to give her 15 ml two times a day before lunch and dinner.

MATERIAL AND METHODS

Pregnant women having anaemia were selected for this research work. Total 100 patients were selected. Clinical trials were conducted. Data obtained from trials was analyzed with proper statistical method and result is presented.

Study Design-

Open labeled single blind study

Screening of subjects for inclusion

Initial assessment

Dadimadi Ghruta along with *anupan* Luke worm water for 3 months

Assessment of patient every 15 days.

Assessment at the end of treatment i.e. after 3 months.

Final assessment.

Statistical assessment.

Conclusion.

Selection of patient

Inclusion Criteria-

- Female patients with clinical signs and symptoms of *Pandu* (Anaemia) described in Ayurvedic classics and Modern science.
- Patients of *garbhini pandu* who were not taking any iron supplements or any medication were selected on the following criteria-
 - Single live intra uterine pregnancy with Hemoglobin percentage between 6 to 8 gm was selected.
 - Age- 25 to 35 years.
 - *Garbhini* in first and second trimester (2nd, 3rd, 4th, 5th, 6th, 7th, month)

- Multipara irrespective of cast religion, *prakruti*, income group, occupation is selected.
- Iron deficiency anemia in *garbhini*.
- The patients showing following *lakshan samuchaya* were taken for treatment- *Nakha, Netra, Twak Panduta, Pindikodweshtana, Hruts panda, Ayasen shwasa, Klama*

Exclusion Criteria

- *Garbhini Pandu* with diseases like - *Arsha*, Blood cancer, *Shosh*, *Purishaja krimi*, *Udar - pandu* occurs as a sign. In some diseases like - *Rakta pitta, Grahani, Ashmari* (haematuria)- *pandu* occurs as *upadrava swaroop*. In some cases like - *Raktatarsha*, H/o trauma, *Raktarsha* (Bleeding

piles), *Rakta-pitta - pandu* occurs due to actual blood loss were rejected.

- *Pandu vyadhi* present with any abnormal pregnancy, recurrent abortion, *mruta garbha*.
- *Garbhini Pandu* with any systemic illness like *Prameha*, heart disease, hypertension.
- Patients in third trimester of pregnancy.
- Patients having Hb% count less than 6 gm%.

Method

Preparation of *Dadimadi ghruta* is done⁵
Dadimadi ghruta was prepared in the pharmacy of Ayurved College, Kodoli, Dist.- Kolhapur, Maharashtra.

Dadimadi ghruta contains

Sr No	Ingredient	Latin Name	Part Used	Properties
1	<i>Dadima</i>	<i>Punica granatum</i>	Fruit	<i>Rasa-Madhur, Veerya-Anushna, Vipaka-Madhura, Tridoshshar, Hrudya, Balya</i>
2	<i>Dhanyaka</i>	<i>Corriandum sativum</i>	Leaves & fruit	<i>Rasa- tikta, katu, veerya- ushna, vipak- madhura and laghu-snigdha guna</i>
3	<i>Chitraka</i>	<i>Plumbago zeylanica</i>	Root	<i>katu rasa, Ushna veerya, katu vipak and laghu, ruksha and teekshna guna</i>
4	<i>Shunthi</i>	<i>Zingiber officinale</i>	Root	<i>katu rasa, ushna veerya, madhura vipak and laghu-snigdha guna</i>
5	<i>Pippali</i>	<i>Piper longum</i>	Fruit	<i>katurasa, anushna veerya, madhura vipak and laghu-snigdha guna.</i>
6	<i>Ghruta</i>		Whole part	<i>Madhura rasa, sheet veerya, madhura vipak and laghu and snigdha guna</i>

Drug - *Dadimadi ghruta*

Dose – 15 ml

Time - Two times (morning and evening) with empty stomach

Anupan – A cup of luke worm water

Total duration-90 days (3 months)

Follow up - After every 15 days

Clinical Parameters

- 1) *Nakha, Netra, Twak Panduta.*
- 2) *Pindikodweshtana*
- 3) *Hruts panda*
- 4) *Ayasen shwasa*
- 5) *Klama*

Screening Tests: The patients were screened with following tests:-

Laboratory Parameter

Haemoglobin gm %

Radiological Parameter

USG – Abdomen and Pelvis

The subjective gradation of above symptoms was made before and after treatment.

