A Critical Interpretation on Pandu Vyadhi (Iron deficiency anemia): A Brief Review

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ABSTRACT

Pandu denotes Paleness in the body is predominant throughout this condition. It may be co-related with current disease anaemia because of its resemblance. Nearly all of our Acharyas will clarify Pandu. Rasavaha and Raktavaha srotas (channels carrying lymph/plasma and blood) were primarily involved in the pathogenesis of Pandu through Ahara (diet) and Vihar(lifestyle) . The evolving lifestyle of humans plays a major role in the manifestation of various diseases. One of them is Pandu as well. Ama, which further activates Agnimandya (weak digestion) and eventually Amayukta Ahara Rasa,(undigested food juice) is formed by our flawed eating habits and lifestyle. It hampers Rasa Dhatu Utpatti, and Pandu(Anemia) manifests itself. As a result of the Rakta depletion,(blood deficiency) Aggravated Pitta is responsible for generating Posaka (nutrient portion) from the Rasadhatus.(Plasma) Pandu, (Iron Deficiency Anaemia.)

Keyword: Pandu, Anaemia, Iron Deficiency Anaemia
INTRODUCTION:

It is seen several times in Pandu Patients that Rakta (blood) gets vitiated by Doshas, primarily by Pitta Dosha as Pittavargiya is Rakta (blood) and illness like Pandu emerges. In the disease condition listed under the Pandu, there may be several color modifications such as Harita, Haridra (green-yellowish discoloration). In Greek, the term Anaemia indicates a lack of blood. It is essentially a hemoglobin deficiency, and there are several forms of this deficiency. Iron deficiency anaemia is the most prevalent form of anaemia found, anaemia may result from a wide variety of factors, including dietary malnutrition, immediate or sluggish blood loss due to trauma or diseases, destruction of red blood cells due to various metabolic and immunological disorders or toxins, bone marrow disease, general systemic diseases such as infections.

MATERIALS AND METHODS:

Materials related to Pandu have been obtained from various journals, Ayurvedic and Contemporary Text Books, Authoritative Websites Reputed Newspapers, Authoritative Literatures, Manuscripts, Sanskrit Dictionary, etc.

Nidana of Pandu

Pandu’s general etiology, or Samanya Nidana, (general etiology) is defined in Charaka Samhita. Both of which were specifically linked to Aharaja (diet) Viharaja (lifestyle) and Nidanarthakara Roga (unusual association of diseases). Pandu is believed to be Pitta Doshapradhana. Pitta’s provocative causes can also be taken as a source of Pandu.

Hetu (Causative factor)

Faulty diet:

Asatmya bhojana, viruddha bhojana (incompatible food), Amla (sour), katu (pungent), lavana Rasa (salty) atisevana (excessive intake), kshara (alkali) ushna (hot), tikshna (sharp), ruksha ahara (dry diet), mandagni, Pitta prakopa, vata prakopa are triggered by atisevana (excessive intake), In Harita samhita, the etiological component of Pandu is said to be Kashaya Rasa. Charaka and Sushruta mention Lavana Rasa (salty) as the source of Pandu. According to Sushruta, Kayashaithilya and vaivarnata (dis colouration) are produced by excessive consumption of Amla Rasa (sour) and Lavana Rasa (salt).

Deficient in quantity:

Abhojana (no intake of food) and Pramita bhojana (reduced intake of food) vitiate vatadosha, Pittadosha, and Agni and trigger Pandu to malnourish and aptarpanavat (debility).

