

ROLE OF PUNARNAVADI YOG IN THE MANAGEMENT OF PREGNANCY INDUCED HYPERTENSION: A CASE STUDY

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ABSTRACT

Edema in pregnancy is a common symptom in late pregnancy as reported to be 50-80% in third trimester.^[1] It is caused mainly due to subcutaneous fluid retention and by the pressure of the expanding uterus on the vessels supplying the lower extremities.^[1] Early detection and appropriate treatment is the need of the hour to reduce the symptoms such as hypertension, preeclampsia, renal disorder etc. This case study mainly aims for suggesting a safe, effective and easy available answered for the management of Pregnancy induced

hypertension and associated symptoms and related feto- maternal complications. In Ayurveda, *Shoth* in pregnancy is described as *Garbhini Vyadhi*. *Punarnavadi Kwath* has *Shothhara* properties.^[2] In "Bhaishyajaratnavali," Udarrog chapter 43-44, Punarnavadi Kwath is mainly indicated in Sarvang Shoth.^[3] Therefore, the administration of this drug is beneficial in edema in pregnancy. The present case report shows markedly reduced pedal edema, urine albumin and reduced hypertension after giving Punarnavadi Kwath. It is evident that further studies in this regard will emphasize the affectivity of Punarnavadi Kwath in the management of Pregnancy induced hypertension and prevention of possible complications.

KEYWORDS: *Punarnavadi Kwath*, edema, Pregnancy, *Garbhini*, hypertension.

INTRODUCTION

Edema is very common during pregnancy specially in second and third trimester. During pregnancy, the body produces approximately 50% more blood and body fluids to meet the needs of the developing foetus.^[1] The results of increased blood flow and pressure of the growing uterus on the pelvic viens and vena cava causes edema. Early detection and appropriate treatment is the need of the hour to reduce the symptoms such as hypertension, preeclampsia, renal disorder etc.

In Ayurveda, Harita has mentioned *Garbhini Shoth* in the context of *Garbhini Vyadhi* as one of among *Garbha Upadrava*.^[2] In "Bhaishyajaratnavali" Udarrog chapter 43-44 Punarnavadi Kwath mainly indicated in Sarvang Shoth. therefore the administration of this drug is beneficial in edema in pregnancy.^[3] The Present case report shows markedly reduce in pedal edema, urine albumin, reduced hypertension after giving Punarnavadi Kwath.

Patient Presentation

Gravida	age	LMP	Edd	Pallor	Bipedal Edema	Blood Pressure	Urine Protien
Primi with 30 weeks	28 years	26/6/18	2/4/18	+1	Present	130/80	+1
Primi 35 weeks	29 years	22/5/18	1/3/18	+1	Present	140/90	2+
G 2 with 29 weeks	30 years	3/7/18	10/4/19	+1	Present	120/80	+1
Primi with 28 weeks	26 years	10/7/18	17/4/19	+1	Present	120/90	+1
Primi with 36 weeks	27 years	15/5/18	22/2/19	+1	Present	150/100	+2

On examination,

Pulse-80/min, BP-130/90 mm/hg

Temp-98.6 f, height-155 cm, weight-50 kg

Systemic examination-

RS-Clear

CVS- S1S2 normal

CNS-Conscious and well oriented.

Ophthalmological examination- normal

Bipedal Oedema Before Treatment

gravida	Above ankle right and left foot (cm)	At ankle right and left foot(cm)	Below ankle right and left foot(cm)
Primi with 30 weeks	24.5,24	25,25	24,24.5
Primi 35 weeks	25,24	25,25.4	24,24.5
G 2 with 29 weeks	24,25	25,25	25,24
Primi with 28 weeks	25,24.5	24.6,25	24,24.5
Primi with 36 weeks	24.5,25	25,25	25,24

Urine routine and Microscopic-

Sugar-nil

Albumin -+1

Epithelial cells-1-2

Ultrasound examinations revealed normal study.

