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SURVEY ON ETIOPATHOLOGICAL STUDY OF PANDU (ANEMIA)

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ABSTRACT

Pandu is one of the diseases which are characterized by pallor of the skin. In modern medical science *Pandu* is related with Anaemia. In modern science on the basis of patho physiology and morphological changes seen in RBC which can be classified into different types of anaemia according to which they are having etiological factors, symptoms and signs. The incidence of the iron deficiency anaemia is getting high day by day in society which is commonly increased in school going children, adolescents and pregnant women. So in this study a questionnaire is prepared to rule out if the anaemic patients are having the same etiological factors, signs and symptoms which are given in *Samhitas* and pathology books**. Objectives**: To evaluate the etiological factors, signs and symptoms of anaemic patients which are given in *Samhitas* and pathology books. **Material and Methods**: 100 random anaemic patients of either sex age group of 16-60years fulfilling the study criteria were included in survey. A questionnaire is prepared on *Pandu Nidan, Roop and Proovroop* from the *Samhitas* and pathology books to known there relevance in anaemic patients. **Results**: It was observed that maximum questions which are asked from the anaemic patients are relevant and are a true picture of *Pandu*. **Conclusion**: It can be concluded that the *Nidan, Purvroop, Roop* which are given in *Samhitas* and pathology books are find in maximum patients of anaemia.

KEYWORDS: *Pandu, Nidan, Roop, Poorvroop, Samhitas.*

INTRODUCTION

Pandu Roga is a disease which is explained in ancient classics as where the colour of the body diminished and the skin become pale and whitish in colour which is explained as *Vaivarna, Keteki Dhuli Sannibha*[1] etc. The skin becomes pallor due to the deprave of Rakta Dhatu in the body.[2] There are many definitions of Anaemia that have been given in many texts but the basic definition of anaemia is a haemoglobin concentration in blood below the lower limit of the normal range for the age and sex of the individual.[3] Rbc's indices are used to diagnose Anaemia. Complete blood count, haemoglobin concentration, PCV, MCV, MCHC, are calculated and compared to the value adjusted for age and sex to find out the typical type of anaemia. Peripheral blood film is also important to know the type of anaemia.

Pandu in Ayurvedic classics has a description in three forms i.e. *Pandu* as a symptom or sign of much disease, *Pandu* as a disease and *Pandu* as a complication of certain diseases. Prevalence of iron deficiency anaemia is increasing day by day in world and it the most common nutritional deficiency find worldwide.[4] Anaemia

globally affects 1.62 billion people, which corresponds to 24.8% of the population.[5] In India, anaemia affects an estimated 50% of the population. Anaemia is more common in females as compared to men.[6] In worldwide Anaemia has got a very high prevalence rate and in spite of the many new researches and many new drugs in modern medical science; a good result has not been achieved.

Surveys are the most frequently used method used in medical research. Prevalence of iron deficiency anaemia is increasing so frequently worldwide that this survey was done to know its most common causes, signs and symptoms in patients of anaemia. This is a survey which has been taken on random anaemic patients which were already diagnosed with anaemia to know there causative reasons, signs and symptoms by a questioners. This questioner was prepared by the authentic books of *Ayurveda* that are *Samhitas* and with concern of modern books of pathology. In these study etiological factors, symptoms, signs have been taken for the survey study of *Pandu* (anaemia) on random anaemic patients to know the significance of *Ayurvedic* signs, symptoms and

causative factors given in the *Samhitas*. So a survey study was planned and an effort was done to highlight some key facts about the epidemiological and causative factors, signs and symptoms of *Pandu* (anaemia) through *Ayurveda.*

MATERIAL AND METHODS

Selection of the Patient: The patients will be selected from the, R.G.G.P.G. *Ayurvedic* College and Hospital Paprola, Distt. Kangra (H.P.) 176115, which are already diagnosed with anaemia.