0--->All symptoms disappeared Grade O. (Normal)

+ ---> (out of 5 symptoms 3 disappeared) Grade I (Mild degree)

++ ---> (out of 5 symptoms 2 disappeared but not affecting foetal growth)- Grade II (or moderate degree)

+++ ---> All five symptoms present having hazardous effects on foetus) Grade III (severe degree)

All patients are given the medicine *Dadimadi ghruta* for 15 days. After giving the treatment the patients were requested to come for follow up. The report was made of following symptoms-

- 1) Up said symptoms
- 2) *Rugna-Nadi*, Weight, Blood Pressure, respiratory rate.

3) *Garbha Vriddhi*

4) Hb% (After one month)

OBSERVATION

General Observation

Age wise distribution

Out of 100 patients, maximum numbers of patients were found in 25 to 29 years age group. It was followed by 30 to 35 years age group. They were 82% and 18% respectively.

Occupation wise

Maximum numbers of patient were found as housewives. It was followed by worker and then service women. They were 64%, 28% and 8% in respectively. It means that *garbhopadrava pandu* was quite occupying in housewife group. Again this indicates the dietary and habitual pattern of this group.

Gravidity wise patient's distribution

Out of 100 patients, maximum number of patients were second gravida followed by third. They were 62% and 38% respectively.

Prakruti wise

Out of 100 patients, maximum numbers of patients were found in *pittavata* dominance *prakruti* followed by *vatapitta* dominance and then *kaphavata* and *pittakapha*. They were 47%, 29%, 13% and 11% respectively.

Clinical Observations

Samanya Lakshnawise (General symptoms)

Out of 100 patients, maximum number of patients were found in having *panduta (Nakha, netra, twak panduta), pindikodweshtana, Hruts panda, Ayasen shwas, Klama*. In all 100 patients, *Nakha, Netra, Twaka Panduta* and *Hruts panda* was present. While *ayasen shwas* was found in 73 patients,

pindikodweshtana is 59 and *Klama* in 51 patients. Most of these symptoms were present in all patients more or less dominantly. It means that all the patients selected for this project study were showing maximum symptoms.

A Division According to *Udbhava Kala*

Out of 100 patients, maximum number of patients had *udbhava kala* of *pandu* in second trimester (4-7 months) followed by first trimester (first three months) They were 58% and 42% respectively.

According to Severity index of *Garbhini Pandu*

Out of 100 patients, maximum numbers of patients were found in Grade III, II and I (before treatment). They were 64, 28, 8 in number respectively. It means that *garbhopadrava pandu* was moderately severe as all symptoms were present in most of patients.

According to Haemoglobin Percentage

Out of 100 patients, maximum number patients were found in having Hb percentage 8gm% followed by 7 gm% then 6 gm%. They were 62%, 26% and 12% respectively.

Discussion of General Observations

Age wise

Almost all patients were in age group 25-29 and 30-35 years. Ideal age of pregnancy is 18-25 years. But now-a-days 25 to 35 year age group is more prone to pregnancy. So *garbhopadrava* are quite possible in this age. In age group 25 to 29 years, there are 82 patients and 30 to 35years, there are 18 patients.

Occupation wise

Occupation was not given more importance during the study. As patients were randomly selected, but still it was found that housewives were more prone to *Garbhini pandu*. House wives followed by workers are most affected than service women. This is because dietary pattern is not regular in housewives compare to worker and service women.

In present study, it is found that occupation wise the 100 patients are distributed in the following way-Housewives-64, Worker -28, Service-08.

Gravidity wise

It is more important to give attention to gravidity rather than parity in *garbhini pandu*. Abortions cause significant blood loss and can lead to anaemia. Also low nutrient diet and mental stress lead to anaemia. In present study, it is found that gravidity wise the 100 patients are distributed in the following way-Second gravida- 62 patients, Third Gravida- 38 Patients.

Prakruti wise

Pittavata and *vatapitta* dominance *prakrutis* were found. Combination of *vata* and *pitta dosha* is the dominant factor. This shows the natural tendency of body towards *pitta prakopa* as there is naturally *pittadosha* dominance in second trimester of pregnancy. *Vata, Pitta, Kapha doshas* are dominating during 3rd, 2nd and 1st stages of age, day time and meal respectively. i.e. 1st Trimester-Kapha Pradhanya, 2nd Trimester-Pitta Pradhanya, 3rd Trimester-Vata Pradhanya⁶

Discussion of Clinical Observation

Samanya Lakshana (General Symptoms)

General symptoms like *panduta* i.e. *Nakha, Netra, Twak Panduta, Pindikodweshtana, Hrutspond, ayasenshwas, Klama* etc were present. The classical symptom *Karnashweda* was not observed in this study. Most of these symptoms were present in all patients more or less dominantly. Some symptoms like *dourbalya, katishula, sarvangmarda, padashohta, agnimandya* were not present in each patient. This shows that in this project study all the patients selected were showing maximum symptoms. This ultimately helped to get clearer conclusion.