Deficient in quality:

Mandagni and Tridosha prakopa, mostly
Pitta, are caused by Dravyas like Nishpava (Lablab purpureus) Tila Taila,(sesame oil) Pinyaka (foods prepared with paste of sesame), Masha(Black gram), Madya(wine), Matsya(fish), Mridbhaksana(pica), thereby causing the disease. Ingested food was translated into vidagdha. (Indigestion)

**Poorvarupa** (Premonitory signs and symptoms)

Premonitory signs and symptoms of Pandu are as follows;

- **Hridayaspandana** (palpitation of heart)
- **Rukshata** (Roughness)
- **Swedabhava** (Absence of sweat)
- **Twakasphotana** (Cracking of the skin)
- **GatRasada** (General body malaise)
- **Mridabhakshana** (liking for mud intake)
- **Prekshanakutshotha** (swelling over eyelid)
- **Vinmutrapita** (yellowish discoloration of faecal matter and urine)
- **Avipaka** (indigestion)

**Roopa** (Monitory signs and symptoms)

- **Durbalata** (debility, malaise)
- **Annadwesha** (aversion towards food)
- **Shrama** (exhaustion)
- **Bhrama** (giddiness)
- **Hataprabha** (loss of lusture)
- **Irritability, Shishirdweshi** (dislikes cold things)
- **Karnaksweda** (tinnitus)
- **Hatanala** (suppression of digestion power)
- **Weakness**
- **Sadana** (debility)
- **Fatigue**
- **Fever**
- **Dyspnea**
- **Heaviness in body**
- **Anorexia.**

**Bheda** (types) of Pandu

According to Acharya Charaka Pandu is classified into 5 types.

1. **Vataja Pandu**
2. **Pittaja Pandu**
3. **Kaphaja Pandu**
4. **Sannipataja Pandu**
5. **Mrittika Bhakshanajanya Pandu**

**Pandu Upadrava** (Complications)

- **Peedana** (exhaustion and discomfort in the region of heart)
- **Aruchi** (anorexia)
- **Pipasa** (thirst)
- **Chhardi** (vomiting)
- **Jwara** (fever)
- **Murdharuja** (headache)
- **Agnisada** (dyspepsia)
- **Kanthashotha** (oedema in throat)
- **Abalatva** (debility)
- **Murchchha** (fainting)

**Samprapti** (Pathogenesis)³
According to Charaka
Lavana Adhik Ahara Vihara Nidana Sevana’s (excessive intake of salty diet), excessive intake of Kshara leads to the Dosha Prakopa Pitta Pradhana, which leads to the Rakta Dhatu Pradushana (vitiation of blood). Vitiated Pitta in the Hrudaya (heart) is expelled from its Sthana (place) due to Kupitavata and joins the Dashadhamanis (10 arteries) and spreads around the body and settles between the Tvacha (skin) and Mamsantara (flesh) and performs the further vitiation of the Kapha, Vata, Tvacha, Rakta, Mamsa and manifests into the Pandu disease that shows Twacha’s Pandu, Harita, Haridradi Vivarnata (green-yellowish discoloration) and also shows the Lakshana Vivarnata. (discoloration)

According to Vagbhatha
Vagbhtacharya observes the Samprapti (Pathogenesis) that he states Kopanirmalaha, which means Doshas’ Kopana, (aggravated doshas) and the similar mechanism of manifestation of the disease is known as Charaka.

Samprapti Ghataka (Pathogenic factor)

- **Dosa** - Pitta Pradhana Tridosha (mainly Sadhaka Pitta)
- **Dusya** - All Dhatus including Oja
- **Agni** - Jatharagni, Dhatwagni
- **Srotas** (channels) - Rasavaha, Raktavaha
- **Srotodushti** - Sanga, Vimargagamana
- **Udbhavasthana** (place of origin) - Amashaya, Hridaya
- **Sanchara** (stage of dissemination) - Sarva Sharira
- **Vyaktasthana** (manifestation) - Twak

Vyadhi

- **Swabhava**(nature) – Cirkari (Chronic)
- **Roga Marga** (path) - Madhyama Roga Marga

Types of Pandu—

1. **Vataja Pandu**: symptoms such as blackish/pale discoloration, dryness, body ache, discomfort, sense of pricking, tremors, flank and head pain, constipation, swelling, abdominal distention, loss of control, giddiness, etc.

2. **Pittaja Pandu**: fever, sense of burning, hunger, dizziness, yellowing of urine and feces, sweating, affection for cold, anorexia, bitterness of the throat, hatred of hot and sour food, tiredness, giddiness, etc.

