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Psychological Aspects Of *Pandu Roga* (Anaemia) In Its Etiopathogenesis -A Review

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ABSTRACT: -

The Prime aim of *Ayurveda* is to maintain the positive health and to eradicate the illness in a diseased through holistic approach. Many patients are seen suffering from *Pandu Roga* (Iron deficiency anaemia) due to modern Stressful lifestyle, improper dietary habits and routine. There is loss of *prabha* (complexion) and *kanti* (glow) which is due to *ras*(plasma), *rakta* (blood) and *ojakshaya* (depletion of oja). *Charakacharya* has described some psychological etiological factors among which *Chinta* (worry), *Shoka* (grief) and *Bhaya* (fear) are three main factors, which play an important role in the etiopathogenesis of *Pandu Roga* (Iron deficiency anaemia). Anaemia is a disorder that develops when our blood lacks enough healthy red blood cells or haemoglobin. Haemoglobin is a main part of red blood cells and binds oxygen which refers to a decreased number of circulating red blood cells. Anaemia is a public health problem, although the primary cause is iron deficiency. More frequently it coexists with a number of other causes, such as nutritional deficiencies, malaria, parasitic infection, and haemoglobinopathies. In today's modernized lifestyle, we see many people in the community are suffering from psychological problems including stress, anxiety, depression etc. All these factors lead to mental illness and then Physical illness. According to the national mental health survey nearly 11% of Indians above 18 years are suffering from such disorders. The present paper aims to explore the scientific explanations for the above mentioned Psychological etiological factors in the causation of *Pandu vyadhi* (Anaemia).

Key words- *Pandu roga*, Anaemia, *Bhaya*, *Chinta*, psychological stress, *Shoka*



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INTRODUCTION

Nidanas (etiological factors) are the agents responsible for the causation of any disease – be it directly or indirectly. Ayurveda has laid down the importance of these etiological factors for both the causation of the disease and the treatment for the avoidance of the *Nidanas*. A list of various *Nidanas* have been given in the texts for every disease as well as for all stages of the pathogenesis.¹

Pandu is a disease which is separately described in ayurvedic treatise by all Acharyas.

Acharya Charak as mentioned it under the category of *Rasa Pradoshaja Vyadhi* as well as *Santarpan Janya Vyadhi* (i.e., the diseases due to over nutrition and its treatment). Acharya Sushruth as mentioned it under the category of *Rakta Pradoshaja Vyadhi* (blood disorders) as well as *Apatarpan Janya Vyadhi* (i.e., the diseases due to under nutrition and its treatment).² In contemporary science, the description regarding anemia is available. The cardinal sign of the anemia is pallor and general weakness. The meaning of *Pandu* (Iron deficiency anaemia) itself is pallor or whitish pale color. Due to this similarity, *Pandu* (Iron deficiency anaemia) can be comprehended as an anemia.

As per the WHO, Anemia is a public health problem that affects population in both rich and poor countries. There are number of conditions such as malaria, parasitic infection, impaired production, blood loss, increased RBC

destruction, nutritional deficiency etc. are responsible for manifestation of disease.³

On the basis of causative factors and morphology of red blood cell, anemia is classified into various type. Among the all types, iron deficiency anemia is more common in developing country like India. It is described under the nutrition deficient diseases although it is also found in over nutrient people.

MATERIAL AND METHOD

Pandu Roga (Iron deficiency anaemia) has been described on the basis of the colour of the diseased person, it is like the '*ketaki raj*' which is Yellow and white in particular proportion. The term '*Bhekavarna*' is used for *pandu vyadhi* (Iron deficiency anaemia). The discolouration of skin is known as '*Panduta*' (Skin Pallor).

Hetu (Etiological Factors)³

Amla(sour), *katu*(bitter), *lavana Rasa* (salty) *atisevana*, *kshara* (alkaline), *ushna* (hot), *tikshna*(sharp), *ruksha ahara atisevana* (excessive intake of dry food) , *Asatmya bhojana* (unwholesome food), *viruddha bhojana* (incompatible food), *Vegvidharan* (Suppression of natural Urges), *Divaswapn* (Excessive day sleep), *Aatimaithun* (excessive coitus), *Aativyayam*(excessive exercise) causes *mandagni*, *Vata prakopa* and *Pitta prakopa*. According to *Harita samhita*, *Kashaya rasa* (Astringent) is said to be the main etiological factor of *Pandu Roga* (Iron deficiency

anaemia). According to Charakacharya and Sushrutacharya Lavana Rasa is the cause of Pandu roga .