- Sample size: 100
- Study tool: To fulfill the aims and objectives a specially prepared questionnaire Performa was designed and all details of the patients were recorded in it.

Inclusion criteria
Individuals who come under Diagnostic criteria between the age group 16-60 years.

- **Exclusion Criteria.**
- Anemia resulting from acute or chronic blood loss.
- Anemia in pregnancy.
- Anemia resulting from underlying chronic disorder like Rheumatoid arthritis, uremia, hepatic cirrhosis, malignant disease and other systemic disorder.
- Sideroblastic anaemia, Thalassemia major and minor.
- Anemia in association with other systemic disorders which interferes with the prognosis and treatment of the case.

Survey study
- A survey study regarding etiopathogenesis of 100 random samples of anemic patients will be conducted w.s.r. to Pandu at R.G.G.P.G. College & Hospital paprola.

OBSERVATIONS AND RESULTS

Demographic profile
Age profile In this study, maximum patients, 24 (24%) were from age group of 51-60 years, 43 (43%) patients were from age group of 16-30 years. 18 (18%) were from age group of 41-50 years. 15 (15%) patients were from 31-40 years. (Table 1).

Gender profile: In the present study, 70(70%) patients were females and 30(30%) patients were males.

Religion profile: In this study, 100(100%) patients were from Hindu religion and 00(00%) patient was from Muslim religion in present study.

Marital status profile
In this study, 25(25%) male patients and 42(42%) female patients were married and 05(05%) male patients and 28(28%) female patients were unmarried in study**.**

Occupation profile: In this study, the maximum patients were housewife 50(50%), 22(22%) was farmer, 20(20%) was students, 4(4%) was businessman, 02(02%) was painter and teacher.

Questionnaire
Q- ç-1   D;k tYnh&tYnh chekj gksrs gSaA/ Is he/ she get ill/ sick frequently
In this present study, 54(54%) patients were getting sick/ill frequently and 46(46%) were not having this complaint.

2Q- O;fDr dks Hkw[k dSlh yxrh gSA/ How is appetite.
In this present study, 60(60%) patients were having low appetite, 36(36%) patients were having medium appetite and only 4(4%) patients were having sufficient appetite.

3.Q- D;k pyrs le; lkal Qwyrh gS ∨ Does he/ she feels breathlessness during walking.
In this present study 46(46%) patients feels breathlessness during walking, 30(30%) were having breathlessness frequently and 24(24%) were having no complaint of breathlessness during walking.

4Q- D;k fny dh /kM+du eglwl gksrh gS∨ Does he/she feels palpitations.
In this present study, 68(68%) patient's feels palpitation, 32(32%) patients doesn't feel palpitations.

5Q- LoHkko dSlk gS ∨ How is the Nature.
In this present study, 64(64%) patients are lethargy, 26(26%) patients are irritated and 10(10%) patients were normal.

6Q- Ropk dh vuqHkwfr dSlh gS ∨ How the texture of the skin.
In the present study, 54(54%) patients were having normal texture of skin, 44(44%) were having rough texture of skin and 02(02%) were having smooth texture of skin.

7Q- D;k ckj&ckj Fkwdus dh vknr gS ∨ Habit of spiting frequently.
In the present study, 72(72%) patients were not having habit of spitting frequently, 28(28%) were having the habit of spitting frequently.

8Q- uhan dSlh gS∨ What is the sleep pattern.
In the present study, 62(62%) patients were having disturbed sleep pattern, 34(34%) patients were having normal sleep pattern and 04(04%) patients were having increased sleep pattern.

9Q- D;k ekgokjh çkjEHk gqbZ gS ∨ Is Menstruation started?
In the present study, 70(70%) patients were started there menstruation and 30(30%) were not started there menstruation.

10 Q- ekgokjh ds le; jDrL=ko dh çd`fr dSlh gS ∨ Quantity of blood during menstruation-

In the present study, 50(50%) were having low quantity of blood during menstruation, 12(12%) were having increased quantity of blood during menstruation, 08(08%) patients were having normal quantity of blood during menstruation.

