

AYURVEDIC VIEW OF PANDU VYADHI AND IT'S CORRELATION WITH ANAEMIA**Dr. Sarika Ramesh Gavali^{1*} and Prof. Dr. Nilesh G. Kulkarni²**¹PG Final (Ayurved Samhita-Siddhanta), Institute Name- MAM'S Sumatibhai Shah Ayurved College, Hadapsar, Pune.²M.D. (Ayurved Samhita-Siddhanta) M.A.(Sanskrit).***Corresponding Author: Dr. Sarika Ramesh Gavali**

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ABSTRACT

Pandu vyadhi is found described in all classical texts of Ayurveda as a separate disease with its own pathogenesis. It is a disease where paleness in the body and Rakta alpata are present. Pandu roga can be correlated with anemia narrated in modern medicine. Pandu is considered as Rasa pradoshaj vyadhi. Sushrut stated it as Rakta pradoshaj vyadhi. The formation of rasadidhatus depends on the proper food intake & action of jaataaraagni. In the absence of proper digestion, improper formation of rasa takes place. Further uttarottra dhatu poshana hampers viz. formation rakta from rasa, mamsa from rakta and so on. There is correlation between the subtypes of pandu roga and different types of anemia. The cardinal sign of anemia is paleness of skin which is described as twaka-panduta in case of pandu in Ayurveda. Here we have compiled all literature of pandu and anaemia reviewed it.

KEYWORDS: Pandu, Rakta alpata, Anemia.**INTRODUCTION**

Ayurveda is science having its unique and original concepts & principles. In Ayurveda nomenclature of diseases has been given on various grounds, e.g., the name Grahani is as per location of the disease, the name Visarpa is as per progression of the disease and the name Gulma is according to swoopa of the disease. Same way Pandu roga has been named on the basis of its presentation i.e., Pandu varna of skin, nails, eyes. According to Ayurveda literature, the skin color in pandu vyadhi is described as like 'Ketaki Raja' i.e., white and yellowish. Also, it is mentioned as 'Bheka varna' means as like as skin of frog i.e., nisteja and ruksha. According to Charakacharya, classification of these conditions which are marked according to the body discoloration are reddish to greenish, yellowish, whitish tinge. The most common sign is Panduta due to which disease is named as Pandu Roga. In texts of Sushrut and Vagbhata few additional information regarding Pandu is found which is distinct from narration in text of Charaka. Sushruta stated that, Kamla, Panaki, Lagharak, Alasa are the synonyms of pandu.

There is a great amount of resemblance in the features of pandu roga and anemia. The various pandu roga subtypes as described in Ayurveda have any possible correlate to a particular type of anemia. This can facilitate the use of other drugs and treatment modules described for pandu roga, in the management of other types of anemia also. Pandu is a disease characterized by fatigue, pallor, loss of appetite, dyspnea, weakness, hair loss which strikingly

resembles with the anemia. Anemia is a blood disorder having abnormally low levels of healthy RBC's or reduced level of hemoglobin (Hb), i.e., the iron binding protein in RBC's that delivers oxygen to tissue throughout the body.

MATERIALS AND METHODS

Brihat taryi (texts of Charaka, Sushruta, Vagbhata), Laghu trayi (texts of Madhavakara, Sharangadhara and Bhavamishra) and modern medicine texts were referred.

Review of Pandu Vyadhi

Pandu roga has been subdivided into 5 sub types on the basis of doshika predominance and aetiology as vatika pandu (vata predominant), paittika pandu (pitta predominant), kaphaja pandu (kapha predominant), tridoshaja pandu (all the three doshas dominant) and mrittika bhakshan janya pandu (due to mud consumption). Specific clinical features of each have been described in great detail. Ayurveda explains that the diseases have to be categorised for the purpose of treatment on the basis of features of doshika predominance (dosholavanata) by observing the clinical features.

