

## A Review Article: Pandu and Its Management

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### ABSTRACT

Pandu roga is generally considered as anaemia, as per ayurveda pandu is widely described in various samhitas and ayurvedic text as an independent disease. Anaemia is one of the most important nutritional causes of ill health world wide (1). Pandu roga is one of the diseases mentioned in ayurveda characterized by the changes in skin colour, to white (Shweta), yellowish (peet), greenish (harit) etc. which is one of the varnopalakshit roga i.e. disease characterised by the change in colour. The clinical condition of pandu in ayurveda can be correlated with anaemia described in modern medical science, due to resemblance in the clinical sign and symptoms. Anaemia is the major public health problem and the most prevalent nutritional deficiency disorder in the world<sup>1</sup>. This article presents the ayurvedic concept of pandu roga (anaemia).

**Key words:** Pandu, pitta, Rakta dhatu.

### I. INTRODUCTION

Anaemia is the most common nutritional disorder worldwide. In ayurveda concept of pandu is abundantly and mentioned in various literature. Ayurveda is the science of life that is focused on the maintenance of positive health in healthy and eradication of ailments in disease through its holistic approach, life style practice dietary habits and medications. Malnutrition either due to inadequate dietary intake or lack of balanced diet and population explosion in today's world has led to the development of various diseases and pandu roga is one of such diseases. Ayurveda described pandu as pitta Pradhan vyadhi associated with rasa rakta dhatu. The knowledge of this concept is very beneficial to treat different disorders where pandu is a symptom and disease itself. A predominant feature of pandu roga is the pallor of the skin, which occurs due to quantitative and qualitative

deficiency of rakta dhatu<sup>2</sup>. Which may be due to reduced blood flow and oxygen or by a decreased number of red blood cells. Anaemia is the most common cause of paleness so pandu roga can be correlated with anaemia. Anaemia is the most prevalent nutritional deficiency disorder in the world. Globally anaemia affects 1.62 billion people, which corresponds to 24.8% of the population.

In India anaemia affects an estimated 50% of the population. This article presents the ayurvedic concepts of pandu roga (Anaemia). Hence in this article attempt has been made to review various available samhitas, samgraha granth to find out the different descriptions about pandu and bring all of them in a single place.

### II. REVIEW AND LITERATURES

#### 1. Vyutpatti of Pandu roga -

Acharya Charak described pandu after grahani dosha chikitsa due to aggravation of pitta in grahani and the aggravation of pitta constitutes a predominant factor in the causation of pandu<sup>3</sup>.

Acharya Shushruta has mentioned after hridaroga due to same Samkhya, samprapti and chikitsa of hridaroga like Tikshna<sup>4</sup>.

#### 2. Nirukati of Pandu roga -

According to the Charak Samhita – PANDUSTU PEETABHAGARDHA KETAKI DHULI SANNIBHAM. That means pandu is like the colour of pollen grains of ketaki flower, which is whitish yellow in color<sup>5</sup>.

#### 3. Synonyms of Pandu roga -

According to Acharya Shushruta – KAMLA, PANKI, LAGHRAK, ALAS, KUMBHAW. (6)

### Causative factors of pandu roga

The nidana of pandu roga mention in charak , shushruta , and other samhitas can be broadly classified into 3 groups<sup>6</sup>.

- **AAHARAJ NIDAN**

By intake of alkaline,sour, Salty,too hot, incompatible And unsuitable food.