Punarnavadi Yog

Drug	Latin Name	Ras	Virya	Vipak	Guna	Karma
Punarnava	Boerhavia diffusa	Madhur tikta	Ushna	katu	Laghu ruksha	Shothhar
Deodaru	Cedrus devdara	tikta	Ushna	katu	Laghu snigdha	Shothhar, raktvikarnashak, shodhak
Murva	Marsedenia tenacissima	Madhur, tikta	Ushna	madhur	Guru sara	Vishghnya, tridoshghna

MANAGEMENT

- ▶ Patients were advised to take punarnavadi yog 40 ml BD for 7 days, patients were under observation to monitor BP, urine protein and bipedal oedema. on 4th day edema was completely relieved, BP was in normal range, urine protein was nil after treatment.

Bipedal edema measurement after treatment

Gravida	Above ankle right and left foot (in cm)	At ankle right and left foot(in cm)	Below ankle right and left foot(in cm)
Primi with 30 weeks	24,23	23,24	24,24
Primi 35 weeks	23,24	23,24.4	24,24.5
G 2 with 29 weeks	23,24	23,24	23,24
Primi with 28 weeks	24,23.5	23,24	24,23
Primi with 36 weeks	23.5,24	24,25	24,24

Patients Presentation After Treatment

Gravida	Age	Lmp	Edd	Pallor	Bipedal Edema	Blood Pressure	Urine Protien
Primi with 30 weeks	28 years	26/6/18	2/4/18	+1	absent	110/80	Negative
Primi 35 weeks	29 years	22/5/18	1/3/18	+1	absent	120/80	Trace
G 2 with 29 weeks	30 years	3/7/18	10/4/19	+1	Absent	120/80	Negative
Primi with 28 weeks	26 years	10/7/18	17/4/19	+1	absent	110/70	negative
Primi with 36 weeks	27 years	15/5/18	22/2/19	+1	absent	130/80	negative

DISCUSSION

- Shothahara Properties present in the formulations plays major role in reducing the edema.
- By the diuretic action of the drugs, it flushes out the toxins and excess fluid retention.
- Punarnavadi yog is Diuretic, Anti-inflammatory, Anti-Pyretic, anti-tussive, laxative.
- Punarnava is tridosha hara, Anulomana, hepatoprotective, act on urinary disorders, reduce water retention and edema. Nimba is kapha vata shamak, krimighna, Aampachak, diuretic, hepatoprotective.
- Devdaru also having shothahar properties along with it purifies toxicity due to its shodhak property.

- Murva also helps to normalize tridosh.
- punarnava mainly pacifies and reduces Kapha Dosha, increases appetite and balances Vata Dosha. However, its main action appears on the liver, so it can also be used in liver disorders also.
- Immunomodulatory and Rasayan properties are beneficial in overcoming *Garbhini Vyadhi*

Probable Samprampti of Shoth

Hetu sevan (kshar, viruddha aana sevan, swaprakopak reason



Vitiation of vata dosha occurs



Obstruction in normal flow of Vayu gets vimarg gaman



Kled occumulation takes place



Due to this obstruction Shoth get occurs along with various relative symptoms seen.

Samprapti Bhang of Shoth

► Punarnavadi yog

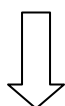
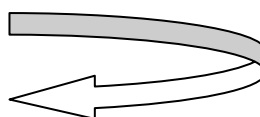


Deepniya, shothhar, vishghna, ushna virya



Normalize Metabolism

it normalize flow of vata dosha and decreases Kled sanchiti



Reduced shoth and symptoms related to PIH

CONCLUSION

Edema is very common during pregnancy specially in second and third trimester. During pregnancy, Early detection and appropriate treatment is the need of the hour to reduce the symptoms such as hypertension, preeclampsia, renal disorder etc. It can be effectively managed by Ayurvedic drugs. After giving punarnavadi yog 40 ml BD for 7 days, patient

was under observation to monitor BP, urine protein and bipedal oedema. On 4th day edema was completely relieved, BP was in normal range, urine protein was nil after treatment. Thus the present case study conclude that Punarnavadi Kwath can be effective drug for Edema in pregnancy and to prevent related complications.

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