Discussion of effect of treatment

Effect of treatment on Severity Index

After giving treatment of *Dadimadi Ghruta*, there is remarkable shift in severity grades. This shift is there because of improvement or completes reduction of *Nakha, netra, twaka panduta, Hrutspanda, pindikodweshtana, ayasen shwas, klama*. This definitely suggests that given medicine has effect on *Garbhini pandu*.

Dadimadi Ghruta acts on the root of *panduta* i.e. *rakta and pitta*. It improves the *agni* and appetite and resulting in increase food intake.

After giving treatment the severity index of *garbhini pandu* was as follows- Grade O or normal (all symptoms disappear), Grade I- mild (out of 5 symptoms 3 disappear), Grade II- Moderate degree (out of 5 symptoms 2 symptoms disappear but not affecting fetal growth) Grade III- Severe degree (all 5 symptoms are present having hazardous effects on mother and fetus). They were grade O-23, Grade I-64, Grade II-13 respectively.

Nakha, Netra, Twak panduta

Nakha, Netra, Twaka, Panduta was present in all 100 patients at the beginning. The frequency distribution of parameter *Nakha, netra, twak panduta* along with the effect of the medicine *Dadimadi ghruta* after every 15 days is given below.

Table 1: *Nakha, Netra, Twaka, Panduta*

<i>Nakha, Netra, Twaka, Panduta</i>	1 st Day	After 15 Days	After 30 Days	After 45 days	After 60 days	After 75 days	After 90 Days
Present	100	100	100	82	44	14	7
Absent	0	0	0	18	56	86	93
Total	100	100	100	100	100	100	100

The percent of patients suffering from '*Nakha, Netra, Twaka, Panduta*' decreased from 100% to 7% because of medicine '*Dadimadi ghruta*' in 90 days. There is significant effect of medicine '*Dadimadi ghruta*' on '*Nakha, Netra Twak panduta*' of patients after 30 days. The effect goes on increasing as the days of treatment are increasing.

Pindikodweshtana

The parameter *Pindikodweshtana* was present in 59 patients out of 100 patients at the beginning. The frequency distribution of parameter *Pindikodweshtana* along with the effect of the medicine *Dadimadi ghruta* after every 15 days is given below.

Pindikodweshtana – Scale used was **Happy Face Scale**

<i>Pindikodweshtana</i>	No. of Patients					
	After 15 days	After 30 days	After 45 days	After 60 days	After 75 days	After 90 days
No Pain	0	0	0	0	7	28
Improved	0	0	17	37	44	28
Partially Improved	0	30	38	22	8	3
Not Improved	59	29	4	0	0	0
Total	59	59	59	59	59	59

There is significant effect of medicine '*Dadimadi ghruta*' on *Pindikodweshtana* of patients after 30 days. The effect goes on increasing as the days of treatment are increasing.

Hrutspanda

The parameter *Hrutspanda* was noted for all 100 patients at the beginning.

The frequency distribution of parameter *Hrutspanda* along with the effect of the medicine *Dadimadi ghruta* after every 15 days is given below. There is significant effect of the medicine '*Dadimadi ghruta*' on '*Hrutspanda*' of patients after 30 days. The effect goes on increasing as the days of treatment are increasing.

<i>Hrutspanda</i>	1 st Day	After 15 days	After 30 days	After 45 days	After 60 days	After 75 days	After 90 days
72 Per Min	0	0	0	0	0	2	7
74 Per Min	0	0	1	1	3	10	11
76 Per Min	1	0	3	6	8	18	28
77 Per Min	1	0	0	0	0	0	0
78 Per Min	4	5	5	9	19	29	35
80 Per Min	8	8	16	25	33	24	5
82 Per Min	11	11	23	24	21	6	7
84 Per Min	24	24	24	20	6	4	2
86 Per Min	18	19	14	7	3	2	1
88 Per Min	21	21	4	1	2	1	0
90 Per Min	0	0	3	1	1	0	0
92 Per Min	7	7	4	5	4	4	4
94 Per Min	2	2	1	1	0	0	0
96 Per Min	0	0	2	0	0	0	0
98 Per Min	3	3	0	0	0	0	0
Total	100	100	100	100	100	100	100

The table shows the effect of the medicine '*Dadimadi ghruta*' on '*Hrutspanda*' of patients. The average *Hrutspanda* per min goes on decreasing rapidly over the time period.

