

AYURVEDA CONSIDERATION OF PANDU ROGA (IRON DEFICIENCY ANEMIA)

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ABSTRACT

Anemia is common micronutrients disease affects health status of very large population of whole world. Iron deficiency is the most common causes of anemia. *Ayurveda* described *Pandu Roga* which correlated with anemia. *Ayurveda* mentioned causes, symptoms and treatments of *Pandu*. The *Pandu Roga* involves lack of haemoglobin due to poor intake of iron through dietary sources, poor absorption and digestive problems may also leads Anemia. The characteristic features of diseases involve discoloration of skin, *pita* and presence of *Ketaki dhuli nibha chaya*. *Ayurveda* described it as “*Varnopalakshita roga*” which indicates change in the color. The clinical symptoms involve loss of appetite, palpitations, *Pandutwa* and fatigue. This article presents the *Ayurveda* concept of *Pandu Roga* (Anemia).

KEYWORDS: *Ayurveda, Pandu, Anaemia, Varnopalakshita roga.*

INTRODUCTION

The *Pandu* disease affects children, pregnant and lactating women. *Ayurveda* described *Pandu* as *Pitta Pradana Vyadhi* associated with *Rasa* and *Rakta Dhatu*. *Dhatu*s nourishment mainly affects in disease due to *Pitta Prakopaka Ahara*. *Twak* and *Mamsa* occur due to *Doshas* vitiation which resulting *Pandu* and *Haridra Varna*.^[1-3]

Kalpam, Bahu, Sampannam, Yukmatra, Avikara karam and *Vyadhinashanam* properties may offers relief in symptoms of *Pandu Roga*.^[2-4]

The approximately 30% of the global population suffers from anemia and peoples of developing countries suffered more. The formulation which acts as rejuvenating agents, appetizer, increase blood hemoglobin level, helps in iron absorption, enhances production of RBCs and increase bioavailability of iron may used for the management of anemia; *Loha Bhasma* is one of the such important *Ayurveda* formulation used for the treatment of *Pandu Roga*. The some other formulations which *ayurveda* suggests for *Pandu* are as follows:

- *Vyoshadi Ghrita*
- *Navayasa Choorna*
- *Kayyonyadi Churna*
- *Taramandura Guda*
- *Trikatrayadi Lauha*

The pathologically disease involve *Agnimandya* due to decrease in *Abhyavaharana Sakthi Jaranasakthi* and *Kayagni*, responsible for the *Dhatwagni* and *Bhootagni*, these all consequences results formation of immature *Dhatu* and malnutrition occurs due to the impaired *Kayagni*. *Agnivikriti* along with *Varnahani, Prabhahani, Utsahahani* and *Krishata* observe.^[3-6]

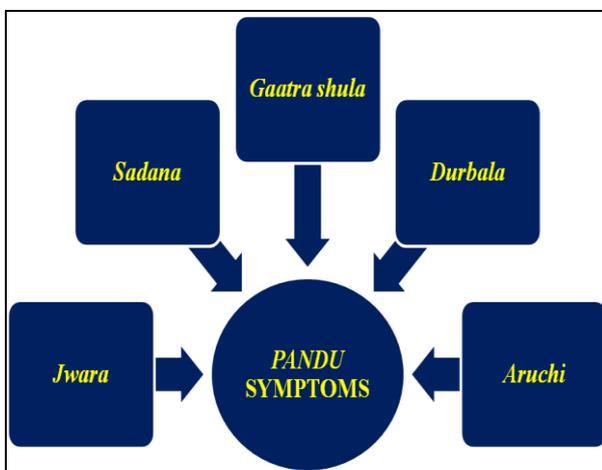


Figure 1: Common symptoms of Pandu Roga.

The symptoms of *Pandu Roga* are; *Pindikodweshtana, Dourbalya, Vaivarnya, Arohanayasa, Jwara* and *Aruchi*. *Ayurveda* also mentioned that the drug possesses

Types of Pandu Roga

- *Vataj pandu*
- *Pittaj pandu*
- *Kaphaj pandu*
- *Sanipataj pandu*
- *Mridikabhakshanjaya pandu.*

Clinical Symptoms of Disease**Panduta**

Panduta is very common sign of *Pandu roga* which involve loss of skin luster. *Raktadhatu* and *Pitta dosha* leads *Varna* and *Prabha* properties, *Bhrajaka* and *Ranjaka Pitta* properties of *Ojas*, *Ojakshaya*, *Raktakshaya* and *Pitta prakopa* occurs in disease which causes *Hatprabha* or *Panduta*.

Gatrashool

Aggravation of *Pitta & Vata Dosha* in *Panduroga* leads *Gatrashool*.

Pindikodveshtana

Pindikodveshtana also seen in *Panduroga* because oxygen contents reduced in blood and decreased production of red blood cells resulted ischemia in calf muscles and pain produces. Vitiated *Vata* due to *Dhatukshaya* also causes *Pindikodveshtana*.

Shrama-Swasa

Shrama-Swasa occurs due to lack of proper nourishment and *Raktalpata*. The respiratory organs fail to work quickly to provide rapid blood flow to body tissues which resulting *Shrama-Swasa*.

Seernaloma

Seernaloma also observe in disease which may be due to the *RasaKshaya* and *Dhatu Shaithilya*, *Pitta Vridhi* may be the another cause of *Seernaloma*.^[6-8]

Common Causes of Panduroga

- *Rutu vaishamy*
- *Mandhyagni*
- *Asaatmya aahara*
- *Vidagdha anna*
- *Viruddha ahara*
- Lack of iron supply
- Poor socio-economic status
- Presence of other disease (gastric problem)

Ayurveda in Panduroga

The Ayurveda formulations offer relief in disease since they possess *Deepan*, *Pachan*, *Varnya*, *Raktadoshagna*, *Krimigna*, *Pitta-Kaphagna*, *Balya* and *Rasayana* properties. The drugs also clean the *strotorodha*, restore *dhatubala*, remove the *Ama dosha* and improve process of iron absorption.

Ayurveda drugs & their properties used in anemia

- Most of the drugs possess *Katu* and *Tikta Rasa* increases *Raktha* and absorption of iron. *Shunti*, *Marica*, *Pippali* and *Haridra* are *Katu rasa*

pradhana dravyas which promote *Agni* due to their *Deepana* and *Pachana* properties, manage *Aruchi* and improve iron bioavailability.

- *Laghu*, *Ruksha*, *Snigdha gunas* of drugs improves *Dhatu*, *Shaithilya* and *Gourava*. *Ushna Virya* properties of drug help to improve *Agni*.
- *Trikatu* and *Triphala* also used in disease acts as a *Deeana* while *Pramathya* properties of *Marica* help in clearing the *Srothoavarodha*. Other drugs such as *Vidanga*, *Haridra*, *Patha* and *Mustha* also possess relief in *Panduroga*. *Loha bhasma* directly increase the *Raktha dhatu* and thus offer Hematinic effect. *Rasayana* such as *Amalaki* prevent *Ojokshaya*. These all drugs also possess *Tridoshahara* and *Kapha Vatashamaka* properties.^[7,8,9,10]

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