3. **Kaphaja Pandu**: body heaviness, excessive sleep, fatigue, pallor, excessive salivation, goose bumps, tiredness, fainting, lethargy, cough, laziness, sleeplessness, sore throat, urinary paleness, swelling, mouth sweetness, etc.

4. **Mridbhakshanajanya Pandu**: kapha vitiates Madhura Rasa dirt, pitta vitiates lavana Rasa, and vata dosha vitiates Rasa. Bala, Varna, jathargni, satva and kanti (glow) are killed, indriyas are weakened and unable to adequately collect their arthas.

5. **Sannipataja Pandu**: Miscellaneous symptoms.

Sadhyasadhyata (Prognosis)

Sharir dhatus (tissues) becomes ruksha (dry) and decreases in bala (strength) Varna (complexion) owing to the chronicity of Pandu. Developing a Pandushotha (inflammation) Rogi (patient) sees everything that is yellow, i.e. the vision turns yellow. Rogi (patient) has constipation. Rogi (patient) moves by loose stools, which are greenish kaphayukta stools. Rogi (patient) Deena, that is. Your body looks...
like it's covered in a white thing. Who has vamana, (emesis) murcha (syncope) and trushna(thirst) pain - Rogi turns pale and the volume of blood reduces.

When Rogi suffers from jwara (fever) and atisara (diarrhea) , when there is oedema of the end organs, i.e. in the middle portion of the hands, feet and face and emaciation and vice versa, when Rogi's teeth, nails and eyes become Pandu, when Pandu Varna (Pallor coloration) sees everything.

Arishta Lakshana (Fatal signs) of Pandu

Some basic symptoms which provide details about the patient's death have been stated by Acharya Sushruta. They are precisely as follows.

- Pandu is going to die for people whose teeth, nails, eyes have turned yellowish white and who see it all as yellow or white.
- Many who frequently faint, who suffer from lack of awareness and who suffer from diarrhoea and fever will die.
- Those with limb edema, intestinal distention, swelling of the rectum, penis and scrotum will also die from Pandu.

Management and Treatment of Pandu

Nidana Parivarjana (avoiding the cause):

It is important to prevent the Hetu (cause) clarified in Pandu.

Snehana karma (oleation):

In Pandu Rogi, there is sneha-abhava,(lack of oiliness) and the doshas are adhered to in the shakas(extremities) . So it is important to put the doshas into koshta(bowel) and right rukshata(dryness), snehan.(oiling) It suggests bahya and abhyantara snehana (internal and external oleation).

Vamana and Virechana Karma: (Emesis and purgation)

The doshas come into koshta (bowl) after samyaka snehan(oleation) and swedana (Sudation) and are removed from the body by vaman or virechana (Emesis and purgation) as per their gati. Virechana (purgation) is the finest Pitta dosha shodhanopakarma. So, virechana (purgation)in Pandu is the most appropriate. The numerous drugs mentioned for Virechana (purgation)in Pandu.

Shamana Chikitsa (Pacifying treatment):

It uses Vanaspatika and Khanija yoga (herbo-mineral preparations) , Asava-Arishta (Fermented medicines) and Avleha. (Medicated semisolid preparation).

Vishesha chikitsa (Special treatment) :

The form of Vatika handled with snigdha guna (unctuousness) , Pittaja by Tikta Rasa yukta(Bitter) and shitaveerya (cold in potency) aushadha.(medicine) Kaphaja by Katu-tikta Rasa yukta and mishrit guna aushadha ,ushna veerya(hot in potency) aushadha and sannipataja.

Mridbhakshana pandu: (Pandu by eating dust),

The ingested soil should be removed out of the body by Tikshna virechana according to bala (strength) of Rogi. After sharira shodhana (Purification) by virechana karma (Purification) medicated ghruta should be used to bring strength in the body.