Ayasen Shwasa

The parameter *Ayasen shwasa* was present in 73 patients out of 100 patients at the beginning. The frequency distribution of parameter *Ayasen shwasa* along with the effect of the medicine *Dadimadi ghruta* after every 15 days is given below. The bar table showing the frequency distribution is as

<i>Ayasen Shwas</i>	After 15 days	After 30 days	After 45 days	After 60 days	After 75 days	After 90 days
<i>Shwas Even After Rest</i>	73	22	3	0	0	0
<i>Shwas Vriddhi After light house hold work</i>	0	51	36	17	8	2
<i>Shwas Vriddhi After climbing few steps</i>	0	0	34	40	39	29
<i>No Shwas Vriddhi</i>	0	0	0	16	26	42
Total	73	73	73	73	73	73

There is significant effect of the medicine '*Dadimadi ghruta*' on '*Ayasen shwasa*' of patients after 30 days. The effect goes on increasing as the days of treatment are increasing.

Klama

The parameter *Klama* was present in 51 patients out of 100 patients at the beginning. The frequency distribution of parameter *Klama* along with the effect of the medicine *Dadimadi ghruta* after every 15 days is given below.

<i>Klama</i>	No. of Patients					
	After 15 days	After 30 days	After 45 days	After 60 days	After 75 days	After 90 days
Totally Reduced	0	0	2	21	38	40
Extensively Reduce	0	4	35	22	10	10
<i>Klama Reduce</i>	14	40	14	8	3	1
<i>Klama</i>	37	7	0	0	0	0
Total	51	51	51	51	51	51

There is significant effect of the medicine 'Dadimadi ghruta' on 'Klama' of patients after 30 days. The effect goes on increasing as the days of treatment are increasing.

According to Haemoglobin Percentage after Treatment

Out of 100 patients, maximum numbers of patients were found in having Hb% more than 10 gm% ,9 to 10gm% followed by 8 to 8.9 gm%, 7 to7.9 gm% and 6 to 6.9 gm%. They were 08, 22, 14, 52, and 4 respectively. The table of means plot of 'Haemoglobin gm%' is as given below

Haemoglobin gm%	No. of Patients			
	At the Beginning	After 30 days	After 60 days	After 90 days
6	12	3	0	0
6.5	0	1	1	0
7	26	17	9	6
7.5	0	0	4	8
8	62	42	16	5
8.5	0	3	7	17
9	0	34	45	26
9.5	0	0	15	32
10	0	0	3	6
Total	100	100	100	100

The table shows the effect of the medicine 'Dadimadi ghruta' on 'Haemoglobin gm%' of patients. The average Haemoglobin gm% goes on increasing rapidly over the time period.

Difference in Haemoglobin Percentage

Haemoglobin was increased up to 1.5gm% in 52 patients, upto 1 gm% in 32 patients, more than 2gm% in 11 patients, upto 0.5 gm% in 04 patients, and no change is only in one patient. No change in observed in patient No. 68 Her Hb% was 7 gm% remain static before and after treatment. But her all symptoms e.g. *nakha*, *netra*, *twaka panduta*, *pindikodweshtana*, *Hrutspanda*, *ayasenshwas* and *klama* get relieved after treatment. Hb% More than 2 gm%-11 patients, 1.5 -52 patients, 1.0 gm%-32 patients, 0.5 gm%-04 patients, No change-01 patient.

Action of Dadimadi Ghruta

Dadimadi ghruta is known natural combination which helps *garbhini* to relieve *Pandu*. The *Dadimadi ghruta* not only relieve the symptom of *garbhini pandu* but also improve the condition of *garbha*. It acts as *raktavardhak*, *balavardhak*, *hrudya*, *agnideepka*.⁷

In *Dadimadi ghruta*, the main content is *dadima* which is *hrudya*.⁸ *Dhanyak* is sugandhi dravya which will improve psychological status of woman⁹ *Pippali*, *chittrak* and *shunti* are straight way acting on *Rasavaha* and *Raktavaha strotas*. *Ghruta* is *rasayan* and *agnivridhikar*.¹⁰

Basically all the contents of *Dadimadi ghruta* are *pachak*, *raktawardhak* and *raktaprasadak*.

Dadima-(*Punica granatum*)

*Madhura- Amla- Kashaya rasa, Anushana veerya, Madhuravipaka, laghu and snigdha guna*¹¹

The *Madhura rasa* is *Pitta Shamak* The *amla rasa* and *Anushana veerya* of *dadima* stimulates *jatharagni*⁸ for *deepana*. *Laghuguna* means which disintegrate and get metabolized in short time and with little caloric energy.

