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A Comparative Clinical Study to evaluate the Efficacy of *Ashtadashanga Loha* and *Mandura Vatak* in *Pandu* with special reference to Iron Deficiency Anemia

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ABSTRACT:

Pandu roga is one among Pitta Pradhana Tridhoshaja Vyadhi in which skin colour changes to *Pandutva*(Pallor). Clinically it can be correlated with Iron Deficiency Anemia. Iron Deficiency Anemia is the commonest nutritional deficiency all over the world. According to WHO, over 1/3rd of the world's population suffer from Anemia, mostly due to Iron Deficiency. India continues to be one of the countries with very high prevalence. Considering this an attempt is being made to formulate a simple, easily available and economic line of treatment . In this study *Mandura Vataka* and *Ashtadashanga Loha* are selected as Standard and Study drug respectively for *Shamana Chikitsa*. The clinical study was carried out in 2 Groups which were made by 15 patients in each Group randomly. Group A was given with *Ashtadashanga Loha* and Group B was given with *Mandura Vatak* for 30 days. The treatment is significant in Group A when compared to Group B. Group A overall result is 76.26% and Group B overall result is 65.52%. *Ashtadashanga Loha* and *Mandura Vatak* are ideal medicines in patients suffering from Mild to Moderate *Pandu* in reducing the symptoms and in increase of HBgm%.

Key words: *Pandu*, Iron deficiency Anemia, *Ashtadashanga Loha*, *Mandura Vatak*, HBgm%

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