Purvarup (Prodromal Symptoms) ⁴⁻⁵

Hrudaya spandana (palpitations), *rokshya*(dryness), *swedabhava* (no sweating), *shrama* (fatigue). *Twakasphotana* (skin cracking), *shtivana* (spitting), *gatraseda* (malaise), *Mridbhakshana* (dust eating), *prekshanakutshoth* (orbital swelling), *vinmutrapitatwa* (yellowish discolouration of urine, faeces), *avipaka* (indigestion).

Rupa (Symptoms)⁶

Karnaksweda (tinnitus), *hatanala* (weak digestion power), *sadana* (Weakness), *Aannadwit* (intense disgust of food), *Shram* (fatigue), *Bhram* (giddiness), *Gatrashul* (body ache), *Jwar* (fever), *Shwas* (dyspnoea), *Gaurav* (heaviness in body), *Aruchi* (anorexia). Periorbital oedema, Greenish Complexion, Small hair falls off, irritability, dislikes cold, sleepiness, excessive spitting, speaks less, leg Cramps, feels pain in lumbar, feet and thighs region while climbing.

Samprapti (Pathogenesis)⁷

Pittakar Aahar vihar Sevan leads to *pitta dosha* aggravation, which is located in *Hrudaya* (heart). This *Pitta dosha* dominated by *Vata dosha* circulates in the body through the *dash dhamnis* from heart. The *Parkopit pitta* vitiates *kapha*, *vata*, *asruka*(blood), *twacha* (skin) and *mansa* (muscle) and leads to discolouration's like *Pandu*(yellow), *Harita* (green) and *Haridra*.

Psychological Aspects

Ayurveda describes Three qualities of Mind *Satva* (Purity), *Raja* (Arrogance) and *tama* (Darkness). Out of which *Raja* and *Tama* are the *Manasik Doshas*. The *Manasik hetus* like

Chinta, *Shoka*, *Bhaya*, *Krodha*, *Dwesh*, *Matsar* etc leads to *Manasik* (Mental) *dosh Dusti* and that further aggravate the *Sharirik* (Physical) *doshas* like *Vata*, *Pitta* and *Kapha*. According to Vagbhat acharya the Intellectual Properties, Pride etc of an individual depends upon the *Sadhak Pitta*⁸. The *Samprapti* (pathogenesis) of *Pandu Roga* also describes the involvement of *Hridyastha Pitta* in the disease Progression and pathogenesis⁹. Hence, It can be Said that Psychological Factors can Vitiate the *Hrudayastha Sadhak Pitta*. Thus, The Psychological Stress (Due to *Krodha*, *Shoka*, *Bhaya* etc) leads to *Agni* and *Sadhak Pitta* Vitiating that causes the Improper production of *Ras Dhatu* and Further leads to gradual reduction of essence of all *Dhatu*s (Tissues) and leads to *Pandu roga* (iron deficiency anemia).

DISCUSSION

According to Charak acharya, *Chintyaanam cha Atichintanaat* (excessive worry or stress) has been described as the specific etiological factor for the vitiation of *Rasa Vaha Srotas*¹⁰. Also *Pandu Roga* (iron deficiency anemia). is a *Rasa Pradoshaja Vyadhi*¹¹. Also the *Jatharagnimandya* leads to the improper digestion, resulting in the deficient production of *Rasa Dhatu* from *Adya Rasa Dhatu* (the fluid tissue of the body). The *Rakta Dhatu* Production(blood) is then affected due to the improper formation of *Ras Dhatu* (plasma), as the *Rakta Dhatu* (blood) is produced by the action of *Raktagni* on *Rasa Dhatu* (plasma)¹². This may be the reason why the Ancient Acharyas have included *Pandu* (iron deficiency anemia). in *Rasa Pradoshaja Vikaras* and described *Alpa Rakta* and *Panduta* as one of the main features of the disease¹³.

CONCLUSION

Discussion reveals that the scientific explanation to the etiopathogenesis of *Chinta*

(worry), *Shoka* (grief) and *Bhaya* (fear) in the causation of *Pandu Roga*, i.e., to say that these factors cause iron deficiency anemia by causing a significant reduction of serum and bone marrow iron while also inhibiting the process of erythropoiesis. This study also reveals the involvement of inflammatory mediators such as IL6, hepcidin in the pathogenesis of *Pandu Roga* (iron deficiency anemia) caused due to the above-stated factors of *Shoka(grief)* and *Bhaya(fear)*, which have been described to be *Vata* dominant. Earlier studies have already proven that the inflammatory mediators are very much similar to the *Pitta Dosha* of Ayurveda.¹⁴ Thus, the above study throws some light on the possible role of pitta in the pathogenesis of *Pandu Roga* iron deficiency anemia and confirms the Ayurveda *Samprapti* (pathogenesis) also to some extent. However, still more studies are required to throw light on the other attributes of the pathogenesis of *Pandu Roga* (iron deficiency anemia).

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