Dhanyaka-(*Corriandrum sativum*)

It has *tikta, katu rasa, ushna veerya, madhura vipak and laghu-snigdha guna*.¹²

Dhanyaka requires little amount of time to get disintegrated and metabolized. *Tikta rasa* detoxicates *rasa* and *rakta dhatu*. *Madhura vipak* supports *dhatunirmiti*.

Chitraka-(*Plumbago zeylanica*)

It has *katu rasa, Ushna veerya, katu vipak* and *laghu, ruksha* and *teekshna guna*.^{13, 14, 15}

These *gunas* correct *jatharagni* and *dhatwagni* for the healthy formation of *rasa-rakta dhatu*.

Shunthi-(*Zingiber officinale*)

It has *katu rasa, ushna veerya and madhura vipak and laghu-snigdha guna*.^{16, 17} These *gunas* support in disintegration of the food properly and privileges the formation of healthy *dhatu* especially *shukra*. This condition modifies the *oja* which privileges for convenient growth and maintenance of both fetal and maternal health.

Pippali-(*Piper longum*)

It has *katurasa, anushna veerya, madhura vipak and laghu-snigdha guna*.¹⁸

Katu rasa supports in maintaining the *agni* where as *madhura rasa* and *vipak* privileges the *dhatu nirmiti* conveniently.

Go-ghruta

It has *madhura rasa, sheet veerya and madhura vipak and laghu and snigdha guna*.^{19,20} It has its own specific *gunadharmas*. As a media for many *dravyas* in different *aushadhiyoga*, quick assimilation of *aushadhi dravya* occur.

Combination of these six *dravyas* as *Dadimadi ghruta* is a boon in pregnancy to restore good health both for foetus and mother by relieving the *panduta* in *garbhini*.

Statistical analysis

The data type for parameters '*Nakha, Netra, Twaka, Panduta*'; '*Pindikodweshtana*'; '*Ayasan shwasa*'; '*Klama*' is ordinal. Hence the test used for these parameters are non parametric.

The data type for parameters '*Hrutspanda*' and '*Haemoglobin gm%*' is continuous i.e. interval. Hence the test used for these parameters are parametric.

The test used for four parameters is the non parametric Friedman test.

The calculated value of test statistic for '*Nakha, Netra, Twaka, Panduta*' = 429.148 and p value = 0.00 The calculated value of test statistic for '*Pindikodweshtana*' = 259.305 and p value = 0.00

The calculated value of test statistic for '*Ayasan shwasa*' = 330.965 and p value = 0.00

The calculated value of test statistic for '*Klama*' = 231.907 and p value= 0.00

p value of test statistic of all four parameters discussed is < 0.05.

There is significant effect of the medicine 'Dadimadi ghruta' on 'Nakha, Netra, Twaka, Panduta'; Pindikodweshtana; Ayasen shwasa; Klama of patients.

The post hoc tests i.e. Wilcoxon Signed Rank test suggest that to get the effect of the medicine 'Dadimadi ghruta' on 'Nakha, Netra, Twaka, Panduta'; Pindikodweshtana; Ayasen shwasa; Klama of patients; the treatment duration must be greater than 30 days.

The effect goes on increasing as the days of treatment are increasing.

The test used for Hrutsapanda and Haemoglobin gm% is one way ANOVA test.

The calculated value of test statistic for Hrutsapanda = 58.051 and p value = 0.00

The calculated value of test statistic for Haemoglobin gm% = 59.984 and p value = 0.00

p value of test statistic of all two parameters discussed is < 0.05.

There is significant effect of the medicine 'Dadimadi ghruta' on Hrutsapanda and Haemoglobin gm% of patients.

The post hoc tests i.e. The Tukey HSD test suggest that to get the effect of the medicine 'Dadimadi ghruta' on Hrutsapanda and Haemoglobin gm% of patients; the treatment duration must be greater than 30 days.

The effect goes on increasing as the days of treatment are increasing.

CONCLUSION

From this study it can be concluded that non compliance of code of healthy diet selection and eating plays a major role in causation of this disease. Hence code and conduct of healthy eating is important to achieve early and better result of the treatment as *Nidana Parivarjana*.

In the present study Dadimadi ghruta showed a highly significant improvement in *Garbhini Pandu* and Hb%. There was no any side effect of *Dadimadi Ghruta* on *Garbha* (foetus) and *Garbhini* (pregnant woman). So according to present study, it is concluded that *Dadimadi ghruta* have best results on *Garbhini Pandu*.

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