11Q- D;k ekgekjh le; ij vkrh gS ∨ Is your menstruation is on time
In the present study, 52(52%) were having irregular menstruation, 18(18%) were having regular menstruation.

12Q- vkgkj dh ço`fŸk dSlh gS ∨ Liking about food?
In the present study, 72(72%) patients were vegetarian, 26(26%) patients were vegetarian and non vegetarian both and 02(2%) were non vegetarian.

13Q- dksbZ tfVy chekjh dk bykt 3 ekg ds T;knk le; ls py jgk gS ∨ Any history of medication for chronic diseases (more than 3 months)
In the present study, 68(68%) patients were not having any history of medication for chronic disease, 32(32%) were having history of medications for chronic disease.

14Q- vkidk ey dSlk vkrk gS ∨ Urine/Stool nature ?
In the present study, 55(55%) patients were having irregular stool habits and 45(45%) are having regular stool habits.

15Q- ey dh çd`fr dSlh gS ∨ Stool/ Defecation condition.
In the present study, 58(58%) were having normal colour of stool, 42(42%) were having offensive and dark coloured stool.

16Q- D;k ifjokj esa dksbZ xEHkhj chekjh gS ∨ Any family history of chronic disease-
In the present study, 82(82%) of the patients were not having any family history of chronic disease and 18(18%) were having family history of chronic disease.

17Q- D;k dkuksa esa vkokt vkrh gS ∨ Does he/she feels any voice/sound.
In the present study, 74(74%) patient feels any voice/sound, 26(26%) patient doesn't feels any voice/sound.

18Q- D;k xqnkekxZ ls jDrL=ko gksrk gS / History of bleeding per rectum-
In the present study, 88(88%) patient were not having history of bleeding per rectum and 12(12%) were having history of bleeding per rectum.

19Q- D;k ds cky >M+rs gSa \ / Is there any complaint of hair fall-
In the present study, 62(62%) patients were having complaint of hair fall and 38(38%) patients were not having complaint of hair fall.

20Q- D;k vkidh vka[kksa ds pkjksa vksj lwtu jgrh gS ∨ Any kind of swelling around the eyes-
In the present study, 76(76%) of the patients were not having any kind of swelling around the eyes and 24(24%) of the patients were having complaint of swelling around the eyes.

21Q- D;k vkidks feêh [kkus dh bPNk gksrh gS ∨ Do you have desire to eat clay?
In the present study, 94(94%) of the patient were not having the desire to eat clay and 06(06%) of the patients were having desire to eat clay.

22Q- D;k vkids "kjhj esa nnZ gksrh gS ∨ Do you have body ache?
In the present study, 88(88%) of the patients were having complaint of body aches and 12(12%) of the patients were not having complaint of body ache.

23Q- D;k vkidks dHkh [kwu p<+k;k x;k gS ∨ Any history of blood transfusion
In the present study, 96(96%) patients were not having any history of blood transfusion, 4(4%) were having history of blood transfusion.

24Q- D;k vkidh fi.Mfy;ksa esa nnZ gksrk gS ∨Do you have pain in calf muscles?
In the present study, 82(82%) patients were having pain in calf muscles and 18(18%) were not having pain in calf muscles.

25Q- fdrus cPps gSa \ / How many kids you have?
In the present study, 46(46%) patients were having more than two kids, 30(30%) were having zero kids and 24(24%) were having one kid.

26Q- D;k ihyh;k ckj&ckj gksrk gS ∨ Do you suffer with jaundice frequently?
In the present study, 78(78%) patients were suffer with jaundice frequently, 22(22%) patients were not suffering with jaundice frequently.