- **VIHARAJ NIDANA**

- 1.Day sleep
- 2.Exercise and sexual intercourse durin digestion

- **MANSIK NIDAN**

- ✓ Anxiety
- ✓ Fear
- ✓ Anger

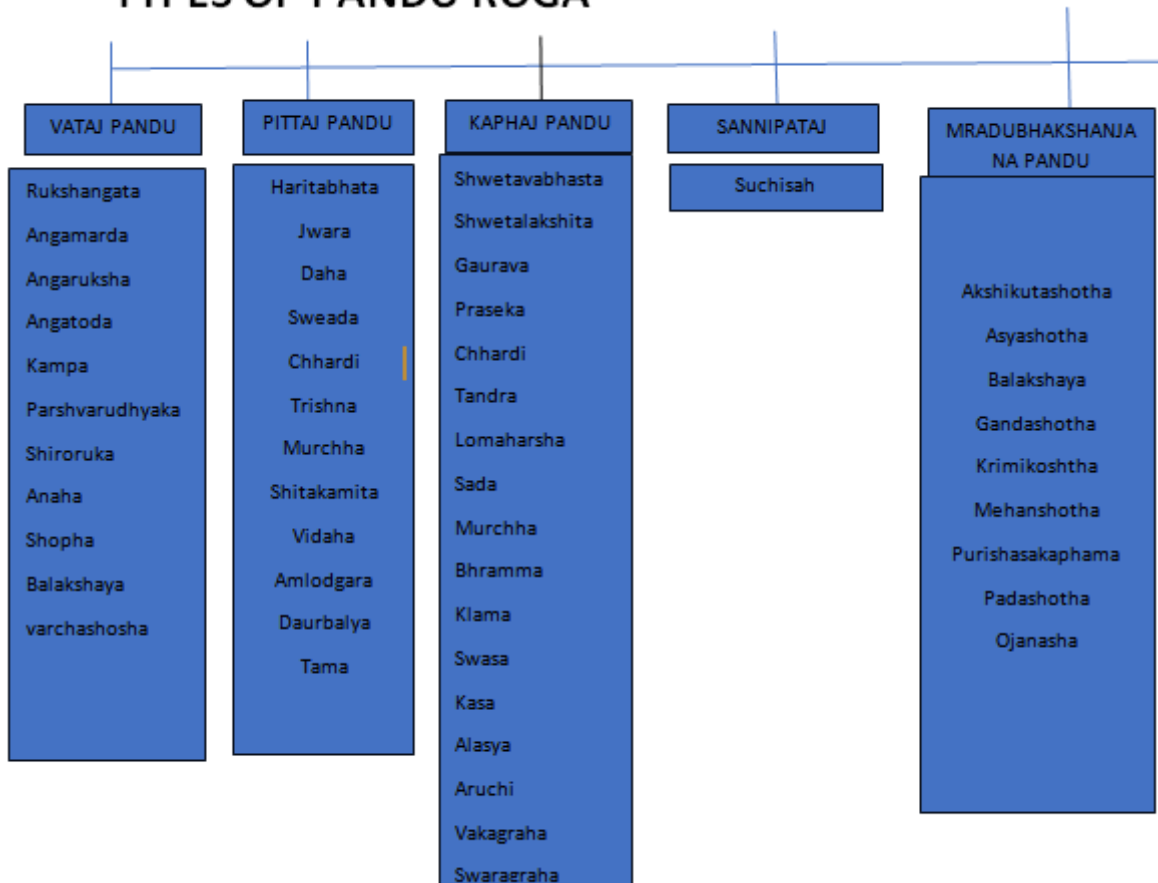
### PRIDOMINENT SYMPTOMS

- Crackin of skin
- Spitting
- Malaise
- Liking for earth eating
- Swelling on orbit
- Yellowishness of faeces and urin
- Indigestion<sup>7</sup>

### SYMPTOMS

- Mandagni
- Durbalta
- Shithilata
- Aruchi
- Thoda sa shram karne par thakavat <sup>8</sup>

## TYPES OF PANDU ROGA <sup>9</sup>



### Samprapti [pathogenesis]<sup>10</sup>:

- Nidana sewan
- Pitta paradahan tridosh prakopa
- Twacha and mansa ke madhaya sthana sanshaya
- Kapha ,vata,rakta, mansa dushti [raktalpata]

- Twacha ka pandu varna hona
- Pandu roga utapanna

### Sampraptighataka of pandu roga<sup>11</sup> :

**Dosha** : Pitta Pradhan tridosha prakopa  
**Dushya** : Rasa -rakta-twacha-mansa

**Agni** : Dhatwagni mandha  
**Srotodushati** : sanga  
**Srotas** : Rasavaha , raktavaha  
**Aashaya** : Amashayotha  
**Adhistan** : Sarvasharigata twacha

**Vyadhi swabhaw** : chirkari  
**Sadhayata-Asadhayata** : Sadhaya/krichha sadhaya

**Diagnosis<sup>12</sup>** :- C.B.C.

Stages of anaemia	Male	Female
Mild anaemia	12 – 12.9	10 – 11.9
Moderate anaemia	9 -11.9	7.0 – 9.9
Severe anaemia	<9.0	<7.0

**Sadhya -Asadhyata<sup>13</sup>**:-

Chronic anaemia [chirkalin utapanna]  
 Tissue damage [kharibhuta]  
 Oedema [shodhadhikya]  
 Yellow vision [pitani pashyati]  
 Constipation [baddha alpa vid ]

**Line of treatment<sup>14</sup>**:-

General treatment method given in ayurveda are as follow :

1. Nidan parivarjan
2. Shodhan chikitsa
3. Shanshaman chikitsa

**Samanya chikitsa**

- ✓ The patient is suffering from pandu roga should be given snehan therapy firstly ,then emetic and purgation therapies with sharp drugs for the elimination of doshas.
- ✓ After the purification of body , patient should be given wholesome food containing old shaali, barley, and wheat mixed with yusha of mudga, adhaki and masura , the rasa of animal inhabiting arid zone.

**Vishishta chikitsa<sup>15</sup>**

- for the vatika type of pandu , the therapy should be dominated by Sneha Dravya.
- For paittika pandu , it should be dominated by tikta , and shita drugs.
- For khaphaj pandu , therapy should be dominated by katu , tikta, ushana drugs.
- For sannipatik pandu, all the above mentioned ingredients

**Some aaushad yoga (shaman chikitsa ) which is useful in pandu :-**

- Punarnava mandura
- Navayas churna

- Mandura vatak
- Loha Bhasma
- Gokshuradi guggula
- Dhatriyavaleha
- Gaudarista
- Yogaraj
- Lohaasav
- Mandura Bhasma

**Pathya Apathya in pandu roga<sup>16</sup> :-**

Pathya	Apathya
Gehu, shali dhanya,yava	Dahakarak padartha
Shathi chawal,samva	Kanji , Madira
Saunf ,arhara, arjun leafs	Amla padartha: nimbu ,khatai
Bathua shaak , guda	Tailiya padartha
Kaala chana	Ruksha aahara

### III. CONCLUSION :-

Anemia is the most common nutritional disorder world wide .

Now a day , lot of peoples has no time to take proper diet , for maintaining their health , even women are having less awareness about their health . All the factors which are reason behind the development of pandu roga .

In pandu roga tikshana samshodhan [ purificatory therapies] is the first line of treatment described by acharya charak . After that shamshaman chikitsa can be done .

Ayurvedic medicine and samshodhan therapy can efficiently manage pandu roga , rather than allopathic medications , which are having so many side effects . so, ayurveda can provide better management in this area .

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