A CLINICAL STUDY ON THE EFFECT OF DADIMADI GHRUTA IN GARBHINI PANDU (ANAEMIA IN PREGNANCY)
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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. So she has prime importance in the universe. In Sagarbhavashta (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 garbhapadrava. 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. Panchkarmokta virechan is not recommended in Garbhini. Hence it is decided to give her ‘Dadimadi ghruta’ which plays an important role in agnipdepan karma (appetizer), supachya (easy digestible), well nourisher, raktavardhak (haematinic), balavardhaka and also garbha poshak and mrudu-virechaka (mild laxative). 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, Hrutspand, Ayasen shwasa, Klama

Exclusion Criteria
- Garbhini Pandu with diseases like - Arsha, Blood cancer, Shosh, Parishajha krimi, Udar - pandu occurs as a sign. In some diseases like - Rakta pitta, Grahan, Ashmari (haematuria) - pandu occurs as upadrava swaroop. In some cases like - Raktaitisar, H/o trauma, Raktastra (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 done\textsuperscript{5} Dadimadi ghruta was prepared in the pharmacy of Ayurved College, Kodoli, Dist- Kolhapur, Maharashtra.

Dadimadi ghruta contains

<table>
<thead>
<tr>
<th>Sr No</th>
<th>Ingredient</th>
<th>Latin Name</th>
<th>Part Used</th>
<th>Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dadima</td>
<td>Panica granatum</td>
<td>Fruit</td>
<td>Rasa-Madhura, Veerya-Anushna, Vipaka-Madhura, Tridoshshar, Hrutya, Balya</td>
</tr>
<tr>
<td>2</td>
<td>Dhanyaka</td>
<td>Corriandrum sativum</td>
<td>Leaves &amp; fruit</td>
<td>Rasa- tikta, katu, veerya- ushna, vipak- madhura and laghu-sniigdha guina</td>
</tr>
<tr>
<td>3</td>
<td>Chitraka</td>
<td>Plumbago zeylanica</td>
<td>Root</td>
<td>Katu rasa, Ushna veerya, katu vipak and laghu, ruksha and teekshna guina</td>
</tr>
<tr>
<td>4</td>
<td>Shunthi</td>
<td>Zingiber officinale</td>
<td>Root</td>
<td>Katu rasa, ushna veerya, madhura vipak and laghu-sniigdha guina</td>
</tr>
<tr>
<td>5</td>
<td>Pippali</td>
<td>Piper longum</td>
<td>Fruit</td>
<td>Kатураса, anushna veerya, madhura vipak and laghu-sniigdha guina</td>
</tr>
<tr>
<td>6</td>
<td>Ghruta</td>
<td>Piper longum</td>
<td>Whole part</td>
<td>Madhura rasa, sheet veerya, madhura vipak and laghu and snigdha guina</td>
</tr>
</tbody>
</table>

Drug - Dadimadi ghruta
Dose – 15 ml
Time - Two times (morning and evening) with empty stomach
Anupan – A cup of Luke warm water
Follow up - After every 15 days

Clinical Parameters
1) Nakha, Netra, Twak Panduta.
2) Pindikodweshtana
3) Hrutspand
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) Ragna-Nadi, Weight, Blood Pressure, respiratory rate.
3) Garbha Vruddhi
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 garbhapadavru 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 Lakshnavise (General symptoms)
Out of 100 patients, maximum number of patients were found in having panduta (Nakha, netra, twak panduta), pindikodweshtana, Hrutspand, Ayasen shwasa, Klama. In all 100 patients, Nakha, Netra, Twaka Panduta and Hrutspand was present. While ayasen shwasa was found in 73 patients,
It is more important to give more importance during the study. As the frequency distribution of parameter Nakha, netra, twaka panduta, Pindikodweshtana, Hrutspanda, 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 dourbaja, katishula, sarvangmarda, padashotha, 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 etc. 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, Twaka 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>
<thead>
<tr>
<th>Nakha, Netra, Twaka, Panduta</th>
<th>1st Day</th>
<th>After 15 Days</th>
<th>After 30 Days</th>
<th>After 45 days</th>
<th>After 60 days</th>
<th>After 75 days</th>
<th>After 90 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Present</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>82</td>
<td>44</td>
<td>14</td>
<td>7</td>
</tr>
<tr>
<td>Absent</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>18</td>
<td>56</td>
<td>86</td>
<td>93</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

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 us 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.
There is significant effect of the medicine ‘Dadimadi ghruta’ on Pindikodweshtan 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.

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

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

<table>
<thead>
<tr>
<th>Ayasen Shwasa</th>
<th>After 15 days</th>
<th>After 30 days</th>
<th>After 45 days</th>
<th>After 60 days</th>
<th>After 75 days</th>
<th>After 90 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shwasa Ever After Rest</td>
<td>73</td>
<td>22</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Shwasa Vraddhi After light house hold work</td>
<td>0</td>
<td>51</td>
<td>36</td>
<td>17</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>Shwasa Vraddhi After climbing few steps</td>
<td>0</td>
<td>0</td>
<td>34</td>
<td>40</td>
<td>39</td>
<td>29</td>
</tr>
<tr>
<td>No Shwasa Vraddhi</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>16</td>
<td>26</td>
<td>42</td>
</tr>
<tr>
<td>Total</td>
<td>73</td>
<td>73</td>
<td>73</td>
<td>73</td>
<td>73</td>
<td>73</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Klama</th>
<th>No. of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Klama</td>
<td>After 15 days</td>
</tr>
<tr>
<td></td>
<td>After 15 days</td>
</tr>
<tr>
<td>Klama</td>
<td>0</td>
</tr>
<tr>
<td>Klama</td>
<td>14</td>
</tr>
<tr>
<td>Klama</td>
<td>37</td>
</tr>
<tr>
<td>Total</td>
<td>51</td>
</tr>
</tbody>
</table>

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.
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 to 7.9 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

<table>
<thead>
<tr>
<th>Haemoglobin gm%</th>
<th>No. of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>At the Beginning</td>
<td>After 30 days</td>
</tr>
<tr>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>6.5</td>
<td>0</td>
</tr>
<tr>
<td>7</td>
<td>26</td>
</tr>
<tr>
<td>7.5</td>
<td>0</td>
</tr>
<tr>
<td>8</td>
<td>62</td>
</tr>
<tr>
<td>8.5</td>
<td>0</td>
</tr>
<tr>
<td>9</td>
<td>0</td>
</tr>
<tr>
<td>9.5</td>
<td>0</td>
</tr>
<tr>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
</tr>
</tbody>
</table>

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, hrudy, agnideepaka.' In Dadimadi ghruta, the main content is dadima which is hrudy.' Dhanyak is sugandhi dravya which will improve psychological status of woman1 Pippali, chitrak and shunti are straight way acting on Rasavaha and Raktavaha strotas. Ghruta is rasayan and aagyavridhikar.10 Basically all the contents of Dadimadi ghruta are pachak, raktavardhak and raktaprasadak.

Dadima-(Punica granatum)
Madhura - Amla - Kashaya rasas, Anushana veerya, Madhuravipaka, laghu and snigdha guna 11 The Madhura rasa is Pitta Shamak The amla rasa and Anushina veerya of dadima stimulates jatharagni2 for deepana. Laghuguna means which disintegrate and get metabolized in short time and with little calorific energy.

Dhanyak-(Corriandrum sativum)
It has tikta, katu rasa, ushna veerya, madhura vipak and laghussnigdha guna. 12 Dhanyak requires little amount of time to get disintegrated and metabolized. Tikta rasa detoxicates rasa and raka dhatu. Madhura vipak supports dhatunirimti.

Chitraka-(Plumbago zeylanica)
It has katu rasa, Ushna veerya, katu vipak and laghu, raksha and teekshna guna.13,14,15 These gunas correct jatharagni and dhatwagni for the healthy formation of rasa- raktu dhatus.

Shunthi-(Zingiber officinalis)
It has katu rasa, ushna veerya and madhura vipak and laghussnigdha guna.16,17 These gunas support in disintegration of the food properly and privileges the formation of healthy dhatus 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 katuras, anushna veerya, madhura vipak and laghussnigdha guna.18 Katu rasa supports in maintaining the agni where as madhura rasa and vipak privileges the dhatu nirmiti conveniently.

Go-grhuta
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 reliving the panduta in garbhini.

Statistical analysis
The data type for parameters ‘Nakha, Netra, Twaka, Panduta’; Pindikodweshtana; Ayasen 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 = 0.00The calculated value of test statistic for ‘Pindikodweshtana’ = 259.305 and p value = 0.00 The calculated value of test statistic for ‘Ayasen shwasa’ = 330.965 and p value = 0.00 The calculated value of test statistic for ‘Klama’ = 231.907 and p value= 0.00
There is significant effect of the medicine ‘Dadimadi ghrita’ on ‘Nakha, Netra, Tvaka, Panduta’; Pindikodweshtana; Aya sen shwasa; Klama of patients.

The post hoc tests i.e. Wilcoxon Signed Rank test suggest that to get the effect of the medicine ‘Dadimadi ghrita’ on ‘Nakha, Netra, Tvaka, Panduta’; Pindikodweshtana; Ayesen 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 Hrutspanda and Haemoglobin gm% is one way ANOVA test.

The calculated value of test statistic for Haemoglobin gm% is 58.051 and p value = 0.00

The calculated value of test statistic for Haemoglobin gm% is 59.984 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 ghrita’ on ‘Nakha, Netra, Tvaka, Panduta’; Pindikodweshtana; Ayesen shwasa; Klama of patients. The post hoc tests i.e. The Tukey HSD test suggest that to get the effect of the medicine ‘Dadimadi ghrita’ on ‘Nakha, Netra, Tvaka, Panduta’; Pindikodweshtana; Ayesen 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.

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

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