

## Comparative efficacy of shatavari mandur and iron folic acid tablets in the management of garbhini pandu (anaemia during pregnancy)

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Garbhini pandu or anaemia during pregnancy is one of the important public health problems. About 4-16% of maternal deaths are due to anaemia. It also increases the maternal morbidity, fetal and neonatal mortality and morbidity significantly. Anaemia in pregnancy is a condition with effects that may be deleterious to mothers and fetuses. Indeed, it is a known risk factor for many maternal fetal complications.

Physiological anaemia occurs during pregnancy. There is disproportionate increase in plasma volume, RBC volume and haemoglobin mass during pregnancy which leads to physiological anaemia. If a pregnant lady does not take extra iron, her Hb level falls below 10gm/dl and pathological iron deficiency anaemia develops.

The need for this study arises due to the wide prevalence, maternal and fetal risk, and lack of safe and cost effective ultimate treatment for anaemia in pregnancy. The study aims to promote a safe, inexpensive and side effect free alternative ayurvedic management.

The trial was conducted on clinically diagnosed cases of iron deficiency anaemia during pregnancy.

In the present study, shatavari mandur and iron folic acid tablets were administered in groups to assess the comparative efficacy of both drugs. The results achieved by each group were statistically different from each other and shatavari mandur was found to be twice as more effective than iron folic acid tablets. Furthermore, there were no side effects found of the drug, shatavari mandur in the present study.

**Keywords:** Anaemia during pregnancy, garbhini pandu, ayurvedic treatment, and shatavari mandur

### Biography

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