27Q- vkidh eklhd vk; fdruh gS ∨ What is your monthly income?
In the present study, 54(54%) of the patients were having monthly income under 10,000. 46(46%) patients were having monthly income between 10,000 – 30,000 and 00(00%) patients were having monthly income more than 50,000.

28Q- D;k vkids xqnekxZ eas d.Mq gksrk gS ∨ Does there is any itching sensation in your anal region
In this present study, 86(86%) of the patients were not having any itching sensation in there anal region and 14(14%) of the patients were having itching sensation in there anal region.

29Q- D;k vkids isV esa tyu gS ∨ Do you have any complaint of haemorrhoids, fistula and fissure?

In the present study,88(88%) were not having any complaint of haemorrhoids, fistula, fissure and 12(12%) of the patients were having complaint of haemorrhoids, fistula, fissure.

30 Q- D;k vkidks coklhj dh leL;k gS \ / Is there any kind of burning sensation?
In the present study, 64(64%) patients were having complaint of burning sensation and 36(36%) were not having complaint of any kind of burning sensation.

31Q- vkgkj dSlk gS \ / Which kind of food you prefer in daily diet
In the present study, 84(84%) of the patients were having oily and spicy food in their daily diet and 16(16%) of the patients were having bland food in their daily diet.

32Q- vk¡[kksa dk jax dSlk gS \/ What's yours eyes colour
In the present study, 58(58%) of the patients were having white as their eye colour, 22(22%) of the patients were having muddy eye colour and 20(20%) patients were having yellow as their eye colour.

DISCUSSION

DEMOGRAPHIC PROFILE
AGE- In this study, maximum patients, 43 (43%) patients were from age group of 16-30 years, 24 (24%) were from age group of 51-60 years. 18 (18%) were from age group of 41-50 years. 15 (15%) patients were from 31-40 years. It can be concluded that maximum number of patients are from younger age group i.e from 16-30years of age. The probable cause for more number of patients in this age group might be that younger age group patients are prone to mental stress, excessive exercises, irregularity in diet and improper *Viharas (Atapa Sevana, Ratrijagarana* etc.) due to their professional responsibilities.

Gender
In the present study, 70 (70%) patients were females and 30 (30%) patients were males. As we know that this disease is more prevalent in females. Reason behind this may be firstly of dietetic, as ladies are mostly found inclined towards spicy and sour *Ahara* rather than a balanced diet. Secondly, regular loss of blood due to menstruation makes them more prone to develop Anaemia.

Religion
In this study, 100 (100%) patients were from Hindu religion and 00 (00%) patient was from Muslim religion in present study. This may reflect demographic pattern of religion and due to small sample study.

Marital status profile
In this study, 25(25%) male patients and 42(42%) female patients were married and 05(05%) male patients and 28(28%) female patients were unmarried in study. Most of the patients in this study were married stress of the family life may lead to *Vata* vitiation.

Occupation profile
In this study, the maximum patients were housewife 50(50%), 22 (22%) was farmer, 20(20%) was students, 4(4%) was businessman, 02(02%) was painter and teacher. Most of the patients were housewives. Housewives are having family stress and family work load. In all these conditions ingested food not assimilate or absorb properly, which causes nutritional deficiency diseases like IDA.

QOUTIONERE
Q- ç-1   D;k tYnh&tYnh chekj gksrs gSaA/ Is he/ she get ill/ sick frequently.
In this present study, 54(54%) patients were getting sick/ill frequently and 46(46%) were not having this complaint. In Ayurveda it has been mentioned that the properties of ojas(immunity) become diminished then the patient become poor , in blood and fat and excellence of health.

2Q- O;fDr dks Hkw[k dSlh yxrh gSA/ How is appetite
In this present study, 60(60%) patients were having low appetite, 36(36%) patients were having medium appetite and only 4(4%) patients were having sufficient appetite. "*Dhatukshaya* "occurs which then leads to "*Ojokshaya*". That's why our *Acharyas* has mentioned '*Hatanala*' and due to consuming insufficient leading to malnutrition, which is root cause of disease.

