



A CONCEPTUAL STUDY ON PANDU WITH RESPECT TO ANAEMIA IN AYURVEDIC TEXT

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ABSTRACT :

The nearest correlation of iron deficiency anemia can be made with Pandu Roga in Ayurveda. Iron deficiency anaemia is the most commonly occurring disease mostly occur in females as compared to male. Side effect of oral iron intake is very prevalent, symptoms of oral iron intake include the nausea, vomiting, malaise, constipation or diarrhea, flatulence, metallic taste, staining of the teeth or epigastric distress. A major characteristics of Pandu Roga diagnosis is pallor on the skin. The main cause of the Pandu Roga is the deficiency of the Rakta Dhatu. In modern science this can be correlated with the deficiency of either red blood cells or either due to the deficiency of the haemoglobin. Considering Panduta[pallor] as the predominant sign, the disease is termed as Pandu roga in Ayurveda. It is caused by an imbalance of doshas like pitta and kapha that impair blood formation and nutrients transport. The need for the discussion of Pandu roga becomes important due to the gravity of the problem. It is the major problem of the mankind especially in a country like India due to low socio economic status, illiteracy and malnutrition.

Keywords: Pandu nidana, Samprapti, Sign and Symptoms, Treatment and management of Pandu in Ayurveda.

INTRODUCTION :

In ayurveda the word Pandu mean pale resembling the pollen grains of Ketaki flower.

NIDANA- The cause of the Pandu roga according to the ayurveda are kshaara, amla, lavana, ati ushna, viruddha, asaamyatya bhojanaat, vidagdhe ane, diva swapna, kaama, chinta, bhaya, krodha, shoka, upahata etc. Due to the above said factors the pitta located in the Hridaya gets vitiated. This pitta is circulated in all the parts of the body by the action of the vayu and contaminates kapha, vata, rakta, twacha and mamsa dhatu. Due to this pitta the colour of the skin become pale green causing the pandu roga[1]

Samprapti of Pandu roga- Due to various nidana sevan as discussed above causes pitta pradhana vatadi dosha vridhi in the sharir leads to the samueerana of pitta in the hridaya and then this pitta along with vayu spread in the whole body and also effect the twak and mansa dhatu of the body producing different varna of twak like pandu, haridra, harita. [2]

Poorvaroops of Pandu roga- Aruchi, Sada, Avipaka, Hridayaspandana, Rookshatha, sweda abhava, mridbhakshana etc.

Types of Pandu roga-

- 1- Vataja
- 2- Pittaja
- 3- Kaphaja
- 4- Sannipataja
- 5- Mrittika bhakshana janya[caused by eating clay]. [3]

Common symptoms of all types of Pandu roga- Ojh guna kshaya[low vitality], alpa rakta meda[reduction in normal quality and quantity of blood tissue and fat tissue], hrid dravata[palpitations], sadana[severe weakness], jwara[fever], anna dvesha[anorexia], panduta[paleness].[4]

Causes and symptoms of vataja Pandu- Caused due to vata aggravating food and activities. It include vata vardhka aahar vihaar like excessive intake of katu tikta kasaya rasa dravya, vegadharan etc. Symptoms of vataja Pandu are angamarda[body pain], jwara[fever], toda[pricking pain],

kampa[tremors], parshwa ruja[pain in flanks], anaha[distension of abdomen], blackish, brownish colour in the skin, dryness and redness in the body parts. [5]

Causes and symptoms of pittaja Pandu- Caused due to the pitta aggravating food and activities. It include excessive intake of amla, lavana, katu rasa, ushna aahar etc. Symptoms of pittaja Pandu are peeta haritabha[body colour becomes yellow or green], jwara[fever], murcha[fainting], swedana[excessive sweating], katuka asya[pungent taste in mouth], amla udgara[sour belching], tama[feeling of darkness before the eyes]. [6]

Causes and symptoms of kaphaja Pandu- Caused due to excessive intake of the kapha vitiating factors like excessive intake of madhur, amla, lavana rasa that causes accumulation of kapha in the system which on contaminating rakta causes kaphaja Pandu. Symptoms of kaphaja Pandu are gouravam[heaviness of the body], chardi[vomiting], prasekam[excessive salivation], klama[fatigue], shukla aksha[whitish colouration of eyes], shwayathu[swelling], madhura asya[feeling of sweet taste in the mouth]. [7]

Causes and symptoms of tridoshaja Pandu- Tridoshaja pandu is caused due to the accumulation of the three dosha vata pitta kapha. The symptoms of the tridoshaja pandu are combined symptoms of pandu caused due to single dosha contamination. This is said to be the most complicated type of the Pandu. [8]

Causes and symptoms of Mrittikajanya Pandu- This is a special type of pandu caused due to the intake of varieties of mud. Consumption of mud causes contamination of the three dosha vata, pitta and kapha because the mud does not get digested by the body system and disturb the circulation of the blood in the body leading to the deficiency of nutrients in the organ and cells. Symptoms of mrittika janya Pandu are indriya bala nasha[destruction of strength of the sense organ], tejo nasha[destruction of the heat element], ojo nasha[destruction of body strength], atisara[diarrhoea], sa rakta mala[stool with blood stains in it]. [9]

Treatment of pandu roga- The line of treatment in the patient suffering from the pandu roga should be given strong tikshna[emetic] and purgatives therapies after administration of snehana for the cleaning of the body. In ayurveda three general principle of treatment are daivavyapashraya, yuktivyapashraya and satvawajya. In pandu roga shodhana and shamana chikitsa can be performed. As already described pandu roga is caused due deficiency of the rakta dhatu[blood- red blood cells or haemoglobin] and for the formation of rakta dhatu Lauha[iron] is very important, so for the treatment of the pandu lauha preparations are used. Various lauha preparation are- Lauha bhasma, Lauhasava, Punarnavasava etc. Other combination of medicine used in the treatment of the Pandu roga are triphala, phalatrikadi kwatha, mahatiktaka ghrita, navayasa lauha, mandura vataka.[10]

DISCUSSION :

Despite the availability of extremely effective treatment pandu remains the world most commonly occurring disease all over the world. Ayurveda is a living science that promotes a healthy lifestyle and provides treatment based on universal principle. Causative factors of pandu are described in samhitas. All the causes of the pandu roga leads to the poor formation of the rakta dhatu and further hamper the twak and manas dhatu leading to the development of the pandu roga Clinically the pandu roga of ayurveda can be correlated with the anaemia of the modern science. As the disease is closely related with the deficiency of the iron so for the treatment of this disease various type of the lauha preparations are used. Pandu roga is a pitta pradhana vyadhi. Pitta is responsible for the normal colour of the body but when it get vitiated the causes panduta[pallor]. Pandu is a sadhya vyadhi but in later stages when its chronicity increases develops various complication.

CONCLUSION :

Nowaday many people are suffering from the disease Pandu due to there lifestyle, eating habit,daily routine, working stress. It is the most commonly occurring disease in females as compared to male. For the effective diagnosis and treatment of the Pandu vyadhi the physician must have complete knowledge of Pandu roga from different samhitas. Pandu is the disease of Rasavaha srotas. In ayurveda literature Pandu roga can be classified either under disease or as a upadrava of many disease or as a symptoms of many disease. Ghrita is an excellent anupana for transporting the properties of medications to each and every cells of the body so for the purpose of snehana in case of pandu roga sanskarita ghrita are used. Grahani dosha chikitsa involves the excessive use of deepana and agni vardhan chikitsa that may leads to the pitta prakopa leading to the development of Pandu roga if not managed properly. Before planning the treatment it is necessary to understand the involvement of cause in the disease.

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