

A CLINICAL CASE STUDY IN THE MANAGEMENT OF *PANDU ROGA* (IRON DEFICIENCY ANAEMIA) THROUGH *BASTI KARMA*Dr. Shivani Mahajan^{*1}, Dr. Ketan Mahajan², Dr. Pankaj Singh³ and Kamal Sharma⁴¹Professor Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar.²Professor & HOD Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar.³PG Scholar Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar.⁴UG Scholar, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar.

*Corresponding Author: Dr. Shivani Mahajan

Professor Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar.

Article Received on 21/11/2023

Article Revised on 11/12/2023

Article Accepted on 31/12/2023

ABSTRACT

Pandu Roga can be correlated with anaemia in modern science. In *Ayurveda*, it is the *Vyadhi* of *Rasavaha Srotas*. The clinical features of *Pandu Roga* are: - *Panduta* (paleness of skin and mucosa), *Karnakshweda* (tinnitus), *Hataanala* (loss of appetite), *Shwasa* (breathlessness), *Bhrama* (vertigo), *Gatra Shoola* (bodyache), and *Hriddrava* (palpitations). Among various types of anaemia, Iron deficiency anaemia is commonly seen in children and females and at the same time when there is low serum ferritin in the body. It is a major public health problem worldwide with estimation of 1 billion people being iron deficient. *Ayurveda* is the science of life which not only cures but eradicates the root cause of the disease from the body. Thus, a case of *Pandu* (Iron deficiency anaemia) was studied, diagnosed and *Panchakarma* treatment was given to the patient.

KEYWORDS: *Pandu Roga*, *Ayurveda*, *Rasavaha Srotas*, Iron deficiency anaemia, *Panchakarma*.

INTRODUCTION

Pandu Roga is described by all *Ayurvedic Acharyas* in their *Samhita* as an independent disease with its pathogenesis and treatment. A detailed description of *Pandu Roga* is found in almost all *Ayurvedic Samhitas*. *Pandu Roga* is known from the *Vedic* period. According To *Acharya Charaka* in this disease the *Twaka* of patient is discoloured as *Pandura Varna* so it is named as *Pandu Roga*.^[1] in the pathogenesis of *Pandu Roga*, *Pitta* is *Prakupita* by *Nidana Sevan* and it expelled by *Hridaya* through *Dasha Dhamani* by powerful *Vata* which further vitiate *Vata*, *Rakta*, *Kapha*, *Twak*, and *Mamsa Dhatu* which results *Pandur Varnata* and ultimately developed *Panduroga*.^[2] The clinical features of *Pandu Roga* are^[3]- *Panduta* (paleness of skin and mucosa), *Karnakshweda* (tinnitus), *Hataanala* (loss of appetite), *Shwasa* (breathlessness), *Bhrama* (vertigo), *Gatra Shoola* (bodyache), and *Hriddrava* (palpitations). In modern science it can be co-related with *Anaemia*. Anaemia usually refers to a condition in which blood cells has a lower than normal in numbers. The symptoms of iron deficiency anaemia are depended on severity not on the aetiology clinical features are fatigue, tiredness, shortness of breath, confusion, and loss of appetite etc.

CASE REPORT

Name- XYZ

Age- 50 Yrs.
Gender- Female
Residence- Bareilly, Uttar Pradesh

HISTORY OF PRESENT ILLNESS

A 50 Years female patient came with the complaint of generalized weakness and pain in all over body for three years.

Associated with the complaint of Breathlessness while waking and loss of appetite, she took some other medications but not get relief so she came to Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan Haridwar for her further treatment.

HISTORY OF PAST ILLNESS

No such relevant past history found.

PAST SURGICAL HISTORY

No such relevant past surgical history found.

FAMILY HISTORY

No any family member having same complaint.

PERSONAL HISTORY

Ahara: pure vegetarian diet.**Appetite:** loss of appetite.

Dominance of Rasa: *Katu tikta.*

Kostha: *Kroora.*

Nidra: *Alpa.*

Addiction: no addiction.

GENERAL EXAMINATION

Built: Moderate.

BP: 110/70.

Pulse: 70.

Temperature: 98.7F.

Tongue: Coated.

Pallor: Present.

Icterus: Absent.

Cyanosis: Absent.

SYSTEMIC EXAMINATION

RESPIRATORY SYSTEM

- Breathlessness present after walking
- Bilateral symmetrical
- No abnormal sound detected

CARDIOVASCULAR SYSTEM

- S1 and s2 heard normally
- No added sounds heard

GASTROINTESTINAL SYSTEM

- Shape- scaphoid
- Umbilicus placed centrally
- Bowel sound- regular
- No organomegaly detected

CENTRAL NERVOUS SYSTEM

- Well conscious
- Well oriented with the time, person and place
- Reflexes are normal

ASTAVIDHA PARIKSHA

- Naadi:* 70/min (*Vatapittaja*)
- Mala:* *Ruksha*
- Mutra:* *Prakrut* 4-5 times/day
- Jihva:* *Sama*
- Sparsha:* *Sheeta* and *Ruksha*
- Shabda:* *Prakrita*
- Akruti:* *Madhyama*
- Drik:* *Pandura varna*

SAMPRAPTI GHATAKA

- Dosha-* *Pitta Pradhana Tridoshaja Vyadhi*^[4]
- Dushya-* *Rasa, Rakta, Mamsa, Meda* and *Ojas*^[5]
- Agni-* *Jathragni, Rasagni, Raktagni*
- Agnidushti-* *Mandagni*
- Srotasa-* *Rasavaha* and *Rakta Vaha*
- Srotodushti-* *Sanga* and *Vimargagamana*
- Udbhava Sthana-* *Aamashaya* and *Hridaya*
- Sanchara Sthana-* *Whole Body* by *Vyana Vayu*
- Vyakta Sthana-* *Twaka, Nakha, Netra, Mamsa*
- Adhithana-* *Sarva Shareera*
- Swabhava-* *Chirkari*

TREATMENT PLAN

After the *Samyaka Pariksha* of *Roga* and *Rogi*, it was found that her *Jathragni* was *Manda*. Therefore, instead of providing her only medicines, *Basti Chikitsa* for 8 days was planned for all round benefit.

SHODHANA CHIKITSA

BASTI CHIKITSA- (BRUHMANA)

Ingredients of *Basti*

- Makshika* (honey)- 30ml
- Saindhava lavana*- 8gm
- Sneha-* *Go ghrita* 50ml
- Kalka-* *Nutrela* natural iron complex capsules- 10 capsule + *Purnarva Churna*+ wheatgrass powder- total 25 gm
- Kwatha-* *Immunogrit Kwatha* (*Divya pharmacy*)-50 ml+ *Manjistha Kwatha* + *Punarnava Kwatha*- 50 ml total 100 ml.
- Avapa.*
 - Carrot Juice- 30ml
 - Beetroot juice- 30ml
 - Aloe vera juice- 30ml
 - Pomegranate juice- 30ml
 - Spinach juice- 30ml

OBSERVATION AND RESULT

Before treatment- (CBC- complete blood count)

TEST NAME	VALUE	UNIT
Haemoglobin	7.0	g/dl
Total leucocyte count	7530	/cumm
Total RBC count	3.02	Millions/cumm
Haematocrit	24.3	%
MCV	80.5	fL
MCH	23.2	Pg
MCHC	28.8	Gm/dl
Platelet count	4.15	Lakh/cmm
RDW	19.4	Fl
DLC		
Neutrophil	79	%
Lymphocyte	15	%
Eosinophil	01	%
Monocyte	05	%
Basophil	00	%

After treatment- (CBC- complete blood count)- After 8 days of treatment.

TEST NAME	VALUE	UNIT
Haemoglobin	7.9	g/dl
Total leucocyte count	8680	/cumm
Total RBC count	3.37	Millions/cumm
Haematocrit	27.4	%
MCV	81.3	fL
MCH	23.4	Pg
MCHC	28.8	Gm/dl
Platelet count	5.39	Lakh/cmm
RDW	19.4	Fl
DLC		

Neutrophil	77	%
Lymphocyte	17	%
Eosinophil	02	%
Monocyte	04	%
Basophil	00	%

DISCUSSION

Pandu can be managed very well in *Ayurveda* by both *Shodhana* and *Shamana* therapy. The clinical features of iron deficiency anaemia are mainly due to reduction of haemoglobin level and less supply of oxygen to the tissues of body. Here with the aid of *Basti* intervention, there is increase in haemoglobin levels, body tissues get proper oxygen supply and improves the metabolism and digestion of patient, ultimately relief in her clinical features is observed. Some vegetables and fruits which are beneficial in *Pandu* have also been mentioned in *Bhaishajya Ratnavali*, some of them are used in this *Basti* as *Kalka*, *Kwatha* and *Avapa Dravya*.

CONCLUSION

Basti Chikitsa can cure *Pandu Roga* in momentary short span of time due to its unique properties and mode of action. On the basis of the case study, it can be concluded that the *Basti Chikitsa (Bruhmana)* is significantly effective in the management of *Pandu Roga* (iron deficiency anaemia).

REFERENCES

1. Kashinath shastri, Gorakhnath Chaturvedi, editors. Vidyotini, Hindi commentary of Charaka Samhita Chikitsa Sthana chapter 16 verse no.11 Edn. Varanasi: Chaukhambha Bharati academy, 2020; 441.
2. Kashinath shastri, Gorakhnath Chaturvedi, editors. Vidyotini, Hindi commentary of Charaka Samhita Chikitsa Sthana chapter 16 verse no.4-6 Edn. Varanasi: Chaukhambha Bharati academy, 2020; 441.
3. Kashinath shastri, Gorakhnath Chaturvedi, editors. Vidyotini, Hindi commentary of Charaka Samhita Chikitsa Sthana chapter 16 verse no.13-16 Edn. Varanasi: Chaukhambha Bharati academy, 2020; 441-442.
4. Kashinath shastri, Gorakhnath Chaturvedi, editors. Vidyotini, Hindi commentary of Charaka Samhita Chikitsa Sthana chapter 16 verse no.4 Edn. Varanasi: Chaukhambha Bharati academy, 2020; 440.
5. Kashinath shastri, Gorakhnath Chaturvedi, editors. Vidyotini, Hindi commentary of Charaka Samhita Chikitsa Sthana chapter 16 verse no.5 Edn. Varanasi: Chaukhambha Bharati academy, 2020; 440.