3.Q- D;k pyrs le; lkal Qwyrh gS \ Does he/ she feels breathlessness during walking-
In this present study 46(46%) patients feels breathlessness during walking, 30(30%) were having breathlessness frequently and 24(24%) were having no complaint of breathlessness during walking. Dyspnoea on exertion or *Swasha* in Pandu is due to lack of proper nourishment and *Raktalpata* due to which Respiratory organs have to work quickly so as to provide rapid blood flow to body tissues and that is the reason of *Swasha.*

4Q- D;k fny dh /kM+du eglwl gksrh gS\/ Does he/she feels palpitations
In this present study, 68(68%) patient's feels palpitation, 32(32%) patients doesn't feel palpitations. *Hridspandanama* or Palpitation in *Pandu Roga* is due to lack of proper nourishment and *Raktalpata* due to which Heart has to pump quickly so as to provide rapid blood flow to body tissues and that is the reason of palpitations.

5Q- LoHkko dSlk gS \ How is the Nature.
In this present study, 64(64%) patients are lethargy, 26(26%) patients are irritated and 10(10%) patients were normal. Due to decrease in Rbc's count oxygen supply is not proper which decrease the cellular metabolism and patient feel lethargy.

6Q- Ropk dh vuqHkwfr dSlh gS ∨ How the texture of the skin.

In the present study, 54(54%) patients were having normal texture of skin, 44(44%) were having rough texture of skin and 02(02%) were having smooth texture of skin. *Rukshata* is because of vitiated *Vata* and *Pitta*.

7Q- D;k ckj&ckj Fkwdus dh vknr gS ∨ Habit of spiting frequently.

In the present study, 72(72%) patients were not having habit of spitting frequently, 28(28%) were having the habit of spitting frequently. Pitta vitiates the salesman kapha so the patient have the the habit of spitting frequently but in this present study patients doesn't show this symptom commonly may be due the maximum patients were in the age group of 16 to 30 years and that time there is dominance of vata dosha.

8Q- uhan dSlh gS∨ What is the sleep pattern.

In the present study, 62(62%) patients were having disturbed sleep pattern, 34(34%) patients were having normal sleep pattern and 04(04%) patients were having increased sleep pattern. That may be due to Vataprakopa and unstable mind in Anaemia person. Anidra leads to Indigestion which leading to Mandagni and Amauttapati. Therefore Rasa was not properly converted into Rakta and disease is developed.

9Q- D;k ekgokjh çkjEHk gqbZ gS ∨ Is Menstruation started?

In the present study, 70(70%) patients were started there menstruation and 30 were not started there menstruation. Due to Excessive Blood loss or Irregularities in Menstruation would be the cause of this disease

10 Q- ekgokjh ds le; jDrL=ko dh çd`fr dSlh gS ∨ Quantity of blood during menstruation.

In the present study, 50(50%) were having low quantity of blood during menstruation, 12(12%) were having increased quantity of blood during menstruation, 08(08%) patients were having normal quantity of blood during menstruation. In anaemia there will be loss of blood and destruction of rbc's so it will decrease the amount of blood during menstruation.

11Q- D;k ekgekjh le; ij vkrh gS ∨ Is your menstruation is on time.

In the present study, 52(52%) were having irregular menstruation, 18(18%) were having regular menstruation. Due to Excessive Blood loss there will be Irregularities in Menstruation can be seen in *Pandu.*

12Q- vkgkj dh ço`fŸk dSlh gS ∨ Liking about food?

In the present study, 72(72%) patients were vegetarian, 26(26%) patients were vegetarian and non vegetarian both and 02(2%) were non vegetarian. Due to improper and lack of non vegetarian diet most of the patients lack nutrition and has anaemia.

