

A comparative clinical study on the effect of Guda Haritaki and Amurta Choorna in the management of Panduroga (iron deficiency anemia)

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Panduroga is one of the prevalent types of nutritional disorder. It is a Pitta predominant disease characterized by reduction of the complexion, strength, unctuousness and Ojas in the body. It can be correlated with anemia based on its signs and symptoms. Iron deficiency anemia is a condition of reduction in the hemoglobin or red blood cell concentration of the peripheral blood in relation to age and sex. Classical texts recommend Guda Haritaki and Amurta Choorna for Panduroga. The main objective of the study was to comparatively evaluate the effect of Guda Haritaki and Amurta Choorna on Panduroga. The study was conducted at OPD of National Ayurveda Teaching Hospital Borella. Data were collected from 60 patients of age between 20-70 years from either sex. Thirty patients of Group A were treated with Guda Haritaki and 30 patients of Group B were treated with Amurta choorna twice a day for 90 days. The assessment was based on subjective parameters and objective parameters. Data were analyzed using SPSS statistical software. Effect of Guda Haritaki and Amurta Choorna were highly significant ($p < 0.000$) in both groups. Comparative effect between Group A and Group B was statistically not significant ($p > 0.05$). The overall effect of therapy indicates that Group A markedly improved by 66.7% and Group B by 60%. Haritaki has Agni Deepana, Ama Pachana and Anulomana properties and Guda has Agni Deepana and Ashruk Prasadana properties. In the present study, Guda Haritaki showed more significant results than Amurta Choorna due to enhanced bioavailability of nutrition in Guda Haritaki.

Keywords: *Panduroga, Iron deficiency anemia, Guda Haritaki, Amurta Choorna*