Textual medicine References for Pandu

- Loha Bhasma - With honey and ghee
- Shunti churna - With Loha Bhasma (iron preparation)
- Loha bhasma - With Gomutra (Cow urine)
- Ela's (cardamom) powders, Jeeraka (cumin seeds), Bhumyamalaki (Phyllanthus)
Niruri) and Sita (sugar) should be taken in equal amounts and blended with ghee. Taken at the beginning of the morning,

- Haridra churnam (turmeric powder) early in the morning with curds.

Best medicines for Pandu
- Lohasavam
- Lodhrasavam
- Drakshasavam
- Draksharishtam
- Rohitakarishtam
- Mridwikasavam
- Punarnavasavam
- Pippalyasavam
- Guluchyadi Kashayam
- Drakshadi Kashayam
- Ardhavilwam Kashayam
- Patolakaturohinyadi Kashayam
- Punarnavadi Kashayam
- Mahatiktakam Kashayam
- Vasaguluchyadi Kashayam

Effective anti-anemia decoctions from Sahasrayogam

- Pandu Parvikardrakadi Kashayam
  Ingredients –
  Parvika / Vacha – Acorus calamus
  Ardraka – Zingiber officinale / Ginger
  Kakamachi – Solanum nigrum
  Mandukaparni – Centella asiatica

Method of use:
1. Prepare the decoction with the ingredients listed above and prescribe it for internal use.
2. Take the decoction of sesame seeds pounded in Bhringaraja’s milk, i.e. mixed with iron ash, Eclipta Alba

Indications –
Pittaja Pandu – anaemia caused by predominant vitiation of pitta.
Ref – Sahasrayogam, Parishishta Prakarana

- Vyoshadi Kashayam

Ingredients –
Vyosha – powder of Piper longum, Piper nigrum & Zingiber officinale
Ajamoda – Trachyspermum ammi
Taviddvama / Punarnava – Boerhavia diffusa
Karim / Ikshu mula – roots of Saccharum officinarum
Chirimbu – rust of iron
Haritaki – Terminalia chebula
Bala mula – root of Sida cordifolia
Puliyarambu / Chinchapatra vrinta – petiole of leaf of Tamarindus indica or
Vrikshamla – Garcinia indica
Purana kitta – old slag / rust of iron
Jambira – Citrus lemon
Nisa / Haridra – Curcuma longa
Vajra lata / Ashti samhara – Cissus quadrangularis
Tripadi / Hansapadi – Adiantum philippense

Indications – Anaemia
Ref – Sahasrayogam, Parishishta Prakarana

- Panduhara Kshaya
Ref – Sahasrayogam, Kashaya Prakarana,
- Punarnavadi Kashayam

Ingredients –
Punarnava – Boerhavia diffusa
Nimba – Azadirachta indica / neem
Patola – Trichosanthes dioica
Shunti – Zingiber officinale
Tikta / Katukarohini – Picrorhiza kurrooa
Amruta / Guduchi – Tinospora cordifolia
Darvi / Daruharidra – Berberis aristata
Haritaki – Terminalia chebula

Indications –
Swelling all over the body, fever, cough, dyspnoea, colic and complicated cases of anaemia

- Tintrinyadi Kashayam

Ingredients:
Tintrini taruna parna salaka – veins of tender leaves of Tamarandus indica
Lohakitta / Mandura – slag / rust of iron
Vijaya / Haritaki – Terminalia chebula
**Punarnava** – *Boerhavia diffusa*

**Ikshu** – *Saccharum officinarum*

**Bilwa** – *Aegle marmelos*

**Method of use** – Decoction should be prepared with the above mentioned herbs and Administered along with Jaggery.

**Indications** – treatment of anaemia

**PathyAhara** ⁵

**Food** - old wheat, rice (*shashtika*), barley, *jowar*, green gram and pea.


Non-veg - *Shingada* fish, *jangal* (*Arid land*) meat

**Fruits** - Amla, grapes, *anjeer* (*Fig*), *chikoo* (*Sapota*), banana, mango, *khajur* (*Phoenix sylvestris*), *pomegranate*, *papay*

**Roots** - *Shingada*, *kamalakunda*, *lasuna* (*allium sativum*), ginger.

**Milk products** - Cow milk, ghee, *navneeta* (*butter*) *takra* (*Buttermilk*)

**Liquids** – *Gomutra* (*Cow urine*), *laja manda* (*Parched rice*) *koshna jala* (*Luke warm water*), *laghu* *panchamula siddha jala*.