13Q- dksbZ tfVy chekjh dk bykt 3 ekg ds T;knk le; ls py jgk gS ∨ Any history of medication for chronic diseases (more than 3 months)

In the present study, 68(68%) patients were not having any history of medication for chronic disease, 32(32%) were having history of medications for chronic disease. Maximum patients were not having any history of medication for chronic disease.

14Q- vkidk ey dSlk vkrk gS ∨ Urine/Stool nature?

In the present study, 55(55%) patients were having irregular stool habits and 45(45%) are having regular stool habits. Root cause of every disease is *Mandagni. Mandagni* leads to faulty digestion resulting in *Aam* formation which further leads to *Rasavaha* and *Raktavaha Strotodushti* resulting in *Pandu Roga*. So maximum patients of Pandu roga are having irregular stool habits.

15Q- ey dh çd`fr dSlh gS ∨ Stool/ Defecation condition.

In the present study, 58(58%) were having normal colour of stool, 42(42%) were having offensive and dark coloured stool. Due to internal bleeding or iron supplements consumption can form dark colour stool but in the present study maximum patients were not having this symptom.

16Q- D;k ifjokj esa dksbZ xEHkhj chekjh gS ∨ Any family history of chronic disease.

In the present study, 82(82%) of the patients were not having any family history of chronic disease and 18(18%) were having family history of chronic disease. There is not such positive query find in this question.

17Q- D;k dkuksa esa vkokt vkrh gS ∨ Does he/she feels any voice/sound.

In the present study, 74(74%) patient feels any voice/sound, 26(26%) patient doesn't feels any voice/sound. As *Karnshevda* is V*ataj Vyadhi* and there is aggrevation *of Vata Dosha in Pandu Roga* so patient has this symptom.

18Q- D;k xqnkekxZ ls jDrL=ko gksrk gS / History of bleeding per rectum.

In the present study, 88(88%) patient were not having history of bleeding per rectum and 12(12%) were having history of bleeding per rectum. Due to loss of blood from rectum patient can have anaemia but in this question maximum patient doesn't have this complaint.

19Q- D;k ds cky >M+rs gSa \ / Is there any complaint of hair fall.

In the present study, 62(62%) patients were having complaint of hair fall and 38(38%) patients were not having complaint of hair fall. In *Pandu Roga* there is *Prokopa* of *Pitta Dosha* due to which there is complaint of hair fall in maximum patients of anaemia.

20Q- D;k vkidh vka[kksa ds pkjksa vksj lwtu jgrh gS ∨ Any kind of swelling around the eyes.

In the present study, 76(76%) of the patients were not having any kind of swelling around the eyes and 24(24%) of the patients were having complaint of swelling around the eyes. It is a known sign of Iron Deficiency Anaemia. But in present study maximum patients were not having this complaint.

21Q- D;k vkidks feêh [kkus dh bPNk gksrh gS ∨ Do you have desire to eat clay?

In the present study, 94(94%) of the patient were not having the desire to eat clay and 06(06%) of the patients were having desire to eat clay. It is commonly caused due to nutritional deficiency, such as iron or zinc. This occurs because the body is trying to replenish its low nutrient levels through whatever means necessary. But there is no such relevance find in this question may be due to age criteria.

22Q- D;k vkids "kjhj esa nnZ gksrh gS ∨ Do you have body ache?

In the present study, 88(88%) of the patients were having complaint of body aches and 12(12%) of the patients were not having complaint of bodyache. It may be due to some change in Muscular tissue metabolism or due to Weakness. Another reason is again vitiated *Vata* due to *Dhatukshaya*.

23Q- D;k vkidks dHkh [kwu p<+k;k x;k gS ∨ Any history of blood transfusion

In the present study, 96(96%) patients were not having any history of blood transfusion, 4(4%) were having history of blood transfusion. No such relevance find in this question.

24Q- D;k vkidh fi.Mfy;ksa esa nnZ gksrk gS ∨Do you have pain in calf muscles.

In the present study, 82(82%) patients were having pain in calf muscles and 18(18%) were not having pain in calf muscles. It may be due to some change in Muscular tissue metabolism or due to Weakness. Another reason is again vitiated *Vata* due to *Dhatukshaya*.

25Q- fdrus cPps gSa ∖ How many kids you have?

In the present study, 46(46%) patients were having more than two kids, 30(30%) were having zero kids and 24(24%) were having one kid. Because there is maximum no. of female patients and the female patients had the history of blood loss due to one or other reason during their delivery.

26Q- D;k ihyh;k ckj&ckj gksrk gS ∨ Do you suffer with jaundice frequently?

In the present study, 78(78%) patients were suffer with jaundice frequently, 22(22%) patients were not suffering with jaundice frequently. The production of bilirubin increases when large quantities of red blood cells are broke down. So jaundice can be seen in anaemic patients.

27Q- vkidh eklhd vk; fdruh gS ∨ What is your monthly income?

In the present study, 54(54%) of the patients were having monthly income under 10,000. 46(46%) patients were having monthly income between 10,000 – 30,000 and 00(00%) patients were having monthly income more than 50,000. The reason of poor income group is again inability to afford the proper diet and due to improper and imbalanced diet they may get the disease.

28Q- D;k vkids xqnekxZ eas d.Mq gksrk gS ∨ Does there is any itching sensation in your anal region

In this present study, 86(86%) of the patients were not having any itching sensation in there anal region and 14(14%) of the patients were having itching sensation in there anal region. It may due to increase of *Vata Dosha* in *Pandu*. But there is no relevance found in this question.

29Q- D;k vkids isV esa tyu gS ∨ Is there any kind of burning sensation?

In the present study, 64(64%) patients were having complaint of burning sensation and 36(36%) were not having complaint of any kind of burning sensation. Due to dietary habit of eating spicy food can cause burning sensation which can hamper metabolism and patient can have *Pandu*. Maximum patient were having this complaint in *Pandu*.

30 Q- D;k vkidks coklhj dh leL;k gS ∖ / Do you have any complaint of haemorrhoids, fistula and fissure?

In the present study,88(88%) were not having any complaint of haemorrhoids, fistula, fissure and 12(12%) of the patients were having complaint of haemorrhoids, fistula, fissure. If there is bleeding in haemorrhoids there can be blood loss which can cause anaemia. But in present study, there is no such relevance find in this question.

31Q- vkgkj dSlk gS ∖ / Which kind of food you prefer in daily diet?

In the present study, 84(84%) of the patients were having oily and spicy food in their daily diet and 16(16%) of the patients were having bland food in their daily diet. *Amla, Lavana and Rasa* (oily and spicy food) directly vitiate *Rakta* and produces *Rakta pradoshaja Vikaras* like Pandu.

32Q- vk¡[kksa dk jax dSlk gS ∨ What's yours eyes colour

In the present study, 58(58%) of the patients were having white as their eye colour, 22(22%) of the patients were having muddy eye colour and 20(20%) patients were having yellow as their eye colour. Aggravated *Vata Dosha* in *Pandu Roga* made *Pitta Dosha* to spread throughout the body, it then vitiates the salesman *(Kapha)*,that produces *Pandu Varan* of the skin in Pandu.

CONCLUSION

In this survey study it has been concluded that thirty two questions have been asked on the basis of *Nidan, Roop*

and Poorvroop to find out if they have been seen in anaemic patients or not and maximum questions of questionnaire are present in almost all the patients which were already have been diagnosed with anaemia. The most common sign and symptoms found in maximum patient are loss of appetite, breathlessness, palpitations, decreased immunity, irregular menstruation, disturbed sleep and body ache. The least find symptom in patient is complaint of frequently spitting and complaint of jaundice. So it can be concluded that the *Nidan, Roop* and *Proovroop* which are given in *Samhitas* and pathology books are seen in patients of anaemia.

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