Clinical features of the three doshika types of pandu roga and their modern view

Vatika pandu features	Paittika pandu features	Kaphaja pandu
Krishna pandutvam –Blackishness in skin	Sah Peeto - Yellowish discoloration of skin	Shweta avabhasatam- Whitishness in the body
Ruksha Angatam –Ununctous body	Haritabho varna- greenish discoloration	Shukla sira avanadham- Visible whitish veins
Aruna Angatam –reddish discoloration	Peeta sira avanadham Visible – yellowish veins	Shukla nakha – whitish nails
Krishna sira avanadham –Visible Blackish Veins	Peeta nakha – yellowish nails	Shukla anana – whitishness in the face
Aruna Siratva - Visible Reddish veins	Peeta anana – yellowishness in the face	Shukla Netra – whitishness in the eyes
Krishna nakha – Blackish nails	Peeta Netra – yellowishness in the eyes	Shukla mutra- whitishness in the urine
Aruna nakha – Reddish nails	Peeta mutra colored urine – Yellowish	Shukla vachastvam –Whitishness in stools
Krishna anana –Blackishness in the face	Peeta shakrit – Yellowish colored stool	Madhur aasyatvam – Sweet taste in the mouth.
Aruna netrata –Reddishness in the eyes	Daurgandhyam Varcha –Foul smelling stools	Aruchi – Anorexia
Krishna akshadam –blackishness in the eyes	Bhina Varchastvam - loose stools	Gaurav – Heaviness
Krishna mutra – Blackish urine	Katuka aasyo - pungent taste in mouth	Praseka – Excess salivation
Krishna mala – blackish stool	Anna anabhinandan – Does not relish food.	Alasya – Laziness
Varcha shosha – Dryness of stools	Amlodgara eructations – sour	Chardi – Vomiting
Aasya Vairasya – Distaste in the mouth	Vidagdhe anne chasya jayte - Improper digestion of food	Tandra – Drowsiness
Anaha – abdominal distension	Udgaro Vidahashcha- eructation associated with burning sensation	Loma harsha – Horripilation
Anga marda – Pain in the body	Daha – Burning sensation	Klama – Mental fatigue
Ruja – Pain / ache	Jvara – having increased body temp.	Murcha- fainting
Toda – Pricking pain	Trishna – Excessive thirst	Saada – Prostration
Kampa – Tremor	Murcha Pipasartah – Faints due to excessive thirst / coma	Vak swara graham Inability to speak –
Shiro ruja – Headache	Swedana sweating – Profuse	Kasa – Cough
Bala kshaya – weakness	Daurbalyam – Weakness	Shwasa – Dyspnoea
Parshva ruja- Pain in the sides of chest	Tamah – Feeling of darkness in front of eyes	Shwayathum – Oedema

Mrittika bhakshana janya pandu (pandu due to eating of mud)

Shuna ganda, akshikuta, bhru (Swelling in the cheeks, eyelids and eye brows) Shuna pannabhimehanah (Swelling in the feet, umbilical region and genitals) Krimikoshtha (worm infestation) Atisara (Loose motions) Saasruk kaphanvitam (Stool being associated with blood and mucus).

Tridoshaja pandu

Signs and symptoms of vitiation of all the three doshas will be seen.

RESULTS AND DISCUSSION

On observing the various groups of anemia in view of the doshika predominance, it was found that the paittika

pandu features were observed predominantly in haemolytic anaemia group while vatika pandu features were found in the deficiency anaemia group, i.e., the iron deficiency anaemia and the megaloblastic anaemia predominantly. The anaemia due to marrow failure group again showed the predominance of paittika pandu features.

CONCLUSIONS

In Ayurveda samhitas various causative factors of pandu are described in detail. According to Sushruta, Rakta dhatu gets vitiated by Diwaswapa, krodha and Ahitkar ahara vihara. Charaka stated that, suppression of Chhardi, Vegavarodha, Virudhha anna sevana and excessive use of amla and lavan rasa are causative factors for Pandu. Nidanans (causes) of Pitta and Rakta Prakoka

are also Nidanas of Pandu. These Nidanas causes Mandagni and Rasavaha Sroto Dushti which further causes less production of Poshaka from the Rasa Dhatu. It results in improper Rasa dhatu formation and further impairment and vitiation of rakta dhatu. Depletion of Rakta results ultimately in Rakta Alpata.

This study also shows that the different anemia show different dosha dominance, as haemolytic anemia patients showed paittika pandu features predominantly while all deficiency anemia (in general) had the predominance of vatika pandu features. Iron deficiency group showed the predominance of vatika pandu features and megaloblastic anemia demonstrated more kaphaja pandu lakshanas than any other group. This study shows that on the basis of similarities shown, the line of treatment for paittika pandu may be applied in haemolytic anemia and that of vatika pandu to the deficiency anemia along with the due consideration to the doshika status of the individual. Still, it is essential, as quoted in the Ayurvedic treatment methodology, to assess every patient individually for his doshika status of pandu roga and plan the treatment accordingly.

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