**Madya varga** – *Sauvira* (*Fermented liquid*) and *tushodaka* (*Fermented bean-husk water*). *Kshara varga* - *yava kshara*

**Vihara** : Light exercise

**Apathy Ahara** (unwholesome):–

**Shaka varga** - *Shaka varga* (*vegetables*), *Shimbi* (*pulses*) *varga* - *Matara*, *masha* (*black gram*), *pinyaka* (*Til prepared Oil cake*)

**Dal** - *Til* (*sesame oil*), *sharshapa* (*brassica campestris*)

**Tail varga** - Bijowar tail

**Drava varga** (*liquid diet*) - *Atyambu pana* (*excessive liquid intake*) *madyapana* (*Alcohol intake*)

**Vihara** : *Diwaswapna* (*sleeping during day time*), *atapseva* (*sun bath*), *ativyayama* (*excessive exercise*), *vegavidharana* (*suppression of urges*), *chinta* (*anxiety*), *shoka* (*grief*), *krodha* (*anger*). *Agni* (*fire*), *pittakara ahara sevana*, *maithuna* (*intimancy*), *ayasa* (*tiredness*).

**DISCUSSION**

**Pandu** is a *Shabda* of *Varnatmaka* and signifies color loss. The references given in the *Ayurvedic* classics are *Shweta Varna* (whitish coloration), *Ketaki Dhuli Sannibha* (colour of pollen grains of Ketaki flower) and *Peeta Varna*. *Pandu* is a *Rasa Raktavaha Sroto Vikara* (disorders of plasma and blood) in which paleness of the skin, nails, eyes, face etc. is seen and *Lakshanas* (signs and symptoms) are found such as *Alparakta*, (diminished blood) *Alpamedas*, (diminished fat) *Balaheena* (diminished strength), *Varnaheena* (diminished colour) *Alasya* (sleepiness), *Nisara*, reduced sensory and motor function, lack of energy, etc. *Pandu Rogi* lacks lust and becomes a survivor of body dryness. In *Pandu Rogi*, *Balakshaya* (Diminished strength) and *Ojo gunakshaya* are also used. It is a *Pitta Pradhana Vyadh* with another *Dosha*'s participation. Like *Harita* (*greenish*), *Haridra*,...
CONCLUSION:

It is possible to associate iron deficiency anemia with modern science focused on Nidana (Pathogenesis) and Lakshana. It can be concluded that the primary source of iron deficiency in the body is the intake of dust. Modern science supports the view of Acharya Charaka regarding the importance of dust in the causation of various disorders.

In the treatment of Pandu, Ayurveda suggests a combination of internal and external therapies. External therapies include the use of herbal powders, oils, and medical leeches. Internal therapies include the use of herbs and dietary modifications. Modern science supports the use of iron supplements and other medications in the treatment of iron deficiency anemia.

It is essential to implement preventive measures, such as improving hygiene and nutrition, to reduce the incidence of iron deficiency anemia. The role of dietary habits and environmental factors in the causation of the disease is highlighted in this context. It is crucial to make people aware of the importance of a balanced diet and regular health check-ups to prevent iron deficiency anemia.

In conclusion, the study suggests that a combined approach of traditional and modern medical practices can be effective in the management of iron deficiency anemia. Further research is needed to validate these findings and explore the potential of integrating traditional and modern therapies for the effective treatment of the disease.
Kapha Dosha, is a Pitta Pradhana Vyadhi. Both Pandu are curable or manageable in the acute stage, but they are incurable in the chronic stage. Nidana Panchaka’s analysis would help to understand Nidana (causative factor), Purvarupa (Premonitory signs and symptoms) Rupa(Monitory signs and symptoms), aggravating causes, reliving factor in Pandu

REFERENCES: