

**“RANDOMIZED CLINICAL TRIAL TO ASSESS THE EFFECT OF RAJANYADI SYRUP
IN THE MANAGEMENT OF PANDU W.S.R. TO IRON DEFICIENCY ANEMIA
(IDA) IN CHILDREN”**



Dissertation submitted as partial fulfillment for the degree of

Ayurveda Vachaspati

[Doctor of Medicine– Ayurveda]

Specialty – Kaumarbhritya

Scholar

S.SUJAN

Under the supervision of

Guide

DR.SUNIL.P.CHANGLE

M. D. (Ayu.)

Professor, Department of Kaumarbhritya

Department of Kaumarbhrutya

Parul Institute of Ayurveda

Parul University, Limda, Vadodara, Gujarat-391760 (India).

March- 2018

Enrollment No:150202207006

ABSTRACT:

In developing countries like India there is burden of population explosion, poverty, overcrowding, poor sanitation, and malnutrition. Indian children are more prone to develop nutritional deficiency disorders like iron deficiency and ultimately suffer from the disease like Iron deficiency Anemia resulting from lack of sufficient iron for synthesis of hemoglobin is the most common hematologic disease of infancy and childhood. Ayurveda describes the disease Pandu which shows similarities with the iron deficiency anemia the management of IDA is exclusively providing iron supplements. Children are in growing age and required increased nutritional demand and also should be treated with the safe and pleasing drug. Rajanyadi Yoga is such combination that correct metabolism .

Aim:

- To assess the efficacy of Rajanyadi syrup in Pandu in children
- To study the etiopathogenesis of Pandu in children w.s.r. to today's life style

Study design:

1. Single Blind standard controlled Clinical Trail

Material and method:

The study was conducted on 30 children of IDA for a period of 12 weeks. Clinical features and hematological parameters were documented before and after treatment.

Statistical analysis:

Observations of the study were analyzed and findings were evaluated by using statistical methods (Student's *t* test and unpaired *t* test)

Results :

The present study shows that the trial drug Rajayanadi syrup is effective than standard group ferrous sulphate group .But interstatistical analysis shows insignificant results . No adverse effect of the trial drug was observed during the study.

Conclusion:

The results suggest that Rajayanadi syrup is significantly effective in the management of IDA in children.

Keywords: Anemia, iron deficiency, *Pandu Roga*.